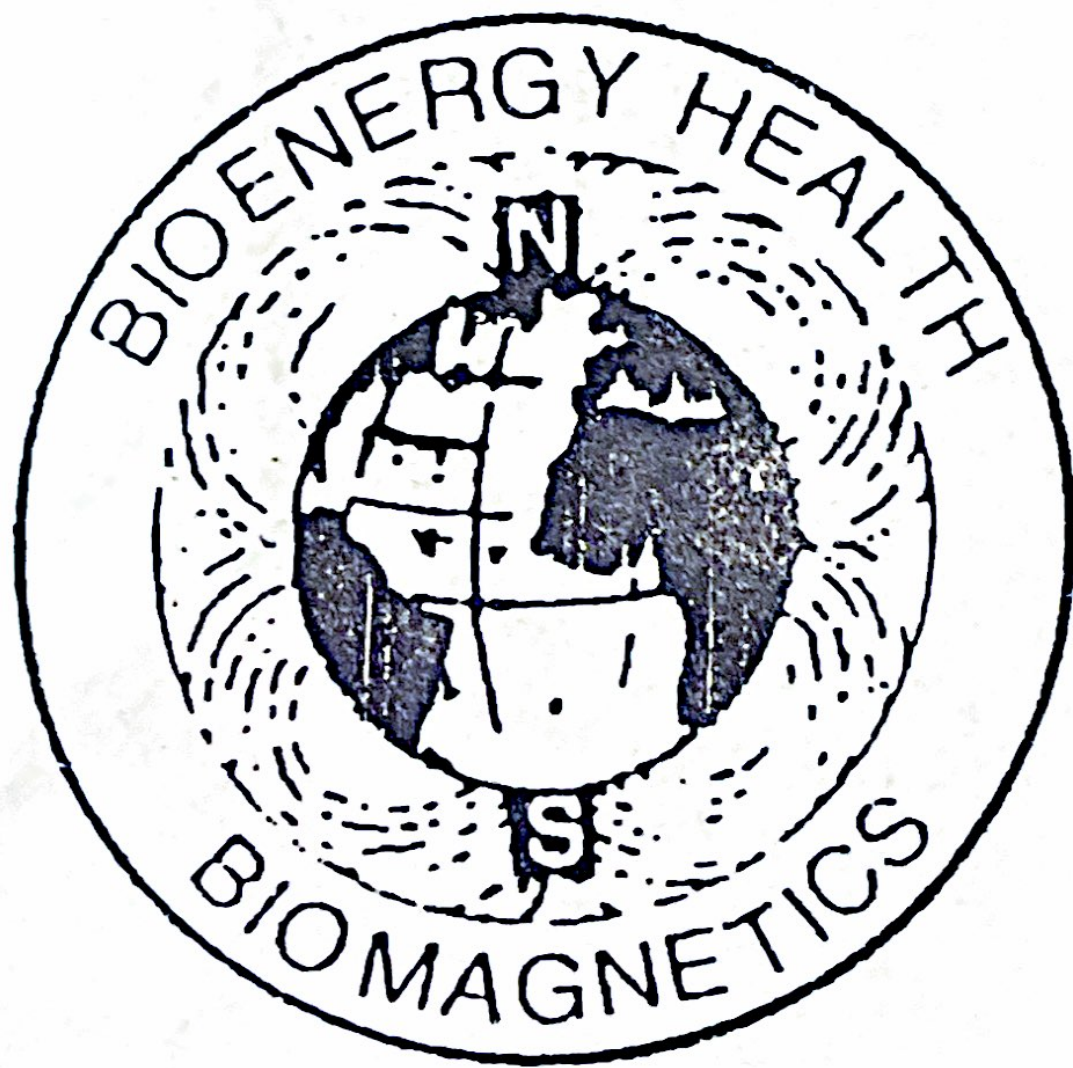


Principles of Magnetic Therapy



Dr. Richard Broeringmeyer

PRINCIPLES

OF

MAGNETIC

THERAPY

BY

DR. RICHARD BROERINGMEYER

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MURRAY, KENTUCKY 42071

800-626-3386

DEDICATED TO MY WIFE
DR. MARY BROERINGMEYER
AND LISBETH REILAND
MY WONDERFUL OFFICE
MANAGER.

THEIR WARMTH AND GENIUS
SPARKED ME TO WRITE
THIS BOOK.

About The Author

Richard Broeringmeyer N.D. D.C. Ph D. is a recognized leader and authority in Magnetic Therapy, Energy Therapy and Bio-Magnetics. He has spent many years in gathering information on the effects of Magnetic energy on cells, organs and systems of the body. He has appeared both on radio and television many times to discuss his findings. He has trained many doctors in the proper application of magnets as an adjunct to alternate therapies. He has taught seminars to all branches of the healing professions. He has been invited and taught seminars at Guadalajara University School of Medicine as a continuing education program for the medical profession in Mexico. He has been associated with International Bio-Magnetic Association working with the research of Albert Roy Davis and Walter Rawls, Jr.

Dr. Broeringmeyer publishes a Newsletter on Magnetic research and Nutrition. He is the author of The Problem Solver Nutritionally Speaking, Colon Care, Bio-Magnetic & Energy Training Manual and The Problem Solver by Nutritional Therapy. His wife, Dr. Mary Broeringmeyer, a chiropractor, was co-author on the Training Manual and The Problem Solver by Nutritional Therapy.

He is a member of the American Chiropractic Association, A.C.A. Council on Nutrition, International Academy of Preventive Medicine, The American Nutrition Society, International College of Physicians and Surgeons (Homeopathic), Maryland Homeopathic Medical Society and is President of Bio-Health Enterprises, Inc. and Health Industries, Inc. both of Murray, Kentucky.

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Introduction

Our ancestors approached the concept of health and disease on a rational basis. They understood all the factors that deranged the vital force in a man and accepted with an open mind everything that had therapeutic properties. Thus they could use with wisdom all the agents from the use of garlic to magnets for the cure of various ailments. That is the real scientific attitude tempered by sincere devotion, wisdom, and intuition.

It is difficult to guess how the ancients understood the magnetism of the earth and the other celestial bodies in the universe and its effect on life and disease. The age-old concept of fasting on new-moon and full-moon days when the lunar effect on the liquids and all other fluids in the body is tremendous have now been properly understood and are considered scientific. On those days, all the martial humours (all the fluid and semi-fluid substances in the body containing iron) are attracted under the influence of the moon and can thus lead to severe mental and emotional problems. The fasting therefore ensures reduction in body fluids on those days to avoid these abnormal effects on the human organism. Similarly, we come across instances where the magnet was used to cure disease.

It has been found that different organs of the human body produce fluctuating magnetic fields due to the different chemical activities in the body which means that every cell in the human body has a specific magnetic value and thus suggests the obvious link between the body and the external atmosphere. This gave rise to the theory that we are electro-magnetic

beings and are controlled by electro-magnet energy fields.

Now the world over, the scientists are looking for simpler and surer methods of treatment for the various diseases especially those that have defied the prevalent system of medicine. The accent is now shifting from the artificial and harsher modes of treatment to the more natural methods like those of magnetism for various diseases with great results. The practitioner finds the magnet a very useful tool which not only provides surer relief in certain diseases but also works in consonance with other natural laws. No wonder, therefore, some of the pioneers like Dr. Madeline F. Barnothy, Professor of Physics, College of Pharmacy, University of Illinois, forecast in true optimism that "Magnetic fields will in due time develop into a powerful new analytic and therapeutic tool of medicine."

