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# “Owners Manual for the Human Body”

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**"A Guide to Natural Health,  
Healing  
and  
Longevity"**

To humanity with love

# Author's Note and Disclaimer

- This book is written as a reflexion to poor knowledge given to us by our medical universities. The intention is not to bash or bad mouth the doctors, but to point out the mistakes that created health problems and untimely deaths.
- I want to thank all those brave scientists that resisted this corrupt system in which we live and risked their lives to make a difference.
- I especially want to thank Dr. F. Batmanghelidj, Dr. Bruce Lipton, Dr. Robert Beck, Dr. Masaru Emoto, Dr. Cynthia Kenyon, Dr. Rene Quinton, Dr. Royal Rife and Dr. Ryke Geerd Hamer for the works that influenced my research and paved the road to better understanding.
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- I want to thank my wife Hilnoretta, because without her support this book would not see the light of the day.
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# Introduction



- We live in a world full of deception and lies. Most of us rely on what we hear and what we learn as we go along with our lives. Very often we hear contradictory things, so we just ignore them. This is how we are conditioned to react.
- After all “thou shall not kill”, but for revenge the whole town of Jericho had to be destroyed and everyone killed. That was the will of God.
- Nothing has changed in our world of deception. Whom to trust? What to believe?
- Most things that we know to be true are in fact not true at all. From history to astronomy new discoveries shed different light on knowledge that we had and very seldom do those discoveries see the light of day and are buried, so as to not interfere with the money making apparatus of our handlers.
- After all, we agreed to be called the sheep and we bow to the shepherd with no questions asked. We all know that cholesterol is bad for us. The same goes for saturated fat, salt, eggs, and pork. We are told to protect ourselves from the sun to prevent skin cancer.
- On the other hand we are told to eat a vegetarian diet, carbohydrates, soy and canola oil. We are told that garlic is a magical food additive and a little bit of red wine is good for the heart and the circulation. The same goes for a little bit of black coffee.

- Everything that I have just mentioned, from cholesterol to black coffee is absolutely incorrect and faulty by design.
- You will learn how you can reverse diabetes, lower blood pressure, get rid of headaches and insomnia and slow down the aging of your body.
- I am writing this book with the intention to shed a light on the forgotten understanding of ourselves. Why are we the only animal on this planet that does not live to its potential? Why do we so vividly show signs of aging?
- Why are we the only ones that exhibit chronic diseases like allergies, asthma, hypertension and cancer? I will demonstrate how bad science is promoted and good science is suppressed, with specific attention given to our diet. This knowledge will empower you to take back control over your health and free you from the clutches of our shepherds.
- You will find this book contradictory to most of what you know so please empty your brain and give it some space to absorb new information. It is based on my experience, observation and trials utilizing discoveries of suppressed and forgotten knowledge of doctors and scientists.



I will try to keep it as short and as close to the point as possible. You will be able to expand on the knowledge by exploring the work of the scientists that are mentioned in this book and hopefully it will stimulate you to go further on your own and share the knowledge with others.

Take back the power. Heal yourself!

# Chapter 1

Our Reality : I feel - that's why I am!



- Before we can talk about health or disease we have to examine what is this world of ours, who are we and how do we fit in relation to others. There will be some confusion at the very beginning. Who was correct, Newton or Einstein?
- They were both correct by describing two different realities. One reality is about our physical laws in our three dimensional view of our Universe and how those laws govern our lives based on this reality. We can all see each other in certain ways, predict things to happen based on the knowledge of the laws that govern our World. Understanding these laws makes it possible to understand who we are, what we need to survive and what makes us healthy or sick.
- On the other hand Einstein, through Quantum Physics, draws a completely different reality of illusion and organized chaos of particles prone to unpredictable behavior. Using experiments, quantum physicists proved that particles will behave as expected if monitored by a result oriented monitoring device. This explains positive thinking and black magic. For example if you have the desire to do something you will most likely do it. By doing so, you will meet people of the same interest and your life will start shaping itself a certain way. If you are poor you will be surrounded by poor people, if you are rich you will be surrounded by rich ones.
- If you want to achieve something, all that you have to do is to concentrate on the result and it will happen. This is the law of positive thinking or the law of attraction. If you believe that someone can hurt you, you are opening the door to this possibility. This is where the placebo effect takes its hold.

- The opposite of the placebo effect is nocebo effect. If you are influenced by negative thoughts, your health will be affected negatively. For example if you believe in bad spirits the prediction of a voodoo practitioner will affect you and if the voodoo practitioner tells you that you will die tomorrow at noon, you will die at that time. If you do not believe in black magic you will not be affected at all.
- Then we can go a step further and enter a world beyond particles. That is a world of darkness and light. In this world all that exists are geometrical shapes of circles, ovals, straight lines, triangles, rectangles and tetrahedrons. What do they mean? To explain this we can enter a much simpler world from the one that we live in. The world of computers. This world is composed of a sequence of zeroes and ones. The combination 00011 0111 0110 will result in an image on the screen on the computer. Depending on the program, the Pentium chip will decipher the sequence and it will display the image of a letter A or a dot or yellow color or sound.
- Our brain is exactly a result-oriented, preprogrammed monitoring machine that creates our reality, our World. The electromagnetic energy is the shade of the light, its permanent companion. This is why we may say that we are

nothing more than energy itself. This energy we can present as a wide sheet of energy field that contains all our realities and this is why we all see the same thing and experience the same vibration.

One movement triggers another and is experienced by all. We call it the collective mind. My intention is not just to tell you what we are doing wrong and how to change it, but to awaken your curiosity, engage your brain and come to a conclusion on your own.

I will mention as few studies as possible and instead swing your attention to examples in nature. For most of us this is very confusing so why am I mentioning this? The reason is that there are various methods by which healing may be achieved. We may stimulate healing utilizing chemicals, energy or persuasion. While healing with chemicals (medicinal plants or pharmaceutical drugs) may take years, utilizing energy will do it in weeks and persuasion will do it in minutes. How does that work?

- If we use the traditional healing method utilizing medicinal compounds we are addressing the symptom of the disease. For example in the case of cancer we can change the diet utilizing highly alkaline foods like juicing and eating raw meat, increase vitamin D<sub>3</sub> levels by sunbathing or vitamin D<sub>3</sub> supplementing, calm ourselves down by meditating or praying and taking long naps to allow our body to heal. It will take a while but you will heal from cancer.
- On the other hand you can just electromagnetically stimulate cancer cells and they will immediately activate the healing gene T58 and cancer will disappear within 3 months, the cells will simply fix themselves and healthy cells create a healthy organ and body.
- And then, since everything is an illusion of energy manifested reality, you can just visualize yourself as healthy without cancer and if you truly believe that it is so, you will project this image to collective mind and everyone will see you as healthy. So if you and others see you healthy you will be healthy. Since power of persuasion grows exponentially it is better to have help of two or more persons and you can heal from cancer in minutes.

- I will not elaborate on this more because if you are a spiritually awakened person you will understand and if you are not, then further explanation would not help. Still if you wish to know more check “medicine-less hospital in Beijing China”.
- For the end I left the beginning where everything has started, the sea of consciousness where the M or the bubble of theoretical life of multiple universes had started.
- Understanding the principles makes it easier to realize the power that we have to change our reality for better or for worse by simply envisioning things the way we want them to be. I have to mention that we, the humans, have power to create change utilizing energy. The energy is expressed in vibration of ether (plasma or consciousness) and we do have the power to influence it. Every thought is energy released into the ether that creates a ripple experienced by all. Our positive thinking comes from love and is governed by our heart. The negative thinking is produced by our brain and in comparison its energy is thousands of times weaker than the heart energy. Every negative thought that one has, will rob you of energy and cause oneself harm. This is why Jesus said love your enemy. Hating someone does not harm anybody else but you.

# Chapter 2

## Our Body





- Although we see ourselves as one body, in fact we are composed of trillions of independent cells. Each cell is an organism by itself that has its organs, metabolism, needs, feelings and knowledge of its existence. For the cells to function as one body there has to be instant communication systems available. Every cell in our body produces thousands of chemical reactions every second. Their chemical activity has to be shared among them so that they act as one.
- The communication is achieved through photons of light that the cells emit by themselves. In fact it has been calculated that one photon of light that each cell produces must have a storage capacity of at least 5 MB to be able to carry the information load. This photon, once in motion, will travel indefinitely sharing the information.
- To understand how we function we first have to understand the cell itself. The cell is the simplest organism though there is nothing simple about it. It has a membrane as a skin and inside it is filled with liquid in which there are organs - mitochondria, chromosome, nucleus, and the prismatic body.
- Inside the chromosome there is a double helix of DNA on which are pasted paired genes. This is packed in a bag resembling a structure with tails of DNA protruding. They are called telomeres. I am mentioning them on purpose because they are related to our aging. Every cellular function is controlled with a corresponding gene.

- The genetic activation and deactivation is controlled by the brain of the cell called the Cellular Membrane Receptor, (CMR). We have been told that each of us has a different genetic structure which makes us unique, and that this is a permanent structure which is impossible to alter. Dr. Bruce Lipton is one of the scientists that proved this to be incorrect. We are told that we are using only about 10% of our genes and the rest are so called junk genes. There is nothing junkie about them.
- The genetic structure is Universal and the same for all cells in our three dimensional Universe. The only difference is the genetic activation. For example when a zygote (the cell that procreates new life) starts multiplying creating the embryo, it goes through drastic changes. After about six weeks a human embryo has gills and it could develop into a fish. Two weeks later it has a spine resembling a reptile and can develop into a crocodile, tyrannosaur or a lizard. Two weeks later it resembles a dolphin, then a monkey and finally a human baby. The genes of all creation are packed in the chromosome - it is just the activation code that makes the difference.

- The same goes with all the different cells in our body. They all started from one cell and are essentially the same whether we call them stem cells or mother cells. It is only the genetic activation that makes the difference.

- Who activates or suppresses the genetic activation? It is the CMR. And how does it know what to do? It knows through an electromagnetic imprint or through the message that it receives.

- That genetic sequencing (activation and suppression) is a constant and ongoing process and is visible in nature. If there are several people standing around and one dog is present, most likely it will be obvious whom does the dog belong to. They will resemble each other. Adopted children will start resembling their adopted mother and a couple that likes each other will start to look like brother and sister. Why? Because in near proximity the transference of genetic information through photons of light is strongest and the cells will be affected by the information and adjust accordingly.

- An experiment to prove this was made by illuminating a live duck with a cold laser and projecting it on a fertile chicken egg. When the egg hatched it was a chick with flat beak and webbed feet. Through the light, the genetic activation code was transferred from the duck to the chicken embryo and partially changed the electromagnetic information that triggered a change in the genetic activation of the chicken embryo causing the changes in the newborn chick.
- Dr. Kanchzhen made a similar experiment with similar results and Dr. Peter Gariaev had shown that you can actually change one species into other just by illuminating them by light.
- To function properly, cells have to receive energy. There is only one type of energy required; electromagnetic energy. There are various ways of how a cell obtains this energy and how it can store it. It can do it through water, exchange of cations, or breaking down the food. It is important to understand that to produce the energy, the cell can utilize three nutrients: fat, protein and glucose (simple sugar). Additionally it is important to mention that cells can produce glucose by themselves either from protein or fat.

- It is extremely important to know the system of how the cell absorbs the water and nutrients. This is covered in the chapter “Hydration”.
- So far I have demonstrated that not only are all animal cells the same but also that all the cells in our body are the same. This raises another question; how is it possible that cells have different functions and how is it possible that they have different life spans?
- The different function is easily explained. Depending of what is required from the cell, the CMR (brain of the cell), will sequence the genes and the cell will start functioning either as a kidney cell or a pancreas cell or a blood cell. Dr. B. Lipton explains this in detail. He made a simple observation noticing that depending in what media you immerse the cell, it will transform itself to be productive and the same cell can become a bone cell or liver cell or a skin cell.
- As for the longevity, it becomes much simpler than that. We were told that liver or kidney cells live around 4 months and bone cells live 7 to 8 years. Surprisingly with all of the knowledge we still do not know how long one animal cell can live. One attempt was done to solve this mystery.
- One cell of a chicken heart was isolated and immersed in a saline solution. The solution was regularly cleaned and finally, after 25 years, the cell died but not from old age but because the assistant forgot to change the liquid. So the mystery of how long one cell can live was not solved. Another example was the case of Dr. Robert Beck’s blood.

- Dr. Beck invented an electro stimulator that does many wonderful things in our body and one of them is that it cleanses all of our cells including the blood.
- After pulsing for five months he went to his friend MD to check his blood. He was 70 years young and surprisingly his blood was cleaner than the blood of a newborn baby. What was more surprising was that once extracted, human blood survives about 3 to 5 days before dying.
- His blood was alive for 50 days after extraction and would be longer but the slide dried up. This made me think, how long can we live? I have mentioned that everything is genetically determined. The length of life is proportional to adolescent age. If we observe nature we will discover that normal life span is 20 to 35 times the adolescent age of an animal.
- A wolf's adolescent age is one year and it lives 25 to 35 years. The antelope's adolescent age is around 3 years and lives 60 to 80 years. A parrot's adolescence age is 5 and lives 100 to 160 years and so on. Since our adolescent age is 13 years this would put us from 280 to 400 years of age. Why are we the only animal that does not live to its potential? What do we do different from all of the other animals? We are the only animal that cooks its food. Does this have anything to do with our longevity?
- In our body all the cells developed from a single cell and that is why they are essentially the same, so why does the liver cell live only 4 months and a bone cell 7 years? Answers to all these questions will be revealed in this book.

# Chapter 3

## Longevity :



- A common belief is that we now live long lives and that is the reason why we have so many diseases and cancer. Let's examine this statement. First let's leave "science" aside because nothing can be influenced or falsified easier than "scientific results". Instead let us turn to the wild nature that has not been tampered with, for example:
- A wolf's adolescent age is one year and it will live to be 25 to 35 years of age not exhibiting signs of old age until the last couple of years of its life.
- If we check antelope or deer the adolescent age is 3 years and they live to be 50 to 80 before dying of natural causes.
- Parrots' adolescent age is 5 years and they tend to live between 90 and 160 years and so on. One thing that we notice is that the adolescent age is proportional with the final age that an animal can achieve. This is imprinted in our genetic code. As we have discovered the genetic code is the same for all creation.
- According to this something strange is happening with us humans. Our adolescent age is 13 years and if someone managed to live to be 120 years old we are fascinated. Well this is only less than 10 times our adolescent age. Furthermore how is it that we start showing signs of aging already at 35 years old?
- Scientists explain our deterioration with oxidative stress and bad genes. There is no such thing as bad genes and as for oxidative stress, what a great idea to blame it on oxygen. This will give us the opportunity to create a whole array of problems and excuses. Most "oxidative stresses" are not caused by oxygen but they are still being called oxidative stress.



- Dr. Cynthia Kenyon made a fascinating discovery that deserves the Nobel Prize, instead not surprisingly this discovery is hardly known. She discovered that if you deprive an animal of glucose something strange will happen. The animal will start to behave like a young animal, full of energy, flexibility, it will be healthy and it will outlive the other animals in its group 6 times and it will exhibit a healthy and energetic life to the very end.
- What has happened with the “oxidative stress”? Dr. Kenyon discovered that when the gene responsible for stimulating insulin production is deactivated, the energy is transferred to its paired gene, the ADF gene, that is now nick named “the sweet 16” gene. It appears that the “sweet 16” gene influences the rebuilding of telomeres.
- I have mentioned that the spiral helix of DNA protrudes from chromosomes and they are called the telomeres. In young animals they are 15 thousand bases long and with every cellular division the telomeres become shorter and shorter. When the telomeres are 5 thousand bases long the animal will die.
- The chromosome is a messaging center. It receives and sends information about the activity of the cell and its surrounding. It communicates with other cells that are in the same body and with those outside of the body. The ability to communicate over distance is achieved through very sensitive antennas called the telomeres.
- When the antennas are long they are sensitive and more information will be received or sent. The information travels in the form of electromagnetic frequencies and is transmitted through the light. In young animals the telomeres are long and the full spectrum of information can be received.

With every cellular division the telomeres are getting smaller and smaller and subsequently the reception will suffer. When the length of the telomeres is 5000 bases, the organism dies because not enough information can be received. One would think that there is no way out. The average lifespan of a liver or kidney cell is 4 months but bone cells live to be 7 years old. They are the same cells so how is the lifespan so drastically different? If we could make every one of our cells live 7 years it is obvious that we could drastically extend our life. One attempt was done to see what the lifespan is of an individual cell. One cell was isolated from a heart of a chicken and placed in a petri dish with saline solution. The solution was regularly changed to keep it clean. After 25 years the cell died because the assistant forgot to change the solution. Here we've got multiple answers. First, that we still do not know how long one cell lives, second, that cells need a clean environment and third, that cells do not need a lot of food.

Another relevant discovery was made by Dr. Robert Beck. After he was purifying his blood with his invention, the electro pulser, his blood was checked. Normally when you draw blood it will survive outside of the body for 5 days (from children) and 3 days (from an average grown up). Dr. Beck was 70 years old and his purified blood survived outside of his body for 50 days. Afterwards, the whole slide dried up, but it appears that his blood would have lived longer if there would have been some liquid left.

- The conclusion from those two tests is that the cells can live a very long time (indefinitely), if they are in a clean environment. Now we know that the reason that cells in our body tend to have different life-spans is because they live in a different concentration of pollution, blood being the most polluted and the plasma inside of our bones the least polluted. So how is it that the blood of humans is so much more polluted than the blood of wild animals? The reason is obvious and simple; it is the food.
- Humans age rapidly because they eat sugars. Sugar is the reason that we do not live to our potential. Sugar contributes to our body's acidification and subsequently inflammation and bad blood circulation.
- How long and how healthy we are going to live is directly connected to the amount of sugar that we are going to consume. Another thing that stands between us and our longevity is pollution. First it is the undigested food that is remaining in our cells and our blood.
- We call it the free radicals. Eating dead food creates a lack of enzymes and vitamins. They serve as catalysts to lower the temperature in which the chemical reaction occurs. The digestion is not complete and the remains of partially digested food are now food for parasites, bacteria and fungus in our body.
- Dr. Rykard Hamer states that those bacteria and fungi are a necessity for our health. I am convinced to the contrary. Virus, bacteria, and fungus help get rid of some free radicals but they are not a necessity. They are there because there is food, partially digested leftovers that float in the blood.
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- That means that as long as you eat wrong food those potential pathogens are in your service. If all that is required for the cell to live indefinitely is a clean environment then it is the same for our body. After all, our body is composed of individual cells.
- If your cells are healthy so is your body. If you cleanse your body and your cells you will have no need for food and you can live indefinitely just by channeling energy of which you are part of. Proof of this are the Breathairiens.
- They do not eat or drink. They barely breathe. They directly channel the energy this way keeping the cells clean and the body healthy. Thousands of such people were born in China and this is kept a secret.
- Many experiments show us that the less we eat, the longer we live. A lot of concentration camp survivors lived to be over 100 years old. Starvation becomes a cleansing mechanism.
- As I have already mentioned, the cleaner the body, the healthier and longer the life. It is not necessary for us to starve to be healthy or to live long lives.
- If we start to eat raw foods and drink structured water we will eat less, we won't be hungry and we will better digest the food, leaving less partially digested garbage in our cells and our circulation exhibiting vibrant health and long lives.

# Chapter 4

## Diet



- Talking about diet we are opening a can of worms. There are hundreds of different diets recommended that often contradict each other so I am going to try to make it simple and straight to the point.
- It is true that people feel better if they eat food according to their blood type and it is true that people feel better if they eat vegetarian or an original diet that was made for us by our creator. Let's examine why. I had proven to myself and my patients that no matter what the blood group, we all do best on our original diet. So what is our original diet?
- Tribal people have blood group "o" as Original. This was a blood group common to all humans. If we observe today's tribes we see that they are hunters and fruit and seed gatherers. As humans moved into Europe from Africa the weather changed.
- They needed warm shelter and a nomadic life became difficult so they stayed in the same territory. As the wild animal stocks depleted the humans started to rely on other foods as vegetables. Metabolism had to change to accommodate the new diet.
- Our digestive system had to prepackage the food for better absorption. This process changed blood type into blood type "A". Similar circumstances changed the blood type in Mongolia to blood group "B". There is nothing that we cannot eat if the change is done slowly and gradually.
- Our cells will adapt to it. If you immerse lactose intolerant cells in lactose, they will all survive by altering their metabolism and becoming lactose tolerant.

- So where did we go wrong?
- I overheard a conversation in which people were arguing what is the mother of invention, what makes us excel? They concluded it is 'necessity'.
- In my opinion nothing can be further from the truth. I think it is a combination of laziness and greed.
- What is necessity? What do we really need? We need air to breath, food to eat and water to drink. All of this was provided by our creator. We invented a spear that made it easier to hunt down the prey and to defend ourselves from the predators. We started inventing things and our health started to suffer. We do not have to go as far as mentioning weapons. Let's stay on the basics: FIRE.
- We found out that fire will make us warm, but then we started inventing other uses for it, like cooking.
- First we discovered that the meat will keep longer if passed through fire. And then we started to like the taste of it. We found out that some inedible vegetables become edible if we expose them to heat. Utilizing fire in our food preparation was the first reason that brought us ill health and diseases.
- We eat because we need minerals, vitamins, water and energy.
- When we kill animals, the spirit is gone but the cells are alive. The same happens with the vegetables, fruits and nuts. When we eat them in this stage, our cells communicate with the living cells of the food and the metabolism will get adjusted.

