

The background of the entire page is a scenic landscape. At the top, there are blue mountains under a bright blue sky filled with large, white, fluffy clouds. Below the mountains, a dense forest covers the hillsides. The trees in the foreground and middle ground are displaying vibrant autumn colors, including shades of red, orange, and yellow, interspersed with some green foliage.

The Sam Biser **Save Your Life** Herbal Video Collection

*A collection of rare videos
on advanced natural healing techniques
for supposedly incurable health conditions.*

Volume One & Two

**Featuring Dr. Richard Schulze,
Medical Herbalist and Master Healer.**

Produced by The University of Natural Healing, Inc.

Sam Biser's
Save
Your Life
Collection

**A Layman's Course
in Curing Last-Stage
Diseases**

CONTENTS

Volume One

ONE

First Words from Sam Biser • 13

TWO

The Basic Programs • 41

THREE

Juice Fasting • 65

FOUR

Electrically Ground the Human Body • 125

FIVE

Healings from Water • 97

SIX

Cleansing the Bowel • 173

SEVEN

Bowel Cleansing, Questions and Answers • 221

EIGHT

Cleansing the kidneys • 231

NINE

Cleansing the Liver • 261

TEN

Cleansing the Blood • 297

ELEVEN

Breast Cancer • 309

TWELVE

Cervical and Uterine Cancer • 345

THIRTEEN

Prostate Cancer • 401

FOURTEEN

Brain Cancer • 425
(continued in Volume Two)

Volume Two

FOURTEEN

Brain Cancer • 433
(continued from Volume One)

FIFTEEN

Lung Cancer, Emphysema and Asthma • 441

SIXTEEN
Liver Cancer • 471

SEVENTEEN
Pancreatic Cancer • 487

EIGHTEEN
Leukemia • 499

NINETEEN
Curing Children • 509

TWENTY
Curing AIDS • 533

TWENTY-ONE
Immune System Formulas • 559

TWENTY-TWO
Stopping Cancer and Other Pain • 607

TWENTY-THREE
Arthritis • 621

TWENTY-FOUR
Alzheimer's and Dementia • 639

TWENTY-FIVE
Strokes and Head Injuries • 657

TWENTY-SIX
Regenerating Bones, Flesh and Muscles, Part I • 681

TWENTY-SEVEN
Regenerating Bones, Flesh and Muscles, Part II • 699

TWENTY-EIGHT
Diabetes • 731

TWENTY-NINE
Appendicitis • 749

THIRTY
Eye Diseases • 759

THIRTY-ONE
Heart Disease • 775

THIRTY-TWO
Nervous System Degeneration • 803
(continued in Volume Three)

SPECIAL SUPPLEMENT
Herbal Photographs

Volume Three

THIRTY-TWO

Nervous System Degeneration • 817
(continued from Volume Two)

THIRTY-THREE

Making Herbal Preparations • 859

THIRTY-FOUR

Making Herbal Tinctures • 891

THIRTY-FIVE

Answers to Reader's Questions • 913

THIRTY-SIX

Curing Sick Pets • 971

THIRTY-SEVEN

Last Words on Herbs • 1047

THIRTY-EIGHT

Colitis and Nausea • 1055

THIRTY-NINE

Principles of Mineral Therapy • 1075

FORTY
Diabetes and Minerals • 1147

FORTY-ONE
Unknown Aspects of Vitamin C • 1189

FORTY-TWO
Undiagnosed Dental Infections and Disease • 1217

FORTY-THREE
Muscle Therapy • 1241

FORTY-FOUR
Cranial Therapy • 1269

FORTY-FIVE
Final Words from Sam Biser • 1303

APPENDIX
Sources • 1315

INDEX OF CONTENTS
Contents • 1321

**WARNING: The recommendations contained in this
Layman's Course and Herbal Videotape Collection
may cause adverse reactions in some people.**

This Layman's Course contains unorthodox ideas and opinions which are NOT accepted by the consensus of medical opinion. Before following these medically unproven ideas, please check with your own medical doctor. If you feel you must self-medicate, proceed with extreme caution. Remember that any herb, food, or other natural method can produce dangerous allergic reactions in some people. The information contained in this document is the expression of various *opinions*

— not approved medical fact.

Most medical experts would strongly disagree with the opinions expressed by the individuals presented in this Layman's Course and Herbal Videotape Collection.

Do not endanger yourself: **It is essential that you consult a medical doctor before you self-diagnose or self-treat any condition. When misapplied, natural methods can cause as much harm as any other methods.**

The publisher assumes no responsibility for the correct or incorrect use of this information and no attempt should be made to use any of this information as a form of treatment without the *approval and guidance of your medical doctor*.

This information is published to increase public awareness and to stimulate open debate on the topic of alternative medicine. The editor is not a doctor, nor is he qualified to advise anyone on how to treat the diseases discussed in this Layman's Course and Herbal Videotape Collection. It is your responsibility to discuss these natural methods with *your doctor before* you try them.

Any of the natural methods mentioned in this Layman's Course can backfire and harm a specific individual. That is why it is essential that you consult with your doctor first, *before* you try any natural method. Don't play games with your life.

Do what your doctor says.

This Layman's Course is published under the First Amendment of the U.S. Constitution, which grants the right to discuss openly and freely all matters of public concern, and to express various viewpoints — no matter how controversial or unaccepted they may be.

The publisher does not have the experience to warrant the contents of this Layman's Course and Herbal Videotape Collection. Save Your Life Videos, Inc., Sam Biser, and its employees have no direct or indirect financial connection with any product or service mentioned in this publication.

Sam Biser's
Save
Your Life
Collection

**A Layman's Course
in Curing Last-Stage
Diseases**

Some Basic Programs
Lessons 1-5

**Sam Biser's
Save
Your Life
Collection**

**A Layman's Course
in Curing Last-Stage
Diseases**

First Words

Lesson 1

First words from Sam Biser

The information in this LAYMAN'S COURSE never existed in one place until I put it together.

If I didn't take 26 years of travels and research to create this, I doubt anyone would have put it together. Much of this knowledge was as 'buried' as diamonds in deep caverns below the surface of the earth.

The facts and answers I assembled and uncovered were scattered in many different sources. Many of these answers never existed on paper until I went after them and put them together.

I had to track down herbalists and their students and put their recollections and thoughts into practical advice. I had to

listen carefully to hundreds and hundreds of hours of unpublished conversations and pick out the best healing truths with the same diligence one would pick four-leaf clovers out of a field of weeds.

I assembled knowledge that was never published in any herbal book in the world. This is a fact. Much of the herbal advice published elsewhere will not work. For reasons I will explain in this Layman's Course, desperate people try various herbs and formulas — and just don't see any results.

Many are abandoned by medical doctors who cannot help them, and they then run into the arms of natural healers who cannot help them either. When disease is winning, and time is running out, and no-one knows what to do, I can help.

I uncovered herbal formulas that herbalists have never revealed until the publication of this Course. No drug company would unlock their vaults and publish their formulas, but I have obtained for you the full details of formulas and programs that can save people who have little time left.

Many original answers I uncovered were useless and unusable — just like raw crude oil is unusable for gasoline until it is refined. I digested this information, polished it, explained it, and turned it into the greatest healing Courses on curing last-stage diseases in our time or any other.

Answers came from many experts I have consulted in the last quarter of a century of work. I myself never fully realized the full power of natural healing until I assembled this comprehensive Course.

This Course is a healing masterpiece. I don't give you tips; I give you principles strong enough to protect you from the battering ram of last-stage disease. There are a lot of remedies out there. But you cannot fight monster diseases with popular remedies any more than the Allied Forces in World War II could have stopped the German army with pistols.

I believe that what I have done is to help natural healing take a giant step forward towards becoming a genuine science with basic foundations and laws just like any other modern science. Until now, natural healing was just a random and impossible to digest collection of ten thousand and one different remedies.

I love curing last-stage diseases. To me, nothing shows the power of God more than the ability to cure a human being when men of learning have given up. Remember this, it's never over until God says its over. Until then, fight to win, and do it with the what I am about to teach you.

1.1 FIRST PRINCIPLES

1.1.1 *The answers are at your fingertips.*

The answers to curing last-stage disease are at your fingertips. Only you are not aware of them.

Many of the herbs we are about to discuss can be gathered near your very home. Some may be in your own backyard. Some may be growing in the surrounding countryside. Others may be growing in the rolling hills of a nearby state. You would be surprised at the cures mother nature has placed at your very fingertips.

Each area has its own cures. If one herbal cure is not available, another one is. For most herbs that work, there are others that will do the same job.

- * One of the most powerful herbs to heal *skin cancer* is eaten as a salad green in many states. The root has tremendous abilities to absorb cancerous toxins.

- * One of the greatest herbs which can save people who are dying from *kidney problems* is growing right in people's gardens. It is usually thrown out.

- * One herb which has phenomenal abilities to heal *deadly gangrene* and save limbs from amputation is grown in salty marshes all over the country.

* One herb which is one of the most powerful *blood cleansers* is considered a common *weed*. It grows wild right at the sides of the road of my home in Virginia. All these years, and I didn't even know what it could do.

* One herb which has a rare ability to make *tumors vanish* is a common agricultural pest! Farmers used to be heavily fined in France if they let this weed grow! This same weed saved one woman from devastating breast cancer.

Look out your window into the forest. Look at the trees in the distance. Look at the bushes around your home. Look at the leaves. Take a good look. There are cures all over the place. Everywhere! Everywhere you look. Children are yelled at for bringing into the home those burrs from the forest which stick to their clothes. Yell at them no longer. They are bringing in the flowers of one of the most potent *cancer-fighting* herbs on the planet.

Nature must be laughing at us — searching desperately for answers to all the diseases which can kill us — hoping that one day a new “miracle” drug will be discovered, when the answers we need are growing in every direction as far as the eye can see.

Once, an Indian was cast out from his tribe when he had a high fever. His illness was thought by his tribal fathers to be highly contagious and fatal. As was their custom, he was cast out from among his people. It was believed he would soon die.

He crawled on his hands and knees through the dense jungle, in a state of delirium. He was trying to find water as he was literally dying from thirst. His fever was raging.

He found a pond of water. A tree had fallen into the pool and the water was very bitter. Yet he was so thirsty he didn't care — it was water. After a short while, the fever left. He went back to his tribal friends and told them about the miraculous powers in the healing water.

For this man, the answer was at his fingertips. The tree which had fallen into the water had saved this man's life. It contained a compound which is now used in all hospitals of the world to save lives — quinine.

If you are weak and diseases and have given up hope, and you have nowhere to turn, *turn to nature*.

The answers you seek are out there — and they are *growing*. They are closer than you think. They are at your *fingertips*. They may be growing a few feet or a few miles from your window.

All you need is the knowledge to use these answers as Nature intended.