The Bio-Magnetic Man

The human anatomy is likened to an electrical circuit. Specific facets of this circuitry are represented by the central, peripheral and autonomic nervous system. The function of this system is to analyze, compute, record, communicate with and react to various internal and external impulses (stimuli). The human circuit is capable of repair or adjusting to any malfunctioning aspects of the system. As with any sophisticated systems, the human circuits react to all stimuli as well as all external conditions and functions independently of an external power source.

A close look at this system reveals a similarity between nerve innervation and a printed electric circuit. Specific divisions of the nervous system are comparable to integrated circuits. As with other complex electrical systems, the human circuit is composed of many smaller circuits which, to a degree, function independently of one another. The sympathetic and parasympathetic nervous system are similar to the electric modules. The system will not function without them and malfunction if any components or modules are not operating at maximum capacity. Further similarities exist as both systems are subject to repair and replacement of worn or damaged components. The human circuit, like the electrical circuit, will malfunction if connective leads (nerves) are damaged or short circuited.

Energy Source

The human body requires adequate power to function, a substantial source of which is supplied by the

heart. Additional energy is produced by the various bodily activities. A low level of current is produced by the active muscles and associated tissues. Charged ions within the cellular structure of the nerve are equal generators of electricity. When the nerve is stimulated, depolarization occurs and electrical potential is produced. In addition, the heart and brain generate substantial sums of current during routine function.

The human body serves as a chemical storage battery and has the capability to store accumulated minor currents for varying periods of time. The specific nature of these currents is not identical – some assume alternating characteristics while others are considered to be direct current. With respect to anatomical origin, the individual current frequencies are found to differ. The heart generates the source of energy that is the major power supply. The brain affects a superior influence over the active circuit. The brain functions as a computer in the electrical system and is the regulator which adjusts current flow and maintains electrical activity. It is the function of the brain to perpetuate resonance and control of component parts and it eliminates deficient or erratic power impulses.

In our comparative analysis of the human anatomy and electronic circuitry, numerous similarities are found to prevail. The power supply for the human body is the heart. The power supply for the electronic circuit is a battery. The nervous system can be referred to as an impulse conductor and electrical network which is synonymous with the printed circuit of the electrical system. In nerve distribution, efferent emits from the source, afferent returns to the source. In

electrical circuit polarity negative emits from the source, positive returns to the source. In our body the brain computes, analyzes, records, reacts and communicates. In electricity the computer computes, analyzes, records, reacts and communicates (readout). The sensory nerves in the body register pain, thermal, and pressure impulses. In the electrical system thermistors and transistors are sensitive to thermal and pressure impulses. In the body the central nervous system is the common source from which impulses emit. In the electrical system the negative terminal is the common source from which impulses emit. In the body a synapse offers resistance to electrical impulses. A resistor offers resistance to electrical impulses in the electrical system.

It thus becomes quite evident that certain characteristics of the human circuit and electronic circuits parallel one another as regard to function and construction. This similarity is not restricted as the entire body exhibits certain traits and functions which are identical to those performed in the electronic system.

Impulses

Abnormal impulses derived through pain, trauma or malfunction are represented by messages traveling to the brain similar to erratic currents within the electronic circuit. These impulses are conducted along the afferent nerves to the central nervous system returning to the source which is similar to the printed circuit in the computer. As the impulse travels along the circuitry it encounters numerous resistors and capacitors – these would be similar to synapse and neural structures of the body. The resistors as synap-

ses offer impedance to the impulse, though not sufficient to significantly cancel or eliminate its value. The capacitor accumulates these currents, charges and fires, thus propagating the impulse as it passes toward the central nervous system. As the abnormal impulses occur, either through pain, trauma or illness, it can be rectified through application of appropriate electrical currents or proper magnetic fields.

As pain or illness have their origin in varying entities, clinically they may be treated in an opposing manner. Various maladies are treated according to whether they are acute, chronic, hyper, hypo, excessive or deficient in nature. Magnetic or electric stimulation of the human organs may be affected at numerous areas in the system through the nerves or to the organs directly which produce either a tonifying or sedative effect.

Tonification involves the lower electrical frequencies as delivered with the south pole of a proper magnet and is administered in cases involving functional deficiencies. In theory the affected organ transmits excessively weak impulses to the brain – in response the brain returns equally deficient motor impulses, thus a functional deficiency results. Electrical or South Pole magnetic field stimulation is applied to the area involved to amplify impulses conducted to the brain. In effect the south pole magnetic field will relay an increased impulse to the higher neural control centers. This current evokes immediate stimulation of activity and will provide energy necessary to the involved organ or area to normalize and balance the condition.

Sedation involves the higher electrical frequencies as achieved with north pole magnetic fields and is administered in cases involving hyperactivity and pain control. The affected organ emits impulses of excessive amplitude and thus creates hyperactivity. North pole magnetic stimulation is applied to the circuitry to rectify impulses conducted to the brain or organ involved. This modified impulse then corresponds to the norm and homeostasis is restored. Painful emanations are controlled in a like manner by proper application of the correct magnetic fields.

Principles of Magnetic Therapy

A diagnosis of cancer, multiple sclerosis, diabetes, or any other disease, implies that the body is malfunctioning. In reality, the body is functioning perfectly to accommodate to the circumstances imposed by the patient's lifestyle and nutrition. The body is creating the electrical patterns that will direct precisely correct functions to allow for that patient's survival for the condition he created.

Any disease, no matter what name is used, indicates that the body's electrical system created patterns that make the condition normal under the circumstance. The body is surviving. If the body were not functioning in this symptom-producing manner, it wouldn't be functioning at all. The body will adapt its electrical pattern to survive as long as possible under the conditions imposed upon it. The body's life-sustaining, homeostasis-seeking functions are directed by primary information accessible only at the subconscious level. If the body adapts its own electrical pattern and if every function of the body is in correct electrical balance diseases cannot exist. This is the basis for using magnetic therapy to help the body to adjust its electrical pattern for maximum health.

Several principles must be taken into consideration in the use of magnets for the treatments of conditions created by the energy imbalance.

1. The cell spin
2. Potential hydrogen (pH factor)
3. Oxygen value

4. Proper magnets
5. Effects of magnetic poles
6. The body's reaction to magnetic stimulation
7. Nutrition

It has been well documented that a healthy cell spins counter-clockwise while its nucleus spins clockwise producing energy. The diseased cell, on the other hand, spins clockwise and its nucleus spins counter-clockwise. The healthy cell gives off energy while a sick or diseased cell draws the energy from the body to the disease. In theory as the disease gets worse more and more energy is required from the body's reserve for its survival. When the greater part of the reserve is taken by the disease - death is eminent. Reversing the spin of the diseased cell will preserve the energy drain and help the body fight the disease.

The pH and oxygen factors work hand in hand to normalize the energy and return the cell to normal. At the onset of any disease there is an increase of hydrogen and a decrease of oxygen creating hyper activity producing acidity in the area. This is the body's normal reaction to a disease. The body is stimulated to produce antibodies to correct the problem. In a fairly healthy person this is all that is necessary, with a period of rest, for the body to correct the problem.

In today's society of poor nutrition a fairly healthy body is rarely the case. Most people are found to be nutritionally deficient in the areas that produce this healing effect. The ability to move hydrogen and oxygen by a given therapy can be greatly beneficial in creating conditions for the body to better utilize its

nutrition and create conditions that are beneficial for healing.

Chronic or complex health problems begin as organs and systems malfunction. They become hyper or hypo active to accommodate to the circumstance imposed by the patients lifestyle and nutritional status. The body is creating the electrical pattern that will direct precisely correct function to allow for that patients survival for the condition he created.