- Not only are live cells full of energy in a form of structured water, electricity and light, live food is packed with enzymes, antioxidants and vitamins and it is alkaline. All of this is missing when the food is heated over 50 degrees Celsius.
- When our body is attacked by a disease, the immune system gets activated, white blood cell counts rise, the brain mobilizes available energy (electricity) to arm the leukocytes and cells start producing stress protein. As a result of this we feel sluggish and tired. The same happens every time you eat a cooked meal.
- Since in cooked and processed foods the cells are dead, there is no communication between the food and our cells. Our cells do not know what is coming in and defense mechanisms are being activated. It is the reason why we feel bloated, heavy and tired after the meal.
- None of this happens when you eat your food raw. After a raw food meal you feel energized, ready to go, light and satisfied.
- What is food? Food is energy in a form of highly unstable chemicals. A slight increase of a heat will make them react with other chemicals that surround them and breakdown (digestion) starts.
- If the heat is raised over 54 degrees Celsius they produce different chemical compounds that become more difficult to digest and in some cases they become toxic as well. The chemical changes we notice in the food are changing its taste, consistency and smell. Take the liver for example; when you cook it, it will become bitter and mealy. Try it raw, it is creamy and sweet.



- Vegetable and corn oils are unsaturated oils that science claims are good for us to cook with. When eaten they will bond with oxygen in places where hydrogen is missing and become oxygenized (rancid) which is toxic for us. On the other hand we are told that saturated fats (butter, animal fat and coconut oil) are bad for us. Science gave us a substitute, margarine, hydrogenated trans-fats. What are those?
- Industry is taking unsaturated oil and artificially bonding hydrogen in the places where it is missing. So what do we get? A SATURATED fat. Naturally occurring saturated fat is bad for us but artificial electromagnetically misbalanced saturated fat is good for us? I don't think so. All of those artificial fats are pure poisons and a major cause of our health problems including skin cancer and tumors.
- In fruits and vegetables carbohydrates are encapsulated in a fiber of cellulose. There is no animal (human included) that has the enzyme to dissolve the cellulose. When eating raw vegetables the carbohydrate is trapped in the fiber and leaves our body untouched. When we heat up the vegetable, cellulose fiber becomes swollen and brittle, it breaks and carbohydrates get released, then it enters the blood and becomes available for cellular use.
- Carbohydrates are nothing more than molecules of sugar pasted together. This bond breaks and lots of sugar, mostly fructose and glucose enter our blood. This triggers a production of insulin and promotes aging of our cells and subsequently our body. Insulin is not our friend as we are made to believe. It is a necessary evil if we eat glucose.

- Every animal that survives on vegetable diet has a symbiotic life style with bacteria. The cow for example eats grass. The grass is macerated in rumen (part of a cow's stomach). Here billions of cellulose eating bacteria thrive and multiply fermenting the food in the process, then this bacteria infested and fermented mass returns for another mastication, and finally enters the digestive tract.
- The actual food is a bacteria-induced fermented compound and the bacteria itself. When we eat vegetables raw we do not get energy from it except from its water (juice) and only if we heat it up and destroy the fiber do we get carbohydrates which spell problems. Now you will understand when I say that the food pyramid presented to us by doctors and nutritionists is not only wrong, it is upside down.
- The base of our food chain is saturated and unsaturated fat and carbohydrate is the dot on the top that we can very well live without.
- Animal saturated and unsaturated fat is loaded with fat soluble vitamins A, D, E, K and this is why it is possible for Eskimos to live without exposure to the sun. With promotion of low fat diets, the incidence of psychological diseases like depression is skyrocketing, especially in cold countries.
- Vegans noticed that they get more energy if they drink a juice produced by high speed juice extractor. This is because some cellulose fibers break and carbohydrate gets released. In my opinion this is not healthier. It is unnatural and stimulates the production of insulin. Instead they should start consuming saturated fat.
- The worst food that we eat is processed food. And that goes for vegetables and meat alike.

- Processed food is full of chemical additives that harm our health. Some are listed like BPA (bisphenol A) in plastics, MSG (monosodium glutamate), phosphoric acid, and another 2000 that are not listed. Basically, in the entire supermarket you will have a tough time to find one product that is actually healthy.
- Processed carbohydrates and meats (flour and its products, and salami, frankfurter, etc.) become a staple diet of our generation. No wonder that we are all getting sick. The worst type of sugar widely used in the food industry is a combination of processed glucose and fructose. When this combination of sugars is available, unusual amounts of fructose will be absorbed into our blood.
- Our cells do not want it and the whole burden of dealing with fructose is left to the liver. The liver is programmed to handle up to 25 grams of fructose daily. It will transform it into glycogen and the rest will breakdown the same way it breaks alcohol by producing triglycerides and uric acid.
- People that eat a western diet (processed foods), unknowingly consume in excess of 200 grams of fructose daily. It is the major cause of obesity and it contributes to diabetes mellitus in people and forming of circulatory problems, arthritis and hypertension.
- What happens with the meat if heated?

- Meat is a protein. When we heat the protein over 54 degrees Celsius it undergoes chemical changes and coagulates. Coagulated protein is very hard to digest. In fact it will sit in our digestive tract and rot producing gasses and toxins poisoning our blood. When we go to the bathroom we need a gasmask that is how bad the odor is. We have the tendency of distinguishing protein as fish, egg, poultry or red meat.
- This is all the same “animal based protein”. Same as vegetables, when proteins are raw they are alkaline and full of enzymes, vitamins and structured water and when you cook them, protein coagulates and the enzymes and vitamins get destroyed. Cooked protein becomes acidic and the break up of it is dependent on bacteria and fungus in our gut. Simply it is not our food anymore.
- Vegetarians feel healthier not because it is healthier to eat vegetables but because they eat about 30% of their vegetables raw. If meat eaters would do the same with their meat they would feel even better then vegetarians do.
- This may sound strange but underlining cause of our ill health is heated food. If you observe any tribe on this planet you will notice that they all have a medicine man. Why? Because, they all get sick from time to time. And what do all the tribes have in common?
- They heat up their food at least to some extent. All but one: the Eskimos. They live on permanent ice. No vegetation and that means, no wood. No wood, no fire. Eskimos eat only animal fat and their meat raw, and guess what? They are the only tribal people that do not have a medicine man because they never ever get sick. Surprised? You should be. In India where there are mostly vegetarians, there is huge problem with diabetes mellitus and hypertension.

- When we discuss a vegetarian diet we must analyze vegetables first. There are basically two types of vegetables. One, whose procreation fuel is carbohydrate such as potatoes and grains and the other, where the procreation fuel is fat (oil) such as coconut and the seeds of fruits.
- If we eat nuts, we get fueled by the energy of its fat. If we eat carbohydrates, we get no energy and we stay hungry unless we heat it up and release the sugar from the cellulose fiber and this spells problem.
- In an experiment, pigs were given 10 kilos of raw potatoes a day and they remain skinny. On two kilos of boiled potatoes they start getting fat.
- If we are meant to eat sugar, we would start producing enzymes to dissolve the cellulose or develop different stomachs. Yes, our bacterial flora in the intestines will break the cellulose and ferment the food creating fatty acids but in our case, this happens in the big intestines and the absorption of fat is occurring in the small intestine. This means that we will have very little benefit from this process.
- The plants protect themselves with toxic protein so they do not end up as food. High concentration of such protein is in its reproductive material.

- Vegetables that are meant to be eaten do not have this protein. As an example we can use fruits. When the seeds inside the fruit are not ready for sprouting, the fruit is green. As such it is not meant to be eaten and it has protective protein. If we eat such green fruits we get sick; our intestines get inflamed. When the seed is ready for procreation, the toxic protein gets replaced by a small amount of fructose. Fructose is very sweet and entices animals to eat it, swallow the seed and distribute it around. Now the seed itself has the protective protein and if we chew the seed we will get sick. The protective protein is in the brown fine skin covering the nut.
- This is why if we eat nuts we should soak them and peel the skin before consuming them. All grains have the protective protein in the fine skin surrounding them and the birds peel it off before eating them, we do not. The protective protein in most cases is not a strong poison but causes the intestines to inflame so the absorption is made difficult. We blow up with gasses and bad odor.
- Another example is wheat flour. It is loaded with protective protein, it causes swelling of the intestines and in time they become porous and let the protein seep into the blood causing further swelling in our tissue contributing to lower IQ and hypertension. This was proven in a study in Japan where a group of children were tested who were on diet of bread, pasta and pizza. Their IQ fell 4 points and they gained weight.

- In 1960's, wheat was genetically altered and it produces opiate. It is addictive and increases hunger. People that eat wheat flour products eat four times more than necessary.
- We eat to energize our cells. Let us examine what our cells utilize to produce energy:
- Our cells can utilize glucose and in Krebs cycle it will produce energy and citric acid, or they can utilize fat by changing it to ketone bodies. Cells can utilize protein by changing it to glycogen. To manipulate glucose they need insulin and the reaction is fast like an explosion. Ketone is slow burning fuel essential for a proper functioning cell. This is evident in neurons. A lack of ketone in neurons in the long run will cause the cell to malfunction exhibiting memory loss (Alzheimer disease). Latest studies are pointing to brain cell resistance to insulin (diabetes mellitus).
- Insufficiencies of saturated fat will also cause problems in membrane forming in our body and hormone production. 45% of the material that form the membranes in our cells and body are saturated fats. They are a necessity.
- The healthiest part of the milk is its fat. Industry skims all the fat and uses it to produce butter, sweet cream and sour cream replacing it by adding vegetable oil with emulsifiers (dispersants) to the milk. When you heat the milk this bond breaks and yellow bubbles of vegetable oil remain floating on the surface of the milk. There is nothing good left in pasteurized milk for us. The only healthy milk is unheated raw milk that is full of saturated fat and fat soluble vitamins and enzymes.

- Food regulation laws are here not to protect the consumer but to empower the food industry. The food industry needs a product with a long shelf life and difficult manufacturing process so it can have a monopoly on the market and eliminate competition.
- The greed for money is destroying our health. We are constantly being lied to by the food corporations, consumer protection organizations and politicians.
- The misinformation has spread to the medical industry and since sick people are the clients of the medical and pharmaceutical industries, they avoid curing them. Instead the treatments are symptomatic and contribute to the problem making it worse as time goes on.
- Change the way you eat and drink and health will return in to your body.



# Chapter 5

## Exercise

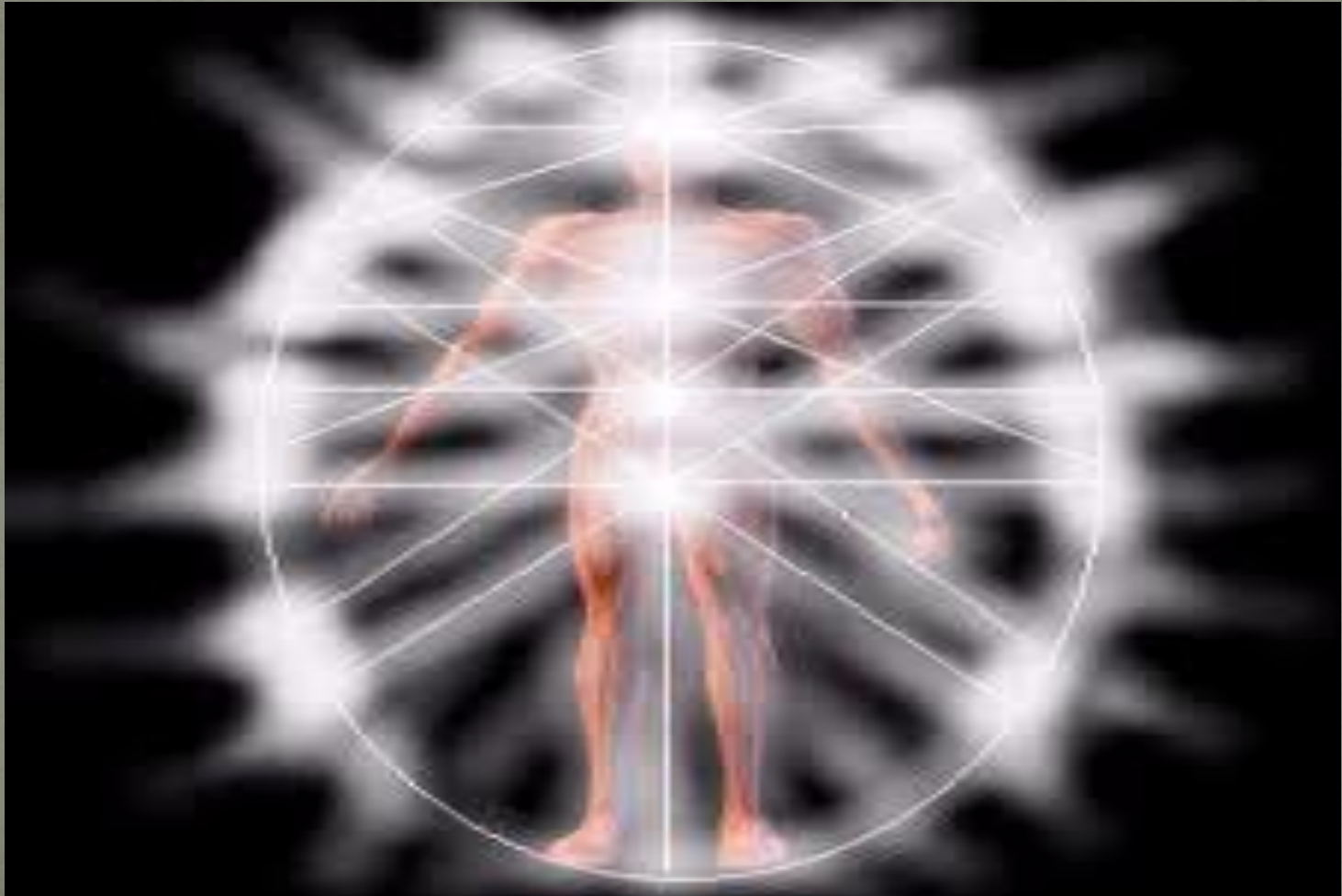


- Through the media, we are bombarded daily about the importance of exercise. There are tons of exercising equipment on the market and hundreds of suggestions of what is the most effective way to exercise and what benefits they produce.
- We are being told that we have to burn the same amount of calories as we ingest so that we do not get fat and that a fit body is a healthy body. All these claims are wrong.
- You should not ask the fitness trainer on how to improve your health as you should not ask your health provider how to get fit. In our society everyone has become a “specialist” for everything and very few “specialists” understand what they are talking about. Mostly they just repeat what they have heard from some other “specialist”.
- We are dynamic beings and what we need is movement. If we will become fat, it does not depend of how many calories we will burn but what food we are going to eat.
- Our bodies are adaptable and we can enjoy sitting around as well as jogging or swimming for hours. Reading this book you will have a pretty good idea what it means to be healthy and how to achieve it. A healthy body is physically fit.
- One can improve on strength by exercising the muscles but an exhausting exercise will decrease the muscle volume.

- To be healthy it is enough to walk a couple of times a week for 10 or more minutes at a time. That is if we have a healthy diet. The worst diet we expose our body to, the more we have to exercise. This is because exercising will speed up the digestion and speed up the elimination process of the toxins that we put into our body, either by increasing the cellular metabolism or by increasing the blood circulation and subsequently the detoxification.
- If we have a healthy diet, especially when we get older, we should refrain from strenuous exercising. This will diminish the muscle mass making us too thin. The best is peak exercising. Peak exercising is when for a short time you do as fast a movement as possible until you run out of breath and then slow down. You repeat this several times during the exercise. One of the best peak exercises is the sprint. Twice a week go for a walk and during your walk perform several sprints.
- You will notice that marathon runners are skinny and drained. On the other hand sprinters are muscular and look fit. As hunters we stock the prey and then we make a short run for it. This is the perfect exercise for humans. If you exercise with family or friends play tag. It is fun and perfect exercise, no equipment necessary.
- Of course there are other good exercises like martial arts, yoga, body building, and swimming. Every exercise requires concentration and that is why it is good for the brain as well. The higher the intensity, the higher will be the concentration and more energy will be required.

# Chapter 6

## Electro polarity



- Electro polarity of our body is something that very few people know about simply because it is not mentioned in school books. It is important to know some basics because after all, we are light bodies that run on electric energy. Just this simple realization shows that school books are rigged to guide us in the wrong direction and to keep us in the dark.
- Every living creature is electro positive. That means that bacteria, virus, rickecia, amoeba, etc. are positive on the outside of their membrane and negative on the inside. The same is with our cells. We, as multi-cellular organisms, are layered being positive on the surface of our skin and negative on the inside. Whatever is in the same area as the inside layer of the skin, like blood vessels, organs, tissue, are all negative on the outside and positive on the inside and so on. This is why organs do not stick together.
- Their identical polarity keeps them apart. This is very important when we talk about blood. The blood vessel, as it is negative on the outside, it is positive on the inside. All particles like erythrocytes, leukocytes, thrombocytes, bacteria, viruses, fungi, and cholesterol must be positive to be in the circulation.
- If there would be any negatively charged particle, it would electromagnetically bond to the positive particles and cause problems. They all have their magnetic field that separates them. When we are in good health, not in stress and happy, the brain is not utilizing lots of the electrical current and it is letting most of it flood the body.
- In this state the electromagnetic field is high and no particle in the blood can touch the wall of the blood vessel. The particles are well separated and they can't touch each other as well. That means that our blood pressure will be low and virus, bacteria or any pathogen cannot approach our cells.

- Simply we cannot get sick (infected). If our blood vessel gets cut, we stop bleeding quickly because as the positive particles get out of the blood vessel they get electromagnetically bonded to the negative surface on the outside forming coagulum that gets reinforced by thrombocytes.
- On the other hand when the electromagnetic potential of our body is low, so will be the electromagnetic field around the blood particles and that means that they will be touching the arterial wall causing friction (possible increase of blood pressure), and they will be touching each other (possibility of infection), and they will start grouping together (possibility of blood clots).
- As we get older, heavier and more polluted, our electromagnetic potential gets lower and we become more prone to diseases. Maintaining a high level of electromagnetic potential in our body is crucial for our health. Eating fresh raw foods and drinking live structured water is one way of keeping our electromagnetic potential high. Also low stress will keep our electromagnetic potential high and it will keep us healthy.
- The electric current in our body is high especially when concentrated to a particular area. Some people can manipulate it to set paper on fire from 10 centimeters of distance between the hand and the paper. Some people have experienced awaking up in the morning and their hand being burned black. Reasons are unexplained but I think the cause is a short in the synoptic wiring.
- Changes in electromagnetic potential will influence the cellular membrane receptor (CMR) to alter cellular functions by activating and deactivating genes and this way it will alter cellular productivity either by stimulating the cell to hydrate or to produce certain chemicals or to stop the hydration or start the healing process.

- In nature everything is electromagnetically balanced. Molecular structure of protein and fat is based on the electro polarity. Since 45% of cellular membrane is saturated fat, it is essential that one side of the fatty chain is positive and the other is negative so polarity of cellular membrane is not interrupted.
- This is why hydrogenated fats are dangerous for us because they are not properly polarized and create electromagnetic disruption in cellular membranes. DO NOT EAT MARGARINE.
- In surgical procedures, polarity is not being addressed and surgeons are connecting the tissue with inverted edges which expose positive tissue in negative area and causes adhesions. This could easily be avoided if we would know the truth. Mismatched polarity is the reason scar tissue occurs on the damaged part of our body after it heals.
- Every cell produces electricity. As the cell gets dehydrated and polluted the ability of producing the electric current will be diminished and the cell will become dependent on the electricity that is distributed by the brain. Contrary to our belief, the brain does not produce electricity above the normal cellular production.
- The electricity that governs our lives is produced by our heart and is redistributed by our brain. The more we occupy the brain with thoughts, the more electricity it will use and less electricity will be available for the cellular distribution throughout our body.
- This is why psychological pressure caused by problems in life or bad attitudes are very detrimental to our health.