1.2 VALUE KNOWLEDGE NOT THINGS

1.2.1 *The knowledge of how to use herbs is more valuable than the herbs themselves.*

It is a shame that people value herbal products more than knowledge. This is one main reason why many don't get well.

You could live in the Garden of Eden and have every possible herb lying out before you. But without the knowledge of how to use them, you could not get well.

Most people do not know how to use herbs. It is better to know how to use ten herbs properly than to have a thousand herbs and not know what to do with them.

Dabbling with herbs is okay if you or someone loved is not deathly-ill. But if you are, know that there is a science to using herbs for last-stage conditions, just as there is a science of engineering and chemistry and computers.

Don't be as foolish to believe that the information you need is on someone's herb label. That is as foolish as getting a computer but not spending the time to learn the software.

You should be congratulated for getting this advanced herbal knowledge. You are going to learn things you never read or knew before.

You'll learn when some herbs should be taken *alone*. Others must be taken in *combination* with other herbs. Some herbs must be taken *hot*. Others must be taken *cold*. Some you need in *large* doses. Others you need by the *teaspoon*. Sometimes you take the *leaf* of an herb. Other times you need the root. Sometimes you need only the *inner layer* of the root. Other times it is the *whole* root.

Some herbs are more effective taken during a *hot bath*. Other herbs are more effective if taken with a special "*thinking*" herb. Some herbs need to be taken as a *tea*. Others need to be taken as a *fomentation*.

Sometimes you take an herb *orally*. Other times you use an eye dropper and apply it in the *ear*. Other times you need an *enema* with it. Sometimes you need to sleep all night with an *herbal compress* on a part of your body.

You can see how complicated things can get. If you need the maximum results from herbs, you *must* know these things.

The more you study this Layman's Course, the more you will be absolutely astounded at what Nature has placed at your doorstep.

1.3 HERBAL MYTHS

1.3.1 *No one herb or tea will cure you.*

I have heard stories of people taking one herb tea and curing their cancer. Some of these stories are true.

In one case I knew of, a man was able to eliminate a tumor the size of a grapefruit on his jugular vein. He has terminal cancer and had just weeks to live. He cured himself by drinking only one tea, and a version of that tea is included in this COURSE.

But his case is a cruel exception. Taking one miracle herb tea for cancer or any last-stage disease does not work for most people. The one herb for one cure is the medical approach. One bullet for each disease. A dream. Slot machines in Las Vegas are more real.

When you have cancer, all your organs are weak. You can't just treat one organ and hope to get well. The odds are against you. You have to work on your *entire* body.

The approach I am about to give you takes *all* major organs into consideration. You have to work on your kidneys, your liver, your colon, your bloodstream, and more — even if the cancer or disease is off in a corner of your body.

That is what this COURSE is about. It presents a total program that must be followed faithfully to insure maximum results. The efforts are great. But the rewards are even *greater*.

1.4 ABOUT MY FRIEND, THE LATE DR. CHRISTOPHER

1.4.1 One of your teachers in the herbal section of this Course is Master Herbalist and Legendary Healer Dr. John R. Christopher, and since he does not appear on the videos, I wanted to introduce him to you in print.

Dr. Christopher was a man with a mission, to cure the sick with what he believed were God's natural methods of healing.

To the medical societies, he was a charlatan, a fraud, a quack, teaching a pack of lies about weeds to stupid, uneducated, gullible people. But to those he saved from death after doctors had shrugged their shoulders and given up, he was the greatest herbalist of the twentieth century.

As a young boy, he said to his Mother, "You know, Mamma, I would like to be a doctor when I grow up". "Nonsense," she said, "Doctors have to cut people when they operate, and you can't even stand the sight of blood when we kill a chicken for dinner."

“Well, Mamma,” the young boy prophetically replied, “I am going to be a doctor who doesn’t cut people.”

And that is what he became.

One snowy night in Utah, John Raymond Christopher was frightfully ill in bed with the croup. A knock came at the door. His father answered it to find, standing in the cold, a bearded man in shirt sleeves (no coat) who announced that a young child was ill, but was not to die, because he had an important mission here.

“Now do thus and thus to cut the phlegm,” he said. They turned to do his bidding, then turned back again to thank him, but he had gone — and no footprints were found in the deep snow.

As a boy, his mother suffered from both dropsy and diabetes, and she was not responding to conventional medical treatments. As Dr. Christopher recalled, “A wandering medicine man came to our house to treat my mother. He recommended several herbs, which seemed to make my mother feel better and give her more energy. However, soon afterwards, this man was put into prison because he was not a medical doctor, and did not have a license to practice. Since we were not able to gain any further advice from him, my mother started losing ground, got worse, and eventually passed away.”

His family remembers that the young boy watched his mother suffer a slow and very painful death. Her skin would stretch to bursting and gangrene would form. From that time on, John Christopher determined he would learn all he could about herbs — hoping he could eventually use them to prevent others from sickness and suffering like his mother's.

When he grew older, he enrolled in the law school at the University of Utah. But God held up His hand and said “NO” to law. John's career as an attorney came to a crashing end when he was a passenger in a horrible automobile accident, and he was pronounced dead, and taken to the morgue.

His family was called to identify him, and they saw a flicker of an eyelash. He was then rushed to the hospital. He suffered amnesia for many weeks which often recurred throughout his life. The medical doctors said he would do well to live to the age of 35, due to the concussion, amnesia, and back injury, as well as the crippling arthritis he was born with. (The doctors were wrong; he lived till the age of 73.)

He survived not only trial by illness, but, as his sister-in-law Jane Steiner said, “I do not personally know of another man of this day and age who has suffered as much persecution and slander as Ray has — probably because of his two main faults: Too generous and too trusting, to the point of gullibility.

As she said, "It's one thing to be judged and persecuted by nonbelievers and enemies, but to have so-called 'friends' turn away and slander his name for their own gain is another story."

Many people, even the natural healers, were jealous of Dr. Christopher's miraculous cures. In Utah, the naturopathic physicians took him to court. They told him privately that he was curing people too fast and that he was costing them business. But he refused to change his ways.

Throughout his career, Dr. Christopher spent his life in and out of court and in and out of jail. He was handcuffed and taken away after one of his lectures for giving herbs to ease the suffering of a woman with terminal cancer.

Usually, the jury acquitted him against the judge's instructions. Finally in 1969, he was not so lucky and was convicted and given a suspended sentence. Because prescribing (suggesting herbs) without a license was a felony, Dr. Christopher was stripped of his citizenship and forbidden to vote. By what standard was he a criminal?

A surgeon once called up with a very sarcastic voice, saying he had heard about Dr. Christopher's "reputation". He said he had a woman patient who had a blood clot. The surgeon said he had examined it, and decided to operate. But it was discovered that the woman had gangrene in her ankles and

foot. So the hospital committee decided to remove the leg itself.

The woman's daughter was furious! She told the surgeon NOT to cut her mom's legs off. She ordered the surgeon to call Dr. Christopher. The doctor finally gave in. When he called, Dr. Christopher told him what herbs to use for the blood clot. He predicted the clot would be gone in three days. It was!

He also told the doctor what special herb to soak the mother's legs in to cure the gangrene. The doctor called back one week later and was so grateful. He said that, in a matter of days, the gangrene had disappeared. It was completely gone except for a little in the toes.

1.4.2 Desperate people, the "orphans of medicine", beseeched him at all hours, even during his dinner. He knew how to help them.

One night, he says, he received a call in the middle of the night from his uncle: "Your favorite niece is going to die by morning. You had better come now to see her before she goes." For fourteen years, the father had ignored Dr. Christopher's methods, even though the child had been frail and sickly. But now, in his hour of crisis, he said, "By the way, Ray, can you bring some herbs?"

Dr. Christopher did, the girl was healed, and she grew up to raise two beautiful children of her own.

Dr. Christopher told about a woman who had broken her hip and both of her legs. The bones were broken so badly, they didn't think she could possibly heal. After all, the woman was past eighty. But she had heard about Dr. Christopher's recommendations for broken bones. She had no choice but to try them.

She put the herbal fomentations on six nights a week. After three months, her legs were perfect. Where the bones were shattered, they came together. Soon after that, she went out square dancing! I myself have witnessed bones regrow themselves by following his methods (You almost have to see the bones re-form for yourself to understand how great his methods truly are!)

I personally believe he was one of God's great messengers of herbal healing. I know that much of his knowledge came from a higher source. He told me that often when he had an impossible case, and regular formulas were not working, he would pray to the Creator, and in a flash, he would have a new formula, often using herbs he had never used before.

He himself was a humble man. He used to call himself "just a little guy, not the big John R." because he knew that his vast knowledge was but a scratch compared to the "heavenly"

herbal wisdom that was released to him in bursts all during his lifetime.

The final curtain for the beloved Dr. Christopher began on February 25, 1982. He fell on the ice in his driveway, and the severe blow to his head caused amnesia again, and later brought on a stroke.

From then on, it was like a tug of war. His family would get him nearly well, and on his feet, then arthritis, or a fall, or another stroke or flu would knock him back down. My own newsletter printed the story of his accident and resulting illness, and he received hundreds and hundreds of touching letters from all over the U.S., Canada, and England, pleading, "Please Dr. Christopher, you must get well. Don't leave us, we need you."

Dr. Christopher told his family he would stay to see two of his grandchildren christened. The children were blessed on Sunday, February 6th, 1983. That afternoon, Dr. Christopher became very restless and chilled and prayed aloud constantly, "Please let me die. Let me go home." According to the family, "After a warm bath, he bid us all goodnight and said, "I love you." The family talked for awhile about the subject of God's will, and decided that they should not be selfish and hold him here.

In their own words: “We entered the room again to check his covers and found him dying. I am grateful we could all be there with him, hold him in our arms, tell him that we loved and appreciated him, and remind him that we WILL be together again.”

According to Bishop Callis Harms, speaking at the funeral of Dr. John Christopher:

“Like the Savior, he was despised and rejected of men, a man of sorrows and acquainted with grief.

“Like the Savior, Dr. Christopher went about doing good and healing the sick.

“And like the Savior, his teachings were opposed by an established profession who, because of their position and status, were threatened, and used the existing legal system against him and sought to stir up popular opinion in opposition.”

As one of Dr. Christopher’s friends said, “Once in a great while, the Earth is blessed with an enlightened son who is able to raise the consciousness of his fellow man by his love, wisdom, and humor. It is as though a person has come from an angelic rank; someone who has a direct connection to a divine source of information.”

Dr. Christopher knew that man of today is out of touch with the herbal knowledge that was meant to be our heritage and our protection. We feel more comfortable with little white pills than with the bark or root of a healing tree. As Dr. Christopher says, “No matter what disease you have, there are herbs growing somewhere which can get you well.” The Collection shows you what these herbs are, and specifically *how* Dr. Christopher used them to cure diseases and conditions that others *could not heal*.