When the organ is hypo active the hydrogen has been decreased and it becomes more alkaline and when the organ is hyper the hydrogen has been increased and it becomes more acid. In order to treat the condition one must know whether we are dealing with hypo or hyper activity of the organ or tissue involved.

All diseases begin when an organ or tissue becomes hypo or more alkaline than normal, this we say is creating a hot bed for infection. In turn it causes the replacement of normal oxygen respiration of the body cells allowing anaerobic bacteria to thrive initiating the disease process. As soon as the body recognizes there is a disease in progress hydrogen is increased and oxygen is decreased causing hyper function of the organ or tissue to compensate for the problem. This condition must then be reversed for health to ensue. Disease cannot live in an oxygen rich environment.

As an example we can look at the research on cancer cell metabolism. The basic mechanism of cancer was outlined by Nobel Laureate, Otto Warburg. He indicated that if a normal cell is disturbed by either

radiation or a carcinogen, a free-radical is induced causing changes to take place in the cell. This change prevents oxygen from entering the cell but glucose enters freely. Since glucose requires oxygen to produce energy, the glucose cannot produce energy in the cancer cell efficiently and is primarily metabolized into lactic acid.

This lactic acid induces an acid medium in the cell which now causes changes in the DNA of the cell and allows uninhibited reproduction. In addition, toxic enzymes are produced. They accelerate the spreading or metastasis of tumor cells. With this in mind, it is easy to see why surgery, radiation and chemotherapy are grossly ineffective in the treatment of this disease.

Many researchers have attempted to alter this acid production of the cancer cell, but most substances used produce an alkalinity that is detrimental to the healthy cells and could not be used in high enough doses to control the cancer cell. In theory the use of the North Pole of a proper Magnetic field can alter the pH of the cell without being toxic to normal cells.

By putting the North Pole of a Magnet toward the cancer it makes the inside of the cell alkaline. Since all cancer cells are acidic, raising the pH makes it increasingly difficult to continue reproduction. Therapy quickly slows down the growth. It is concluded that when the pH of the cell becomes 7.6 every cancer cell growth pattern is stopped and at a pH of 8 to 8.5, the life cycle of the cancer cell is limited to only a few hours. When this happens the cancer is eliminated. The site of the cancer and surrounding tissue must be brought back to their normal pH or the

condition of the organ or tissue is left in the same chemical balance that it was in when the disease first materialized giving it every opportunity to return.

Oxygen plays an important role in disease and cancer control. The use of stabilized oxygen as a bactericide offers improvement. Since the stabilized oxygen has a pH of from 8 to 12 (which is highly alkaline) a great healing agent helps control the progression of the disease. Cellular ingestion and expulsion is called oxidation. For example a diatomic molecule of oxygen, or O_2 releases energy by picking up a piece of waste carbon to carry out of the system. What results is written in chemical shorthand, as O-C-O or carbon dioxide. This CO_2 molecule is then carried through the blood stream and eliminated. If insufficient oxygen arrives at the cells to carry off the waste product the process is then known as fermentation or cancer.

Theoretically, if enough oxygen could be pumped into the bloodstream all the nutrients could be delivered and all the waste products could be hauled off resulting in a complete termination of the aging process. Cancer takes place only when oxidation of the cell is diminished and the cell must turn to fermentation for energy.

Disease causing viruses, fungi and other pathogens flock to cells that lose their oxidative vitality and begin to ferment. This is the beginning of infection. Oxidation is provided by oxygen and oxygen is carried by the red blood cell. Lack of oxidation causes fermentation and fermentation is the beginning of cancer.

Dr. Horst Keif of Munich, West Germany is claiming a cure for AIDS victims by hyperoxygenating their blood with ozone (O₃). He claims this destroys the AIDS virus on contact.

Along the same vein magnetic therapy should be considered. A trained technician can use certain magnetic fields to move oxygen and hydrogen when the body does not receive enough oxygen or loses its ability to move it. Since the north pole of a proper magnet moves hydrogen away and draws oxygen to the site it can be beneficial in many diseases. The south pole will have the opposite effect. In theory electromagnetic and magnetic energy can control and enhance the healing process.

The body has a number of major systems that protect it and normally make it impossible for cancer to grow or a disease to materialize. These systems check any uncontrolled growth.

One, and perhaps the most important system, is the potassium/sodium balance. Potassium must predominate in the cells. Sodium must predominate in the fluids, the blood and serum. For this exchange to take place potassium has to remain high in the cells and sodium must remain in the serum. When potassium is lost from the cell and sodium penetrates, chronic disease begins.

In the course of food processing, much potassium is lost from the potassium-rich foods and generally sodium is added. This easily reverses the natural ratio of potassium to sodium. When potassium is inadequately supplied in foods and sodium intake is too

high, excessive sodium penetrates the cell and potassium becomes deficient. Sodium within the cell acts as an enzyme inhibitor and the cell metabolism is changed. Oxidation is no longer normal and the cell turns toward fermentative metabolism.

The thyroid also activates enzyme function. If this thyroid/iodine system functions well, malignancy cannot develop. A high level of reactivity such as hyperthyroidism and allergies rarely occur in cancer. This long term observation almost forces the direction of treating a predisposition to cancer with a normal body substance, thyroid. It is also a fact that in hypothyroidism (goiter) the incidence of cancer increases. Cancer incidence also increases if thyroid activity is suppressed by certain drugs for some length of time (Hermann, 1951). The thyroid (hormone) increases reactions, increases cellular respiration, lowers cholesterol levels and thus has a detoxifying effect on the organism while the opposite conditions exist in cancer.

There is another back-up system; the pancreatic system. If enough pancreatic enzymes are available in the body, these enzymes will break down a cell which becomes malignant - digest it and eliminate it. If all these systems fail, there is still another backup system which protects the body; the immune system. The immune system, if it functions well enough, will recognize a cancer cell as a foreign cell - as it recognizes viruses, bacteria or any other foreign invader of the body. It will break down a malignant cell, digest it and get rid of it.

All these defenses, provided they work, make it impossible for the body to develop cancer. When the body systems are depleted, sodium penetrates cells, potassium is lost, toxins block enzyme function, poorly excreted foods back up, then the body and its defenses no longer work normally and disease results. In other words, if any one of these five body defenses works, you cannot have cancer. If cancer develops, we know that none of these systems are functioning normally.

When we are dealing with the other chronic diseases, we are not dealing with all of these systems losing energy or being damaged or degenerated beyond functioning normally. For instance, when we are dealing with a collagen disease such as rheumatoid arthritis or lupus, we're dealing with the inability of the body to fully digest proteins - they are not utilized nor are their waste products completely excreted. They accumulate in the body. These substances in the form of increased uric acid damage the collagen, and the connective tissues.

Other problems are created by imbalance of the fat digestive system. Improper fat digestion can cause psoriasis. Other parts of the fat digestive system when they are disturbed cause atherosclerosis and other problems. If those systems are restored to normal function the disease can be eliminated - even when the disease has no name. The use of Magnetic Therapy can correct the problem the body is creating. It normalizes the electrical pattern that will direct precisely correct functions to allow the patients survival for the condition he created.

Caution should be exercised in the application of magnetic fields. It is certain that unless the proper field is selected, relief from pain would be by accident rather than by design, and success would be minimal. While many configurations of permanent magnets are commercially available today, few are useful for biological applications. Thus far the application of specified biomagnetic poles to given areas of energy depletion has demonstrated relief of pain in up to 70 percent of applications.