# Chapter 7

## Thoughts



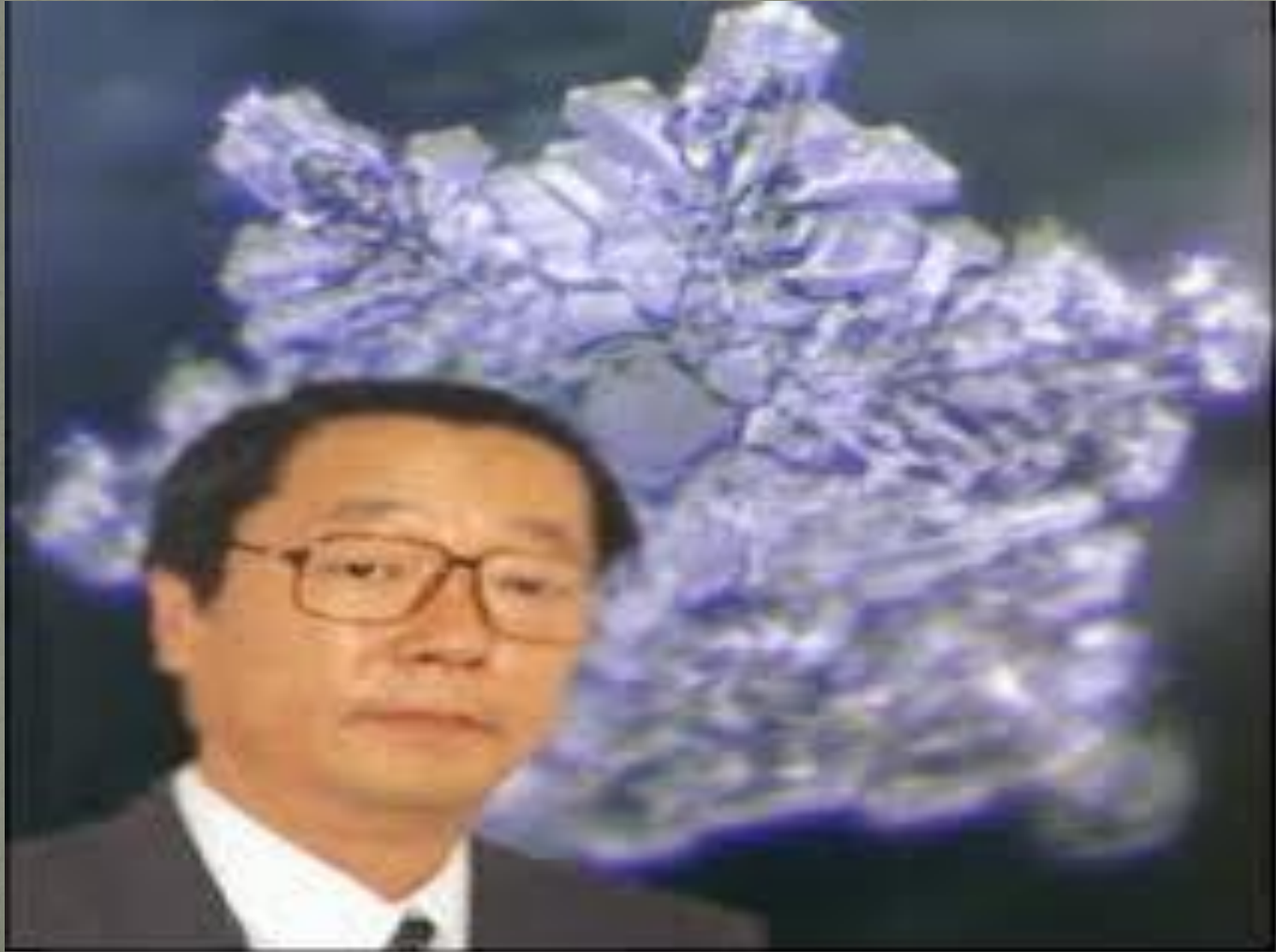


- We cannot talk about physical health and ignore mentioning the effect that our thoughts have on the well being of our cells. This fact is completely ignored in the medical school and a great majority of doctors do not give it any attention. Thoughts are electromagnetic signals that can be measured and weighed. Since they are energy waves they can be detected and experienced by the whole Universe.
- We are wrongly assuming that the thoughts are our secret. There are no secrets since the energy once created will affect the whole creation. It is only our opinion that was implanted in our brain by handlers (parents, religious leaders, teachers, Illuminati) that stand in our way of detecting those vibrations and deciphering them.
- Tribes that had resisted the “modernization” and stayed in touch with nature preserved the ability of “being in touch” with nature and for them telepathy is a way of communication not only in close proximity but in distance as well. Those people do not need doctors or medicines.
- There is a major difference between good and bad thought.
- Bad thought is produced by the brain’s ego and ego is a product of fear. Whenever bad thought is created, the ego will manifest itself and the level of fear will rise. Creation of bad thought consumes lots of energy that the brain will utilize and in this way it will drain the rest of the cells in the body of energy.
- The more energy that the brain is using the less energy will be available for the rest of the body causing a drop in the electromagnetic potential. The drop in electromagnetic potential will alter cellular function.

- On the other side, positive thought is a product of the heart vibration. Since the brain is not involved there will be not a drop of electromagnetic potential and our cells will work in their optimal capacity.
- This can be proven utilizing energy detecting sticks or a pendulum. A person that is having bad thoughts will radiate very small electromagnetic field that can be detected only in very close proximity of the person. If the same person concentrates on a good thought the energy field will extend several miles around the body and it can be measured by instruments several meters from the person.
- Armed with this knowledge you can realize how being scared or harboring bad thoughts toward others or yourself will harm your health. At the same time good thoughts will benefit you and others. This is what governs the placebo and nocebo principles.

# Chapter 8

## Water



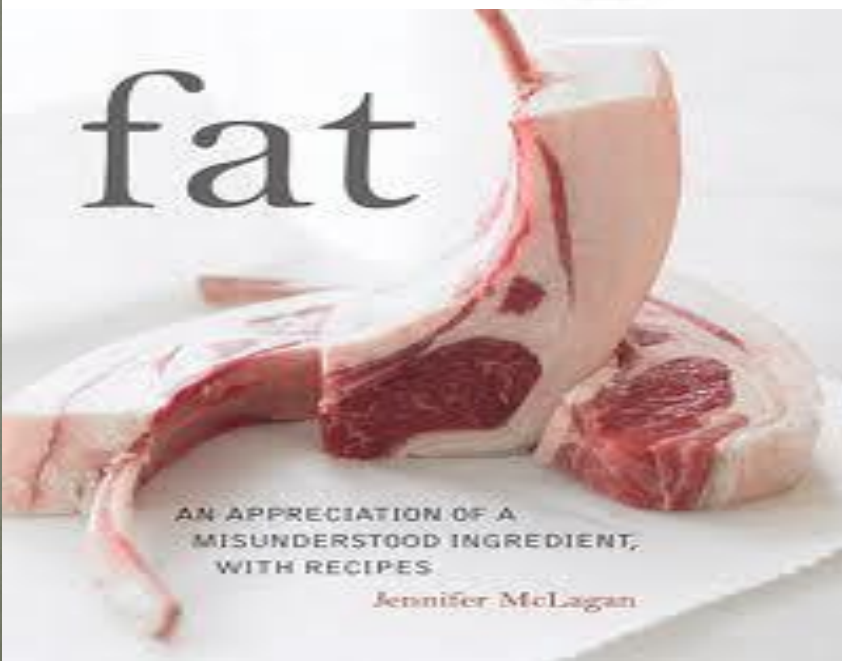
- Water is an incredible substance. It is either a slush of liquid or, if in structured form, it is a liquid crystal capable of retaining memory. Unlike other elements it can change polarity in an instant from positive to negative and that makes it possible for water molecules to stick together and form drops and rivers. This marvelous substance has been studied by many scientists but it is poorly studied in schools. I suggest you to check the work of Dr. Masaru Emoto and Dr. Batmanghelidj.
- In our body water has many functions. It serves as a transporter moving things through our body. As an absorber eliminating waste and supplying nutrients, as a preserver of electricity by aligning itself in a polarized manner in the cells that serves as a battery. By holding an electrical charge it enables our memory in a form of electromagnetic impulse and as a crystal, it will store it. More than 75% of our body is water and in the general public we know so little about it. As I have mentioned water can be liquid slush. That means without trigonometric structure or it can be structured with variety of trigonometric shapes. As structured it will have properties of a crystal and depending on the type of the structure it will have different characteristics. For example in parts of our cells the water has such structure that it does not freeze until 40 degrees Celsius below zero.
- The capability of absorption that water has, enables it to absorb and eliminate toxins from our cells and our body. Its ability to change shape into a vapor makes it possible to serve as a coolant of our body. Its ability to hold electrical charges makes it a messenger of information and capability to retain memory and gives it incredible storage capacity. Without water no life is possible. All living creatures are mostly composed of water.

- Knowing this it becomes clear that to be healthy we need to drink clean, structured water. As water enters a pipe it will quickly lose its structure becoming slush. As such it has no energy or memory. That means that the water that we drink is slush, dead water. It does not matter if the water is from the faucet or from a bottled natural spring. It went through a pipe and that mean it is dead slush.
- Since at least 75% of living things is water and it is structured, in living things the water will contain the memory of the shock of dying of the organism. It does not matter if it was vegetable or animal. When humans were “primitive” they knew that it is important to ask for the forgiveness for taking life. They would ask for the permission to take the life so they can use it for food. This was a ritual and in fact this ritual would restructure the water in the food making it energetic and healthy.
- Later we would continue a version of this tradition by praying before having a meal. All this is gone as we become more and more “civilized”. Furthermore as civilized we treat our vegetables and animals inhumanely further worsening the quality of the water in our food and that means the quality of our food itself. We have to take a step back. Return to those “barbaric” methods of asking for permission before taking and asking for forgiveness if we take without asking.
- Thought is electromagnetic impulse based on vibration (frequency). By projecting thought into the water we will influence its structure. Simply by focusing on water and asking for forgiveness or having pleasant thoughts we will restructure the water in a positive way.

- It makes no difference if the water is in a cup or part of vegetables or part of meat.
- Simply with thought we can take the shock of dying out of our food and replace it with vibrant structured water.
- We do not have to go as far as performing dancing rituals of our grandfathers to achieve results.
- The soothing sound of Mozart or Vivaldi will structure the water as well. At the same token loud noisy aggressive music will turn the water into slush.
- Now you can imagine what this means to our health.
- Do not get confused and think that juice or tea is good substitutes for water.
- There is no substitute for water other than WATER.
- The more junk food we eat the more water we need to drink and more of sea salt we need to be able to flush our body and detoxify it.
- This is why I emphasize consumption of sea salt and water. Restricting either is a sign of bad medicine.

# Chapter 9

## Fats



- For an average person there is a big confusion when it comes to fats & oils. I will try to simplify it as much as possible. What are fats or oils? Chemically they are nothing more than chains of carbons connected to hydrogen. If the chain of carbons that forms certain fatty acid is long we call such fatty acid omega 9. If the carbon chain is short we call such fatty acid omega 3 and if it is medium long we call it omega 6.
- Furthermore if every carbon in the chain is connected to hydrogen than we say it is saturated and such fatty acid we call saturated fat. Such fat is stable because it does not have a weak reactive bond. Because of its perfect electro balance such molecule is straight and compacts easily. Because of this it will solidify in room temperature. Such fats are most animal fats (pork fat, chicken fat, butter...) and some fruit plants like coconut and palm oil. Contrary of what we are being told such fats are very healthy for us and if we decide to cook they should be used because they do not change when they are exposed to heat.
- On the other hand there are fatty acids in which one or more carbons are missing hydrogen. If one carbon is missing hydrogen we call it mono unsaturated fat like olive oil and if more carbons are missing hydrogen then we call them polyunsaturated fats like vegetable, corn, soy oils.
- We refer to them as oils because they do not compact well and stay liquid in lower temperatures. In places where hydrogen is missing, such fatty acid is unstable and with slightly elevated temperatures it will get chemically active and bond to other elements most likely to oxygen. When this happens we say that the oil got oxidized, rancid or spoiled.



- All oils that we call cooking oils like vegetable oil, corn oil, sunflower oil, soy oil, etc. are unsaturated and they should never be used for cooking at all.
- I am not going into the reasons why we are being misled but that we are misled proves another fact and that is hydrogenated fat (margarine).
- Hydrogenated fat is what you get when you use unsaturated fat and artificially through a chemical reaction bond hydrogen to carbons that are missing them.
- So what do you get? SATURATED FAT.
- The problem is that the hydrogen did not bond in a symmetrical order and such saturated fat has misbalanced polarity.
- Our cells do not realize the difference and utilize hydrogenated fat like saturated fat to build membranes. Now the polarity of the membrane gets disturbed and such cells will not function well, they can't hydrate properly and will get diseased.
- Natural saturated fat such as butter is bad for us but this electromagnetically misbalanced hydrogenated fat that we call margarine is good? This is a pure fat lie!
- The sooner you start eating natural saturated fat the sooner your health will start improving.

# Chapter 10

## Cholesterol



- There is a general scare around cholesterol. Before we get into it we have to understand - what is cholesterol?
- If you put a drop of oil in water it will clump up on the surface. Since blood is water and oil (fat) has to be transported to all the cells through the blood the body had to find a way to disperse it so it does not obstruct passages. There are two ways how our body deals with this. It attaches three fatty molecules to glycerol and forms triglyceride or connects fatty acid to protein creating lipoprotein or as we call it cholesterol. Both of these processes are done in the liver.
- Unlike triglyceride the cholesterol is produced in amounts that are ordered by the cells. This means that there will never be more cholesterol in the circulation than the amount that was ordered. Remember this “there will never be more cholesterol in the circulation system than was ordered by the cells”. Why do I emphasize this?
- All doctors know this but somehow forgot it on the way. If they would remember this fact they would never prescribe cholesterol reducing drugs.
- Triglyceride is a form of fat that the body utilizes for energy and it is the way the body will store excess fatty acids for further use. So it is the type of fat that makes us obese.
- On the other side cholesterol is a type of fat that the body utilizes

for production of hormones, reparations and building of new cells and tissue.

- More than 45% of material that form membranes in our body like membranes of the cells, membranes of the muscles, our organs and tissue is saturated fat that is transported to its destination via cholesterol.
- Higher levels of cholesterol mean that there is a demand for it and that means something is being rebuilt or reinforced or protected.
- I noticed that everyone that is on my protocol and utilizes the Beck pulser (the blood electrifier) has elevated cholesterol of around 240 mg\dl because the cells, organs and tissue are getting repaired and that means saturated fat has to be delivered to those areas. Forbidding people to eat fatty foods is foolish. Cholesterol from the food can't enter our blood circulation. Remember cholesterol is lipoprotein. That means it is lipid (fat) connected to protein.
- Foreign protein cannot enter our blood. If it does it will be attacked by our immune system like bacteria or virus and destroyed. During digestion in our intestines fatty acids separate from protein and get absorbed into the blood circulation and protein gets further broken down into amino acids before entering our circulation. This way protein will lose its signature (electromagnetic code of the body where it originates) and can be reused in our body to synthesize new protein with our bodies signature. Now you see how ridiculous is the statement; "do not eat eggs because they are rich in cholesterol and they will elevate your cholesterol".
- Cholesterol is blamed for causing arterial obstruction and causing heart

- infarctions. This I will address in the chapter; “hypertension and arterial obstruction.
- By using cholesterol reducing drug statins, we deprive our cells’ building material and all membranes in our body will suffer. It is common for patients that are on statins for an extended period of time to experience muscle pain, heart problems and loss of memory or depression. All of these problems are a result of an insufficient amount of saturated fat in the blood.
- Not enough material for building membranes and hormones and our health will suffer. I have noticed that people whose diet is based on low salt, low saturated fat and high levels of carbohydrate have elevated cholesterol and suffer from hypertension. Unfortunately this type of diet is highly recommended to us by our health professionals.
- When I met my wife she was very conscious about her diet she ate lots of vegetables and fruits supplementing them with skimmed milk, fish, skinless chicken and fat free meat. In the restaurant she would cut off every piece of fat and skin away from her steak or chicken. I would just grab and eat everything she cut off.
- Her cholesterol was 360 mg\dl and mine was 180 mg\dl. I also have to mention that for breakfast I would have 4-6 whole eggs and she had only 1-2 and of course I would be eating the yolk of her eggs as well. Once she started to change her diet and eat food that is rich with saturated fat her cholesterol dropped to 180 mg\dl as well.
- Cholesterol is a very important substance and it reflects how healthy we are. Higher levels of cholesterol indicate that there is a reparation in progress

- or that there is an inflammation or some kind of poisoning going on in the body and the cells have to protect themselves.
- Even cellular dehydration can elevate cholesterol levels because when the cells are dehydrated they will try to stop further loss of the water and as a result they will reinforce their membranes with cholesterol to prevent the water from escaping from the cells. Not eating saturated fats will result in elevated cholesterol and that is an indication that eating saturated fat is essential for our health. Again I will emphasize we do not need studies, just observe nature.
- Simply, if you consume lots of food the liver will transform the excess of calories (does not matter if they are from fat, protein or sugar) into triglycerides and store them as fat that makes us obese. It will not have an influence on the amount of cholesterol in the blood. You could be starving and your triglycerides could be very low and your cholesterol could be very high.
- Again remember that for cholesterol it does not matter how many calories you are eating. Cholesterol production is controlled by your body's demand and it is a huge mistake to interfere with its production.

# Chapter 11

## Sugars



- I purposely give emphasis on fats and sugars because they are the most misunderstood and misinterpreted in the medical field and fat or sugar surplus or deficit is the main cause of some common diseases.
- Sugars in vegetables and fruits mostly occur in complex structures of two or more different sugars bonded together. Those complex sugars we call carbohydrates. In the chapter of "Diet" I mention that carbohydrates are enclosed inside a fiber of cellulose and that is why if we eat the food raw. Carbohydrates just pass through our digestive system and leave our body untouched. The most common combination of sugars that form starchy carbohydrates like potato, rice, banana, grains... are glucose and fructose combination. Those are the two types of simple sugars that I want to talk about.
- From 1950 until now we were told that saturated fat is bad and we should not eat it. Now we know that we were wrong. These days attention is on sugars. It is discovered that people are obese not because they eat fat and protein but because they eat sugars. Sugar is the cause of diabetes mellitus and plays a role in hypertension and general inflammation in our body. We know that when glucose enters our portal vein when absorbed from the small intestine it will go directly into the circulation, bond with insulin and enter the cells supplying them with energy. That is simple and good so we do not elaborate and waste our time to dissect it. On the other side is the fructose. After absorption it will enter the portal vein and it will be redirected to the liver for processing because there is no cell in our body that will accept it and insulin will not bond with it so, there is no conductor to do this job like it is done with glucose.



- Automatically the suspicion is that fructose must be the problem when we increase the amount because the liver has limited processing capacity. This is why we are now in the times of fructose bashing.
- Everywhere there are studies informing us of new discoveries of problems created by fructose. Fructose creates problems but not because we eat too many fruits that are sweet, not even that we consume fructose as a sweetener.
- The problem is that we consume fructose in a combination with glucose and we consume a lot of it. In the fruits there is a small amount of simple sugars, fructose and glucose that is available for our absorption.
- If there is 45% of carbohydrates in a fruit only about 4 - 10% of it will be exposed in monosaccharide state as glucose or fructose available for our digestion. This would never create any problem.
- For fructose to be absorbed from the small intestines into the blood it has to be attached to its transporting protein GLUT5. If we eat fruits occasionally the amount of GLUT5 is small. When we eat fruit even if the amount is larger, only limited amount of fructose will be absorbed since there is not enough GLUT5. The rest of the fructose will continue to the large intestines where it will be fermented by our gut bacteria.
- Fermentation will produce gas carbon dioxide and methane, they will enter the blood and we will exhale them and some acids and ethanol will be produced. That's why when we eat larger amount of fruits that contain more fructose we may experience gasses and loose stool or diarrhea.
- When you are constipated, if you eat dry fruit (fructose content in dry fruits is high) your stool will get soft.

- If you eat fruits on a regular basis the amount of GLUT5 will increase and more fructose will be absorbed in the blood. Fructose will not enter the circulation but it will be diverted to the liver. When fructose enters the liver it undergoes chemical changes and is converted to glycogen like glucose does and as such it reenters blood circulation.
- The liver will report to the pancreas how much glycogen is produced and the pancreas will supply an adequate amount of insulin. No overproduction of insulin will occur. The human liver has the capacity to convert about 25 grams of fructose daily. This is a considerable amount of fruits.
- The problem is that because of our diet we absorb way over 25 grams of fructose and what makes this possible is the combination of glucose and fructose such as: table sugar, HFCS, cane sugar...and CARBOHYDRATE.
- To absorb glucose, transporter GLUT2 is necessary. Insulin increases the production of GLUT2 so if we eat lots of glucose there will be plenty of insulin and GLUT2 available. Where the trouble lies is in the fact that fructose is more viscous and bonds to transport protein easier and if GLUT2 is available it will bond to it.
- This dramatically increases fructose absorption into the blood and increases the total fructose amount that floods the liver. So instead of 10 or 18 grams of fructose the liver will receive 200 grams or more.

- Only 20 grams or less will be transformed into glycogen and the rest, 180 or more grams will be converted to fat (triglycerides) and uric acid. Triglycerides will accumulate in the liver and other organs including the heart and in our fat tissue increasing our weight, making us fat.
- Uric acid will have to be cleared out of our body by being filtered through the kidneys and urinated out. To do this job efficiently we have to be well hydrated. Since most of us are not, the kidneys will increase the tolerance for uric acid to save water.
- More uric acid concentration in the blood will contribute to general swelling increasing blood pressure and accumulating in joints causing gout or rheumatic pain. Lack of water and high levels of uric acid will start forming kidney stones which is another problem that more and more young people that drink sweet carbonated drinks like COCA-COLA suffer from.
- Processed foods that we find in supermarkets are loaded with high fructose corn syrup and free carbohydrate (not encapsulated in fiber of cellulose). Even saltines have high amounts of sugar because glucose is addictive and it is one of the main ingredients of processed foods. High fructose corn syrup, HFCS, is the combination of 60% of fructose and 40% of glucose. This makes it very sweet and very absorptive as well.
- This explains why fruits are not creating problems associated with sugar intake. We eat them raw and the carbohydrate is not available. The small amount of free glucose and fructose does not create any problem, but cooked and processed foods do create problems because high amounts of fructose and glucose get absorbed into the blood since the cellulose is destroyed and carbohydrate becomes available for absorption.

- Do not get fooled with advertising that processed food rich with fiber is good for you. Fiber has absolutely no value unless it harbors carbohydrates and does not allow them to get into your blood. Cellulose fiber mixed with free carbohydrates has absolutely no health benefits what so ever. High fructose corn syrup is very bad because it has not only a high percentage of fructose but it has lot of glucose as well. This is a bad combination. The same with sugarcane syrup as well.
- Fructose in its pure crystalline form does not present such problems because as I have mentioned the absorption will be limited but do not use it in combination with starchy foods. Needless to say, consuming glucose will shorten your lifespan and consuming small amounts of fructose will not, because fructose will not spike the insulin level.

# Chapter 12

## Artificial Sweeteners

- Artificial sweeteners like Splenda, Saccharine, Equal, Aspartame, Amino sweet...are not healthy alternatives to sugar. Although they are low on calories studies have proven that people that utilize those sweeteners will gain more weight than people utilizing sugar.
- The reason behind this is that sweet sensations stimulate the brain to prepare the metabolism for a glucose intake and when this does not happen, the cells will demand more food forcing us to eat more.
- Not only will you gain more weight utilizing artificial sweeteners, they are proven to be toxic. They contribute to cellular dehydration and are carcinogenous. Aspartame has been linked to leukemia. The toxic effect is not experienced right away but in long term usage statistics have shown an unmistakable correlation.
- Stevia is a plant that is naturally very sweet and it is a good alternative. In my opinion, this too has to be looked at carefully because long term studies are not available.
- Refrain from sweeteners and if you need one, use pure honey.