1.5 CURES FROM ABOVE

1.5.1 *Many of the answers you read in this Course came as a result of prayer.*

Dr. John R. Christopher told me many times that when he was stumped, when a case exceeded his knowledge, he prayed, and in silent words, in a flash, he was given new answers. Many of the answers he was given to save people who were dying came not from experimentation, but in revelation from above.

He said, “God created our bodies. We have to go to him to learn how to be healed.” He once wrote: “If you had something go wrong with one of your mechanical machines, you would go to the person who had the proper mechanical knowledge.” You don’t go to a plumber to get your watch fixed.

“So in like manner, in order to get the body fixed (the greatest mechanism ever placed on earth), I want to go to someone who is ‘in the know’. For an automobile, the man in the know is the man or company who built it. Since God created our bodies, we have to go to Him for answers.”

1.6 WHO GETS WELL, WHO DOESN'T

1.6.1 *What type of people do not get well from last-stage diseases.*

As Dr. Christopher told me many times, “There are no incurable diseases, but there are incurable people.”

Here are a few of the types of people who do not get well, regardless of what type of program they go on.

#1. The individual who is a hypochondriac. This type of person may be frightfully-ill, but they are getting ‘sick’ attention from their illness.

This person will not follow advice that will help him. It is a total waste of time to talk to these people about getting well. They don't want to.

They would rather go out in what they perceive as glory, than be well. I know one person who if terminally-ill would revel in having the best doctors, better than anyone else's doctors, at the best medical center, and he would die with

cronies from all over coming to the hospital saying how sorry they were, and his passing would be a spectacle. This person would rather go like this than be at home putting on a herbal compress that others might make fun of.

These type of people enjoy the pleasure of having people bow and slave for them. They couldn't take being well and being ignored. They may try a valid approach for a short time, but they will never stick with it.

They realize there are benefits to being ill they don't want to give up these benefits. They frequently hate anyone who tries to help them. To them, being sick is a *game* — and they love it.

#2: The second type of person who cannot be helped is one whose 'time has come.' Everything moves in its time and season. There is an hour to be born and an hour to die. We cannot dispute this, because when our job is done here on earth, and we have done either the good or the evil that we came to earth to do, God says, "It's your time."

You can have the greatest doctors and herbalists at your bedside, but if it's your time, it won't help. You are going to return home to your Maker.

Dr. Christopher told the story of an eight-year old boy who was like a skeleton. He could not eat any food nor drink any liquid. He had been in the hospital so long he had

developed bad bedsores. His spine was open with the bones protruding. His hipbone also protruded through the flesh.

The orthodox physician had sent him home from the hospital as a hopeless case. There wasn't anything more they could do for him.

The family called Dr. Christopher. He was fed a special herb we'll discuss later, one teaspoon at a time. Poultices of this herb were applied to his hip and spine. Within weeks, he was back to normal weight. His flesh was restored and he looked like a perfect specimen of a boy — but he lacked energy.

Nothing Dr. Christopher tried could give him energy. "It was suggested that our healing ministrations could be contrary to the Lord's will concerning this boy. His time had come. The only thing the parents could do was administer to him and dedicate him to the Lord.

"This was done with the boy's approval. As soon as the 'Amen' was said, the little boy looked up and smiled. He then said, 'Good-bye Daddy. Good-bye Doc.' And he was gone with a smile on his face."

Dr. Christopher told me another story of a man healed against his will. Dr. Christopher gave herbs to an elderly man in a nursing home. Within days, the man got miraculously better and returned home. When Dr. Christopher went to see him a few days later, the man was furious! He told Dr.

Christopher he had gone to the nursing home to die. Her knew his time had come. Within two weeks, the man passed on.

#3: The third type of person who cannot be helped is the lazy individual. They just can't seem to follow a program. they leave the herbs on the shelf. These people are dabblers. They have more important things to do — even though their life is in danger. Everything is more important than getting well.

1.7 REPLACEMENT MEDICINE


1.7.1 This is not 'complementary medicine,' but a replacement for outdated medical methods.

Let me be as blunt as I can:

The techniques in this SAVE YOUR LIFE COLLECTION AND LAYMAN'S COURSE are not a supplement to modern medicine. *They are a replacement.* In many cases, it is much harder to heal patients naturally because of the damage *already* done by medical practices.

A lot of the suffering of patients is caused *not* by their diseases, but by the stupid and barbaric treatments of the stainless-steel world of medicine.


You decide which way you are going to go: medical or natural. Riding the middle ground may leave you without the



dedication to pursue either approach wholeheartedly, as you need to. One of the biggest causes of failure with people who use the methods in this LAYMAN'S COURSE is that they still cling to medical methods which are weakening them, while they dabble with a few of the programs here. They don't want to make any decisions, so they try a little of both camps.


It doesn't work.

Make up your mind. If you want to go medical, do it. Do it all the way. Because if you mix methods, you won't get the best of both. You'll get the worst of both. Why poison your cells with chemotherapy, and then hope to get some nutrition inside you to support your toxic cells?



This information is not a sideshow. The methods are powerful enough to cure on their own, and have done so for thousands. The methods in this Course kill tumors, and regenerate dying nerves and organs. Medicine doesn't help; it gets in the way, and can block the door of your recovery.

But you decide which door will you enter. Because this path will not work without wholehearted, never-give-up dedication.



1.8 BEFORE YOU BEGIN.

1.8.1 *Don't waste time on natural methods not strong enough to save you.*

Ever since I entered natural healing over 25 years ago, I have been looking for cures for incurable and terminal conditions.

Regular diseases bore me. Others can handle them. I only want to find information to cure the people who will die, or suffer for a lifetime, without my help.

I knew a man in New Jersey who had a beautiful wife he loved dearly. But she got cancer and he didn't know what to do. By the time he learned the methods that could have cured her, she was gone.

I don't want you to *ever* have to be in this position. When someone's time is running out, I don't want you to have to waste time on natural methods that can't save you — or with natural practitioners that don't have any experience or track record in curing the incurable.

I don't want you to have to live with regrets.

You *can* cure what others believe to be hopeless and incurable diseases, but you *can't* do it with the weak products and inadequate methods of today's natural healers. You're

going to need the knowledge you will find in this COURSE — and nowhere else I know of.

I knew you were depending on me, so I made sure the details you needed were not missing from this LAYMAN'S COURSE.

The LAYMAN'S COURSE gives you methods to use in your own *home* — methods that have *already* cured thousands of their terminal diseases. Prepare to be healed — because I believe that's what can happen.

I've never seen anything like this. I've never seen specific information on curing terminal diseases.

I've heard theory. I've heard about prevention. But I've never known *how* to get natural cures for these conditions. But now I do, and you will too. The answers are here.

If you are looking for medical references, you've come to the wrong building. But if you want to know how to cure what is incurable, you will find it nowhere else but here.

Sam Biser's
Save
Your Life
Collection

**A Layman's Course
in Curing Last-Stage
Diseases**

Basic Programs
Lesson 2

The basic programs

This is the program that has cured the medical throw-aways. This is the program that can cure the cases that natural healers cannot heal. This is the program to use when everyone says it's all over — but you still want to live.

The program was created many years ago by the late Dr. John R. Christopher at his healing clinics in the Southwest. The program was further developed by one of his students, Dr. Richard Schulze at his “underground” clinic in California.

The program includes herbal formulas described in coming lessons. The program also includes special routines that are described later. The only purpose of this lesson is to give you

the essential information, and to answer certain questions that have appeared.

2.1 HOW LONG TILL DAYLIGHT?

2.1.1 *You need to remain on this program long after symptoms have first disappeared.*

How long until you see results? Some see results in days. Others in two weeks. Many have been out of danger in six weeks. In some cases, merely stopping the decline is the first big stop on the highway to a cure.

How long must you stay on this program? For at least 30 days. You may need to be on it for up to six months, depending on the severity of your condition.

You can also do the 30-day save your life program as a touch-up when your health is running down again. Also, depending on your condition, you may be able to take a week break in-between the 30-day cycles. In that week break, you don't dive into junk food. You can just eat a quality vegetarian diet.

However, in severe cases, a break in this routine may not be advisable. Do not discontinue this program the minute your disease symptoms disappear. Continue until long after they are gone. Otherwise, you may be only partially healed.

2.2 SUMMARY OF THE PROGRAM

Before I go into any detail at all, let me just list for you the basic areas of the program, so you can see what you are looking at.

- 1) A 30-day juice-fast which you may have to repeat many times, depending on your illness.
- 2) Cleansing procedures for your bowel, liver and kidneys — including herbs, castor oil, physical massage of liver area, hot and cold therapy on liver and colon.
- 3) Water treatments, such as hot and cold showers and the cold sheet treatment. Do not ignore these, for they can be as powerful as herbs.
- 4) Nerve formulas to build up your nervous system and sedate you.
- 5) Cayenne pepper in as large and regular doses as you can tolerate to support your circulation and to stimulate nerves and organs.
- 7) Eliminate all electronics from the bedroom.
- 8) You may have to change the position of your bed or use a different bedroom. There are high-

stress zones in the earth that can kill in time if you sleep directly over them. If you don't know, just experiment moving the bed or bedroom and see how you feel in the morning. This is a factor that can block herbs or anything else from working.

6) Small daily exposure to sun and walking in nature.

7) Elimination of all possessions which carry bad memories that can block all cures — even though you might not believe so.

8) Releasing hate towards doctors and others who did you great harm. When you are this sick, you don't have any extra energy to carry this hate — even if it is justified. Ask for guidance from people and from above on how to let go of this anger.

2.3 BASIC FOODS

2.3.1 When you are terminally-ill, the first step in the cure is to stop solid foods and go to juices.

If you are seriously ill, you are to discontinue food immediately. You will be drinking one gallon a day of water and fresh juices. No food. For some patients, the herbalist Dr. Schulze has them drink up to two gallons per day.

He recommends a juicer with a pulp ejector, such as Champion or Juiceman. You want a juicer that lets the juice come out one side and the pulp out another. Otherwise, you'll always be having to stop and clean out the pulp from the juicer. (You can order juicers by calling this independent distributor: Champion Juicers (800) 882-0157. They have juicers from other companies too.)

According to the herbalist, "I like the Champion juicer because it's versatile. It's a couple hundred bucks and you can make nut butters, frozen fruit desserts, and juices in it. Now supposedly the best one made is the Norwalk, but it's \$2000. Who needs that? The Champion works great. Now the Juiceman, which is about \$300, some people say it's a little easier to clean. I got my Champion 20 years ago, I've still got the same one — and no one is as hard on a juicer as I am."

In any case, in far less serious cases, fast at least one day every week. Also, drink at least 8, if not 16, ounces of fresh carrot juice daily. So that you know, carrot juice is an excellent source of absorbable calcium.

You need a lot of nutrition to heal — but you don't need it from potatoes; you don't need it from heavy grain dishes that take you 6 hours to digest. And all that blood and energy is going to your digestive tract. JUICES ONLY — during the most critical phases of healing. If you don't have a juicer, buy one. The herbalist refused to work with patients who won't get a juicer.