Most scientists are aware magnets have had application for many years throughout the world but with limited success; this can now be corrected. As suggested identification of the area to be treated and its biochemistry will define the type of field to be applied. Any magnet taken at random from the shelf has less than 10 percent probability of producing results.

Action Of North Pole

1. Arrests protein activity
2. Draws Fluid
3. Contracts
4. Vaso-constricts
5. Increases Alkalinity
6. Acts to sedate and gives a calming effect
7. Inhibits and controls pain
8. Increases potassium ions
9. Decreases abnormal calcium ions
10. Increases mental alertness

11. Increases tissue oxygen
12. Slows multiplication of Micro-organisms
13. Fights infections
14. Attracts white & red blood cells to aid healing
15. Slows heart function
16. Decreases hydrogen & increases oxygen

Action Of South Pole

1. Increases protein activity
2. Disperses fluid
3. Expands
4. Vaso-dilates
5. Enlarges
6. Increases acidity
7. Stimulates
8. Increases sodium
9. Speeds metabolic processes
10. Can irritate tissue
11. Can increase pain
12. Can increase heart beat and action
13. Speeds up multiplication of microorganisms
14. Decreases oxygenation of tissue
15. Increases hydrogen & decreases oxygen

Broadly, it has been found that the north pole has antibiotic properties (it can retard or control infections) and the south pole has energy-giving properties

(it can provide warmth and energy to different organs). Thus the north pole is most beneficial for pain and infections while the south pole is helpful for pain from swellings, stimulating organ function, strengthening tissue and creating acidity.

There is a difference in magnets and it all depends on what you want the magnetics to do or for what purpose they are to be used:

Natural Magnets: Long ago, dark colored stones were discovered. These stones were also known as lodestones or natural magnets. This stone is found to be composed of chiefly iron and oxygen in the form of oxide having molecular formula Fe_3O_4 (ferrosoferric oxide). The directional property of lodestone was used to make mariner's compasses in old times.

Man Made Magnets: Artificial magnets made by man have replaced the natural lodestone because such magnets could be given shapes of desired nature and made much stronger depending upon the use.

Permanent and Temporary Magnets: The man-made magnets can be further divided into two categories, namely, permanent magnets and temporary magnets. Permanent magnets are those which retain their magnetism for a very long time, usually a few decades, whereas magnetism of temporary magnets can be switched on and switched off at will. Permanent magnets are used in galvanometers, radio speakers, telephone ear pieces, electric motors and Magnetic Therapy. Temporary magnets are used in electric door bells, telegraphic machines and electric cranes.

Magnetic Induction: An example of multiple induction effect can be seen by bringing a strong magnet near a heap of iron nails. A chain of nails will stick to the magnet.

An important effect of this induction takes place in the blood stream of a man when a strong magnet is brought near to the skin. Blood contains hemoglobin which in turn is affected by magnets due to the presence of iron in hemoglobin. An effect like multiple induction, as stated above, takes place and thereby favorably affects the blood circulation. The nature of the effect on the body due to magnets is more complex owing to the presence of electric charges and currents present in various tissues of the human body.

Magnetic Field: We know that the magnet affects the magnetic substances placed in its neighborhood. This region around a magnet is known as a "magnetic field". The strength or intensity of a magnetic field at a point is measured in Oersted or Gauss. A treating magnet can be from 500 to 5000 gauss field intensity. Now we have a special treating magnet composed of iron, boron and neodymium, one of the rare earth metals. The super energy magnet used for the treatment of cancer in cancer research programs has a maximum energy product up to 35,000,000 gauss-oersteds (12,500 gauss). The strength of the super-magnet is the worlds record in commercial production, according to the prestigious American Journal "Science". Treating magnets have various strengths for various purposes.

For treating purposes a flat plate magnet is magnetized in such a way that one of the flat plate surfaces

is magnetic north and the other flat surface is magnetic south. In this arrangement one can get the effects of the north pole energy only to the desired organ or tissue or by turning over get the effects of the south pole energy only.

Ceramic solid state iron oxide magnets measuring (for width x length x thickness) 2 x 5 x 1/2 inches. The manufacturer lists the strength of these as 395 Millitesla (4200 gauss). The solid state ceramic magnets are the most suitable for the experimental treatment of cancer and infections. The flat plate of these ceramic magnets are placed over the cancer or infected area with the north side facing the skin. These can be used at the top of the head during sleep by attaching them to the headboard.

Plastiform solid state iron oxide magnets come in sheets of 9 inches by 12 inches. This can be cut to any size desired and are often cut to cover the surface area one wishes to treat and applied two thicknesses with the desired field toward the skin and taped on with non-allergenic tape. We advise this material to be stacked two, three or four thicknesses together to make them strong enough to treat the pathology.

Neodymium alloy magnets are available in circular disks measuring approximately 0.8 inches diameter and 0.3 inches thick. One of the large flat surfaces of the disk is north, the other is south and has a maximum energy product up to 35,000,000 gauss-oersteds (12,500 gauss).

Barium ferrite impregnated into a thermoplastic base is a 4 inch by 5 inch flexible pad charged in parallel

lines of north & south side by side for special conditions.

The surest way to know which pole is the correct pole to use in Magnetic Therapy treatment is to notice the bodies response to organ or tissue stimulation by either the north or south pole of a magnetic field. The body's reaction to magnetic energy is actually no different in principle to that of pupillary reaction to a light beam, the foots reaction to a scratch on the sole of the foot (Babinski sign), Knee Jerk, Elbow Jerk, Wrist Jerk or Spinal Reflexes. There are many of these and if they are not normal they indicate various problems in the motor-sensory nervous system. Some of them actually are involved with the sympathetic or visceral system. Galvanic reflexes – many of these are used to measure muscle responses and nerve responses, etc. These reactions are not different than the body's reaction to stimulation by the north or south pole of a magnetic field.

The bioelectrical properties of each and every organ, part and section differ, to a certain degree, one from the other. This has been proven by the changes in the bioelectrical readings taken at the external sight of a number of organs and glands and even fractures of bones. Other researchers have found this same bioelectrical reaction so we can use this known example to better describe the reaction. All organs, segments and parts of the body reflect a similar distortion of bioelectrical activity when an abnormal condition exists.

While this bioelectrical change is self evident, when proper and sensitive measurements with special

magnets are properly made, there is a reaction effect of the bioelectrical current. This then shows an involuntary reaction to the magnetic pole placed on the affected part, and it is this reaction that gives us the proper information of the organ or tissue in question. We then may use a known normal to indicate the presence of an abnormal condition which when followed can remarkably pinpoint the internal organs abnormalities. We can read the hypo (slow) or hyper (fast) metabolism of the organ or tissue under investigation.

There is more than one way to see the magnetic reflexes because it is not only local but a complete body reaction to the natural resistance of the magnetic pole against increased irritation to the organ or tissue being stimulated by a magnetic pole affecting the bioelectrical balance already present. This is taught at special seminars for those wishing advanced work by trained specialists and researchers that can demonstrate and train those attending. Those interested can call Bio-Health Enterprises, Inc., Route 3 Box 121 Murray, Ky. 42071 or Phone 1-800-626-3386.

It is known that magnetism affects all biological systems, even to micro-organisms in all matter. It is now known that from the first day of our existence we are born into the existing earth's energy field. Any changes in this energy field can and does affect the health and welfare of all living systems. The proof begins with a law of physics in electro-magnetics, which states that any wire carrying a current produces a magnetic field. Since this law is always constant, then any nerve carrying impulses also produces a magnetic field. The type of impulse and the consistency and

duration of the impulse determines what type of energy field is created and how it affects the organs and systems of the body.