# Chapter 13

## Disease



- Disease is a group of symptoms that cause discomfort or pain. There are basically four causes: trauma, infection, metabolic deficiency and the problem in receiving or sending information (messaging). It is important to stress that disease started way before we see the signs. When there is a problem either in the supply of nutrients or water or mild toxins, the cells will alter their functions to overcome the problem. We have no clue that this is happening because this is not followed by discomfort or pain.
- Very often one feels fine and goes for a routine checkup just to discover that his blood picture is a mess. Doctors are quick to prescribe “appropriate” drugs to bring the value to the normal levels and destruction of the health begins. We acknowledge that we are sick when the cellular disturbance is so severe that the cells run out of options to solve the problem and the brain takes over to help from the outside.
- This causes pain because it is always followed with inflammation. This stage we call disease. As soon as the discomfort goes away we assume that we are healthy again. Wrong.
- Trauma is simple to solve. We know the cause and we fix it.
- Infection is more problematical. If we are dealing with bacteria we have an antibiotic, for fungi we have anti-micotic and for parasites, toxic remedies to chase them out. What to do with a virus? It lives inside our cells. To destroy it we would have to kill the cell itself. This is what we are made to believe. Actually there is a variety of different techniques to deal with viral infection. Before we go there let's look around.
- Why is there no major health problems in wild animals? No big infections,

- no pandemic diseases, no signs of aging. They do not wash their limbs or clean their food before eating and they are all very healthy. Furthermore, there is no hypertension, asthma, circulatory problems, kidney or liver malfunction, depression, lupus, cancer, etc. in the wild animal world. So where did we go wrong?
- To understand a disease we have to go back to the basic cell. How can a basic cell defend itself?
- When healthy, the cells are round, pressurized and alkaline. The PH is 7.4. The PH scale goes from 1 to 14. Seven is neutral and what is over 7 is alkaline and what is below 7 is acidic. What is important to know is that pathogens like virus, bacteria and fungus do not like alkaline media and can't reproduce in it. Cellular alkalinity is its basic defense strategy. If the cell gets damaged due to some toxin, radiation or dangerous frequency wave it can repair itself by activating a gene that we can call T58.
- This gene is the cellular doctor. Its only job is to repair the cell. It can even repair a broken or damaged chromosome because it has a copy of the genetic activation code. Basically you can compare it to a recovery CD for your computer. So how is it possible that the cell gets damaged or malfunctions?
- For the gene to do its job it first has to be activated. We know that the activation is being done by CMR. Now the question is why does CMR ignore to alert and activate T58? If the CMR would do its job and alert T58 there would be no diseases to speak of. To answer this question it is best to do a comparison using us as example.
- Most of us as we get older, have some aches and pains in our body that we learned to live with. So imagine that you are sitting and conversing with friends. Your knee is slightly hurting, your stomach is acidic and a slight headache is present.



- All of a sudden there is a loud noise. You jump, headache is gone, stomach acidity is gone but quickly you sit down again because the pain in your knee forces you to do so.
- Pain is not there to torture you but to alert you that something is wrong and needs to be fixed. The noise was a low level stress that produced stress hormones and directed energy where it was needed for a response. Since the stress level was low, areas of larger problems were not affected and your knee pain remained to alert you that you can injure yourself. The higher the level of stress, the stronger the stress hormone response and the tighter the energy control.
- Ultimately if your life is in eminent danger cortisone is secreted. So if a tiger shows up in your room all pain will disappear because not a single milliamp of energy can be wasted for signaling. Simply if you do not get out of the danger you are dead meat. All energy is now concentrated in your muscles. You become ten times faster and stronger. If during your attempt to escape you lose your hand you will not even know it. No energy is wasted on pain signaling.
- It is not important and there is for sure not going to be any fixing of a problem or inflammation. As soon as you are out of danger stress hormone levels go down, energy returns to do the signaling, pain returns and inflammation takes place. Our brain is a central control panel that switches electrical circuits and manipulates the energy. Our brain decides what the priority is and distributes the energy accordingly. So what would be the priority in everyday life?
- #1 Defense: If we get injured or attacked by disease the brain redirects energy to raise white blood cells and arms them with electrical current so they can electrocute the intruder. The more severe the problem, the more energy gets diverted. We feel this by experiencing weakness, absence of appetite and thirst.

- We just want to be left alone. Animals in this stage lie in a dark place and refuse to eat or drink until they get better. What do we do? Grandma comes with warm chicken soup. Wrong thing to do because we will divert energy to digestion and the healing process will slow down.
- #2 Work: When we are working, the brain knows that we are gathering the food. So when we are working we do not experience any hunger or thirst. Most of the energy is diverted to our muscles. We do not feel hungry or thirsty. If there is something wrong with us the discomfort or pain signaling is active letting us know that we have to be careful and fix this problem. This signaling will use some energy and we will be weaker if pain is present.
- #3 Digestion: As soon as we stop working and sit down we start feeling hunger and thirst. This is the third phase of energy manipulation. The energy is drawn into our digestive tract. When the digestion takes place, energy is utilized for digestion and we feel sluggish and sleepy. The more energy that will be utilized, the weaker we feel. If you eat raw foods you will eat less and utilize way less energy. This is another reason why you will not feel incapacitated.
- #4 Recovery and Reparation: When the energy is not needed anywhere else the recovery and cellular reparation takes place. This happens in a deep sleep. When sleeping the brain opens the circuits and the electromagnetic energy that is being produced by our heart floods the cells in our body. This high electromagnetic potential stimulates the cells to start rebuilding the energy reserve, to hydrate itself and to repair itself if there was any injury. Deep sleep is very important and we should sleep 8 hours a day. Now it becomes obvious that we should not eat late at night because digestion will shorten our sleep and rebuilding time.

- Similarly, just like our brain controls our body, CMR (brain of the cell) controls the functions of the cell. Our cells cannot see the dangers that trigger shock reactions in the brain. It simply responds to the level of electromagnetic potential that floods them.
- When the cell is flooded with the electricity it functions optimally. It hydrates itself, produces the energy, manufactures chemicals that it is in charge of then diagnoses its problems and fixes them. It is a perfect machine. As the energy level goes down it starts altering its functions exactly like our brain.
- First it stops checking for its problems and that means no reparation, next is slowing and stopping hydration. Then slowing and stopping the chemical production. It starts production of stress protein and ultimately barricades itself in defense. It becomes obvious how strong an influence stress has on our health.
- Constant stress will dehydrate the cells. The less water the cell has the fewer toxins it will eliminate because it will guard its water. This will cause a buildup of acidic waste. The cell will become acidic. When this happens in the cells of an organ or tissue the neurons will report to the brain about an acidity problem.
- The brain will respond with forced hydration by activating production of histamine and vasopressin. This will inflame the affected area and cause itchiness or pain then DISEASE is borne. Depending on the organ or area affected we give it the name allergy, asthma, gastritis, hepatitis, conjunctivitis, etc. A great majority of diseases start as cellular dehydration and can be cured simply by hydrating the cells.

- We have explained how stress triggers cellular dehydration and acidification. This is not the only way that cells can become dehydrated. Now we will examine how toxins in the blood and plasma trigger cellular dehydration.
- The cells live suspended in our extra cellular liquid called plasma. Water and sodium enter the cell and if CMR does not recognize any toxin that could harm the cell it will start potassium production activating the osmotic pump and hydrating and feeding the cell. If CMR encounters a toxin that could harm the cell, it will immediately stop production of potassium and it will take about 10 minutes for the extracellular and intracellular liquids to equalize and the osmosis will stop.
- The cell will stop hydrating. It does not matter how much water you are drinking and how much sodium you have; the cell will not take a drop of water until CMR starts with potassium production. Why is this so important to understand? We are made to believe that green tea, red wine, garlic and other substances are healthy for us.
- Green tea has caffeine, red wine has alcohol and garlic has sulphone hydroxyl. Those are some of the toxins that will stop the cellular osmotic pump. To show an example, everyone that drinks a beer notices that they can feel alcohol when they drink the first bottle of beer. After 10 minutes when the next round comes up the sensation of alcohol is not there and the more you drink the less you feel it.
- Then you start urinating and you urinate more than you drank. Basically the first beer stopped the osmotic pump and the buildup of alcohol in the plasma triggers cleansing (diuretic effect). You start using water from your blood to cleanse you from the alcohol, diminishing the level of water and salt in your circulatory system. This makes you thirsty. The vicious cycle of dehydration is taking place because you continue hydrating with drinks that contain alcohol.

- There are a variety of toxins that will stop the osmotic pump but the most problematical that we can control are ALCOHOL, CAFFEINE, NICOTINE, SULPHOHE HYDROXILE (GARLIC). To this list you can add most of the medicinal plants and pharmaceutical drugs.
- I left the messaging causes of disease for the end not because they are not so important but because they are usually neglected. In medical school we are told that messaging goes through chemical pathways. That is ridiculous. Every cell produces a hundred thousand chemical reactions every second and that has to be shared with other cells.
- We are told that the chromosomes' duty is to produce protein. Now we know that less of 3% of what the chromosome does is protein production. The main duty of the chromosome is communication.
- The chromosome has a double helix of DNA that resembles a spring. This spring is contracting about a thousand times a second. Every contraction produces one photon of light that the cell uses to transmit its message of activities. I mentioned that the ends of DNA that protrude from chromosomes are important. Well they are the sensitive antennas with which cells receive information and we call them telomeres.
- In young animals the telomeres are long, about fifteen thousand bases. One base is the distance between genes on DNA helix. Every time the cell multiplies the telomere is shorter and when the length of telomere drops to five thousand bases the organism dies. Simply put if you have a TV and you use a strong antenna you can get 200 channels.

- The weaker the antenna, the less channels until the antenna is too weak and you lose reception. Then you can throw the TV away because it won't work. In young animals the antennas are so sensitive that they can capture the whole spectrum of vibrations. Such antennas in electronic science are called fractal antennas. We are being told that microwave energy is no problem because it does not destroy the cell.
- Well the cell does not have to get destroyed to malfunction. Sometimes it is enough to interfere with the messaging process. In fact now there is a new type of diabetes mellitus that has been observed.
- Diabetes 3 is caused by electromagnetic pollution. Dr. Martin Blank and his team have discovered that electrical appliances and especially wireless communication equipment triggers production of stress protein in the cells. Since we know that cells produce stress protein for defense purposes it becomes clear that electromagnetic radiation creates health problems.
- Alternate electrical current produces electromagnetic field and that means that we should avoid spending prolonged times near electrical outlets as well. Special toxicity is created by microwave ovens and they are forbidden in Russia for that reason. Cellular telephones should never be given to children and adults should limit the time of usage.

- Dr. Masaru Emoto is studying water for over 40 years and has discovered amazing things about this liquid crystal. Very often if you are sick and you visit the doctor you will get the advice to drink more liquids. This is wrong advice.
- What you need is more water and salt. Liquids could be soup, soda, beer, tea, etc. those are all saturated liquids not capable to absorb toxins and often bring toxins with them, stopping the hydration. I strongly recommend that you check the work of Dr. Masaru Emoto and Dr. Batmanghelidj.
- As we are talking about disease you will notice that we are talking about cellular dehydration. Cellular dehydration is followed throughout the book simply because if our cells would be fully hydrated their PH would be alkaline and the cells would be healthy and that means that we would be healthy so there would be no disease, period.
- Now you can realize how important a function water has in our health. So how much time do students of medicine spend learning about water? The answer is zero. The average doctor has no clue what water is, not more than the average person. One could write a book about water so I will address it in the chapter “water” only as far as is necessary so we can understand its role in sanity and healing.

# Chapter 14

## Inflammation





- Inflammation is involved in just about every disease imaginable. Surprisingly inflammation is part of healing and not a part of decaying of our organs or our body. To properly understand the process we have to know why it is happening.
- When the cells are well hydrated, they will be pressurized and round then they will eliminate any toxin and maintain its PH alkaline. If the cell for any reason fails to hydrate, it will start guarding its water and it will tolerate more waste before eliminating it. Less water more waste. More waste, more acidity. More acidity the more chance for infection because pathogens can procreate in neutral and acidic media.
- When the waste creates acidic PH inside of the cell, sensory nerves send the information to the brain. Brain wants to solve the situation and gives the order for forced hydration. It does so by ordering the production of histamine and vasopressin. By constricting the blood vessels it traps more blood in the affected area and creates swelling.
- The principal is that the constricted artery will still squirt a regular amount of pressurized blood into the affected tissue or organ because the pressure created by the heart is very strong. Constricted veins on the other hand can't eliminate the same amount of blood from the tissue or organ and the blood will accumulate. The result is swelling.
- This creates extracellular pressure forcing liquid into the cell. Unfortunately this pressure is disturbing sensory nerves and creates pain. Manifestation of pain in combination with swelling and other visual changes we call disease. So what do we do? We utilize antihistaminic.

Antihistaminic prevents synthesis of histamine and the inflammatory mechanism is stopped. Vein opens up, swelling goes down, the pain disappears and we think that we are cured. Far from it.

We are in worse shape than before without knowing it. The self-healing mechanism has been disturbed and cellular acidity increases. Under doctors care, we start getting more and more dehydrated and we start showing different symptoms that we call diseases and the only help we receive is pain relief.

It really does not matter if the pain relief was done by pharmaceutical drugs or a natural remedy. This is why I am not recommending either. There is vast amounts of diseases that have actually the same cause and the name is different because it affects different areas or different organs in our body. Just to mention a few: allergy, asthma, bronchitis, rheumatism, arthritis, hypertension, Crohn's disease, lupus, cancer, etc. They can all be cured simply by hydration.

I say simply by hydration because water is everywhere not because hydration is simple. Actually there is nothing simple about hydration. There are a lot of people that drink sufficient amounts of water daily and are dehydrated so I will devote a chapter to hydration.

There is another type of swelling that is not caused by inflammation and that is water retention. This type of swelling is not influenced by the quantity of salt and too much water as we are being told.

Decreased amounts of blood in our circulation and inflamed blood vessels, will interfere with the suction and accumulation of liquid. Sometimes deprivation of water in the long run will cause retention of water when suddenly water becomes available.

- The brain simply starts saving the water for future usage once it becomes available and it takes time to disconnect this water reserve switch off again. To disconnect this switch we have to provide a regular supply of water and sea salt. This will hydrate inflamed vessels and the proper circulation will be reestablished.
- We know so much about inflammation and yet, clinically it is the most mistreated and misrepresented symptom. Utilizing manipulated science doctors actually do more harm than good with their standardized approach and treatment of inflammation.
- Anti-inflammatory drugs are the number one cause of premature death in patients of occidental medicine. The latest craze of prescribing steroids to combat inflammation and keeping the patient on steroids for weeks is nothing short of madness.
- Steroids are the shock hormones. In a shock situation they instantly des-inflame the body to return the blood into the circulation and make it possible for the body to defend itself. Prolonged usage of steroids interferes with hydration on a cellular level making the problems worse.
- Inflammation is mostly a local occurrence but actions of anti-inflammatories are affecting the whole body causing general dehydration and this way increasing the amount of cells being affected and this creates new diseases by changing the symptoms and ends up with Lupus.

# Chapter 15

## Hydration



- We have to divide hydration in two systems. Extracellular in which the active electrolyte is sodium and intracellular in which the active electrolyte is potassium.
- Extracellular hydration involves hydrating our blood and lymphatic system. The regulatory organs in this system are our brain and kidneys. As we drink water it is absorbed through our intestines and colon into the circulatory system.
- The kidney has the responsibility to maintain proper balance between water and sodium (salt). If there is correct amounts of sodium, water will reach its limit (full tank) and if there is any excess the kidney will eliminate it through urine. If the content of salt is too high, the kidney will simply eliminate excess of the salt with excess of the water. The only difference is that our urine will be saltier.
- On the other hand if there is a lower amount of salt in the blood, the kidney will have to eliminate certain amounts of water to keep the proper ratio of sodium and water and that means that there will be an insufficient amount of extracellular liquid present in the body. In this case it does not matter how much water you are drinking and it does not matter how much water your body needs you will be urinating or sweating the water out. It is not because there is no salt to hold it, but simply the kidney is doing its job of calibrating the salinity.
- To eliminate waste from the blood the kidney utilizes water. Any amount of purely digested matter, uric acid, dead cells and whatever does not belong in our circulation gets filtered and flushed out with water.

- As the water level gets lower either from the lack of availability of water or insufficient amount of salt the brain as the central system controller, will order the kidney to save available water and the kidney is going to tolerate higher concentration of pollutants before eliminating them. We notice that in our urine. It will get darker and smellier. If your urine is dark and has a strong smell you don't have enough water in your circulation.
- Another reason for having low water in circulation are toxins. For example if you drink caffeine (coffee, Coca-Cola, red bull, etc.) your body wants it out and it will flush it out through the kidneys with water. We call it a diuretic effect. The body will flush it out but it will lose big amounts of water doing so. This will dehydrate the body. With water it will lose the salt as well because the balance has to be maintained. When we drink water we do not add salt and the water will be eliminated until the content of salt increases. Our body stores salt in the bones and if necessary it will dig in for the reserve to be able to hydrate. Extreme shortages of salt may cause our bones to be brittle.
- Life as we know it started in the sea. Sea water remains the perfect media for cellular life. As we are composed of trillions of independent cells our health depends on the health of those cells. Our cells live in plasma that closely resembles the sea environment. It is alkaline, it is salty and loaded with minerals and nutrients.
- Because of its alkalinity it does not permit multiplying of pathogen organisms like bacteria and fungus. The same environment is inside of cells with one exception and that is there is no sodium inside of the cell but it is replaced with potassium. This is done on purpose. The cell does not have a mouth and does its hydration and feeding through osmosis.

- Sodium (Na-natrium) is an atom with 11 electrons in the orbit. Potassium (K-kalium) is considerably larger with 19 electrons in the orbit. Being large, potassium has difficulty penetrating through the membrane and it is trapped on the inside of the cell. You can eat as much of the bananas or potassium supplements as you want and you will not increase potassium content inside of the cell. It simply cannot penetrate. For the cell to start absorbing the extracellular liquid the concentration of potassium inside of the cell has to drastically increase so that the intracellular liquid becomes more viscous (thicker). The mechanism of potassium penetration is a big secret and it is not described in medical school. Actually what happens is that if plasma where the cell is living has no dangerous substances the CMR will give an order to the prismatic body to electrocute the sodium that has entered the cell with water. This increases its oscillation frequency and bonds it to an atom of oxygen. This reaction is actually fusion and produces potassium. Sodium 11 + oxygen 8 = potassium 19 electrons in the orbit.
- The more sodium that enters the cell, the more potassium is being produced and faster and stronger is the hydration of the cell. Now you realize how important salt is for cellular hydration. No salt, no hydration. Humanity suffers from cellular dehydration. There are plenty of people that are health conscious and drink lots of water and still are dehydrated. Let's examine the reason.
- As the number one reason I have to mention is low salt content. Low salt concentration in extracellular liquid will not only impede potassium production inside of the cells but it will make the blood thicker, more

- viscous because it has more waste in it that has not been eliminated due to the fact the kidneys are saving the remaining water, so the cell has to produce higher concentrations of potassium to surpass the viscosity of the blood or serum which without enough salt, is impossible to do. Another reason is toxins in the blood or serum where the cells are living. If CMR encounters any toxin that it thinks is dangerous for the cell, it will stop potassium production and the cell will stop hydrating. This way it will prevent the toxin from entering into the cell.
- The third reason is a drop of electromagnetic potential of the tissue where the cell is living (shock). When electromagnetic potential drops, that is a sign to the cell that something is wrong and the same as our body in a shock situation it will stop eating and drinking and it will focus on defense. To produce potassium it needs a healthy amount of electrical charge which is not available in shock situation. Our brain is an electrical switchboard and directs electricity to areas of its choosing. By shutting certain areas, it dehydrates them and may cause them to become acidic and diseased ultimately causing cancer.
- Dr. Ryke Geerd Hamer, the founder of “German New Medicine”, proved that lots of diseases and cancers are triggered by the actions of the brain.
- As we examine cellular hydration it becomes clear that it is almost impossible to properly hydrate our cells having in mind the polluted and stressful environment that we live in. Even if we ingest enough salt and are careful to eat clean food how do you eliminate the stress? We always worry about something and especially if we are sick how can we not to worry? Dr. Robert Beck made a fabulous discovery. He invented a machine that raises the electromagnetic potential and floods the cells with electricity bypassing the brain. In this way it stimulates CMR to hydrate and repair the cells. In the chapter about disease I have mentioned the way our brain directs electrical currents according to its preferences. For general cellular hydration to occur the cells have to be flooded with electrical current.



- This will happen in deep sleep. The brain simply opens the circuits and the electrical current that is produced by our heart will flood the cells in our body causing hydration, rejuvenation and cellular reparation (healing). This is why we need a good night of eight hours of deep sleep. People that can't sleep and are utilizing sleeping pills do not enter deep sleep. Their sleep is shallow and breaks many times a night without them knowing it. This type of sleep is useless.
- There is one question that I've been asked frequently; "Why do we need to take extra salt? Doesn't the food that we eat contain enough of it"? The answer is yes and no. By this I mean yes if we eat proper food we would not need to supplement the salt. Because we eat processed and dead food we produce lots of waste that has to be eliminated. Eliminating the waste means flushing it out. This way we lose water and salt. Every diuretic we take we flush the salt. Every time we drink coffee, alcohol, soda, tea, juice (packaged)... we are flushing salt out of our blood.
- We are told to drink a minimum of 2 liters of water daily. This is so we can do the flushing. If we would eat correctly the need for water would be much less, actually most water needed would come through our food. There would be very little of flushing necessary because we would burn the nutrients thoroughly and produce way less of the waste and needless to say we would be eating much less. In such cases supplementing the salt is not necessary. Simply if you want to help your body to be clean, you have to give it plenty of salt and water so it can eliminate the garbage that you put in it.
- In 1940's French scientist, Dr. Rene Quinton developed the technique of curing a variety of diseases utilizing sea water. He would inject sea water plasma directly into the vein. With sea water being alkaline, full of salt and 80 other minerals, it would help to nourish the body. With the alkalinity it would stop the pathogens to multiply and the salt would help to cleanse the body and the cells.