2.4 AFTER THE JUICING.

2.4.1 *The diet until you are 100% well.*

Once you are off 100% juices, you will be eating a 100% total vegan vegetarian raw diet. This includes all vegetables, fruits, raw nuts and seeds, and soaked and sprouted beans and grains. Eat fresh organic produce that is locally grown and in season.

My comment on this: For some people, raw nuts are hard to digest. See my lesson later in this Course on enzyme-inhibitors in raw nuts. Also, my (Sam Biser's) personal belief is that a few

people will not do nearly as well on the vegan diet as they will if they include strained broths in their diet made from chicken or fish. I think that if some people attempt to remain on a vegan diet, their health will collapse.

The only liquids the herbalist allowed were distilled water (never make herb teas without it) and herbal teas (non-caffeine) and fruit and vegetable juices. The only precaution is that some sick people have to be careful with fruit juices — not to get too much sugar. I myself use only a tiny quantity of fruit juice combined with a lot of water.

Also, use only sprouted grains. Do *not* eat grains that were not sprouted. That was one of Dr. Christopher's big warnings. Grains like rice and oats should be presoaked *overnight* before you cook them. They will digest better and you will not gain weight on them — although I think some people will anyway.

No alcohol, coffee, black tea or sugar.

No animal flesh, eggs, milk or milk products (cheese, yogurt, butter) can be consumed. No cooked foods (bread, baked potatoes, tofu, etc.). Eat only fresh, organic produce that is grown locally and in season.

2.5 HERBAL NUTRITIONAL PROGRAM

2.5.1 *Many thrive if they add these superfoods to their diet. A few do not.*

Now we come to the herbal nutritional program. The herbalist doesn't believe in vitamin pills. As he told me, "These are chemicals, not foods. For example, did you know that niacin is made from boiling sulfur in the presence of asbestos? And vitamin B-12 is made by using treated sewage sludge as a raw ingredient. Can anyone really call this *natural* healing?"

Here is a formula for superfood that the herbalists uses. Many people have miracles from this. Some do not tolerate it well. I am one of them.

You take 4 tablespoons a day, two tablespoons in the morning, and two in the evening. The ingredients are: spirulina, chlorella, alfalfa grass, barley grass, wheat grass, purple dulse seaweed, beet root, spinach leaf, rose hips, orange and lemon peels and non-active nutritional yeast. If you are missing any of the ingredients, just do the best you can. Use whatever is available to you.

The best food yeast to get for making your own superfood is called, "Red Star T-6635 #12 Large Flake." This is food yeast that is grown on beets as a food source. Ask your

healthfood store to order it for you. If this doesn't suit you, try another type of yeast. We will be speaking about yeasts again in our lesson on neurological degeneration.

If you are under a great amount of stress, you can increase the amount of superfood per dosage, and you can take the increased dose four to six times daily. The food yeast in the superfood will give a lot of energy that can lift depression and often reverse symptoms of neurological damage.

You can make this yourself. Make the following nutritional drink:

8 ounces of fresh-squeezed fruit juice, or less if the sugar content does not agree with you. Some people may find apple juice suits them better than citrus juices, and is less drying to the skin.

8 ounces or more of distilled or pure water.

1/2 to one cup of fresh seasonal fruit.

2 ounces of food mixture from above recipe.

If adding fruit to a superfood mixture gives you too much sugar, you can mix the superfood in water, or in carrot or other juices.

My wife noticed that her skin got too dry on the vegetarian program, so she learned that she could add two tablespoons of flaxseed oil from Spectrum Natural to her superfood drink. It

worked. She also put castor oil on her dry, cracking hands, which helped also.

One minor problem with adding any oil to superfood is that it can make some people sluggish. You may have to take the flaxseed oil in the evening, when any energy loss wouldn't matter as much. Another possibility is to add ground-up flaxseeds to your superfood drink, instead of flax oil.

Also, because of differences in metabolism, some people may do better on different oils. Flaxseed is not necessarily the best for everyone. I myself prefer sunflower seed oil.

Also, my wife noticed after several weeks that she was getting somewhat depressed on the program. Since she was not ill, she learned that she needed to add some beans and more calories to her diet, and since winter was coming, she needed a slightly heavier diet to help her adjust to the cold weather. Salads and fruit were no longer enough, as they were in summer. This solved the problem.

In my own case, such as diet does not work without animal based broths. But I may be in the extreme minority.

2.6 DAILY LIVER CLEANSING

2.6.1 *Do each day to clean out as you build up.*

The liver/gallbladder flush: Every morning must begin with either this liver/gall bladder flush or the kidney/bladder flush (described on the next page). You can alternate between the two flushes on a weekly basis.

Ingredients:

Fall and Winter: 8 ounces organic apple juice or organic grape juice, or...

Spring and Summer: 8 ounces organic orange juice or citrus juice combination (juice of one lemon or one lime and enough orange, grapefruit or tangerine juice to make 8 ounces)

8 ounces distilled water

One to four clove(s) of garlic (start with one clove and increase daily) I myself take 4 huge cloves each time with no problem.

1 to 4 tablespoons of organic, virgin, cold-pressed olive oil (start with 1 tablespoon and increase daily)

One small (1 inch) piece of fresh ginger root (to avoid nausea)

Instructions:

Blend the ingredients in a blender and drink. Fifteen minutes after this drink, consume 2 cups of Detoxification Tea (formula given in the lesson on liver-cleansing) or a strong digestive tea such a peppermint leaf or ginger root. Drink an additional 1 to 2 cup(s) of tea in the early afternoon and 1 to 2 cup(s) in the early morning.

Also, during this flush, consume 2 dropperfuls (70 drops) of a Liver/Gall Bladder Tonic (see the lesson on liver cleansing for this formula) four times daily. It can be taken in a few ounces of water. Certain people may need to use this liver formula as a base and add more of an herb like chaparral, wormwood, or barberry for extra punch.

I myself find I need lots of extra chaparral tea, more than a typical person. What I do is take chaparral tea, and add the liver formula to it. Also, buy some large paper cups to drink your herb tea out of. The chaparral and other herbs can be difficult to clean off of glasses. Also, by using paper cups, you are reducing the amount of kitchen work you'll have to do, and this helps when you're not well.

Use an old pan to make chaparral tea. Its sticky resin ruins pans, unless you have the time and energy to use steel wool every time. With chaparral, you are better off making a tincture.

Feel free to add to these basic formulas to find what works for you. Never be afraid to intensify your program, or try different things.

2.7 THE KIDNEY/BLADDER FLUSH

2.7.1 This is done every other week, because the liver may process the wastes, but the kidneys have to throw off the liquid portion of them.

It doesn't matter if you have a kidney condition or not, do this kidney cleansing routine every other week, all week long.

The herbalist has seen medical photographs and autopsies of kidneys that had objects in them that looked like coral, sea anemones with spikes, and deer antlers three or four inches in size. These are crystallized wastes — from the bodies of people who didn't necessarily have any kidney disease. The urine from some of his patients was full of bacteria, pus, and blood.

If you are on the incurables program, every morning you should do either the kidney/bladder flush or the liver/gall bladder flush described earlier. You can alternate between these flushes on a weekly basis.

Ingredients:

Juice of one lemon and one lime

16 to 32 ounces of distilled water

A pinch of cayenne pepper
maple syrup to taste (optional)

Fifteen minutes after drinking the kidney/bladder flush, drink 2 cups of a kidney/bladder formula, given in the lesson on kidney cleansing). Also drink 1 to 2 cup(s) of this tea in the early afternoon and early evening.

In each cup of the Kidney/Bladder Tea, add 1 dropperful (35 drops) of a kidney/bladder tincture. The formula will be given in the lesson on kidney cleansing.

2.8 BOWEL CLEANSING

2.8.1 *If you skip this, it will probably be impossible for you to get well*

You must use an herbal cathartic formula every day to keep your colon active. Start with one capsule just after dinner and increase by one capsule daily until you get the effect you want. Ingredients for the formula will be given in the lesson on bowel cleansing.

You also take an intestinal healing formula each day. Take one heaping teaspoon in 4 to 8 ounces of distilled water or juice 3 to 5 times daily. The formula for this is in the lesson on bowel cleansing. It is the second formula given.

2.9 BLOOD-CLEANSING

2.9.1 This formula is mandatory. Many healers used variations of this formula to kill cancers.

Every day, take 2 dropperfuls (70 drops) 4 times daily added to 2 ounces of juice or water of a blood-cleansing formula. The formula will be given in the lesson on blood-cleansing.

2.10 IMMUNE FORMULAS

2.10.1 Make quarts of this tea.

In addition, you alternate every other week with an echinacea root concentrate. Use two dropperfuls (70 drops) 4 times daily. The formula is given in the lesson on immune-system formulas.

All these dosages are starting points. I have taken two to five times as much with no problem. Don't be afraid of herbs, especially when you are on a complete program.

2.11 SEDATION

2.11.1 You may need these formulas to keep yourself calm so that you may heal.

People who are critically ill may be stressed-out. After all, how would any man feel if the doctor said he was going to cut off his testicles and that in three months, he would be dead anyway, and die in pain?

There are two different nerve formulas and different nerve herbs covered in various lessons, particularly in the lesson on nerve regeneration. The two basic nerve formulas are the nerve sedative formula and the nerve restore formula.

You may find the nerve sedative formula essential to calm down. Failure to calm down may inhibit your healing. Use two dropperfuls three times a day of the nerve sedative formula. You can increase that to double the dose. Also, you can take up to four dropperfuls at one time, as needed. The nerve sedative formula is given in the lesson on nerve regeneration.

2.12 CAYENNE, A FOUNDATION FOR CURES

2.12.1 Most sick people don't use enough cayenne pepper, and the pepper they do use is pathetically weak.

On the save your life program, you need to take three to six teaspoons of cayenne pepper per day. Start slowly and work up.

Also, you need to be taking cayenne that is at *least* 100,000 H.U. in strength. Most cayenne sold is only 40,000 H.U. strong. This is *not* what Dr. Christopher used in his clinics.

This is one more reason why people no longer get the healing results that Dr. Christopher used to get. They use lower doses of cayenne, and they use commercially available cayenne that is only a *fraction* of the strength he used to recommend.

A few people have a hot, dry metabolism and can only use cayenne pepper occasionally — and not regularly. I am one of these people. For these people, cayenne will irritate their system.

Herbalist: The best place that I've found to buy fresh peppers is any ethnic area of your town. Like in Los Angeles, I can get them in an Iranian market. They have good hot peppers. If you can find any Caribbean ethnic area, or Chinese, or Japanese,

Korean or African, you'll get a better pepper than you can at the healthfood store.

All you want to say is, "What's the hottest?" If you don't have an ethnic area, try to find a grocery store that has a great produce section and just ask the produce manager, say "I want some hot peppers", and they'll pick some up for you next time they go to the market.