Treating With Magnets

Treating with magnets can be an exact science or a general application. Since almost no harm can be done when you follow the rules we'll cover what is know as a general rule in using magnetic therapy. (Editors note: This is to be considered for experimental use only and not for treatment.)

Magnetic therapy is a variant of the well-known technique of electrotherapy. One major difference between electrical and magnetic impulses is that electrical waves are absorbed by the outer layer of the skin and travel by way of the fat pads which act as insulation, whereas magnetic fields pass completely unhindered right through the body and reach each and every cell in the magnets field of energy. Magnetic field therapy is an established treatment method in hospitals and Doctor's offices in many European countries.

Magnets have the same effect as wireless electrical stimulation therapy, i.e. the magnetic waves induce miniature currents in the body. In neuropathological terms the effect of these currents is to correct the reactions of the nervous system and balance organs and areas involved in abnormal function.

The body is the site not only of biochemical but also of bioelectrical processes which deviate from the normal in the case of illness, therefore treatment can be administered not only by pharmacological means but also by electromagnetic methods and when delivered by a proper magnet called Magnetic Therapy. To better understand how to use magnets we must first be

aware of how negative (north) pole and positive (south) pole energy affect the area exposed to those fields.

Effects Of North Pole Energy

North pole magnetic energy (negative) with a counterclockwise spin produces a recovery or recuperative effect. When north pole energy has been used in such conditions as wound bleeding, tissue damage and minor hemorrhage, it has been successful in controlling the bleeding and pain. There is a sedative reaction that takes place when the north pole energy is applied to a third degree burn and is one of the most beneficial forms of pain control. There is also less fluid collection at the burn site.

North pole energy slows down overactive organs caused by disease, inflammation, trauma or environment. This energy will reduce acidity in any form by reducing the hydrogen ion and increasing oxygen and causing an alkaline reaction to bring the organ or tissue back to normal. North pole energy has the ability to dissolve the build up of fatty material. It can reduce the amount of inorganic calcium deposits. In the case of cholesterol build-up on the inner walls of the veins or arteries the north pole energy has caused a remarkable reduction in this fatty build up.

North pole magnetic energy reduces or alleviates pain and other symptoms of disease. North pole energy stimulates an alkaline metabolic response to the point of pH normalization. North pole energy dissolves calcium deposits around arthritic joints and reduces inflammation in general. North pole energy

reduces replication of microorganisms and helps the body fight infection.

The north pole energy has a sedative effect on almost all pain caused by hyperactivity, inflammation and infections as well as on all nerve pain. Pain due to infections, even to the extent where there is pus, swelling and fever can without exception be lessened or completely arrested. North pole energy has been known to destroy pathogenic bacteria and bring the body back to normal.

North pole energy shrinks tumors and arrests cancer. North pole energy supports the biological healing process and attracts white and red blood cells to aid healing. North pole energy draws oxygen in to provide oxygenation to affected tissues. North pole energy provides mental alertness. North pole energy slows down metabolic processes and can extend the life span. North pole energy can slow heart rate.

It has been clinically established that North pole energies arrest protein activity, draw fluids, contract, vaso-constrict, increase alkalinity, act to sedate or inhibit pain, decrease activity, increase potassium ions, decrease abnormal calcium ions and decrease hydrogen ion concentration.

The north pole can be said to be the normalizing energy. It normalizes the alkaline state of the body but never produces an over-alkalinized condition. It oxygenates the body but never produces oxidized free radicals. It has a normalizing effect no matter how long the exposure.

Effects of the South Pole Energy

The positive or south pole magnetic energy when exposed to living systems has the exact opposite effect as that of the negative or north pole magnetic energy. We find the south pole energy causes a form of vasodilation. Instead of constriction we have expansion, instead of controlling acids we increase or promote the acid levels present in the systems, cells or organs. The positive magnetic field promotes all forms of life; this encompasses bacteria as well as normal tissue responses. This energy can and will promote such organisms as virus and bacteria. It will strengthen cells, promote protein activity, enhance all cellular matter not affected by disease or a complaint. One must be careful not to expose infections, either bacterial or viral, to the south pole energy as south pole energy will promote their growth.

The south pole energy increases acid levels and decreases oxygen as well as reduces alkaline states and can be used for this purpose when needed such as changing an alkaline bladder to its normal acid level. It can increase the prostate activity as well as increase the amounts of vital fluids that are produced by the prostate. The south pole energies can be directly associated with the over-all increase of fluids. By an over-all increase of fluids, we do not wish to imply that we affect a greater presence of fluids, but rather in softening and expanding the capillary canals we make possible a greater flow of circulation of all body fluids. This includes the blood which is beneficial for circulation.

The south pole can soften hardened capillary canals, soften hardened arteries and make organs and tissues flexible. It can open canals by expanding as well as softening the walls of the problem areas. The south pole energies have been found to assist the overall production of the red cells, especially where there is a condition that normally would limit or reduce the production of the red cells. The south pole energies act to expand and increase fluid flow by reducing tension and constrictions with no weakening of veins, arteries, or capillaries and at the same time makes them more pliable.

In other clinical studies it has been proven that all forms of digestion can be improved by increasing acid levels which break down the food for better absorption; it can be done with south pole energies. We can clinically establish that the south pole energy of the magnetic field affects the tissues and organs of the body by increasing protein activity, expanding tissue, dispersing body fluids, vasodilating, increasing acidity, increasing activity and stimulating organ function. When the pH of the tissue or organ is unbalanced and hypo functioning the south pole energies can increase the hydrogen ion and create a magnetic field which can bring it back to normal. It is important that we know how to measure this imbalance and how to bring it back into balance.

The south pole can, by too long an exposure, encourage microorganism growth, block the detoxifying process, and disorganize the central nervous system. The south pole energy can be thought of as the activating energy while the north pole energy as the recover-

ing energy. Both forces are necessary to maintain life, and the key is balance.

If you look at the effect of each pole on the area it is energizing or the effects on the organ or tissue to be treated, treatment is almost self explanatory. Do remember **DO NOT TREAT TUMORS. CANCEROUS CONDITIONS OR INFECTIONS WITH THE BIOMAGNETIC SOUTH POLE FIELDS.** Remember magnetic fields do not heal anything; they only help the body heal itself. Magnetic fields are not a substitute for medical treatment, they are an adjunct and may be used in conjunction with any other dietary, chemical, manipulative or physical treatment.

A report about Dr. Gusta Wollin and Dr. Eric Enby in the journal "Magnets in your Future" advocates the use of positive magnetic energy from the south pole on the sternum. According to the article, the south pole of a magnet is placed against the skin, directly over the sternum, presumably to stimulate the thymus gland. The positive magnetic energy exposure has characteristically been provided by a small, disk-shaped, neodymium magnet worn on the sternum all day. At the same time I would be sure to treat the specific identified cancer area with the negative pole of a ceramic or neodymium magnet as many hours of the 24 hour day as I could but never less than one hour three times a day. I would continue this as long as there was any evidence of cancer.

It is a sad, but true state of affairs, that if a doctor makes any observations concerning cancer he or she risks being open to criticism. There probably is no quicker way to lose professional reputation than to

claim a cure for cancer. There is no claim of statistically significant or scientific proof that negative magnetic field energy cures cancer. Clinical observations as to its value in treating cancer in individual patients with cancer have all been good. All beneficial effects were treated with (negative) North Pole magnetic energy. Any use of magnetic energy for the treatment of cancer is to be considered experimental.