- He was very successful in curing chronic diseases as well but as soon as he died his clinics were closed and the knowledge suppressed. It is obvious that the medical profession is not here to cure us. Sea water is very similar to our plasma and soaking in the sea is an excellent way to hydrate and cleanse our circulatory system.
- Every diver knows that after roughly 20 minutes into a dive, they have to urinate and then in ten minutes until they urinate every five minutes. This is because the body is absorbing the salty water and as it gets saturated with water and salt it starts eliminating them. There is no health risk of too much salt if you consume enough of water. The body simply eliminates it. The urine becomes saltier.
- Since cellular hydration depends on CMR we have to have in mind that every medicinal substance (natural or artificial) will interfere with hydration. Even one aspirin will stop cellular hydration. This means that if you are using any drug, natural or pharmaceutical you can't hydrate the cells and that means you can't heal on cellular level. Healing on cellular level is the actual healing. Everything else is just symptomatic balancing.
- Now you can see that hydration is not a simple process. To hydrate the body you need water and salt (sea salt only). To hydrate cells you need water, salt, oxygen and electric energy that can be provided by the cell if the cell is healthy and it can be additionally helped by an electric charge directed from the brain. Since CMR will not allow hydration of the cell if there is toxin present in extracellular liquid, the body has to be free of caffeine, alcohol, nicotine, chemical food additives and any medicinal remedy and medicinal plants included garlic (garlic is a medicinal plant).

- To speed up the hydration process I utilize Dr. Beck's electro stimulator. Utilizing electrical current we have to be careful that there is no toxins in our blood because the cells get so excited with the high charge of electricity that CMR does not check for toxins and let them enter into the cells. This will cause more problems than it will help.
- If you electrify your blood the toxins will enter the cells and the result of this could be fatal. The effect of alcohol in one beer will be as if you drank the whole crate. One cigarette as if you had one pack of cigarettes, one Advil as if you had 20 Advil and so on. You can imagine how dangerous it would be having medicinal remedies in the blood circulation during blood electrification process.
- Utilizing the electro stimulator speeds up the hydration, cleansing and recovery thirty times. The amount of cleansing with proper hydration and diet that one would do in two years can be achieved in less than one month if an electro stimulator is used.
- Hydration is the most important process in fighting the disease and in recovery process. There cannot be curing done without it.

# Chapter 16

## Vaccinations



- Every living creature has an immune system that is designed to protect it. This was given to us by our creator. Some “smart heads” got the idea to make money by selling fortified immune responses. The idea was that if you introduce a virus to the body you can stimulate the body to produce a stronger immune response towards that virus. The virus had to be manipulated so it loses some of its strength and does not create the disease that it was supposed to protect us from.
- This weaker virus had to be preserved from further decay and be stabilized. The product is called a vaccine. There was a problem because the natural immune response would destroy the vaccine. So the doctors got instructed to tell their patients to stop nursing their babies for a couple of days before the children will be vaccinated so the vaccine can take hold. And they listened. How ridiculous is that! Don't you think? Hey lady, please let your child's immune system drop so I can poison him or her!
- It is correct that one can help the body strengthen its immune response to certain pathogens by introducing it to the body in a weakened state. For example if one has warts caused by a virus you can isolate the virus, kill it and reintroduce it to your body. The body will recognize it and create antibodies specifically designed to deal with this virus. The trick is that every brand of virus carries its own electromagnetic signature and the vaccine will help only in a case of identical electromagnetic signature of the pathogens.
- That means that if the sample was not produced by the actual pathogens from the same body the vaccine will not work. There were two donkeys with warts on their skin. I scraped one wart from one donkey and dipped it in formalin.

- Then I smashed it into small pieces and diluted it with sterile water. I created an attenuated virus vaccine. I injected both donkeys with it. The warts disappeared only from the donkey whose wart I used to make the vaccine.
- Basically mass produced vaccines do not work. This is proven by every study but the results are manipulated and misrepresented.
- Important to know is that specialized antibodies do not stay in the circulation for long so even though you have been vaccinated, after a couple of years at best you do not have any of the specialized antibodies left in circulation.
- I have received every disease that I was vaccinated against and as a bonus: dyslexia and chronic bronchitis.
- To transmit the information of a pathogen virus it is not necessary to inject it into the body. I have mentioned that structured water has a memory. It is enough that you take some water from an infected organism and introduce it to other organisms. The information of the virus will be received and immune reactions will be triggered. Furthermore it is not necessary to actually inject the water into the body, it is enough to keep it close to the skin and shine a cold laser through it into the body.
- The information will be picked up by the electromagnetic energy following the light and transferred into the body and it will trigger the immune response. For example if you have problems with the herpes virus on your lip just illuminate it by pointing a laser at it for a minute and if you caught it when it just started to develop it will stop it from developing.

- It is like you are vaccinating yourself. Like any other vaccine it will not last for long and you will have another outbreak in the future but less and less frequent.
- A virus is mimicking the electromagnetic signature of its host and that's why the immune system does not attack it. By illuminating it, you are disclosing its genetic structure and your immune system will recognize it as a foreign body and it will attack it.
- Commercial vaccines are ineffective and dangerous for health. Do not use them. To reinforce the immune system make sure that your levels of vitamin D<sub>3</sub> are optimal: 70-90 ng/ml.
- Mothers should nurse their children with their milk avoiding baby formulas and consume saturated fats (especially coconut oil). Exposure to the sun is very important but only if you do not use sun-block.
- These days, vaccinations are part of population control. Do not accept them if you want to be healthy. They are linked to autism, dyslexia and other neurological disorders.

# Chapter 17

## Supplements





- Herbalists, naturopaths, nutritionists and health food enthusiasts are all convinced that supplements are the right approach to health. Based on my research I cannot share their opinion. Time and time, again it is proven that much more dangerous than the insufficiency of some vitamin, enzyme or hormone is its overdose. When we start stuffing ourselves with vitamins or supplements the body has no choice but to accept them and there is a danger of saturation.
- That being said we have to take a step back. If we eat the way we are meant to eat, we do not need any supplement. Unfortunately our eating habits are terrible. We eat dead and processed foods. Our food is composed of dead cells and has no vitamins or enzymes because they are destroyed in the food processing or food preparation process. This means that if after reading this book you still insist on eating dead food you have no choice but to take vitamins, enzymes and supplements from the bottle, to be able to improve your health.
- Remember that there is nothing natural that comes from a bottle no matter what the advertising says. Natural vitamins and enzymes occur only in raw foods. Our body will absorb most vitamins in their pro vitamin form and produce the amount of vitamin as needed.
- Any vitamin that is introduced to our system in its active form (vitamins from the bottle) will be absorbed and enter our blood circulation. It cannot be balanced or reduced and it will stay in circulation until it is used up and if in excess, it will cause problems. Now we know that excess of vitamin A will disturb the activity of vitamin D.

- Sometimes high dosages of certain vitamins can improve the way we feel. For example high dosages of vitamin C or vitamin D<sub>3</sub> show health improvements. It is important to remember that the action is symptomatic which means that it makes us feel better but does not cure us. For example, high dosages of vitamin D<sub>3</sub> will increase alkalinity and make us more resistant towards diseases but at the same time, it will cause calcium buildup in arteries and joints. High dosage of vitamin C and E will strengthen our immune system because they become toxic. It is always the toxicity that raises the immune system and not some beneficial chemical reactions. All medicinal remedies work with their toxicity and not their healing properties. This is the reason why we have to be so careful when administering the medication. Medication=poison.
- There is lot of arguing going on about what is better: natural medicine or the pharmaceutical one. In my opinion there is not a big difference except that the pharmaceutical industry is more aggressive and deceptive. Too much of a good thing becomes a bad thing. High levels of vitamins are toxic which actually becomes therapeutic, until the fine line is crossed and then the therapeutic toxicity becomes lethal.
- Medicinal plants are toxic and same as pharmaceutical drugs. They act therapeutically for a short period of time suppressing the symptoms and this makes us feel better or cured. Both methods are symptom oriented and do not actually cure. They help us to relax, stop worrying so the actual healing can take place. We confuse this state with health and continue with the destruction of our body by going back to our bad habits.

- Everybody who decided to go on my protocol of cellular healing asks me the same question: “Doc: how long do I have to stick to the protocol?” We are always in a rush. It takes a short time for the symptoms to disappear and one starts feeling great but this is far from being healed. Every true healing takes time unless the healing is done the ultimate way and that is by “bending the light” (utilizing ‘mind-collective’ mind to change the illusion of reality).
- This is done in Beijing China in so called Medicine-less Hospitals. The closer you come to pure consciousness, the faster and more dramatic will be the changes. Soon this type of healing will be common and available to everybody but first we have to get enlightened so we understand who we are, and what is this thing that we call reality. If you think that you are ready for this method of healing I highly recommend that you do transcendental meditation as the first step in this direction.
- Since we are addressing medicinal plants I have to mention garlic. Garlic is much misrepresented so I will devote a chapter to it.

# Chapter 18

## Garlic



- We are being told all kinds of stories about this miraculous medicinal plant. As it is with any other myth the miracles keep growing and growing. Now we are convinced that eating garlic daily will make us superman with super health. Wrong. I told you that all medicinal plants are toxic, so is garlic. Did you notice that no matter where you keep cloves of garlic no animal not even fungus will attack it?
- They all know that it is poisonous and they all steer away from it. If the plants in your house or garden have problems with parasites you can smash garlic, mix it with water, strain it and with that water spray your plants. The parasites will go away. Why do we think that something that is poisonous to every living creature is healthy for us?
- The answer is simple; WE DO NOT THINK. Also simply, we do not observe. We are programmed to listen to TV news and radio where the truth is manipulated. So is our knowledge that we obtain during our life because we do not observe and we do not think. If something does not make sense we just shrug it off. We are parrots that repeat what they hear without thinking about it. I have to apologize for parrots because my parrot uses the words correctly to express his wishes. I cannot help myself not to go into the politics because politics is the instrument of our handlers and cause of our ignorance.
- In the past people knew the medicinal properties of garlic. They noticed that they do not die after ingesting garlic. They would get headaches and rid themselves of intestinal parasites. This was the purpose of eating garlic. But nowadays there are claims from it having anti bactericidal action and lowering the blood pressure, suppressing tremors in Parkinson's disease to preventing heart attacks and more. So what really happens here?

- One component in garlic is sulphone-hydroxyl, a very potent neurotoxin. This explains everything. When ingested, it gets absorbed into intestinal parasites, causing them to go into spasms. They release themselves from our mucosal tissue and by intestinal contraction exit our body. At the same time sulphone-hydroxyl gets absorbed into our blood circulation and passes the blood brain barrier entering into our brain.
- As it is neurotoxic, it will impair the nerve action. We will experience headache, slow reflexes, loss of clarity of thinking and concentration. We notice that our reflexes are way slower than the reflexes of a cat, a dog or a horse. Now you know why. Because it numbs the nerves, the passage of electric current through the neuron is weaker and that causes the trembling of a patient with Parkinson's disease to stop if it is in the early stages.
- Slowed down conductivity of neurons will cause delays in reflex reaction and it will deliver less current for the heart contraction so the blood pressure goes down. If you think that any of these effects are therapeutic, think again.
- Why do most people not feel any bad effect from ingesting garlic? The reason for this is the ability of the cells to adapt. The same with alcohol, the cells will keep a sample for further reference. The next time one eats garlic the cells will recognize it and they will stop the osmotic pump preventing the toxin from entering the cell.
- Same as with alcohol, after detecting the toxin, it takes the cell about 10 minutes to stop absorption so some toxin will enter and harm the cell. This is the reason why people that meditate are not allowed to eat or get in touch with alcohol and garlic.

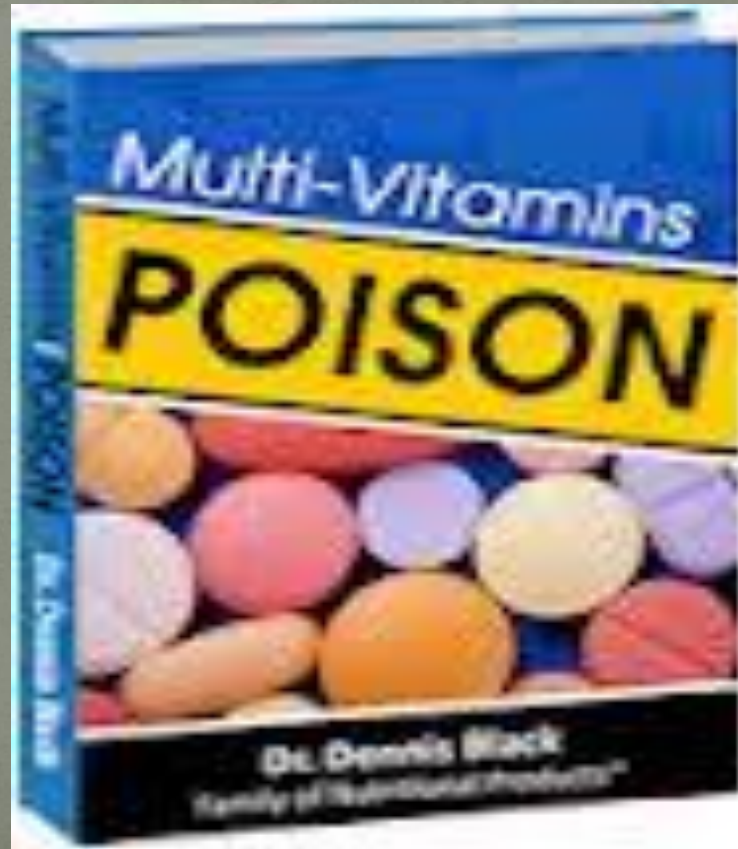
- Onions and leeks have this poison in much lower quantities and they will not manifest any of the symptoms but are not healthy to eat as well. I do not dispute that garlic and onions have many beneficial elements inside of them but as red wine is bad for us because it has neurotoxin alcohol, so is garlic because it has neurotoxin sulphone-hydroxyl.
- These toxins will stop the osmotic pump of the cells so they cannot ingest them. This will prevent the cell from hydrating and ingesting whatever good things there are in the blood. Because these toxins are in the blood and plasma, the body does not want them and diuretic action will be set in motion and they will be eliminated from our blood. Not only the bad things, but the positive things as well. This is another cause of dehydration of our body. Most people have a hard time to believe this so try it for yourself.
- To feel the full effect of garlic you have to prevent the cellular receptors from shutting down the osmotic pump. It is easily done by electrifying your blood. If you eat a piece of garlic and electrify your blood you will be drunk like a skunk, not able to form words and end up laughing as though on marijuana. You will be so drunk that you won't be able to stand and with higher doses of garlic, like with alcohol, you could die.
- As you see garlic the same as alcohol, it will not kill you right away but it slowly dehydrates your cells, harming your health and prevents your cells from eating and from cleansing themselves. Garlic is not a health food as we are told. Some scientists are suggesting that European people have different genetics and that is the reason why they tolerate the alcohol better than Indians or other tribal people do. Now you know that the reason is

- consumption of garlic. Now when indigenous people started eating garlic their tolerance toward alcohol rose. The cells are already accustomed to neurotoxin and act faster to close the osmotic pump.
- There are beliefs of magical healing properties of many plants and yes, when they are administered properly they will help you with discomfort and you will feel cured but the action is only symptomatic.
- Do not use any of them unless you really have need or because you are sick. I met many people drinking green tea because they heard that it is healthy. Wrong. Green tea contains caffeine and that means it will dehydrate you, and your cells.
- The same goes for red wine because of the alcohol content. Always check what the active ingredients are in recommended “therapeutic” remedies and you will find toxin there.



# Chapter 19

## Vitamins



- Vitamins are essential chemicals that we do not produce in sufficient amounts so we have to obtain them through the food. We are constantly reminded to eat them as supplements to our diet. This is why I am addressing them.
- Mostly our body produces vitamins from vitamers (provitamin) that we obtain through our food. We will produce only the amount of vitamins that is necessary because once vitamin is in our blood we cannot regulate it. It will remain there until it is used in chemical reactions for which it is designed for. If we consume high quantities of vitamins they will have a counter effect and harm our health. Interaction between vitamins is not studied enough. Recently it was discovered that if there is a surplus of vitamin A in the blood it will suppress the action of vitamin D that it is supposed to help in mineral transportation.
- As the level of vitamins rise in the blood, it may exhibit a mild toxic effect that will suppress some chemical reactions and that may make us feel better. For example high doses of vitamin D or vitamin C will reduce inflammation and exhibit medicinal properties. This could be helpful in a short term giving relief and helping the patient to relax, but it will not cure the cells and that means that the problem or other problems related will reoccur.

- To exhibit medicinal action the amount of those vitamins has to be very high for example, normal levels of vitamin D in its first step active form as 25 hydroxy vitamin D in the blood is between 60 and 90 ng/ml. Therapeutic level is between 100 and 150 ng/ml. Levels over 150 ng/ml are lethal. You can see how fine a margin there is between therapeutic and a lethal amount. It can be administered in therapeutic dosages only if monitored by a health professional. It is a big mistake to just stuff ourselves with vitamins because they are healthy. Do not trust the label. A natural vitamin is only the one that is part of the food. Cooking will destroy it so there is another reason for not cooking your food or at least do not cook it a lot and eat part of the food raw.
- Vitamin D;
- Here are additional things that we should know about vitamin D.
- Vitamin D has two different versions. In plants we call it vitamin D<sub>2</sub> and in animals we have vitamin D<sub>3</sub>. Vitamin D<sub>2</sub> is ergocalciferol and vitamin D<sub>3</sub> is cholecalciferol, that is based on cholesterol. Their action in the body is different and vitamin D<sub>2</sub> does not have the same characteristics of vitamin D<sub>3</sub> and should not be used as vitamin D supplement. Unfortunately lots of health professionals do not know this. We should only use vitamin D<sub>3</sub> to supplement our needs for vitamin D.
- Sun exposure will convert cholesterol into vitamin D<sub>3</sub>. Since the UVB rays that do this conversion are weak, most of vitamin D<sub>3</sub> is produced on the surface of the skin. If we rinse ourselves after sunbathing some of the vitamin will be washed off.

- Since vitamin D<sub>3</sub> is fat soluble it will cling onto the fat and as water does not dissolve the fat it will remain and it will be reabsorbed into the blood stream. If we use soap while taking shower, the soap will dissolve the fat and all of the vitamin D<sub>3</sub> will be washed away.
- Please limit the usage of soap and detergents as much as possible. When vitamin D<sub>3</sub> enters our blood stream it is in deactivated form and most of it will get deposited in the fat tissue. Fat people are usually vitamin D<sub>3</sub> deficient for that reason.
- To serve its purpose, vitamin D<sub>3</sub> has to be activated. Activation has two phases. The first phase is in the liver where vitamin D<sub>3</sub> undergoes transformation into 25-hydroxycalciferol. The second phase is occurring inside of the kidneys where 25-hydroxycalciferol is further transformed into 1,25-dihydroxyvitamin D<sub>3</sub>. This is the final active form of vitamin D. Now you can see that even if you have enough sun exposure or even if you supplement your diet with enough vitamin D<sub>3</sub> you can still exhibit sign of vitamin D deficiency if you have either liver or kidney problems.
- Vitamin D<sub>3</sub> together with vitamin A and vitamin K, are crucial in mineral absorption and transport in our body. Especially, as far as calcium and magnesium are concerned. High levels of vitamin D, over 100 ng/ml will cause excessive calcification. This is why I do not recommend high levels of vitamins to be used as medicinal remedies. This calcification will not occur in the bones but in the joints and soft tissues, so do not get excited that high levels of vitamin D will cure you from osteoporosis. They will not. Osteoporosis, I will address separately.

# Chapter 20

## Antioxidants



- I am mentioning them just because they are a big thing now in alternative medicine and not because they deserve special place in healing or keeping us healthy. Lots of supplement pushers are making large profits and let's face it, the health improvement achieved utilizing antioxidants are minimal. The worse that your diet is the more free radicals there will be in your body and antioxidants will diminish their destructive behavior.
- Oxidants are actually positively charged particles that steal free electrons that we need. It is way more productive to improve our diet than consume any number of antioxidants. Our cells produce their own antioxidant and that is uric acid. And it is a potent antioxidant that some naturopaths utilize in so called urine-therapy.
- I do not agree with it but it is testament of the powerful antioxidative action of uric acid. Not having education in bio physics, health professionals ignore the fact that exposure of our body to negatively charged earth will have an antioxidative effect as well. Walk without shoes, use grounding mats, wear leather shoes and keep away from electrical outlets.
- Instead of wasting the money on supplements and antioxidants we should invest in a better diet. Poisoning yourself with bad food and then countering the toxic effect with additives and antioxidants just makes no sense, especially having in mind that the bad food will win and no matter how many additives you have taken, your health will be undermined.

# Chapter 21

## Sun Exposure



- We are being told to protect ourselves from the harmful effects of sun exposure. We are told that the sun will cause skin cancer and premature aging of our skin. We should cover ourselves and protect our exposed areas with sun blocking creams.
- Let us just for a moment forget the studies that support this nonsense and let us look around. People that live in villages are usually poorer and less affected with “science” than people in urban areas. You will notice that those poorer people are not using sunblock and virtually do not have skin cancer. Skin cancer is nonexistent in tribal people and they do not even cover themselves up. On the contrary. Tribal people have beautiful and healthy skin.
- You have probably noticed that when finally you have time to go to the beach and when you expose your skin to the sun, your skin will get red and often acne will appear. This happens because your skin got suddenly exposed to the ultraviolet rays in much higher amounts than it is used to. If you start exposing yourself to the sun gradually you will not react like this. We have a built in natural defense mechanism that will start getting stronger and stronger and the harmful radiation of the sun will be blocked naturally. This radiation actually stimulates cleansing of your skin, resulting in the toxins being pushed to the surface forming acne.
- Ultra violet radiation associated with the sun comes in the form of two different types of ultra violet rays. You can call them ultraviolet rays A (UVA), and ultra violet rays B (UVB). UVAs are very strong and they penetrate deep into the skin. They are the one that cause the burns and cleansing.