Some peppers rate at 200,000 and the top of the line is 300,000. I've never seen anything rate higher than that, and that's what habañeros are. They're just a Mexican chili pepper. It's an orange pepper that's shaped like a pumpkin, but it's only about the size of a nickel, and that's about the hottest one known.

BISER: *What do you do? Do you dry them out in the food dryer?*

Herbalist: Oh yeah. Or you can just throw them on the counter on a paper towel or piece of cloth and they'll just dry out on their own. I've got bowls of them at my place. And when I buy them, I just toss them in an area that's going to get a lot of air. Or put them in one of those nets you can hang in a kitchen and put food in. And when they dry, they shrink down to about a Q-tip head. A little goes a long way. Wow!

There's another variety called pequin, which is called the African Bird Pepper. That's 300,000 also. Those are the two

hottest peppers on the planet. I personally travelled with Dr. Christopher, and he always talked about African Bird Pepper, and that's what that is. Very few people have that or sell that. What the herb shops sold forever was 40,000 heat units chili pepper, but that was not the African Bird Pepper that Dr. Christopher used.

BISER: *I can take the 40,000 unit regular pepper and hardly feel it?*

Herbalist: Yes, and see, that's not what Dr. Christopher talked about. Here's another one of those missing links. Like I said, when Dr. Christopher used to talk about cayenne, he called it African Bird Pepper. That was the first time I'd heard that name. It was from Dr. Christopher.

BISER: *So he was using 300,000 H.U. pepper?*

Herbalist: Oh yes. He was using really, really, hot stuff. The hottest he could get.

BISER: *So, if he said 3 teaspoons a day, he wasn't talking about 40,000 units?*

Herbalist: No, he was talking about that big heavy-duty stuff.

BISER: *And that got watered down to 40,000?*

Herbalist: Well, unfortunately, that's what the standard now is.

BISER: *Yes, but that's only a little more than a tenth of what he recommended.*

Herbalist: Absolutely. And this is why...I just did the eyewash on students. When I did this on students in England, we'd do the eyewash with no cayenne, then we'd do it with Dr. Christopher's recommended amount of cayenne with 40,000 H.U. peppers.

Then we'd do it with Dr. Christopher's recommended amount of cayenne with the 300,000 H.U. peppers, and when we use the 300,000 stuff, people have involuntary eye closure and they can't see for five minutes. And when they open their eyes ten minutes later, they say they see things they didn't even see before.

The key is we all want the hottest cayenne pepper we can get. The cayenne pepper that's sold on the commercial market nowadays, a lot of it, would have been considered junk by native peoples.

[Note from Sam Biser: Here is something I just learned: With these extra hot Mexican peppers, you need to start with a tiny part of a teaspoon and work your way up as you get used to it. Flush it down with plenty of water, and always have some food in your stomach.

I tried a teaspoon on the first day, and it hit my poor stomach like a hot brick. After ten minutes of terrible cramps, it passed, and I felt a lot better than before I took it. I find it

was easier to take multiple doses of half a teaspoon during the day, rather than a full teaspoon at once.

Do not get this on your fingers and start touching your eyes. It will burn. Especially be careful not to touch your genitals after getting this on your fingers. If you do, you will be in agony for awhile. I realize this sounds contradictory, since hot cayenne is used in the eyewash. However, in the eyewash, the cayenne is in a liquid solution, and you are using it for a therapeutic purpose.]

2.13 GARLIC FOR HOPELESS CASES

2.13.1 *Consume at least three extremely large cloves of raw garlic every day. Eight cloves a day is preferable.*

Herbalist: In all the reports I've ever read on garlic, the least amount that was ever used was three cloves a day. So if anybody thinks that with one or two cloves a day, they're going to cure something, they're wrong.

BISER: *When you say cloves, you don't mean those little tiny cloves?*

Herbalist: No, never. You need a clove an inch long and a half an inch wide.

BISER: *Wow, that's a big clove!*

Herbalist: Yes, that's sort of standard, an inch long and a half an inch wide. They sell a lot of junk garlic today. And the junk garlic, of course, is when in one bulb of garlic, there are about 50 cloves of little slivers of a string bean. That's garbage garlic. It wasn't grown properly.

You can juice that, but who is going to sit down and peel that kind of garlic? A good kind of garlic bulb is about the size of a small lemon and should have about 15 large cloves of garlic in it, and you want to use one of those large cloves. Sometimes garlic cloves can be even bigger. They can be like an inch wide and an inch high, but generally an inch high, half an inch wide. One of those 3 times a day is minimum. That's a starting place.

BISER: *But what's optimum when you're frightfully ill?*

Herbalist: Oh, about eight to ten cloves a day. There was a flu going around Los Angeles, and the minute a friend of mine felt it, he did twelve cloves, and that was it. It was gone. and so we need to get up around eight to twelve cloves in a day when we're talking serious disease.

You know, we had a lady call the other day and she said, "I don't like garlic." My wife just said, "Don't get well." If you want to undertake natural healing, don't be whining about the

garlic odor in your breath with your social friends. I mean, we're talking here about saving someone's life.

BISER: *What I did this morning for an energy drink, I just chopped up a whole 5-8 cloves of garlic, a handful of ginger, and mashed it up on a plate. Dumped it in some apple juice, stirred it and let the juice soak in for 10 minutes, and then drank it down. For me, the apple juice reduces the sting of garlic. I have this once or twice a day.*

Other times, I put lots of garlic in the superfood drink in the blender, which grinds it up. I think I get more out of it by using a blender.

Herbalist: Now, there's a drink! The ancients, the Greeks, the Romans, the Egyptians, when they used garlic, they would use the whole bulb, ten or fifteen cloves. In fact, we bake garlic here and so we bake the whole bulb, and we never eat less than one per person.

BISER: *When you bake it, do you have to clean it all up before you bake it?*

Herbalist: No, all you do is take that garlic clove, you can baste a little olive oil on it, put it in the oven and bake it like you would a potato, skin, everything and all. You don't have to do anything to it, and then when it comes out, you just squeeze the cloves and it come out kind of like peanut butter.

Now, it's lesser strength that way because the heat has destroyed some of the properties, but when you use it in that

way, you can eat twenty-thirty cloves of garlic easily, and spread it on whole grain bread. You can put it in with vegetables, so that's a nice way for people when raw is a little bit tough on their system. They can just bake it a little bit. But not if you're on the incurables program. Then, it's raw only.

2.14 WATER THERAPY

2.14.1 *My readers always underestimate the power of water to cure.*

High enemas: You must use a high enema every other day with an implant afterwards. Use only distilled water for the high enema. The implant can be: eight ounces of Aloe vera gel and 8 ounces of distilled water (soothing).

You can also use: two ounces of wheatgrass juice with 16 ounces of water. (*This is detoxifying.*)

Another possibility is: 1-2 cloves of garlic blended into eight ounces of raw apple cider vinegar and eight ounces of distilled water (*this would be anti-bacterial, anti-viral and anti-fungal*).

Use your imagination: If you feel you need a blood-cleansing tea as an implant, use red clover, or use echinacea root tea for its immune-enhancing abilities.

Hot and cold showers: This is the most effective way to move the blood and create circulation. This procedure is covered in much more detail in the lesson on using water to cure. Twice daily, and for some people, up to four times a day, you must do a complete hot and cold shower. You will start with hot water for one minute, then cold for one minute. Repeat this seven times, so the shower should last about fifteen minutes.

You should also apply the water *directly to the affected area*, such as the breast, or the head, or the genitals. Massage the area vigorously while you do the hot and cold shower.

If the shower is impossible, then use hot packs and ice packs.

2.15 CASTOR OIL

2.15.1 *Castor oil packs nightly are critical.
There's no excuse for skipping them.*

Every evening, do a castor oil pack over the affected area and leave on all night long. You can do multiple castor oil packs over different parts of the body. They can be kept warm with a hot water bottle. Let's soak a minimum one-foot square piece of flannel. Heat the castor oil pack before you put it on.

Don't be stingy with the size of the castor oil pack, or with the amount of oil you put on it. It is better to cover more of the area of your body than less. If you use more, you are cleansing the nearby areas which are probably infected or congested also.

According to the herbalist, "You just go to your local fabric store and get some cotton muslin that's used for making baby diapers. They have it in big bolts, and you can just buy a whole bunch of that. Cut it up as you want."

"It helps if you seam the edges, and if it isn't thick enough, you can actually buy heavier weight cotton and put it in, and kind of sandwich it in-between two pieces of this. Then you can soak it in some castor oil and you have a really nice, thick pack. Or you can sew multiple layers of this together, or you could even put cotton batting inside.

"Get some good cotton batting or cotton felt, and put it inside, like one layer of cotton batting and one of muslin on each side and stitch together around the edges and that holds a lot of castor oil."

Cover the pack with plastic to keep it from soaking into your blankets and sheets — which may get stained anyway. I put the plastic over the castor oil pack, and then I put on a thick, terry cloth robe, and then have the plastic on top of the sheet.

Baking soda can help in getting the oil off you in the morning, in addition to soap. The baking soda seems to soak up the oil.

Eventually, the pack may get stained with colors from drawing out toxins. Change it with a fresh pack. It is not necessary to refrigerate the castor oil pack during the day.

Some critically-ill patients have done castor oil packs over their entire body, and I heard of one terminal cancer victim who was saved by his son doing this. He soaked a sleeping bag in castor oil and put his Dad in it.

Be careful with castor oil, because it can spoil all your bedding and furniture. I use huge plastic garbage bags laid out flat underneath me on top of the sheets. When I do a castor oil compress on my head, I cover the whole pillow, and the headboard of the bed, with plastic. When you are doing castor oil packs, use underwear and T-shirts that you keep separate from your regular underwear. Castor oil can leak into your undergarments, and you will never really get all of it out.

If you need to do castor oil compresses on your head, cover your head with a plastic sheet, or wrapped-up plastic garbage of the proper size. Then, place over that, a winter cap to hold it all in place. If you are doing a castor oil pack on your genitals, use disposable adult diapers, with plastic underneath, to keep it from getting on your bedding. It still will — but not as much.

When you get castor oil on your hands, wipe them off with paper towelling before you wash them. Otherwise, you will get the oil all over your bathroom fixtures. What I do after putting the compresses on, and you can have several on in different parts of your body at the same time, is put a terry cloth robe over you to help keep the oil from brushing on to anything in your house.

2.16 INTENSE HYDROTHERAPY

2.16.1 The cold sheet routine must be done by all patients — and it must be done regularly.

Finally, the cold sheet treatment — the artificial fever routine: Do a cold sheet treatment once or twice a week. The second or third time you try this or any procedure, you will know what to expect and be more comfortable with it. Do NOT skip the cold sheet routine and do everything else.