Unless magnetic therapy is performed under an approved scientific research protocol, there will be no medically acceptable value of magnetic therapy treatment for cancer, no matter how successful the outcome of treatment in individual cases.

The late Albert Roy David and still living Walter C. Rawls, Jr. were the first scientists in the United States to demonstrate objectively that it is the negative magnetic energy (North Pole) which heals biological systems. They used this negative magnetic energy to produce healing and counter many symptoms, including the reversal of cancer. They achieved a 90% success rate in treating cancer they had implanted on the skin of rodents.

After years of futile attempts to get acknowledgement for their work, an article has finally appeared in the peer-reviewed medical literature which substantiates their claim that negative magnetic energy (from the north pole of a magnet) has a retardant effect on the growth of cancer. An article published in the September, 1990 issue of the Journal of the National Medical Association, contains a diagram which clearly shows that lung carcinoma cells have their

growth inhibited when placed within a negative magnetic field.

0.015
0.02

Dr. Kenneth S. MacLean, founder of the Institute of Biomagnetics in New York, spent many years exposing experimental animals to varying intensities of magnetism generated by heavy-duty electrical magnetic coils. He experimented on himself by spending hundreds of hours working and even sleeping in a 3600- gauss magnetic field. Afterward, Dr. MacLean cautiously began to accept cancer patients considered to be "hopeless" by other doctors. He exposed these terminal sufferers to an average of 10 magnetic treatments apiece. By carefully studying their microscopic cellular changes under strict laboratory controlled conditions, he concluded that exposure to strong magnetic fields was at least beneficial in every case and harmful in none. His patients reacted so favorably - in some cases becoming totally pain free - that he was encouraged to expand his electro magnetic treatment.

It was among the elderly that he first noticed a strange "rejuvenating" effect that coincided with prolonged exposure to his artificially created magnetic fields. After 10 half-hour sessions under the "electromagnetic activator" some of his patients white hair showed a definite darkening. In some unknown way, magnetism was either reactivating or restoring the melanin to the hair.

There were additional signs of regained health. Dr. MacLean said "At first I couldn't bring myself to believe that so many of these malignancies were actually regressing". He displayed scores of "before and after" color slides of microscopic tissue cultures taken

from his patients. Dr. MacLean is a physician specializing in Gynecology and Cytology. In a significant number of cases, the slides indicated a definite regression of wild cellular growth after prolonged electro magnetic treatment. It was extremely unlikely that they could all be attributed to what doctors refer to as "spontaneous regression". This unexplainable return to normalcy is observed in only small percentages of the most advanced cancer cases. Dr. MacLean's subdued enthusiasm occasionally broke through his professional attitude, stating "I can't say anything officially", he confessed, "but let's face it, this treatment is a Godsend. It's good for almost anything."

Treating Time & Contra - Indications

Our treating magnets have a Gauss strength of 4000 to 4200. North pole is on one flat side and South pole on the other flat side. Past research has found that cells stop replicating in a gauss field of 7000 to 13000 gauss when placed over the north pole. This is probably due to movement of the hydrogen ion away and increasing oxygen into the area, creating an alkaline state which is necessary when treating most conditions and very essential in acute conditions, so treatment would be with 2 Bars stacked one above the other, both poles facing the body area you wish treated. Treating times varies, minimum time would be 30 minutes twice a day although no harm can be done should you wish to treat longer, up to 24 hours a day.

When we have swelling and pain it might be a good idea to start with South pole over the area 15 to 20 minutes to reduce swelling, then reverse and treat with North pole. South pole reduces fluids and strengthens the tissue. North pole reduces pain and creates a healing energy.

We recommend that the very acute conditions can be treated all day up to 24 hours. The acute conditions 2 to 3 one hour treatments daily. The chronic conditions 3 one half hour treatments a day. The average treatment is 2 half hour treatments a day. There is no hard fast rule on treating for North pole energy.

Using strong negative (North pole) magnetic energy will NOT drain the body. The body resumes an equal balance between both poles. In other words, after magnetizing the body with a single pole, it again becomes bipolar with a higher level of balanced magnetic energy once the magnet is removed (Philpott 1989).

We also work with magnetic tape in sheets of 9 inches by 12 inches impregnated with barium ferrite which is 1/16 inch thick and charged one flat side North pole and the other flat side South pole. This can be cut with scissors to cover the area to be treated. It is applied at least 2 thicknesses over the area and secured with nonallergenic adhesive tape and worn continuously until the condition is alleviated.

In conditions where there is a radiating pain from a nerve root, such as sciatica, where the pain originates in the lumbar spine and travels down the leg sometimes to the ankle and/or heel of the foot we recom-

mend what we refer to as a therapy pad or pain pad. This pad is approximately 4 inches by 5 inches that has north and south pole energy on each side. The north pole energy and south pole energy run side by side. It is made of a special rubber compound containing a high content of barium ferrite to which a permanent magnetic structure is added. It is applied to the nerve root area and/or painful area and secured so it can be a continuous therapy all day. It is used in low back pain, sciatica, broken bones, arthritis, edema (swelling) etc.

We are consistently bombarded by electro magnetic fields - some detrimental to our health. To eliminate the negative effects of these detrimental electromagnetic fields we recommend the person take 4 of the treating bars (4200 + gauss) and place the right hand and right foot on the North pole and left hand and left foot on the South pole 10 minutes morning and 10 minutes evening.

Some effects of the South pole are not fully understood so some Contra indications might be in order. Never use South pole to the brain area or to the top of the head any longer than 15 minutes at any one time. Not enough data is available on the use of magnets during pregnancy. For the time being therefore, it is not recommended that magnets be used in the abdominal area during pregnancy. When there is a pacemaker implanted avoid the use of magnets for Therapy.

Modern day scientists, physicians and researchers like Robert O. Becker, M.D., Gary Seldon, Dr. Albert Roy Davis, Walter C. Rawls, Jr. William H.

Philpott, M.D., Kyoichi Nakagawa, M.D., Eric Enby, M.D., and Dr. Goesta Wollin, have revealed some fascinating findings on the effects of magnets upon life processes. In their book "The Body Electric", Becker and Seldon discuss Dr. Becker's research on electromagnetism as the foundation of life, observing that there appears to be some fundamental force that heals – electromagnetic energy (Becker and Seldon, 1985).

Biophysicist Andrew Marino states in "Electromagnetism and Life", by Becker and Marion, that a new biology must be developed in which electromagnetic energy receives the critical consideration and evaluation that it merits (Becker & Marion, 1982).

The secret being the power of regeneration - whether of severed limbs or central nervous system damage - may simply lie in the application of the correct polarity and intensity (usually measured in gauss) of magnetic field energy at the right location on the body.

Through years of animal experiments, Albert Roy Davis and Walter C. Rawls, Jr. have determined that different, distinct and opposite effects are caused by the north and south pole magnetic polarities upon biological systems. Some of these differences are discussed in their books "Magnetism and Its Effects on the Living System" (Davis & Rawls, 1974) and "The Magnetic Effect" (Davis & Rawls, 1975).

Bio-Electric Output

The Human body is a very complicated and wonderfully automatic piece of machinery and its internal functioning is like that of a specialized electric machine. The brain is the controlling switchboard for the whole body mechanism. The nervous system as well as the other systems working in the body are regulated through different controlling centers in the brain. In the circulatory system, the heart works as an electrical generator, supplying energy to the entire body through circulation of the blood. Thus the brain and the heart are among the most important organs along with the kidneys to keep the blood pure and acid free.