- This is why we are being told to expose ourselves to the sun only before 10 am. or after 4 pm. when the rays have to pass through a much thicker layer of atmosphere before reaching us so the strength of the rays is weakened. As the UVA rays are concerned that could be true.
- The problem is that UVB rays are much weaker. Even if the sun is directly above you UVB rays have a tough time to penetrate into your skin. Why is there a problem? Because UVB rays are the ones that will make a change in your cholesterol and transform it into vitamin (hormone) D<sub>3</sub>. To produce enough vitamin D<sub>3</sub> we need to expose our skin to the sun for at least 10 minutes daily.
- People that live in areas with limited sun availability have naturally pale skin. Pale skin absorbs more UV rays than dark skin so pale people need less sun exposure. Problems start when you use sun-block. Even the weakest one will completely stop vitamin D<sub>3</sub> production.
- If you eat eggs or fatty meat, you will be ok because vitamin D<sub>3</sub> is fat soluble and you will receive it eating those fatty foods. But recommended diets call for low salt, low fat, high carbohydrates consumption. Does that dietary recommendation make any sense? Yes. It is designed to turn you into a patient by making you sick.
- Naturally our skin is protected from drying out by the grease it pushes to the surface. This grease is cholesterol. If you expose it to the sun it will transform this cholesterol into vitamin D<sub>3</sub> on the surface of your skin. For UVB to penetrate into your skin and produce vitamin D<sub>3</sub> there, the sun has to be straight above you so the proper time is between 11 am. and 2 pm.

- As I have mentioned, it is enough to expose ourselves for 10 minutes a day and that exposure is short enough not to harm you with the UVA rays. Optimal sun exposure is 20 minutes to half hour a day. That will produce about 20,000 IU of vitamin D<sub>3</sub> in your skin.
- It is proven that higher amounts of vitamin D<sub>3</sub> will protect you from many diseases including cancer. Vitamin D<sub>3</sub> is so important that I will address it separately.
- Do not be afraid of the sun. Expose yourself to it as much as it is possible but start slowly. Some people do have very sensitive skin to UVA rays and they have to be more careful.
- Do not use sun-block. If your nose or your lips are sensitive use sun-block with reflective action like zinc and not the absorption. Remember what you put on your skin will end up in your blood.
- Almost all skin products are based on mineral oil. That is fancy name for petroleum (crude oil). Mineral oil closes your pores making your skin smooth for a while. Because the skin is not able to perform respiration when covered in this type of oil, it will make the pores larger and in long run you will end up with unattractive skin. The best moisturizer is coconut oil but other natural oils are good as well. Of course, you will get burned by UVA rays if you are not used to long exposure.

# Chapter 22

## Hygiene



- In medieval times, those that have lived in towns were living in incredible filth. No wonder that plagues were common with disastrous results. After septic system were introduced, plagues had vanished. Vaccine pushers are wrongly portraying the vaccine as the saviors from the plague. While living in nature does not require any additional hygiene, living in dense, populated areas call for extra consciousness. Because of bad eating habits, the immune system is undermined and the amount of pathogens is greater, their density makes it possible to cause an outbreak and spread rapidly.
- Living in dense communities does not create any problem for the animals in nature but it does for domestic animals and people. It is obvious that the reason is wrong food in the first place. A weak autoimmune system in combination with increased germ contact will produce health problems. By washing yourself you will reduce the amount of germs. As in everything else, civilized man takes it so far that our sterility actually starts to create health problems.
- Like any other animal, we are protected from pathogens with our natural defense mechanism. Our skin is covered with cholesterol and harmless bacteria that fight off any fungi that would like to invade our skin and body.
- Our pheromones will give us typical odors that will attract the opposite sex and keep away others. This is acceptable in nature but not for modern man. Furthermore the bad diet results with lots of waste of which some gets eliminated through the skin serving as food for more bacteria that starts giving the skin really bad odor.

- To get rid of this odor we wash ourselves. We start creating problems when we start washing often and especially when we wash thoroughly using antibacterial soaps.
- Since the dirt and parasites are trapped by the cholesterol that covers our skin, rinsing ourselves just with water will not do a very good job to clean us up. This is why we use soaps. They are grease dispersants that break down the cholesterol mixing it with water and this way helping to get it off the skin together with the dirt and pathogens.
- This sounds like a great solution, but is it? The skin is not a fence, it is an organ. What you put on it will eventually end up being absorbed and end up in the bloodstream. When the grease dispersants enter the blood, they continue affecting the grease they get in contact with. Limited use of soap is not a problem because there will still be grease left to protect the skin. The problem starts when we wash ourselves multiple times a day.
- When there is no cholesterol covering on our skin because it was washed off the soap will penetrate much easier and do the damage in our blood. The worst problem we create is when using antibacterial soaps. They destroy the good bacteria that complement our immune system leaving us vulnerable to fungus.
- Cholesterol that covers our skin is necessary. It moisturizes the skin and when illuminated by UVB rays it produces vitamin D<sub>3</sub>. Most of the vitamin D<sub>3</sub> is produced on the surface of the skin and it needs time to be absorbed into the bloodstream. By washing ourselves, most of the vitamin D<sub>3</sub> ends up in the drain.

- As health is concerned it is not necessary to wash. Our immune system will make sure that the pathogens do not harm us. The more we wash, the less potent is our immune system because with less contact with germs less immunity is required.
- Now we became more susceptible to infection and washing ourselves becomes necessary. Do not worry about the germs. Concentrate on healthy diet and use the soap occasionally.

# Chapter 23

## Electromagnetic Pollution



- We are constantly being bombarded with electromagnetic waves in the form of cosmic radiation. Those are particular frequencies that govern our lives. They stimulate our cells and control the genetic activity. We call them electromagnetic frequencies, EMF.
- Recently we started producing a variety of electrical equipment. Electro motors, radio and TV waves, sound speakers...They all produce EMF radiation that is different from the cosmic radiation. The worst effect is being produced by the high frequencies of micro wave radiation. Those are wireless equipment, microwave ovens and, lately, cellular telephones.
- All these EMF waves are polluting the space and interfering with cellular work. It was discovered that exposure to EMF radiation, causes the cells to produce stress protein. This means that the cells are trying to protect themselves from this type of radiation and this undermines cellular ability to do its work and to heal itself.
- Please avoid electromagnetic pollution as much as possible. Do not give cell phones to minors and use them yourself for emergencies only. Do not live close to antenna towers of any kind and avoid spending time in close proximity to high voltage electrical lines and electric outlets.



# Chapter 24

## Diseases one by one

I will not cover all the diseases that haunt modern man. I will use the most common ones to demonstrate the connection between the diseases, wrong food and the wrong approach of the occidental medicine in treating them. The ones that are not mentioned, one will have a good idea of their origin, their cause and how to tackle them.

# Sub Section, Disease Analysis

1. Hypertension and Arterial Obstruction
2. Circulation Problems
3. Rheumatoid Arthritis and Arthrosis
4. Stomach ulcers and Acidity
5. Hernia and acid reflux
6. Receding gums
7. Loose joints
8. Crohn's disease and Lupus
9. Diabetic Mellitus
10. Obesity
11. Alzheimer's Disease
12. Impotency and loss of erection
13. Allergy's
14. Asthma
15. Constipation
16. Organ failure
17. Osteoporosis
18. Cancer

# Disease Analysis 1:

## Hypertension and arterial obstruction

- Occidental medicine blames arterial obstruction on cholesterol. The theory is that LDL cholesterol as a small particle and sticky substance, glues itself to the arterial wall creating irritation that causes swelling of the artery. This causes further accumulation of cholesterol that reduces passage of the blood. This causes starving of the heart for blood. That results with infarction which stops the heart from functioning. It is obvious that cholesterol is causing the buildup and reduction of the arterial diameter but why is this happening? Everyone has cholesterol circulating in the blood and not everyone has obstructions. Furthermore, there is cholesterol in the whole circulatory system. So, how is it possible that only arteries are affected and not the veins and only arteries in close proximity to the heart itself.?
- If the stickiness of LDL or the size of the particles is the cause of inflammation and obstruction, wouldn't it be normal that this happens in areas of slower blood flow where there is more chance for the cholesterol to stick and that would be the peripheral venous circulation. Furthermore, not every person that has elevated,

- cholesterol has obstruction of coronary arteries. What is common to all patients with coronary arterial obstruction is that they all suffer from hypertension. This is a reason why I am addressing hypertension and arterial obstruction at the same time. I do not want to waste my time on worthless studies so I will go directly to the point as I understand it.
- We know now that every disease is followed by inflammation. Hypertension is a disease where there is an inflammation of the endothell of the blood vessels. In healthy people blood vessels are elastic and flexible. They absorb the sudden rise in the pressure produced by contraction of the heart by expanding and shrinking themselves. This way they maintain the same pressure through the body. Once inflamed, they become rigid.
- They can no longer expand and with every contraction of the heart, the blood pressure rises. This does not present a particular problem for the body and people can live with elevated pressure for many years and feel good. Hypertrophy (enlarged) heart is associated with problem of the heart valves and not hypertension.
- My grandfather had hypertension most of his life of 220 over 110 most of the time and lived to be 88 years old. It is healthier having elevated blood pressure than eating the pills every day, artificially lowering the blood pressure.
- Since the inflamed blood vessels can't expand, the pressure will rise. It becomes obvious that the pressure will be highest in the area closest to the source of the pressure and that is the heart. Highly inflamed arteries that are closest to the heart muscle will carry the highest pressure and since they can't expand they will crack.

- A cracked artery is going to leak the blood so the crack has to be closed. Since the crack is changing the polarity from + to - it will attract all the blood corpuscles electromagnetically because, as I have explained, that all of them carry a positive charge and they will create coagulum.
- One of the elements will be the cholesterol as well. Since the cholesterol is sticky most of what closes the fissure (rupture) of the artery is going to be cholesterol. Once the artery is repaired, the positive charge returns and electromagnetically pushes the cholesterol back into the circulation.
- The problem is that doctors are not focusing on reducing the inflammation of the arteries. As inflammation persists, more and more fissures are opening and more and more cholesterol has to be utilized to prevent the blood from escaping. The arterial passage is diminishing, it is being clogged by the accumulation of cholesterol.
- Medical practice is to open the passage with surgical procedures or chemically, using fat dispersant which will dissolve the cholesterol but not reduce the inflammation and the problem will return.
- We must keep in mind that inflammation of the blood vessels is not affecting only the blood circulation in our muscles but in our organs, causing a variety of problems with kidneys, liver, pancreas, prostate, brain, etc. I am mentioning this because common ways of reducing hypertension is to lower the amount of blood in our body. In the past this was done by bleeding the patient.

- These days it is done by giving the patient “heart pills” which are diuretics and telling the patient to take it easy on salt. This reduces the amount of water in the blood so the blood volume is lowered, the same as bleeding the patient. It is like if you have a four story building and there is water leak on the second floor. If you reduce the water pressure, the leak on the second floor will stop but the people on the fourth floor have no water. The same will happen in your body.
- The peripheral circulation will suffer. That means that you will start retaining water and develop swelling in the ankles. Very susceptible are the prostate and the kidneys, because prolonged dehydration in those organs will inflame them and impede their function. Medical response is the same; “low salt diet”. This promotes further acidification and inflammation, worsening the situation. The best solution is to get rid of the inflammation.
- To do so, you have to hydrate your body and not to dehydrate it. That means you have to do exactly the opposite of what the medical field is telling you to do. Indulge in salt, water and saturated fats. As soon as cells hydrate themselves inflammation will disappear, cells will heal and the positive charge will return to the arterial wall. This will dislodge the cholesterol from the arterial wall and return it into circulation. Arteries will clear up and clogging will not return. You will eliminate not only the cholesterol buildup but hypertension as well.

## Disease analysis 2:

# Circulatory problems

- In our body we have two different circulatory systems:
- The blood circulation that is put in motion by our heart and the lymphatic circulation that is influenced by the arterial suction and helped by our body's movement. Our heart is a very strong pump that creates high pressure. To absorb this pressure the arteries expand and contract. This is possible because arteries have a wall of elastin and smooth muscles to permit this to happen.
- Lots of diseases are influenced or occur simultaneously with problems in circulation. So far, you know that low electromagnetic potential will increase the blood pressure by creating friction between the blood particles and the wall of arteries. The other cause is cellular dehydration.
- Dehydrated elastin will lose elasticity making the arteries rigid and not able to expand under the heart pumping pressure and this will raise the tension.
- Dehydrated cells of smooth muscles will become acidic and stimulate forced hydration (inflammation). This will thicken the arterial wall and make it less flexible rising the tension.

- Free insulin, caffeine, nicotine, sulphone-hydroxyl in garlic, chemical additives in processed foods, food colorings and elevated amounts of uric acid will cause CMR to stop cellular hydration, making the cells dehydrated and acidic in time, causing inflammation of the blood vessels that will interfere with the blood circulation.
- Bad blood circulation is often blamed on some organ failures but in my opinion they come hand in hand with each other as in diabetes mellitus for example.
- Medication like statins are influencing bad circulation by weakening the arterial wall creating possibilities of arterial rupture causing red marks on the skin and infarction.
- Cerebral and heart infarction could be deadly.
- Sometimes the blood pressure can be lower than normal. The causes are various.
- Insufficiency of salt will reduce amount of water in the blood. The less water, the lower the pressure.
- Neuro-suppressors in some medications and medicinal plants like garlic will weaken the heart contraction and that will result with lower blood pressure.
- A loss of blood will result with lower blood pressure.



- Problems with blood pressure will present certain anomalies as varicose veins, hemorrhoids, water retention especially on the ankles and wrists and also loss of erection and sexual drive.
- All of these problems can be fixed by cellular hydration. Cellular hydration can't be done unless we stop taking pharmaceuticals or natural medicine and that will eliminate some causes of circulatory problems as well.
- Isn't it a great feeling realizing that we can help ourselves without being dependent on the help of a "health professional"?
- Do not be afraid of elevated blood pressure. The blood pressure of 150 over 90 is nothing to be afraid of and it is often present when we have psychological problems. Get rid of the stress and forget the medication. If the hypertension is creating a headache, sit down and relax. The tension will go down and so will your headache. Control your stress and hydrate. I will address hypertension separately.
- Bad blood circulation may cause numbness in the fingers and the toes that could progress into necrosis and end up with amputation. You can prevent this from happening and even recover a black necrotic toe.

## Disease analysis 3:

# Rheumatism arthritis and arthrosis

- I put them in the same bucket. They all have the same cause: cellular dehydration involving joints. When we are dehydrated our blood becomes more toxic. One of the toxins is uric acid. It will occur in joints and since joints have poor circulation it will remain there and accumulate. To get rid of the acid, the brain will trigger forced hydration utilizing not only the regular pathway through the bone artery, but also by inflaming the membrane, called the bursa, that surrounds the joint. This pushes extra liquid into the joint causing it to swell. This becomes painful. It mobilizes the joint so we do not use it until the body mechanism fixes the problem. If this occurs in one joint we call it gout, if it occurs in more joints we call it rheumatism. Rheumatism can affect the cartilage and contribute to its deterioration causing arthritis and arthrosis. It is important to mention that the fluoride the government puts in the water or the one in toothpaste or mouth wash, is not there to protect you but to make you sick. It is another substance that causes joint pain. It is very toxic.
- On the toothpaste label it states if you swallow a bit, immediately contact your doctor. Mucosal membrane of the mouth is as absorptive as your intestines and fluoride is getting absorbed through your mouth rapidly. Advertising tells you to brush thoroughly for a couple of minutes.

- A good way to get poisoned by fluoride. Fluoride will prevent iodine from taking its place and that will make your bones brittle and painful. It will cause problems with the thyroid gland as well for the same reason. Fluoride will harden the pineal gland too.
- Stop using any product that contains fluoride. Why does the cartilage diminish in its diameter? We are told not to run on hard surfaces to avoid damaging the cartilage. This is nonsense. If the cartilage is well hydrated we can do what we please and never have to worry about the cartilage.
- If you take a very smooth material like glass for example and put another piece of glass on top of it, when you push the one sheet of glass it will move but it will squeak. If you keep moving it rapidly it will heat up from the friction and it will start wearing off. Now if you lift one sheet of the glass and put one drop of water in between them you will notice a big difference. Now, the upper sheet of glass will slide effortlessly without squeaking and if you move it rapidly it will not heat up. It has been lubricated. The same is happening in well hydrated joints. By putting pressure on the joint, cartilage will release one drop of water that will serve as lubricant, preventing friction and damage to the cartilage and the joint. You will actually run on a cushion of water.

- The situation changes dramatically if the cells of the cartilage are dehydrated. No water will be released under the pressure, causing the cartilage to rub one on the other creating friction, grinding down the cartilage and heating up the joint. The cartilage will diminish in its thickness and eventually it will disappear. This we call arthrosis. This will cause swelling and pain. The same mechanism of inflammation will be set in motion with similar symptoms to rheumatism.
- Here we can see again that general and cellular dehydration are the principal cause of the problem. Hydrate well and the disease will be reversed. The cartilage will regain its thickness and the pain will disappear.

## Disease analysis 4:

# Stomach ulcers and acidity

- Lots of people suffer from this problem and regularly consume antacids from the pharmacy or some natural remedy based on alkalinity. You will be surprised to learn that the feeling of acidity, acid burn and stomach ulcers are actually caused from insufficiency of stomach acid and not of its abundance.
- Stomach acid (hydrochloric acid) is not permanently present in the stomach but it is formed on a needs basis. It helps to break down some foods like protein to help the digestion.
- Hydrochloric acid is not very strong but in contact with our cells it will damage them. This is why the acid has to be neutralized before the content of the stomach enters the intestines. To neutralize this acid, our body uses sodium bicarbonate that it produces. If our body produces sodium bicarbonate why it does not take care of stomach acidity?
- To produce hydrochloric acid our stomach needs water + carbon dioxide + sodium and chlorine. The chemical reaction that occurs will produce hydrochloric acid and sodium bicarbonate simultaneously. This reaction occurs in the lining of the stomach. As the acid enters the stomach cavity, the buffer (sodium bicarbonate) stays in the lining to protect the stomach cells from the acid.

- The more acid the stomach produces, the more buffer is being produced as well and no problems occur. The problem starts when not enough acid is produced.
- That means not enough buffer is produced as well. Not enough buffer means insufficient protection in the stomach lining and the possibility that acid touches the cells and causes a burning sensation. Persistent acidic problems will create a stomach ulcer.
- What could be the reason of insufficient acid production? Lack of water and lack of salt are the main reasons of low hydrochloric acid production. Lack of water due to low water consumption, diuretic effect or stress, and low salt levels because not enough salt is in the diet. Salt is actually sodium chloride.
- Next time you have an acid problem just drink two glasses of water preferably with a pinch of salt in it and wait for couple of minutes. If the sensation is still there drink two glasses more and I assure you that you will not feel the acid anymore.
- Taking antacids will result in digestion problems and more acidity problems as time goes on. You will be hooked on antacids which is what the industry wants. Understanding this, stomach ulcers can be eliminated in three weeks with no medication needed.

- Production of acid and buffer can be affected by particular activity of our brain (stress), as Dr. Hamer explains. But this will happen only if the cells are dehydrated to begin with. This is why some people experience acidity problem when they are under lot of pressure.

## Disease analysis 5:

# Hernias and acid reflux

- What are hernias? They are openings in places where there should not be one. Our abdomen cavity where all our intestines, our stomach, liver, and kidneys are, is made by a bunch of interwoven muscles. Those muscles are made from trillions of cells. Those cells should be round and pressurized when well hydrated.
- When the cells become dehydrated, they change their shape into an oval but what is of more importance is that they change their volume. Then they shrink. Now if billions of cells shrink, so will the muscle that they form.
- As the muscle shrinks in volume the mesh that the muscles are creating will start showing holes – hernias. Stitching such a hernia will just open another one. It is a useless surgical procedure but a very profitable one.
- When a hiatal muscle is involved and its volume is diminished it will not close and it will allow the stomach content to go back into the throat. This we call acid reflux. Lots of dehydrated people (especially older people and alcoholics) suffer from this condition.
- When dehydrated, the spine column discs will start wearing down and diminish in thickness. This will make the space between the vertebrae get tighter and produce pressure on the nerves that exit the spinal column.



- This pressure will irritate the nerve and cause numbing of the area supplied by the nerve or pain. This is usually experienced in numb fingers and toes or pain in the lower or upper back. No medication or surgery is necessary, just hydrate the cells. Refer to the chapter on hydration. When hydrated, the cells will regain their original volume and so will the muscle they form. The same will happen with cartilage. Hernias will disappear.
- I had a patient with atrial septal hernia of the heart. It closed in two months utilizing my protocol of hydration.
- Changes in muscles created by dehydration, result in the muscles losing their elasticity and volume and that creates a variety of symptoms such as: clicking of the jaw, noisy joints, easy dislocations like hip or knee going out of the socket, disc slippage or receding gums. We can also add problems in focusing (eyes) and overall creasing of the skin. List can go on and on.

# Disease analysis 6

## Receding gums

- Receding gums are caused by the same problem of dehydration and subsequent gum reduction, that causes more dentine being exposed. Dentine is sensitive to temperature change and receding gums are followed often by sensitivity to cold water. You will notice that the gums are red. They are red because they are inflamed and they are inflamed because they are dehydrated. After hydrating, the gums will return to their original position and become pale. This process takes time so do not expect that drinking a liter of water will solve this problem. Cellular hydration is a long process.
- Some toothpastes labeled as whitening, hold red colorings to emphasize the contrast between the tooth and gum, so the teeth appear whiter than they are, actually cause inflammation and dehydration of the gums. They should be avoided.