There is NO herb or physical exercise that substitutes for this treatment. If you wimp out, your body loses. Full instructions are included in my lesson on water cures. Also, special instructions for children are included in my children's lesson later on.

2.17 NO ELECTRONICS WHERE YOU SLEEP

2.17.1 *Get all electronic devices out of your bedroom and away from your head.*

One researcher said, "Because of electronic stress, the bedroom is often the most dangerous place in the home." That means, get rid of televisions in your bedroom, electric clock radios, any electronic devices.

According to Wolfgang Maes, German researcher into electro-magnetic stress, "The electro-magnetic fields in bedrooms are often worse than under high-tension power lines." In addition, he claims that people are more than 100 times more vulnerable to electro-magnetic stress during sleep.

He said that since you spend one third of your lifetime in your bedroom, it should be a temple, not an electronic warehouse. TV screens radiate all night long, even after you unplug them.

In one case, a two-year-old child was very sick with headaches and severe muscle cramps all over her body. She was nearly dead. She was lying in her bed at night with a radio alarm clock directly under her pillow. The child took to the alarm clock every night because it was so warm. She liked the temperature.

When Wolfgang Maes measured the field directly near the alarm clock, it was 30,000 nanotesla. This is thirty times more than under a high tension line. (The level under a high tension line is from 800 to 3,000 nanotesla.)

The parents took the radio away immediately. The little girl got better week by week. About three to four months later, the father called and said that about 80% of the girl's problems had disappeared.


More on this in a lesson later on in the course.

2.18 GEOPATHOLOGY

2.18.1 *Your bed may be located across dangerous energy lines deep within the earth. You may have to move the bed.*


The entire earth is threaded with an invisible grid of energy lines every 6-8 feet. If your bedroom or work area lies over these lines, or, if they intersect over your body while you sleep, there is a great chance you will have health problems such as heart attacks or cancer. These were discovered by a German medical doctor, Ernst Hartmann, M.D., who named them Hartmann lines.

Cats love Hartmann energy lines, so if your cat loves a certain area of the bed, make sure your body never lies over



that point. A woman in Germany had three cats. They all slept in one tiny spot on the bed when she wasn't there. The woman also slept on this same spot. It went right through her chest area. She died of breast cancer.

Ants love to build hills on Hartmann lines. Dogs and horses avoid the lines. Birds in nature rarely build a nest on a Hartmann line. A lot of pet birds die because their owners unknowingly put the cage right on a Hartmann knot — an intersection of two Hartmann lines at right angles.



In different generations, three different people slept in the same bed. The bed was where two Hartmann lines crossed. They all died of stomach cancer. Dr. Hartmann once told a woman, "You're lucky you don't sleep on that spot." She replied, "Oh, God, that's where my grandmother died."

It takes a trained and sensitive dowser to locate these energy grid lines. These people are often impossible to locate.

The best thing to do is what I did: use your intuition. Ask yourself if this is contributing to your disease. I moved my bed and now I sleep much sounder and feel stronger in the morning.

2.19 PHYSICAL EXERCISE AND BODYWORK

2.19.1 *Do not avoid touching and working on the areas that are sick.*

Massage the entire body every day with special emphasis on deep foot reflexology and all around the problem areas. Do not be afraid to touch sick parts of your body. Put some life back there. You must not avoid the parts of your body that are hurting.

Alternate castor bean oil, olive oil and cold-processed wheat germ oil by Spectrum for your massage oils.

Use a natural bristle skin brush and SCRUB yourself thoroughly every day. It stimulates the lymphatic flow and your lymphatic system is the clear fluid of your body. It doesn't have a pump like the heart. It's the white blood and it's what contains pure immune cells. Skin brushing moves the lymph tissue. You can move the lymph just by rubbing your skin. It's one of the best ways to move that lymph around the body.

You must exercise every day. Do whatever you can, but push yourself. Increase the amount every day. You should breathe hard and work up a sweat. One hour each day is to be your eventual goal.

I recommend walking and weight-lifting. Not jogging. Not aerobics. I believe this just wears the body down. And as far as weight lifting, lift and lower weights slowly — to the count of ten in both directions. And you should only lift weights once a week. If you exercise the muscle properly, it takes them that long to recover from weight-lifting and be ready for more.

2.20 ATTITUDE

2.20.1 *Your thinking can save you or kill you.*

The herbalist suggests that anyone who has been diagnosed as incurable or hopeless do the following: throw out the diagnosis and start on a healing program *immediately*. The incurables program has no power unless you put all the time and energy you have into it. You must give it 110%.

Here is what you need to do or understand:

1. LOVE: giving it and receiving it is the most powerful cleansing and healing tool.
2. Be responsible for yourself. You created this problem and you can get rid of it. No one ever got better by feeling sorry for himself.
3. The doctors were wrong. You can get well.

4. Forgive everyone in the past, including all your doctors.

5. The main function of your body is to repair and heal, so let's get started. There are NO incurable diseases. Get positive, right now. Believe. Start NOW.

2.21 IGNORE DOCTOR DEATH SENTENCES

2.21.1 *When your doctor says, "You have six months to go." What does it really mean?*

BISER: *What does it do to your immune system when they say you're going to be dead in six months?*

Herbalist: Well, you know, the scientific end is that, by depressing yourself, you're depressing almost every function of your immune system.

BISER: *So, they just killed your immune system by saying that to you?*

Herbalist: That's right. Your mind is now sending chemical messages to your immune cells, "We're going to die. We're going to die. Stop fighting."

BISER: *What do you tell patients?*

Herbalist: One of the things I always tell people is that everything that you can create in your body, you can get rid of.

That keys them a little bit to think, “OK, wait a minute, I got myself into this mess, I can get myself out.” I let them know that what the doctor means is that you’re going to be dead if you’re an average American. The doctors aren’t talking about the vegetarians who exercise, who clean their bowels regularly, and who do a liver flush. They don’t know anything about that.

BISER: *That’s how they look at it. It’s six months — if you’re going to do like everybody else.*

Herbalist: Yes, if you’re going to go home and continue the six-pack of Bud every night, watch Roseanne on the color TV from four feet away and get that radiation, not exercise, sit in your easy chair, have your negative thoughts, be constipated like the average American, then in six months you’ll die of pancreatic cancer.

You know, they’re right, they’re absolutely right: You will.

But they don’t know anything about if you go home, throw the color television away. Get the blender out, make liver flushes, start exercising, read inspirational books, use high enemas, and herbs, and a vegetarian food program, and use hot

and cold showers. There's not a book written on what will happen if you do that.

So, because they don't know and they don't know anybody that's done that, they say you're dead in three to six months.

BISER: *Then your people feel better when you talk to them?*

Herbalist: Of course. It makes sense to them. All the test subjects the doctors are referring to are New York City taxicab drivers or something like that. They take a group of typical diseased, rotten Americans and base their deadly comments on that. Ignore them, and get on the incurables program immediately.

2.22 THE SUN

2.22.1 *Heliotherapy was used in Europe to cure the hopeless.*

Every day, strip naked and take a sun and air bath for 10 to 15 minutes. Everyone has been brainwashed into believing that the sun is a killer. The sun heals — when used wisely. There were entire clinics in Europe in the early 1900's that healed serious diseases with the rays of the sun. They called it Heliotherapy.

Every day, take a walk outside in your bare feet and shuffle them in the grass or dirt, even lie down on the earth. Do deep

breathing while you are outside. Fresh air will help you heal faster.

Take naps. One to three short naps a day, more if you need. Don't make naps too long; you can get groggy if you lay there too long. Better to take more naps and shorter ones. Many patients ask the herbalist for a formula to give them energy, and they tell him they are tired after lunch. What's wrong with that? In Europe, everyone rests after lunch. In America, people take coffee to force their glands back to work when all they need is rest.

2.23 MISCELLANEOUS

2.23.1 *Personal cleansing.*

Use only natural soaps, shampoos and toothpastes. Never use deodorants, perfumes, colognes, etc. You may use pure essential oils if you smell. Wear only natural fiber, cotton, wool and silk. No polyester, nylon or even blends.

2.23.2 *Drink daily broths.*

HAVE THIS POTASSIUM BROTH AS MUCH AS NECESSARY: This broth will flush your system of unwanted salts and acids, while giving you a concentrated amount of vitamins and minerals. Fill a large pot with 25% potato peelings, 25% carrot

peelings, and whole chopped beets, 25% chopped onions and garlic, 25% celery and dark greens. Add hot peppers to taste.

Add enough distilled water to cover vegetables and simmer on very low temperature for a minimum of one to two hours. Strain and drink only the broth, put the vegetables in your compost. Make enough for two days, refrigerate leftover broth. It is important to use organic vegetables. We do not want to consume any toxic insecticides, pesticides, or organic chemical fertilizers while we are on a cleansing and detoxification program.

Please note, it is my (Sam Biser) strong opinion that some critically-ill people need more than vegetable broths. They need broths made from chicken and fish, with the bones in them. I do not know what percent of the sick people this is, but I believe these people will never make it on vegetable broths alone. This is something an herbalist will never tell you, because their dogma prevents them from seeing any therapeutic value in animal products.

2.23.3 Your body cannot heal without salt.

Finally, and this is my opinion (Sam Biser), consider using celtic salt, the only natural, unheated ocean salt I know of, in your food. See chapter on Sources for ordering information.

Without sufficient salt in your diet, your body will remain dehydrated, no matter how much fluid you drink, because you cannot retain water without salt.

2.24 INTENSITY

2.24.1 *A basic law of healing.*

BISER: *What is the basic mistake other healers make in not getting results with incurable cases?*

Herbalist: Not enough intensity. That's the big problem.

You know, when I'm over in Europe, the greatest healers line up their worst cases for me in the hallway. These are the people who they haven't been able to get well. The big problem is that everyone is afraid of hurting someone. They don't want to break the patient.

BISER: *The big problem is death!*

Herbalist: Absolutely. They didn't want to push the patient too far.

BISER: *So what do they do, keep the doses and routines moderate?*

Herbalist: That's right. And yet, I find when I look into the lives of these patients, the way that they took care of themselves before they got sick was very intense. These people were drinking pints of wrong beverages, and smoking cigarettes and on a

steady diet of animal foods. And people are afraid that a bit of natural healing is going to overdo it. So I turn up the volume on everything.

I have gathered a great sense that the human body is incredibly strong — and I have yet to kill someone. I have yet to do a treatment, like put someone in an ice bath, or give them a cold sheet treatment, and see them die. No one has died on me. I dare them to die on me. People are so much stronger than anybody can ever imagine.

And so I get these patients, and I do in a day what these healers were having these people do in two weeks' time, and everybody breaks into a sweat and stands back and thinks, "Oh wow, I can't believe what he's doing to Mrs. Jones."

BISER: *And what might you be doing to Mrs. Jones that they hadn't done?*

Herbalist: Oh, I might be getting right down to give her a colonic myself, but with some deep muscle work in the gut.