In man, whether asleep or awake, sane or insane, an average adult-sized brain generates and operates about 20 Watts of electric energy. The source of the electricity is the individual nerve cells, each of which is in effect a tiny dynamo. From a chemical fuel of glucose and hydrogen, the cell generates within itself an electric charge, and when the charge exceeds a certain level, the cell discharges. As a rule, the greater the stimulus the greater the rate of charge and discharge. If more adjoining cells fire, the result is a sensation, a pain, a stimulant thought or feeling of a specific kind.

The nervous system, through which outward sensations are carried to the mind, is so mysteriously built that if we could look inside this system, it would appear like crowded highways, in a big city on week ends.

Electro-shock Therapy, which generally passes 100 to 200 volts of AC current through a patient's head for a mere instant, is a form of Magnetic Therapy and has been a great help to psychiatrists in treating certain varieties of mental disorders, especially deep depression. The electroencephalograph (EEG) by means of highly sensitive receivers held against the scalp, and radio tubes, which amplify the faint impulses they pick up, makes it possible to record the electrical activity going on in the various parts of the brain. In taking an electroencephalograph, electrodes are applied to the skin of the various parts of the outer head. The resultant complex curve of a human being shows various rhythms. The character of these rhythms varies with the functional state of the brain, (rest, activity, sleep, etc.) with certain diseases – namely brain tumors, cerebral hemorrhages, epilepsy, etc. Thus an EEG is not only a method of determining the functional state of nerve cells of the brain but also helps to establish the character of disease in some cases.

The heart is made up of thousands of muscles which may be taken as the composing elements. It consists of two complex systems or cells – one constituting the auricles and the other the ventricles which are again divided into two parts each. Here we will concern ourselves with the mechanical and electrical side of its working. Taking a graph of the functioning of the heart is technically called Electrocardiography (ECG). In taking an electrocardiogram each chamber is considered separately. Each mechanical contraction is associated with two electrical processes. The first is depolarization, during which process the electrical charges on the surface of the muscle cell change from positive to negative. The second is

repolarization which follows the first and results in the return to the resting state and replacement of the positive surface charges. Depolarization is a rapid process whereas repolarization is slow.

Muscular activity of the heart is associated with electromagnetic activity. It is the electromagnetic phenomenon of the heart muscles which produce the electrocardiogram. No current is recorded unless contraction of the heart muscle occurs with its associated change in the membrane permeability. Without an active electromagnetic field the person dies.

The lines of magnetic force continue throughout the body. As we already know our body is basically made up of tiny cells which are in themselves tiny magnets. These magnetic cells are the fundamental constituents of all the organs of the body. Every organ produces its own magnetic field limited in power to the assigned range. Now due to the presence of different quantities of sodium, potassium and chloride within the different organs, electric currents of different strength are generated and are inevitably associated with magnetic fields. These magnetic fields of different organs do not remain static but are continuously fluctuating subject to the states of activity; rest, external influences and intake by the body in the shape of edibles. For upkeep of physical health, it is essential that equilibrium in the individual magnetic fields and a balance in the magnetic fields of different organs is maintained. Any disturbance of abnormal fluctuation, i.e., excessive rise or fall in the magnetic field of a particular organ or organs, is sure to overthrow normalcy in the working of the organs and that creates ailments of mild or even serious nature. Such distur-

bance, even in a solitary organ, perverts normalcy to a certain degree in the whole body; the extent of this perversion depends on the sensitivity of the affected organ.

For instance, if magnetic equilibrium of the brain is disturbed due to some severe shock, like getting drunk, the whole working of the body gets out of balance and we may get all kinds of bazaar symptoms. Our physical system is continuously being subjected to strains for meeting the demands of existence which are creating the real problems of health. The need for the preservation of an equilibrium and a balance of the magnetic fields in our body is of utmost importance for good health:

The chemicals of which the body is comprised, (carbon, nitrogen, oxygen, phosphorus, etc.) combine to form a perfect electric battery and the food we eat enables it to charge itself. The body too, therefore, exhibits its electrical responses.

It has been observed that when blood sugar runs low electrical changes take place in the brain. Normally, recording of the waves reads from 8 to 10 cycles a second, but when the concentration of sugar in blood is lowered, this rate drops to 5 or 6 cycles per second.

The electrical activity functioning in the system of a living human being has the capacity to generate electricity within itself for its full requirement. The human body may, therefore, be taken as an electrical battery. It is capable of emanating electromagnetic waves at the rate of 8 million cycles per second, which is beyond the perception of our visual capacity. Every

human body is constantly discharging static emanations which may be taken to represent either electricity or magnetism.

There is a common belief that electricity is the cause of life. Innumerable experiments have been conducted and electrical fields have been found to exist in the most elemental form of embryo. It has accordingly been proved that the body of every human being contains some element of electricity and some properties of associated magnetism right from the beginning to the end of life.

Today's scientists and medical specialists have proved that the human body is a source of magnetic fields. Attempts have been made to measure the magnetic fields produced by different organs of the human body, (heart, brain, nerves, muscles and other tissues) as well as the frequency of the magnetic field in diseases. It has been found that the magnetic fields produced by all the organs in the body change according to the disease process and when changed back to a healthy pattern the disease is corrected.

Astoundingly, the peak value of the fluctuating magnetic field produced by the heart is greater than 10 to the 6th power gauss. Similarly, some muscles when flexed produce high frequency magnetic fields whose peak value is 10 to the 7th power gauss. It has been found that the strongest magnetic field from the nerve tissue is from the brain which produces its largest field during sleep. It has an amplitude of 3×10 to the 8th power gauss. In certain diseases like epilepsy larger fields can be produced.

Warning

If you are intrigued by the possibilities offered by magnets, keep in mind that work in this area is still in the experimental stage. Anyone electing to use any method of magnetic energy for cancer should understand the experimental nature of this therapy. **NO CLAIMS OF CURE CAN BE MADE.**

Nutrition

Approximately 70% of the energy of the human body is derived from nutrients. Everyone should study any known nutritional factors that influence health and incorporate them into their life style. Going over some basic knowledge of nutrition we can say, ideally all vitamins, minerals and other nutrients should be obtained from foods, but today it's almost impossible. One hundred or even 50 years ago, when all foods were grown on fertile soil, and were unrefined and unprocessed, they contained all the nutrients nature intended them to contain. But today when the soil is depleted and when foods are loaded with residues of hundreds of toxic insecticides and other chemicals, and when the nutritional value of virtually all foods is drastically lowered in vitamins, minerals, proteins and enzymes by food processing practices (such as the tendency to harvest the product before it is ripened, for example), dehydrating and overheating foods, the addition of vitamins and food supplements to the diet is of vital importance. Nutritionally inferior and poisoned foods of today cause many nutritional deficiencies, they derange the body chemistry and lower resistance to all diseases.

The prime purpose of food supplementation is to fill in the nutritional gaps produced by faulty eating habits and by nutritionally inferior foods.

Vitamins can be used in two distinctively different ways:

1. To correct deficiencies - when a specific vitamin or mineral deficiency is indicated, the prescribed vitamins or minerals can correct the deficiency and cure the condition caused by the nutritional deficiencies.
2. As a Drug: Many practitioners around the world are now using vitamins in massive doses, doses that are far above the actual nutritional needs, in the treatment of all kinds of conditions of ill health. It has been found that in large doses many vitamins have a miraculous healing, stimulating and/or protective effect on a variety of body functions - an effect that is totally different from the usual vitamin activity as nutritional and metabolic catalysts.