## Disease analysis 7:

# Loose Joints

- As described in the case of hernias, dehydrated muscle that has reduced diameter also has less elasticity and strength. Since the muscles are what is holding the joints together, the joints themselves will show problems. The joints will become loose. People with this problem could manifest a clicking jaw when masticating, or a clicking noise in the shoulders, hips, spine or fingers. People with such problems could easily dislocate a joint or a disk in the spinal column. Every move may be noisy and disturbing. They will experience back pain or shoulder pain or both. Now you know the reason, so go ahead and hydrate. All these problems will go away.

## Disease analysis 8:

# Crohn's disease and Lupus

- These diseases are referred to as autoimmune diseases. In my opinion there are no autoimmune diseases. When a condition (disease) is directly caused from cellular dehydration, it cannot be helped utilizing medicinal remedies just as I explained in the chapter on hydration.
- Various reasons can cause cellular dehydration. When intestines are involved, the cause is usually the wrong food and insufficient water intake. Stress can play a big role as well. A variety of vegetables, grains, legumes and fruits contain protective protein as I explained in chapter on diet. With their toxicity, they stop the cellular pump of intestinal cells causing them to dehydrate. Those toxins are not very strong and often we do not feel any ill effect but the cells do. The intestinal cells will try to wash off the toxic protein and while doing so, they will be losing water becoming dehydrated and acidic. As they dehydrate, acidic effect triggers the inflammation causing the intestines to swell and malfunction. This can happen in any part of the digestive tract exhibiting different symptoms. Such acidic cells are easy prey to pathogens that may worsen the situation. Focusing on the pathogen (virus, bacteria or fungus), is of secondary importance. First we have to change the diet to eliminate the real cause that had triggered the problem and then help the cells to hydrate and change the PH.

- The pathogens will disappear as soon as the PH of the cells is alkaline. Sometimes pathogens create additional problems and we have to tackle them. The best way is to drink Colloidal Silver. Do not use antibiotics or antimicrobics.
- If Colloidal Silver is not available, then you can use antibiotic and antimicrobics simultaneously but only if the pathogens are causing a poisoning effect that manifests itself with pain, nausea, vomiting and fever. Be aware that they are very toxic. In the majority of cases medicinal remedies are not necessary at all.
- Lupus is a disease triggered by general cellular dehydration. People that suffer from this condition simply do not drink water. As soon as they start hydrating the body and the cells, the disease will go away. Sometimes when a person that is severely dehydrated starts drinking water, the body will start creating reserves by storing the water causing swelling of extremities and accumulating it in cavities of stomach and lungs. In this case the hydration has to be slowed down but remember there is no hydration without sea salt and water. The swelling is wrongly attributed to high salt concentration. Actually the salt will help to reduce the inflammation in the affected tissue. Refer to chapters on hydration and inflammation.
- The pain associated with lupus is caused by swollen tissue pressing on sensory nerves. Lupus patients are constantly drugged to reduce the pain which further exacerbates the disease. Lupus patients can overcome this by starting the hydration with water and sea salt and slowly eliminating the drugs. Improvement will be rapid, but healing cannot take place until all medication is eliminated. The same goes basically for all diseases.

# Disease analysis 9: Diabetes Mellitus

- Diabetes mellitus is a disease which we can use as an example of how wrong diet in time destroys our health. It may, as well, be used as an example to prove that what we know about a healthy diet is actually wrong. To get to the truth I will first reach to nature.
- Diabetes mellitus is a human disease and a disease of some domestic animals, typically the domestic carnivores and omnivores. It simply does not occur in cows, horses or goats but it will occur in cats, pigs and dogs. Simply put, cats and dogs are exposed to sugars by eating cooked and processed food and, same as we, they will get diabetes and other diseases .
- I am deeply convinced that the same would happen with cows, horses and goats if we would cook their food. So what actually happens?
- In the chapter on Diet, I explained how different foods affect our health but here I will concentrate on carbohydrates, especially on the one sugar that we were told is a good and safe : Glucose. I have mentioned that only a very small amount of glucose is available to us through the food until we heat up the fiber of cellulose and destroy it.

- This we do by cooking the plant. The carbohydrate that is released from the fiber is a complex sugar that is basically composed of glucose and fructose.
- We have enzymes that will break this connection and the carbohydrate will change into the simple sugars, glucose and fructose. Molecules of glucose are small simple sugars that will absorb rapidly and enter our blood circulation.
- Since there is no intracellular communication possible between our cells and dead cells of cooked food, our brain has no idea that glucose is coming in until it is actually circulating in the blood.
- The brain will respond by ordering insulin production in the pancreas. Since there is no information on how long the glucose will be coming, the pancreas overproduces insulin.
- Glucose will bond with insulin and it will stimulate the cells to take it in. Since the insulin was overproduced there will be a certain amount of free insulin left in circulation.
- Since insulin is abrasive (it is an oxidant), the brain will stimulate hunger so more glucose is brought in. The result is that we will eat more and since we will eat similar food, the cycle is repeated.

- The first problem occurs when the free insulin bonds with glucose that is already in circulation. It lowers the glucose blood level and creates hypoglycemia. This will manifest itself with us feeling lightheaded and craving for sweets. This is why about two hours after breakfast, which is usually grains, we feel lightheaded and hungry. Since insulin is abrasive, repeated exposure to elevated insulin levels will cause the cells to start increasing the insulin resistance. To overcome this resistance the pancreas will have to increase insulin production.
- The cellular resistance to insulin will be slowly increasing until one day the pancreas will not be able to supply a sufficient amount of insulin. Diabetes mellitus 2 is created. This is the basic mechanism of diabetes. There are other factors that contribute to the sensation of hunger and a lot is attributed to leptin suppression and high fructose intake.
- The way I see it is that a high amount of glucose and fructose that is in processed and cooked foods results in overproduction of triglycerides so we get fat and overproduce uric acid that does havoc in our body.
- The problem caused by high levels of uric acid created from the breakdown of fructose in our liver is; bad blood circulation, not only in our body but, in the circulation of blood in our organs that interfere with the organs functioning properly causing liver, kidney and pancreas problems and creating symptoms related to those organs. In the case of the pancreas, lower production of insulin and enzymes that contribute to diabetes mellitus.



- Looking at this this way, it seems that hypertension, bad blood circulation and diabetes go hand in hand with each other. The bad blood circulation is especially affecting peripheral circulation resulting in necrosis of first the toes, then the legs finally ending with death. Circulation can be easily reestablished by dietary changes and hydration and the same can be done with cellular insulin resistance eliminating diabetes mellitus. After reading this, you tell me if you still think that starchy foods loaded with glucose are safe and good for us.
- To reverse diabetes we simply have to stop having glucose as part of our diet. That means no cooked vegetables and no processed foods. Remember that fructose will be converted to glucose in the liver and this is why during the healing process we should not eat fruits as well or at least the one with high fructose values. You will be amazed how fast the reversing process takes place. You can be cured of diabetes mellitus in as little as three weeks.
- Three weeks is the usual purging time of our cells. In three weeks of a glucose free diet the cells will start lowering their insulin resistance bringing the metabolic levels to normal.
- There is a new type of diabetes mellitus emerging. We call it diabetes mellitus 3. It is caused by electromagnetic disturbance. I did not have a chance to work with a patient that has this type of diabetes, but I am convinced that elimination of glucose from diet and hydrating the body and the cells will eliminate diabetes of any kind. Simply put, if there is no glucose in the food there is no need for insulin in the blood. The amounts of glucose produced by our liver or our cells from fat or protein are tightly controlled and I do not see any way that electro pollution can create a big problem there.

# Disease analysis 10:

## Obesity

- I am including obesity in the chapters about diseases because obesity is not a normal state of our body and it contributes to other diseases.
- By reading the chapters about diet and sugar, you probably have a good idea why we get fat. I will just elaborate on this a little bit because obesity is becoming a problem and we are being sold a bunch of nonsensical diets and ways of how to get rid of unwanted weight. When diets fail we are being told that the problem is in our thyroid gland or our predisposition. Well I had never seen a concentration camp prisoner having problems with weight. Simply put, if you take in lots of calories you will accumulate them in your body in the form of reserve fuel and that is triglycerides or as we call it, fat. When eating the proper diet our body will signal that we do not need more food and the hunger will go away.
- By cooking we are improving on the taste of our food and we eat even when we are not hungry. By cooking our food we release the carbohydrate from the fiber and it gets absorbed into our blood as simple sugars, glucose and fructose. Sugar is very high in calories and a lot of it will get transformed to triglycerides and deposited. To make matters worse, we tend to eat carbohydrates together with protein and fat. This is simply too many calories in the same meal.
-

- This is a tremendous amount of energy. No matter how much you exercise you cannot burn this amount of calories and they will accumulate in your body. Now if you add the drinks that are loaded with sugar, the deserts and the snacks... do you still wonder why are you obese?
- For example one can of COCA COLA has around 200 g of HFCS. 60% of it is fructose and that means 120 grams. The liver will process less than 20 g and the rest, 100g or more will be converted to triglycerides and deposited as fat.
- If you do my protocol you will have no problem with the weight. For those that just want a quick fix here are some tips:
- Before having a meal, drink two tablespoons of coconut oil. This will coat the intestines and prevent fast sugar absorption and coconut oil will increase cellular metabolism similar to what a thyroidal hormone does. This will help you to burn more calories without exercising.
- Half an hour before having a meal, drink two glasses of water. Thirst signaling is the same as hunger signaling and the feeling of hunger will diminish. You will eat less.
- Eliminate wheat flour and its products from your diet.
- Increase the amount of saturated fat in your diet. It has energy and this will suppress the hunger.
- If you want to snack on something, snack on raw smoked bacon or beef jerky.

# Disease Analysis 11: Alzheimer's disease

- Alzheimer's disease is a complex abnormality in which the brain loses the ability to retrieve memory. It is a complex disease because it is influenced by various factors.
- Factor # 1 is wrong food.
- We are forcing our brain to utilize sugar as an energy source. We are being told that the brain requires lots of energy and since glucose (sugar) produces lot of energy it is "necessary" for fuelling the brain. This is absolutely false.
- Sugar is an explosive fuel that will produce lots of energy but it will burn in a very short time. To provide the brain with a steady flow of energy we would have to eat sugar every 20 minutes. We do not do that and since we are eating food low on fat what is happening is that we are forcing the brain to starve most of the time while its waiting for sugar.
- As we are forcing the brain to utilize glucose as the energy source, the neurons have to produce insulin in much higher levels to cope with this glucose and as the intracellular levels of insulin are getting higher, the cellular insulin resistance is taking hold. In time this insulin resistance will interfere with glucose breakdown and the neurons will become energy deficient even in the presence of sugar.

- The preferred fuel for our cells including neurons is ketone. Ketone is produced from fat. Ketones burn slower and produce less energy but they burn much longer so that the energy is produced for a long time. Since the amount of energy produced by ketone is lower, the neuron will stimulate productions of higher amounts of mitochondria (energy generators), so it can cope with the energy demand. This is why the claim that sugar is necessary because it has more energy is unfounded and nonsensical and it is promoted by bad science.
- Factor# 2 is the lack of exercise.
- What will happen if you do not use your muscles? If you do not use them they will atrophy, diminish in size and become weak. This is why we should exercise at least twice a week.
- The same thing will happen to our neurons if we do not use them. Exercise for the neurons is thinking. As we get older we become trapped into certain beliefs and habits. We start thinking less and less, discarding what does not fit with our perception of things. Thinking is a cerebral exercise. The less we think the more atrophy settles in and we become incapable of thinking. The more that the brain atrophies, the harder it becomes to recollect things as well.
- Factor# 3 are medications and toxins.
- Neurotoxins, such as alcohol and caffeine, medicinal plants like garlic and pharmaceutical medicines like statins, vaccines and analgesics will damage the neurons.

- The more damage there is the more incapacitated the brain functions will be and subsequently the more memory loss will be exhibited. People that are rarely affected with Alzheimer's disease are those that speak more than one language (they have to think more), exercise regularly (exercise requires concentration) and eat fatty foods.
- It has been noticed that consuming 6 spoons of coconut oil daily stimulates the Alzheimer's patients to start regaining their memory. This proves that the wrong food is the most important factor as far as Alzheimer's disease goes. Replace carbohydrates with saturated fat and start doing things that are out of you routine.

## Disease analysis 12:

# Impotency - Loss of erection

- In the early eighties my brother, Dr. Damir Velcek was doing research on impotency in men. He asked me to be his “lab rat” to help him with research. He proved that the loss of erection is due to bad blood circulation. Now, what do we do? Basically nothing, since there is no drug that will cure circulatory problems. Naturally, solving erection problems ends in a surgical procedure of inserting various types of implants.
- Most people with bad blood circulation are impotent. Not only does it affect erections, but it affects sexual appetites in men and women as well. There are varieties of drugs that will increase blood pressure and temporarily create an erection but there are multiple health risks connected with such an approach. Not much negative attention is given to the dangers of these drugs because they bring tremendous income to the pharmaceutical companies that produce them.
- As explained in the chapter on hypertension, bad circulation is caused by endothelial inflammation of blood vessels. Changing the diet and hydrating the cells will repair circulation and erections with sexual appetite will return. There is no reason for us not to enjoy sex until the day we die no matter the age.

# Disease analysis 13:

## Allergy's

- In the past allergies were rarities. Nowadays they are more and more common and starting in young children. The word is that there is no cure. Well, let us examine what an allergy is.
- Part of every living thing is protein. Every protein has its electromagnetic signature given to it by the organism it originates from. The defense mechanism of the body detects foreign protein and launches an attack to destroy it. This is how our immune system defends us from bacteria, viruses and other pathogens. If we have an organ transplant we have to suppress our immune system otherwise, the implanted organ would get rejected, and attacked by our immune system. When we eat our food, the protein that it contains has to be broken down into amino acids before it enters our blood otherwise it would activate an immune reaction.
- We can get in touch with foreign proteins through our skin and mucosa tissue. For foreign proteins to cause problems in our body, the molecules of protein have to be small enough to penetrate into the areas with lymphatic or blood circulation. It is not easy for small molecules of protein to penetrate deep enough into our skin because the skin has layers of cholesterol that protect it. Another reason not to wash with soaps because when there is no cholesterol protection the foreign protein will easier enter the pores and cause allergic reactions.



- Most of the allergies that occur are connected with our mucosal tissue which is very absorptive and that means our respiratory and digestive tract. Since foreign protein will be broken down and disarmed in the lower digestive tract, allergic reactions will not occur. So mostly upper digestive system is susceptible to foreign protein immune responses.
- That is the area from our mouth to the stomach where the foreign protein will be intact. This mucosal tissue is supposed to be protected by saturated fat as well but since we are told that saturated fat is bad for us we avoid it and it is easy for foreign proteins to attach to our cells.
- The most common allergies are pollen allergies so I will use it as an example. Pollen is the reproductive material of plants. The particles are very small and easily penetrate mucosal tissue attaching themselves to the cells. They try to wash it off by secreting water. If they are dehydrated they cannot do it so the brain takes over triggering forced hydration, inflammation. Inflamed tissue increases in volume and causes pressure on local sensory nerves. This pressure is decoded by our brain as itchiness and as the pressure increases the itchiness converts into pain. This is your typical allergic reaction. Now why is it than in the past people did not suffer from allergies and now-a days it is more and more common? What prevents this reaction from occurring in people that do not suffer from allergies?
- Mucosal membranes are coated with slime that protects them. This slime substance we call mucus. Mucus together with saturated fat protects mucosal membranes and cleans them steadily. When debris of any kind appears it will be washed off with mucus. This will happen to foreign protein as well.

- Mucus will envelope the protein and take it to the throat and we will cough it out and then swallow it or spit it out. For mucus to be produced, the cells need to be hydrated. If the cells of mucosal tissue become dehydrated the production of mucus will drop and cleansing of the membranes will be interrupted.
- My cousin's wife had a problem with her left eye. It would get red and itchy when the air conditioner was on or if the pollen would be in the air.
- The cells of her left eye were drier and did not wash off the foreign protein causing an inflammation. After rinsing the eye with water, the inflammation will stop and itchiness would disappear. If the cells would be hydrated they would do the washing of the eye and the inflammation will not occur. People with allergy problems notice that their eyes would swell and start tearing, and they start coughing and spitting phlegm, (mucus). This is caused by inflammation and forced hydration. This symptom we call an immune allergic reaction and the doctors response is to give antihistamines to stop the inflammation. No wonder people with allergies do not get rid of them. They are not being cured, only the symptom was temporarily relieved. As soon as the antihistamine wears off the problem returns. This is why there is a need for permanent medication during allergy season. If you hydrate your cells and your body the cells will flush the protein immediately and allergic reactions will not occur. No more allergies.
- Again no medication is necessary to rid yourself of allergies and as always any medication will interfere with the healing process.

## Disease analysis 14:

# Asthma

- Asthma is often referred to as an allergic reaction. I do not agree with this statement. Allergic reaction is caused by an immune response and this could be, but does not have to be, the case in an asthma attack. I will explain asthma the way I see it.
- The purpose of the lungs is to exchange the gasses in our blood - carbon dioxide is exhaled and oxygen is inhaled. To be more effective the surface is rippled to increase the surface in the same space. These ripples we call alveoli. Alveoli resemble small cones. With every exhalation we eliminate a substantial amount of water. If you put a chilled mirror in front of your mouth and exhale on it, the mirror will sweat. This is how much moisture we loose with every breath we take. When the lungs are well hydrated this does not present any problem. The problem starts when the cells in our lungs are missing water.
- When the cells in our lungs are dehydrated, they start saving water. Unfortunately the water continues escaping through respiration and something has to be done to prevent this. Our brain found the solution. It triggers forced hydration by activating inflammation. Inflammation is being activated by a secretion of histamine and vasopressin. Vasopressin will also affect the alveoli and constrict them.

- This causes the opening of the alveoli to be reduced. This way less water will be lost when exhaling but it reduces the airflow and also causes the wheezing sound when we inhale or exhale.
- This restriction of the air passage will cause a shortness of breath and we have problems breathing. This usually happens when we are excited or physically active. Increased rates of respiration will eliminate higher amounts of water so the brain triggers the reaction to preserve the water.
- The same reaction will happen if dehydrated lungs are subjected to foreign proteins. Forced hydration to eliminate the protein will trigger symptoms of asthma but we do not have to have a problem with foreign protein to have asthmatic reaction. This is why I do not agree that asthma is an allergy.
- To quickly establish proper airflow doctors administer an antihistamine, usually through inhalers. This stops the forced hydration, histamine and vasopressin are gone and alveoli open up. Proper respiration is reestablished. Again this is just a temporary effect and by stopping forced hydration we actually stop the healing process making things worse as time goes on.
- We can avoid inhalers by simply relaxing and forcing ourselves not to breath. As amount of carbon dioxide in our blood increases the brain will realize that constricted alveoli are not a good idea and it will stop the inflammatory process, alveoli will relax and open up making it possible for us to breathe again.
- A similar reaction happens when we have a cold and our nasal passages get clogged. As soon as we lay down to sleep, the nose clogs up making it difficult or impossible to breathe.

- Instead of reaching for the nasal spray we can do the same technique as with asthma. Stop breathing and accumulate carbon dioxide. You will notice that the nasal passages will start opening by themselves. Then start breathing slowly and little by little you will be able to breathe normally.
- Only you will have to do it every time you change your position in the bed from left to the right or opposite. If you go for a nose spray you will become dependent on them because they will further dry out your cells which will trigger forced hydration frequently and you will be hooked on nasal spray to be able to breathe.
- Time and time again it is obvious that inflammatory process is here as part of self-healing and it is stopped by occidental medicine to avert symptoms bringing immediate relief which we wrongly refer to as healing and it actually makes the things worst.

# Disease analysis 15:

## Constipation

- To tackle this problem let us first explore what happens with the food that we eat.
- After we have consumed food digestion will start. Digestion will be different according to the food consumed. Greenery will take a shorter time and animal protein will take a longer time to digest. The food will move from the mouth to the stomach and then from the stomach to the small intestines, then to the large intestines and at the end it will end up in the colon.
- During the digestion the food will have a paste like consistency. As such it will enter the colon. Here the food will accumulate and wait for elimination. During this period part of the water from the colon will be reabsorbed and enter the blood stream.
- The hardness of the feces is related to the amount of water that remains in it. We are told that defecating once a day is a sign of good digestive tract health. Let us refer to nature.

- Herbivores are forced to spend most of their time grazing to be able to fulfill their need of energy. Greenery is low on calories and herbivores have to depend on bacteria-induced fermentation that takes place in their stomach. This takes time, so actually the digestive process of herbivores is longer than in carnivores
- Because they have to eat big amounts of food that has small amounts of energy they have to defecate many times during the day. Carnivores have a short digestive tract.
- Their food is almost ready for absorption as soon as they eat it. Only proteins have to be disarmed and fats repackaged. The food that they eat is loaded with calories, enzymes and vitamins so a small amount is sufficient to fulfill the energy needs of the animal. This type of animal will eat sporadically. Since they eat sporadically they will defecate the same way, basically once a day or less.
- We are omnivores and on top of that we have different beliefs concerning the diet, so we can't generalize that going to the bathroom once a day is ok.

- What makes it possible to obtain enough energy from small amounts of non-animal protein and fats source, is the fact that we eat processed and cooked foods that are loaded with sugar.
- Sugar is high in energy but burns much faster than fat or protein, so we have to eat more often when relying on this type of food.
- This means that we should defecate more often as well. In our modern society this is not practical. We got accustomed to holding it in until the appropriate time comes.
- We trained ourselves to go to bathroom either in the morning or afternoon depending what is more convenient. This is not a good practice.
- Holding feces in, gives it the opportunity to rot and produce toxic gasses that will be absorbed in the blood and affect our health. Also because we are not drinking enough water, or are consuming drinks and foods with diuretic effects such as caffeine and alcohol, the brain will give the order to the colon to reabsorb as much of the water from feces as possible to satisfy its need for water. This will dry up the feces.
- Dry feces diminish in volume so more feces can accumulate. We do not have the necessity to go to the bathroom and once we do, the feces is thick and dry; painful to eliminate. Such feces is an indicator that we suffer from dehydration.