Or I might just work on those feet with some heavy foot massage and some deep reflexology. Once, I saw Dr. Christopher work on a guy who had a kidney stone and he had done the herbal routines and he couldn't pass the stone. And Dr. Christopher got on his feet, and the guy felt like Doc was putting a nail through his feet. And the guy passed the

stone within an hour. The man had done all the herbs, he just needed his nerves stimulated to make something happen.

Most practitioners are a little afraid to do that because of their insurance, and even if they've been in practice for ten years, they're still frightened for themselves and for the patients. What they don't understand is that they're hurting the patient by being timid.

Usually the healers are not doing enough of everything. Their treatments are lightweight.

You know, so many people are afraid to care for their patients, but in my first twenty years, I've had it all happen to me — so I'm not afraid of anything. I've had my butt kicked, so what's the worst thing that could happen? I've been beaten up a dozen times.

What are these patients going to do to me? I'm not afraid of them. You know what I'm saying?

This tooth right here got knocked-out or kicked out. I did kick-boxing for two years. That's probably one of my weak points, that I'm not afraid. I'm not afraid of anybody or anything. I don't have those kind of fears. I'm not afraid of the patient.

What are they going to do? Get mad at me, cry, call me a jerk? I've been called a jerk. They can't hurt me, so I'm not

afraid to just drill them. I'm not afraid of their tears; fine, cry, when you stop crying, we will continue. If you want to yell at me, if you want to slam the door, fine. Don't let it hit you on the butt on the way out. I just turn up the volume. So I think that is the biggest thing.

BISER: *What if the healer gets the patient to a plateau and can't get him all the way healed?*

Herbalist: It means the healers are afraid to do more. They are thinking, "Oh gosh, I can't say that to them."

But I don't care. I'll ask them about things, like, if I see their husband, I'll say "What is he like? Do you love him? Do you have a good relationship? Do you enjoy sex?" I just go and go. I want to know everything. If I see a little something, I want to pick into it. If I'm asking a question and I see them go blank, I say, "What are you huffing about? Does this make you mad what I'm saying here? I'm saying you can be well. Is that a problem?"

I don't let up and I keep making it tougher and more intense. They just love it. This is where my reputation in Europe has gotten big.

BISER: *As a butt-kicker?*

Herbalist: Absolutely. And I don't give up. More cayenne, more tinctures. More everything. On my last trip, I saw a

woman with a brain tumor. I took the entire program of what the herbalists were giving her all day long, and for me, that was only one morning dose, and I repeated that 6 to 8 more times that day.

I found out she worked in a dry cleaning place, and was getting all those toxic fumes. I told her to quit her job and get in a less toxic environment, but all the healers had been too embarrassed to tell her.

I take people in these clinics and I say, "Get me twenty pounds of ice in the tub upstairs," and if I get a patient who says, "You don't understand." Then I say, "Fine, let's go upstairs and get in the tub of ice water. Let's see if that brings us through the situation."

"Why I throw people in buckets of ice water."

BISER: *Why throw people in ice? What does that do?*

Herbalist: You can't be cool and aloof when you are in a tub of ice. You can't hold on to your stubbornness. You're being stuck and being mad. You cry. It's very painful. It's a shock, shock treatment. I've taken people that have been in the clinic and grabbed them by the back of the hair and held them in the shower. It's great to know the martial arts. They end up loving it, because no one else would do that to them. But they get well.

Of course, we have miraculous healings. And again, one of the only reasons we have these miracle healings is because I crank up the volume and turn up the juice. The thing is, too, I don't quit. I don't run out of things to do.

There is so much. How can you run out of things to do? I think if I ever did, I would start at the beginning again. Or do them in a different sequence — or add more together. There is no shortage of natural remedies or treatments. That's what your readers have to understand about the healing process: don't hold back.

BISER: *In other words, it's not a place for timid little ants.*

Herbalist: You got it. Everybody thinks they are doing something intense, and I tell you, give it to me and I can do it 10 times more intensely. And nobody gets hurt, and everybody gets better. I have never seen a person break. One of the things I do best is just feel secure enough to turn up that volume.

BISER: *So, if you did not turn up the volume, the family was heading for the funeral home?*

Herbalist: Absolutely. Then it's time to carve in the second date on the tombstone.

I get some people in my office, and I'll say, "I think you need to drink a couple of glasses of carrot juice a day," and they go, "I did that." And I go, "Well, you need to take hot and cold

showers,” and they go, “I’ve done that before.” You go through the list of herbs, and they tell you, “I’ve done that before.”

But they have never done it all at once. They haven’t put this entire program together — and they haven’t done it every day. There is incredible power in having the program together. These people have never experienced *that* kind of healing power.

2.25 HEALING CRISIS

2.25.1 *How you can tell whether a person is having a healing crisis, or whether they are going to die.*

BISER: *When people start dumping toxins or feel sicker, how do they know if it’s a healing crisis, or their disease getting worse?*

Herbalist: There is only one way. You know, if someone is throwing up bile, okay, how do I know if that’s healing or disease? Well, what did they do last night?

If they tell me they went to the bar, had four light beers, a couple of shots of Tequila, and ate a pepperoni pizza, that’s a disease crisis. But if they tell me they have been fasting for a week, it may look identical, but it’s a healing crisis. A simple way to tell if they are getting worse or better is what you have been doing. You know that if you have been taking care of yourself, your body is responding in a positive way.

Your body will push and push, and it will eliminate, and you will think it's going too far, but there's one thing you learn in first year immunology: the major function of your body is to survive — not to die, not to fall apart if you cleanse your liver and then terminate itself. It will do everything necessary to live.

BISER: *But how do you know if the person isn't just getting ready to die — and it's not a cleansing at all?*

Herbalist: Let me tell you a story. I've been working with a little girl with a brain tumor. We went through to a point where the parents thought she was going to die. And the parents were panicking and getting worse. The mother was crying, the dad was depressed. And then I went out of town yesterday, and all of a sudden she had some miraculous healing.

Old-fashioned doctors used to call it a healing crisis. That isn't a good enough term. the term should be: You think you are going to die.

Remember that guy I told you about who had the bone cancer and we thought he was going to die? His family, his wife, thought he was checking out. And then he turned right around. And then right after he looked his worst, he got better, and then all the bone cancer was gone. Sometimes I think that when the body is in its healing process, you just get worse and worse, and then all of this stuff seems to kick in all at once.

I tell patients not to get too attached to these ups and downs.

I do believe, like Dr. Christopher did, that everyone has a time to die. And you have to be enlightened enough to feel it and know it. I have a real hard time with that. I see these people and they look like they are dead. I don't know what is keeping them alive. I think to myself, "This is it. They're not going to be one of the many lucky ones."

And then the next thing I know, they are well. And so I would have done them a real disservice if I would have said to go to the St. Thomas, Virgin Islands and eat chocolate and wait to die.

I'm a bad person to decide who should live or die. That's not for me to say. I try to empower the patients into that and let them decide. Maybe they will get some signal. Maybe God will talk to them. I've had patients who absolutely knew. They said, "I'm not going to make it through this. Let's have a party." And they had a party, and a day later, they were dead.

BISER: *So patients actually tell you that?*

Herbalist: Yeah, they tell me. So I have never, ever told a person they are not going to make it. Even when they are dying. Even when they are vomiting blood. I go, "well, let's just take one day

at a time". I have never said, "This is it." How could I say that to someone?

BISER: *You don't know.*

Herbalist: No, I really don't. And unless God speaks to me personally, I'm not going to write anybody off as dead. So I always say, "Keep going." That's how Dr. Christopher and I cured so many that *others left behind.*

Sam Biser's
Save
Your Life
Collection

**A Layman's Course
in Curing Last-Stage
Diseases**

Juice Fasting
Lesson 3

Basic information on juice-fasting

This is basic information needed to cure cancer and other serious disorders. I have never seen anyone else cover it as well. I know you want complicated herbal formulas, but this comes first. Pay attention.

One of the most important things you need to know is that incurable patients had to have one gallon of juices and fluids a day, and sometimes up to two gallons. The herbalist told me, "I never saw anyone hurt their kidneys from drinking too much liquid. All I found was my patients dying from NOT drinking enough liquids, and from NOT using enough herbs."

He told me that the patients with kidney disorders and kidney disease got better on lots of juices. A lot of times, the

person had a low-grade kidney infection, and juices cleared that out. By consuming as much liquid as possible, you make it easier for your kidneys to filter your blood. If you get dehydrated, your blood gets thick and your kidneys are trying to filter sludge. Drink enough liquids. Don't let that happen.

3.1 PRIMARY THERAPY

3.1.1 *When you are dangerously ill, stop eating and go to juices.*

Herbalist: The first thing an animal does when it is sick is stop eating. They fast themselves.

Likewise, the first thing *we* need to do when we don't feel well is: stop food. There are a lot of reasons for that. Food takes a tremendous amount of energy to digest — and that's blood and energy. Our digestive system, basically the muscles and the tissues, fill with blood. When you stop eating, your digestive system rests, and all that blood and energy can be put somewhere else to heal you.

People have said to me, "What do I do for this particular disease?" *Juice fasting*. "What do I do for degeneration?" *Juice fasting*. "What do I do for heart disease?" *Juice fasting*.

Juice fasting is for the incurables. Juice fasting is the answer, because it allows your body to rest — and it lets your body choose what it wants to heal.

If you just keep cramming food down your mouth, you'll just get more tired. Your body has to digest large amounts of food, and it's the *opposite* of what you should do when you're not well.

3.2 AS FAST AS TRANSFUSIONS

3.2.1 *You can regenerate blood levels in one or two days.*

BISER: *What does juice fasting do?*

Herbalist: Food has nutrition in it, but it takes a lot to break those nutrients down. Juices are like a blood transfusion.

A glass of fruit and vegetable juice takes very little digestion, if any. It goes right into your body. We look at juices in the same way a doctor would look at an I.V. It's something that can go right into your bloodstream.

One of my first learning experiences was a woman patient who was undergoing a surgery, a female surgery. The doctors nicked an artery, and she had tremendous hemorrhaging and bleeding. By the time they got her patched up, she was in intensive care, and had lost a tremendous amount of blood.

The doctors wanted to do a transfusion. She was scared to do a transfusion and the doctor said, "You're very anemic and your hemoglobin count is at the lowest end for a woman."

She said, "Is there anything you can do?"

And I said, "Sure," and I got the juicer out and juiced some juices. I made some carrot juice and some beet juice. I took it to the hospital and said, "Just let the doctors give you 24 hours."

They did, and, in 24 hours on juices, they said that her hemoglobin count was over the top end of the scale for a man, not even a woman, and men's hemoglobin counts are higher.

This was my first realization of the power of what juices can do to build the blood up.