Here Are A Few Examples

VITAMIN C: You need 100mg. to 200mg. of vitamin C a day for maintenance of normal healthy function of your body. But when you take the same vitamin in huge doses, such as 5,000 to 10,000mg. or more a day, it will assume a totally different function and can perform such tasks as:

1. Killing pathogenic bacteria, acting as a harmless antibiotic.

2. Preventing and curing colds and infections, having a natural antihistamine activity.
3. Effectively neutralizing various toxins in the system because it is a most potent antitoxin.
4. Speeding healing processes in virtually every case of ill health.
5. Increasing sexual virility.
6. Preventing premature aging by strengthening the collagen, and preventing the degenerative processes.

VITAMIN E: For normal, healthy functions of all your organs and glands you need, perhaps, 100 I.U. of vitamin E a day (the official estimation is only 45 I.U.) but when you take large doses of vitamin E such as 600 to 2,000 I.U. or even more, it assumes a drug-like role and can perform the following activity.

1. It markedly decreases the body's need for oxygen.
2. It protects against the damaging effects of many environmental poisons in the air, water and food.
3. It saves lives in cases of atherosclerotic heart diseases by dilating blood vessels and acting as an effective anti-thrombin.
4. It prevents scar tissue formation in burns, sores and post-operative healing.
5. It has a dramatic effect on the reproductive organs, prevents miscarriage, increases male and female fertility and helps to restore male potency.

VITAMIN A: The official recommended daily allowance is set at 4,000 I.U. but when taken in such larger doses as 100,000 I.U. and more, vitamin A has been known to:

1. Cure many stubborn skin disorders.
2. Cure chronic infections and eye diseases.
3. Increase the body's tolerance against poisons.
4. Prevent premature aging, particularly the aging processes of the skin.

NIACIN: The official recommended allowance is set at 10mg. but many doctors around the world have been using large doses of niacin (up to 25,000mg.) to treat schizophrenia, actually achieving dramatic cures with this so-called mega-vitamin therapy.

These are a few examples that show vitamins can be used successfully in large doses instead of many commonly used drugs. While drugs are always toxic and have many undesirable side effect, vitamins are, as a rule, completely non-toxic and 100% safe.

A Few Tips On How To Take Vitamins And Supplements

As a general rule, all vitamins and food supplements should be taken with meals or immediately after the meal. They are better utilized with foods. Divide all suggested daily amounts equally between the three meals. Take all vitamins and food supplements continuously, with the exception of very high potency B-complex vitamins, large doses of synthetic isolated

B vitamins and large doses of vitamin A and D. These should be taken for up to four months then stopped for a few weeks. The reason for this is that these vitamins are cumulative and may cause vitamin imbalance in the system if taken in large doses over a prolonged period of time.

Special nutritional supplements, such as digestive enzymes, hydrochloric acid and special vitamins and minerals in massive doses should only be taken during a treatment period for about four months then discontinued. After a one or two month rest the treatment can be repeated if needed. Vitamin D can be used continuously in reduced dosage. When Vitamin E is used for a heart condition it also should be used continuously.

Vitamin E mixed tocopherol is usually taken for preventive purposes. But if you are taking Vitamin E for specific conditions you should take only the pure d-alpha tocopherol. Only the alpha-tocopherol fraction of the E vitamin complex is known presently to be effective in treatment of diseases.

As a rule, all vitamins and food supplements should be taken together; being synergistic in action, they work best that way and complement each other. Vitamin E and iron supplements are sometimes antagonists. Iron tablets sometimes have an adverse effect on the utilization of vitamin E.

We talk about therapeutic doses but remember there is no such thing as a common or average person or patient. Dr. Roger J. Williams stressed "Individual human beings have great diversity in human

nutritional needs." There is also a great difference in every patient's response to vitamins and other therapeutic substance depending on his health, nutritional needs, the food he eats, his ability to assimilate nutrients, the mineral content of the water he drinks, the degree of toxicity of his environment, his emotional health, etc. Due to many physical and mental disorders, vitamins may not be utilized properly. Poor teeth, diarrhea, the lack of digestive juice, intestinal parasites, infections, colitis, gall bladder or liver disorders, mental stress - these are just a few of the conditions which interfere with vitamin utilization. There are countless vitamin antagonists which destroy or interfere with ingested vitamins, such as smoking (vitamin C), aspirin and other drugs (vitamin C), alcohol (vitamin B), rancid foods (vitamin E), chlorinated water (vitamin E), Laxatives (vitamin A,E,C,B), etc. It is important if you want to go the nutritional route that you consult a nutritionally knowledgeable person.

Enzymes

All physiological reactions are controlled by enzymes. The pancreas is the principal producer; it produces eight times its weight in pancreatic enzymes. The Spleen, Thymus and Pancreas are consistently producing enzymes. They attack and metabolize what is in the digestive system, such as the food we eat, plus they attack other abnormal growth and conditions to normalize the hydrogen balance. The healthy cells are protected by the enzymes inhibitory mechanism.

Enzyme inhibitors increase with age and thus our protective mechanism decreases if we cannot replace these important products. For this reason various pathological conditions develop more frequently as we grow older. This is one reason for the increase in the incident of cancer as people age. If people are consistently supplied with proteolytic enzymes they can prolong the aging process and reduce the diseases of old age. The lowest enzyme levels are always found in cancer patients. Inflammation is one of the primary concerns in degenerative diseases and enzymes act as an anti-inflammatory agent therefore large amounts are desirable.

The serum of healthy people contains a substance that is able to dissolve cancer cells as shown in 1934 by Dr. Max Wolf. This substance is an enzyme. The cancer patient has this substance in his blood too but also has inhibitors in his blood that interfere with the action of this enzyme. These inhibitors protect cancer cells. Substances are needed that contain enzymes to stop the action of this inhibitor. Thymus is the only tissue that has no inhibitors. Cancer cells have a nuclear protein coating and carry an electro negative charge inside and electro positive outside. This is why Magnetic therapy is beneficial as it reverses this spin.

Remember stress stimulates tumor growth. Vitamin A will reduce stress and tumor growth. People who have indications of low manganese develop a pancreas problem. People with low sodium and low potassium usually have an adrenal involvement. Low Chromium indicates a liver problem. Aspirin can and does cause Kidney damage. Doctors at the Hospital of the University of Pennsylvania have

discovered the over use of common pain killers such as aspirin can cause tissue destruction in the kidneys resulting in impaired kidney function, abnormal urination, and dangerous rises in blood pressure. Aspirin can also be responsible for stomach ulcers.

Keep this in mind - you are the product of what you eat, drink and breathe, nothing else, and kept in perfect health by the electromagnetic force of the universe. When the body is in balance electromagnetically and all nutrition are available disease cannot exist.

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For More Information

Bio Health Enterprises, Inc., P.O. Box 628, Murray, KY 42071, 1-800-626-3386, offers workshops, seminars and conferences on magnetism and health topics.

Periodicals

Bio Energy Health Newsletter, published monthly by Bio Health Enterprises, P.O. Box 628, Murray KY 42071. \$18 per year.

BEMI Currents, Newsletter of the Bio-Electro-Magnetics Institute, Dr. John Zimmerman, Editor, 165 Continental View Drive, Boulder, CO 80303. This informative, well written and delightfully illustrated newsletter will keep you informed of new items of interest, who's doing what, where, and how to participate. \$12/year.

Journal of Bioelectricity, Marcel Dekker, Inc. 270 Madison Ave., New York, NY 10016. \$62.50 per year.

Magnets In Your Future, P.O. Box 580, Temecula, CA 92390. This magazine reports on magnetic materials and sometimes includes articles on health and medicine. \$25 per issue.