- Drinking more water will improve the situation but if the dehydration is more severe, a lot of the water that we start drinking will end up detoxifying and flushing our system and not macerating our feces. It may take some time to see the improvement.
- I recommend to start every day with one liter of water with a pinch of sea salt in it and to drink one or two glasses of water before and after each meal. This will ensure proper hydration and regular and soft stools.
- If you start consuming raw meat and fat you will notice that there will be no foul odor when you go to the bathroom even if you skip a day. Nothing will rot in your guts. You will feel excellent, full of health and energy. The amount of food will be small but satisfactory. Try it.

# Disease analysis 16:

## Organ failure

- I do not want to waste time and address separately the causes of organ failures in our body. Yes, organs can be attacked by virus, bacteria or parasite and experience destruction and failure but, most often the reason of our organ failure is inflammation caused either by our bad eating habits or a lack of water that triggers cellular dehydration of the organ itself. The dehydration is greatly increased by following the doctor's recommendations utilizing drugs and anti-inflammatories.
- More than once, I have seen patients regaining kidney function and getting off dialysis treatment after doing my hydration protocol. It does not matter what organ we are talking about: kidney, liver, pancreas, heart, thyroid gland, etc., they all have one thing in common: when they show signs of bad performance (disease), they are inflamed.
- We learn in medical school that when there is inflammation in question, the proper response is to lower the salt intake and utilize a diuretic. Low salt will cause the water to not bond to it, so it will diminish in volume and the diuretic will suck the liquid out of the inflamed tissue and we will urinate it out of our body. It looks so believable that we doctors fall for it. This is the most common error that we do in treating any disease and it causes thousands of deaths worldwide each day.

- In the chapters of Hydration and Inflammation I mentioned the reason of dehydration and the necessity of inflammation as a healing process. Yes, it is true that inflamed organs cannot properly do their task and that will reflect on our health, but the inflammation is there to hydrate the cells.
- Dehydrated cells are those that actually malfunction and don't do their job properly. Hydrating the cells will cause them to recover and assume their proper function. By limiting salt and water we actually make it worse and impossible for the organ to recover causing organ failure. Then we blame it on parasite or genetic predisposition or an auto immune reaction.
- Instead of depriving the patient of salt and feeding him with diuretics or antihistamines, we should increase the salt and water intake to help the organs to hydrate. Hydrated organs will de-flame naturally and assume their work properly.

# Disease analysis 17:

## Osteoporosis

- Another disease that was very rare in the past and is nonexistent in wild animals, but plagues modern society, is osteoporosis. It is usually referred to as being caused by the lack of calcium and the first thing that doctors recommend is a calcium supplement. Right here is the first contradiction. If it is caused by the lack of calcium why are people that are affected urinating calcium out of their body? Again, to understand the disease we first have to understand the bone.
- Cells of the bone are always active. As we jump or run our bones receive small cracks that have to be fixed. There are two types of bone cells, osteoblast and osteoclast. One is melting the bone and the other is rebuilding it by precipitating calcium and sodium around collagen fibers of the bone. The area around the crack is melted away and fresh calcium and sodium is deposited in the injured space. To be able to convert calcium and sodium from liquid state to hard sediment, the cells are using a buffer, phosphatase alkaline. By creating alkalinity the minerals are deposited and by creating acidity the minerals are liquefied.

- Cells in our body should be alkaline PH 7.4. The scale goes from 0 to 14. 7 is neutral. What is higher than 7 is alkaline and what is lower than 7 is acidic, 1 being the most acidic. Our blood has to maintain alkalinity between 7.35 and 7.45 ph. If the alkalinity of blood changes below or above the levels we will die.
- Every type of raw food is alkaline and contributes to our alkalinity. The things change with cooked food. It becomes neutral or acidic, which is bad for us. The more carbohydrates that it contains the more sugar will be released and the more acidic effect it will have.
- The acidic food puts a strain on our system to produce an extra buffer to be able to maintain the alkalinity of our blood.
- The more acidic food and drinks we ingest the more buffer has to be produced and mixed with the blood. There comes a moment, like with diabetes and insulin, where no more buffers can be produced and the brain will give an order to redirect any buffer available to the blood.
- Lots of phosphatase from the bone cells will be redirected to supply the blood and not enough will be available for calcium deposition and osteoporosis will start. Levels of liquid calcium will rise in the blood and kidneys will start eliminating it.

- By supplementing calcium we are creating the over-saturation of calcium in the blood and it will start to deposit in joints and organs, negatively affecting our health. The foods with strong acidic action are all processed foods that contain sugars (that means all processed food), and most cooked foods since sugar will be released. Then coffee, carbonated drinks and packaged juices as well. It is easy to reverse osteoporosis. Start eating your food raw and drink water with a touch of salt to rid the body of the disease quickly. One will have great health improvement just by eliminating coffee and sweet processed foods like cakes or COCA COLA.
- Sodium occupies about 30% of the bone. You can say that bones are our salt reserves. If we eat our food without salt and if we drink a lot of water we will start depleting our bones of salt and cause them to be brittle. Do not be afraid of salt as long as it is sea salt and you are drinking enough water. Steamed and stir fried food will remain alkaline but the best is to eat the food as you find it in the nature, raw and fresh.

# Disease analysis 18:

## Cancer

- Cancer: the curse of modern man. The evil, mysterious disease that cannot be conquered. Or is this just a myth?????
- In 1930, Dr. Otto Warburg received a Nobel Prize for explaining this terrible disease. Mysteriously this was quickly forgotten, shoved under the carpet and now, 90 years later, we claim that cancer is still a mystery. Why would man do such a thing? As like everything else, for the money. I do not want to go into the politics so let us in a few words explain this “mysterious” disease.
- If you have noticed, there is no cancer in wild animals and it is virtually nonexistent in tribal people. It was very rare up until the 20<sup>th</sup> Century. What has happened in the 20<sup>th</sup> century? We are being told that the reason that so many people have this disease is because we live much longer and cancer is just a natural occurrence in the aged body. What nonsense! There is cancer in babies and there are 90 year old people that are healthy and cancer free. So what really changed so quickly that caused all of this terrible disease that we have now, including cancer? A drastic change in our diet, pollution and excessive stress. In the chapter, “Disease”, I explain how diseases are born. The same happens with cancer. When cells lose over 40% of their water they become so acidic that any pathogen can attack them and this is why cancer cells could contain virus, bacteria or fungus. Such a dehydrated cell will coat itself with cholesterol and stress proteins to prevent further loss of water.

- The metabolism has to change because oxygen has a problem of penetrating. Sugar is a small molecule and manages to get in and fuels the cell. When the cell is in such a condition, it will be deficient on energy and it will depend on the energy provided by the brain. If the brain for some reason does not provide the energy, the CMR will be underpowered and it will make a mistake. There is speculation that stem cells can become cancerous but I do not think that it really matters. We know that if we are in areas with low oxygen we will produce more blood vessels. If we have low energy, the cell will produce more mitochondria and so on. Utilizing drugs that promote blood vessel growth to bring more oxygen to cancer cells does not work and actually does the opposite. It accelerates cancer growth and stimulates the production of metastasis.
- The question is: why some dehydrated people do not obtain cancer and some do and why cancer affects certain organs or area?
- This has to do with energy management of the brain. The organ that you will use more will receive more energy and it will work harder and as it is dehydrated it will quickly get acidic and cancerous. This explains why sexually active men have higher incidences of prostate problems including cancer. But women do not use their mammary glands for any particular work except feeding the baby so, why do some have cancer and some don't?
- In the chapter on hydration I explained how the brain controls and distributes the energy in our body. Dr. Hamer discovered the relation between cancers and stress in humans.



- Different stress will affect different part of the brain, resulting in switching off the electrical circuit and that will result in restricting certain parts of our body or organ of electricity. This will trigger cancer in dehydrated cells of the affected organ. A dehydrated cell has less capability of producing electricity and becomes dependent on the energy supplied by the brain. When the brain uses the energy and cuts off the energy supply to those problematic cells, cellular receptors may start giving wrong messages resulting in faulty division and genetic activation and cancer is formed. As a computer with corroded terminals may result in opening different programs without your command, the same will happen with the receptor creating cells with different genetic activation and it is often seen that the tumor consists of fingernail cells, skin cells, muscle cells... all in the same growth.
- To combat cancer we use surgery to cut it out and chemotherapy to prevent it from reoccurring. First if we can cut it all out we do not need chemotherapy and if chemotherapy really does kill cancer cells why do we use surgery?
- Chemotherapy is a cocktail of poisons precisely administered to kill young cells in your body because cancer grows quickly and there are a lot of young cells there that will die. It would be a fair concept if we ignore the fact that our immune system is composed of predominantly young cells and in people whose blood is more polluted their kidneys and liver is composed of mostly young cells. So what chemotherapy is really destroying is the immune system, kidneys and liver. Furthermore, people that had chemotherapy done noticed that after the first administration of the poison they feel like they will die. Actually they are closer to death than they think. But further administrations of this poison produce far less problems.

This is because the first time around, the cells were surprised and poison entered the cells including cancer cells and did quite a destruction. During this time, the cells saved a sample so they can recognize this poison in the future and produce specific stress protein for defense. In future administration of the poison, the cells will recognize it and prevent it from entering so the poison is way less effective and does not destroy our cells but is equally ineffective on cancer cells. New discoveries are conforming that it actually accelerates the cancer growth. Scientists attribute this to the ability of cancer cells utilizing the stress protein for energy. I think this to be nonsense. As always if you deprive some cells of a nutrient, they will increase numbers to absorb as much nutrients as possible since they work in symbiosis like an organ. If this does not work, the cells separate and enter the blood circulation to find more suitable places to survive.

No matter how you look at it, the occidental approach to curing cancer does not work and instead of curing it, promotes a new cancer. Everyone knows someone that has or had cancer and witnessed them getting sick again and dying. It is very rare that cancer patients live long after surgery or chemotherapy. Prolonging the life for a few months or years of a cancer patient is called success. How pathetic but we are so brainwashed that we accept it. Not only we the ordinary people, but health professionals as well. Cancer as any other disease, is a direct product of our lifestyle and it can be prevented or eliminated only by us taking the action and changing our habits. The start of such a change is not easy. I had plenty of unhealthy people refusing my protocol and plenty of those who did it, stopped it prematurely when they were feeling good just to return to the same bad habits that made them sick in the first place. If you go back to do things that made you sick what do you expect?

- The factors that contribute to cancer formation are:
- Acidic food as sugars (carbohydrates, table sugar, brown sugar, cane sugar...), coagulated protein, processed and cooked foods.
- Dehydration caused from not drinking water or consuming foods with a diuretic effect, like caffeine and alcohol. Utilizing medicines or medicinal plants like garlic. Not eating enough salt or eating the wrong salt like the table salt or the Himalayan salt.
- Stress: Stress will contribute to cellular dehydration and it will trigger the cancer by depriving the cell of energy.
- Radiation caused by x-ray machines, chemotherapy and radiotherapy.
- A new wave of cancers is threatening the world population. Cancers caused by microwave energy. Electromagnetic frequencies produced by gadgets like TV, radio, electro motors in kitchen appliances, wiring, etc. They all negatively influence our health by interfering with our cellular communication, but microwave ovens and wireless communication utilizing microwaves is the worst. The number of people with tumors in the head is dramatically increasing. Children are the most affected by them. Their telomeres are long and capable of receiving a broader spectrum of frequencies and consequently will be more affected by WIFI frequencies. Do not give children cellular telephones and electronic gadgets.

- Now the question is, how do we cure ourselves from cancer?
- There are different ways to do this. If we alkalize our cells, cancer will go away. Some doctors make surgical procedures where they directly flush the cancer with sodium bicarbonate and the cancer goes away.
- Eating raw foods will alkalize our body and cure the cancer.
- Drinking water with sea salt will hydrate the cells and alkalize them.
- Positive thinking will energize the cells and help them to fight the cancer away.
- Exposure to the sun will help to energize the cells and stimulate the production of vitamin D<sub>3</sub> which is important in proper cellular work.
- Since all chronic diseases are closely related, how to heal will be answered in the chapter “healing”.

Penultimate Chapter:  
Healing



- One would think that this chapter will be very long and have lots of subchapters. After all, there are lots of diseases and many medical procedures to cover. Not at all! Before I go into explaining my approach to healing I want to mention some other suppressed methods.
- Dr. Royal Rife had made the most sophisticated optical microscope ever assembled. It was so powerful that it was possible to monitor a live virus through it. Since everything has its vibration, it also has its vibrational destruction point that we call a threshold. Dr. Rife started experimenting in finding the threshold of viruses and other pathogens. He constructed a sound modulator with which one can change the frequency of a sound wave and he subjected the pathogens to it. As the pathogen would hit their threshold, it would explode the same as glass explodes when a singer hits a certain note that being the threshold of the glass. Pathogens causing certain diseases would be isolated and their threshold frequency was written down. Dr. Rife had excellent results in curing diseases simply by having the patients in the room exposed to the proper frequency for a few minutes. Instead of cheering him he was ridiculed, his microscope was destroyed and frustrated with society he died as a drunk.
- Another doctor that made a startling discovery is Dr. Rene Quinton. Noticing that sea water was preventing multiplication of pathogens because of its alkalinity and realizing the close similarity between our plasma and sea water, he started injecting sea water (sea plasma - which is a combination of one part of sterile water and two parts of sea water), into the blood vessels of his patients.

- By increasing alkalinity most of the diseases would go away. He had incredible results. He opened several healing centers and after his death all of them were closed and he was forgotten (shoved under the carpet).
- Recently another brilliant doctor that showed how cellular dehydration leads to cellular destruction and is the cause of most of our diseases has been discredited and ridiculed. This doctor is Dr. Fereydoon Batmanghelidj.
- In Germany, Dr. Hammer the founder of the New German Medicine, proved the involvement of our brain in the creation of disease including a cancer. He demonstrated that by eliminating certain stresses, the patient will heal from cancer. He is being prosecuted and is in exile.
- At the end and by no means the last, is a doctor of physics, Dr. Robert Beck, whose blood electrifier is definitely the invention of the millennium. As a reward, his life was threatened and multiple assaults on him were performed leaving him bloodied on the street.
- All of this is proof that occidental medicine is not about healing but about money. Good science is suppressed and bad science is promoted.
- The statements that there are no cures for cancer, lupus, asthma, chronic fatigue syndrome, etc. are incorrect.
- If you have read this book carefully, you have noticed that our health depends on the healthy state of the cells that form our body. Healthy cells will create healthy organs which will assure a healthy body. Since our health depends on the health of our cells, I call this medicine “cellular medicine”.

- All conventional approaches to healing are based on symptomatic treatments. This means that the cells are ignored and the attention is given to a system that has malfunctioned.
- It is like you have a boat and this boat developed a hole on the deck. When it is raining, the water seeps into the boat and accumulates on the left side of the boat. This makes the boat list to the left. Treating the symptom which is the listing problem, we take rocks and place them on the right side of the boat.
- This will return the boat into an upright position and the problem is solved. Far from it, because every time it rains more rocks are needed to correct the problem. Then the rocks will start to shift in bad weather and cause a problem themselves (secondary effects). We go and replace them with bags of sand but soon there will be no more room for sand, so we replace it with lead, but more and more lead will be needed until the load is too big and the boat sinks.
- This is exactly what is happening in conventional medicine. We do not use rocks and sand but we achieve the same result by utilizing supplements, medicinal plants and pharmaceutical drugs.
- Isn't it easier to close the hole and empty the water in the first place? Well lots of people would lose their jobs. All those in charge of bringing the rocks and the sand and the lead, not mentioning those in charge of balancing and installing the material.



- The fact is that we do not need any of them to be healthy. In cellular medicine we ignore the symptom by focusing on the place where the problem has developed and that is the cell itself. Since we do not deal with the symptom we will skip all the rocks, sand and lead. No medicines or supplements are needed. What did we learn from this book so far? All that our cells need to be healthy is a clean environment, water and energy. To help our cells to live in a clean environment we have to provide the body with plenty of water and sea salt.
- This way the kidneys do not have to conserve water and can focus on eliminating toxins from the blood. Being in a clean environment, the cells will utilize salt to run their cellular osmotic pump which will help them to optimize on water and allow them to get rid of their toxins that had accumulated and caused them to malfunction. The energy for healing will be provided by the heart, unless there is a shock or psychological problem that will cause the brain to interrupt the energy pathways, depriving the cells of the necessary energy. This is where acupuncture has success. The same help can be provided by disengaging our brain through deep meditation. For most people this is not enough because this has to be done frequently and the person has to believe that this will help, so they can relax and let it happen. This is where Dr. Beck's electro stimulator does incredible job.
- Electrical current will bypass the brain and flood the cells. The cells experience such strong current only when the body is in deep sleep or in meditation. The cells will activate the osmotic pump, hydrate, pressurize and detoxify themselves.

- The cellular brain, the receptor, will check for any problems and if it encounters any it will activate the reparation gene T 58 to repair the problem.
- There is nothing that we can do that will match the healing power of the cell itself. The problem is that all of a sudden, there is only one approach to all diseases. Since all the cells are basically the same they will all benefit and it will result in complete recovery.
- Electrical currents will do several things in your body.
- Utilizing a electro stimulator will magnetize the iron inside the red blood cells (erythrocytes), and it will turn erythrocytes into miniature magnets that will supply the electromagnetic field with all cells they come in contact with.
- Increased electrical voltage will increase the size of the magnetic field that is surrounding the cells in the blood and the cells of the arteries making it impossible to get in contact with one another. This causes distancing of blood corpuscles (erythrocytes, lymphocytes, thrombocytes, viruses, bacteria, cholesterol...), and spreading evenly throughout the blood without touching the arterial wall. This eliminates the necessity of blood thinners.
- By increasing the magnetic field of pathogens it will prevent them from approaching our cells and causing infection.

- Not every area of our body is accessible to erythrocytes. Being fairly large, they cannot enter the capillary system and stimulate the tissues supplied by the plasma. These are our bones, epitel, joints and lymphatic system. Those will be cleaned in time and if speed is necessary, Dr. Beck has invented a magnetic pulser which will energize those areas. This is needed in the case of bone cancer, leukemia and some brain disorders.
- Supplying the cells with sea salt, water and energy will create perfect circumstances for cellular healing and all that is missing is the rebuilding material and that is cholesterol and the protein. Every patient on this type of therapy develops higher concentrations of cholesterol in the blood ranging in about 240 mg/dl during the healing process.
- Cholesterol will bring saturated fat to the cells so that they can rebuild their membranes and all the membranes in the body. During the healing process it is very important to eat fatty foods especially those loaded with omega 3, saturated fat and that is all animal fat and coconut oil. It is very beneficial to eat the meat and its fat raw or as raw as possible, because the fat is loaded with fat soluble vitamins A, E, D and K, and digestive enzymes that do not tolerate high heat and cooking them will destroy them.
- Lack of those ingredients will put a strain on your pancreas to produce more enzymes and because the production is limited less enzymes will be available to your cells and more free radicals will be created. **EAT YOUR FOOD RAW** or at least 30% of it and the rest steamed or stir-fried.

- Achieving proper hydration is not an easy task and even when the symptoms of the disease vanish rapidly, one should not assume that the healing is done.
- Remember that the symptom that we call disease, is the final stage of cellular malfunction when the cells run out of options to solve problems that they were facing.
- With proper hydration and nutritional approach, the cells will quickly find the way to serve the body properly but they themselves will need much more time to heal properly to detoxify, to repair, pressurize and alkalinize themselves. Only then you are healed. The time needed for this type of healing depends on the person involved, the amount of damage, dehydration and the age of the person. Some people will not tolerate water at first and will end up storing it. That may cause edemas; remember this is a different type of inflammation, it is water retention. The intake of higher amounts of salt have nothing to do with it.
- If you decide that you would like to do this type of treatment, I suggest that you contact a health professional with experience in this type of healing. Often you do not need to visit the doctor, just call him and explain what your intention is, what is your problem. If you had already started with the protocol and now are experiencing changes, explain him what the changes are. He will be able to lead you from here.

- If you decide to use an electro stimulator be aware that while electro stimulated, the cellular receptors will not prevent toxins entering the cells if they are present in the blood. You will get drunk on one beer, one glass of whiskey may kill you, one aspirin will become 20 aspirins and the same with cigarettes and coffee. You cannot use any of those things. With electro stimulation there is no caffeine, alcohol, nicotine, garlic, medicinal plants, pharmaceutical medicines or vitamin supplements allowed. With any of those substances present in your blood no matter in how small an amount it may be while electrifying the blood you would do way more damage than good.
- I have devised a protocol that gives choices to the patient. If one is satisfied by regaining their health or wants more of looking younger, feeling younger or live longer.
- It does not matter in what shape your body and health is. We can regain full health and youthfulness if we stick to the highest demands of the protocol.

# The Final Chapter

## Biography of Dr. Darko Velcek

- “Born in 1955 in the Czech Republic, Darko Velcek studied medicine in Zagreb, Croatia. There he received his certification as a Doctor of Veterinary Medicine in 1981. He practiced in Croatia before moving to New York City at the end of the same year.
- As an alien and with English as a second language, the U.S. veterinary certification process was untenable. He became involved in his M.D. brother’s scientific work on impotency in men in the early 1980’s. After accidentally discovering a missing link in the cellular osmotic pressure mechanism, Velcek continued his research in the field of cellular medicine.
- He followed his personal interests and became a certified interior designer in the late 1980’s and a certified boat master captain in the 1990’s. Today he is married to Venezuelan, Hilnoretna Lunar Robles and resides in Venezuela treating animals and people. With the profuse use of the Internet in recent years, he provides advice and counseling remotely to patients around the world.
- He concludes: “If you do not understand the way the cell functions, you cannot help the body heal at the cellular level. If you cannot help the cell, you cannot help the body. Cure the cell, and the body will be healed.”

- Thank you for your determination in reading this book to the end. I hope that it awakened your curiosity and gave you hope.
- If you want to do change and need help on the way, it will be my privilege to assist you.
- Take back your power, heal yourself!

With love,  
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