BISER: *Wait a minute, you gave her juices. How did she get juices when she went into the hospital for 24 hours?*

Herbalist: Oh, I went to the hospital too. I juiced the juices, put them in quart canning jars. Fresh beet juice, fresh beet greens, fresh carrot juice. I took it right to her hospital room and she drank it.

That's all she had for 24 hours and not only did her blood hemoglobin go up, but it went over the top of the scale for a

man. The doctors said they were shocked, they had never seen anything like that.

I never had a patient have to have a transfusion if we kept the juicer going, and in many cases, we got the juicers right in the hospital, and plugged them in. Other times, we brought the fresh juice to the hospital twice a day.

3.2.2 *It is strong enough to cure colon cancer.*

Herbalist: I had a man who had a colon cancer and he basically refused to do anything, but he said he would stop eating and go on juices. This was early on in my practice, too. These were learning experiences.

He started on a multitude of fruit and vegetable juices and, I remember it was about a month later into his long juice fast, he pooped his cancer right out. It was 18" long.

It looked like a rope with figs attached to it. I had seen things like that before in pictures and books — but that was the first time I ever saw one come out.

BISER: *A rope?*

Herbalist: Yeah, it was like a rope with sacs on it, they were about the size of figs. And, he actually eliminated his cancer just through juice fasting. He wasn't using any herbs or doing anything else, something I wouldn't recommend.

Juice fasting, through my experience and his, is more powerful than just water fasting. Juices not only fill you with nutrition — but they empty you out. If you have any doubt about that, go home and drink a quart of prune juice and you tell me what happens. Juices are flushing and cleansing to organs of the body.

3.3 JUICES ARE ENZYME THERAPY

Herbalist: Juices contain gigantic amounts of enzymes. And a lot of people nowadays are taking enzymes because of the benefits, but you don't have to, they're in the juices.

Enzymes are heat sensitive, meaning that when you cook food, you destroy all the enzymes. Now, when you eat that food or juice, it's okay. Your body will produce enzymes in order for you to digest that food. But when your body does that — it can't do something else. It only has a limited amount of energy.

So, one of the things that juices do, because they are loaded with enzymes, is they give your body a vacation.

Most of us live enzyme-free diets. If all we eat is cooked food, there are no enzymes in it. By supplying your body with high doses of enzymes, it gives many of your organs like your pancreas, your liver, your digestive system a holiday, because

they don't have to try to manufacture chemicals that are coming in through your juices.

BISER: *So it's an enzyme holiday! Does the large amount of sugar in juices hurt diabetics?*

Herbalist: No, it doesn't. I don't profess to be a master scientist, and I don't know why this is, but first, I don't notice people's blood sugar going up on juice fasting.

I've had a lot of scientists say that this is because the juices contain such a high amount of enzymes. These enzymes let the pancreas work better and the pancreas is then able to control the blood sugar.

Second, if someone's very concerned about this issue, they can go ahead and dilute their juices to start. But we're talking live juices here, not canned. That's the big difference. When you have a canned or bottled juice, all the enzymes are gone and all you're left with is sugar water.

3.3.1 *Juice fasting thins the blood.*

Herbalist: Yes, an enzyme holiday. And it also thins your blood. This is a major key. Most of us who are ill are trying to do something to get blood to the area that is sick.

But our body is trying to pump around mud — and it can't get there. Thinning our blood is one the greatest keys to getting

healthy. It increases our circulation because the blood becomes more like water than molasses. The bottom line is, juice fasting thins your blood. That allows your circulation to get deeper in your body into the vital areas, into the capillaries that were filled with fat and all clogged-up.

3.3.2 Hormones and body chemicals get rebalanced.

Herbalist: Many people are sick because they don't produce enough insulin in their body. Or, they don't produce enough thyroxin from their thyroid. Or, they don't produce enough interferon or immunoglobulin for the immune system to be strong. They don't produce enough estrogen or progesterone or testosterone.

Those chemicals are all built from nutrition. One of the things that juice fasting does is, it supplies your body with a tremendous amount of nutrition. So it balances your metabolism, balances your hormones, balances your endocrine system, your thyroid, your pancreas, and your reproductive organs.

It does one other important thing: It allows you to get more work done.

3.3.3 *Juice fasting clears the mind.*

BISER: *How can you get more work done when you're hungry, because you're not eating solid foods?*

Herbalist: Let me tell you, it's just the opposite of what you think. If you want a gigantic change, stop eating for a couple days. It will feel like the fog is cleared.

You will be amazed at your sense of smell, your sense of taste, your eyesight, your perception, your thoughts. All through history, from the Greek and Roman writings, to the Egyptians, from Jesus to Shakespeare, people talked about fasting for better mental clarity.

One thing I can guarantee you is that if you have a confusing problem, or a stressful issue that you don't know the answer to, stop eating. It enhances mental clarity. We are drunk on food. Overeating makes you dull. Your blood, instead of going to your brain, is going to your digestive tract.

You read it in the Bible, Jesus going to the woods for his fasting. Everybody, throughout history, would go out of the city and go onto juices and water, and fast. Fasting clears the mind, and so it is a physical and emotional cleanse, and maybe even a spiritual cleanse when you stop your food from coming in.

BISER: *When you worked in Hollywood, you had all those people in the movie industry, did you give them the same advice?.*

Herbalist: Yes, in fact many people came to me and they were worried about the first week, or a difficult part of the movie that they were having a problem with, or that they were worried about, "Can I do this?", or, "Is it going to go okay?", and I would suggest the five-day program.

*Anyone who
does a juice fast
for even a
couple of days
will be
amazed at its
healing power.*

The five day program is 2 days of light eating of fruits and salads only, with 2 days of juice fasting in the middle, and one day of fruits and salads at the end.

They would say to me, "Oh, God, I can't do that, that would even be more stress." And, I would say, "Yes you can. It will be less stress when your body is using all its blood and energy to help you do what you need to do, and figure it out, and not be loaded down with food."

Those that would do it came back to me and said, "Oh my God, thank you." I had one woman who hadn't worked in a couple of years, a quite famous actress.

She had to go out for four interviews during the week and these were the most interviews she had been to, in a long time. She said, "What should I do?" and I said "Fast." She said, "That sounds horrible. I need all my strength and energy." I said "Believe me, fast."

She fasted and got all four parts that she went out for. I've always seen it happen with all my clients.

I remember as a kid, I used to eat a big meal, thinking it was going to make me feel stronger. I felt more tired. So, I'd eat more and I felt more tired. And I'd eat more, then I felt more tired.

I've done many fasts — short fasts. I've done two thirty day fasts and one sixty-day juice fast. We can go months without food — as long as we're getting our nutrients.

BISER: *But did your body get run down without it?*

Herbalist: Oh no, in fact, in the last couple days of my thirty-day juice fast, I kick-boxed 17 rounds and I was better than ever before. No one could come near me and touch me. I had better vision, I had better reflexes, I had better timing. And I had endless amounts of strength. This is something we have to get away from — the idea that fasting weakens you. It's not true.

3.4 BE AWARE OF THIS

Herbalist: Sometimes when you fast, you have a little less body heat. So take a sweater with you when you go out. Every once in awhile, you may feel a little colder and it's because it is calories from heat units in food that warms up our body.

So, since you are reducing your food and you're on juices only, dress a little warmer and have a little blanket in the car or a sweater with you. That's one thing I tell people.

The other thing is, you have energy lows. And what that is, when you're fasting, is all of sudden, you might feel, especially if you're doing a longer fast, like a week or more, you might feel like, oh my gosh, I have no energy at all.

Don't pay any attention to that — because it will be gone in ten minutes. This is very common as your body is used to a solid fuel and now it's on a liquid fuel. And just like a machine, if you change its fuel, it adjusts a little bit. We have to make adjustments and once we make those adjustments, it's fine. So don't pay any attention to that.

A couple other things I'll throw in here. One thing I always tell people is, you get hunger pains when you're fasting.

Most of the time they're not real. All of a sudden, you have a dream or a vision of a baked potato covered with sour cream and chives. If that's real, you'll still have the urge in three or four hours. So, one of the ways to get by that, is just to ignore it and it will go away.

Most people think a fast means deprivation. I see it differently. A fast is a flush — a flush with liquids. Okay?

You are only going without solid food — but you are getting liquid food that does you more good.

BISER: *What juice do you use when you want to detoxify heavily?*

If you are hungry, drink more. Remember, a fast is really a liquid flush.

Herbalist: Wheat grass is great. It can detoxify when some people don't get a detoxification any more from anything. Or, when they've used a few herbs and they think they are clean.

I remember my own story. I thought I was very clean. It was after I spent six months at Dr. Jensen's eating only raw food and juice fasting and years after I had healed my heart.

I started drinking wheat grass, an ounce a day, then two ounces a day, then three ounces a day, and then four ounces a day, and I got up to eight ounces one morning and I remember feeling horrible — and I started vomiting. It was just too strong of a dose, but at that point, wheat grass started creating all sorts of cleansing in my body — of old things I remembered I had. It finally cleaned them out and brought them to the surface.

BISER: *What do you mean "old things"?*

Herbalist: Well, when I started cleaning out my bowel years earlier, my hemorrhoids went away and I hadn't noticed any hemorrhoids for years.

Herbalist: Then — in the middle of this wheat grass purge, the hemorrhoids flared up again, and it wasn't because I was having diarrhea or straining or anything.

I think it was because there were small capillaries there that were still blocked, and that wheat grass was cleaning them out. I started noticing things with my bronchials and my sinuses, and all sorts of problems that I had cleared away. But now they were kind of coming back again. When you do a really good final cleansing and healing, a lot of your oldest problems come back, but just for a few days — as you clear them out.

So I noticed some tremendous differences in my skin, and to this day I still drink wheat grass. People always come up to me and say, "Your skin looks so great." I get this comment all the time, so I know that it's really done some good work inside me.

3.5 USE OF WHEATGRASS

BISER: *What does a reader have to know to get going on this? It sounds powerful.*

Herbalist: They might have to grow their own wheat grass, and actually purchase a wheat grass juicer, or something they can juice with. If they don't have a wheat grass juicer, just soak the

wheat grass in water and blend it up in your blender and drink it, grass and all.

Anybody can grow wheat. You grow wheat and it just grows into grass. You can grow it yourself. It's very easy to grow yourself. You just buy wheat, and you take organic wheat kernels, and you soak them for a few days until they actually sprout.

You can soak them for about 24 hours and then put them into a damp cotton cloth for another two or three days, until the wheat sprouts, and then you can just make them like other sprouts. Rinse them in water two or three times a day until they have tails on them about an inch long, and then you can go ahead and plant them right in the soil.

Some people plant them right away and then just keep the soil damp the first couple of days, and you grow your own wheat grass. Now you have what looks like your front lawn in a tray in your house.

What do you do with it? Well, you can run it through your juicer. A lot of people think you have to have a wheat grass juicer. A wheat grass juicer just gets more juice out of the wheat grass. There are hand-operated ones and there are electric ones. The hand-operated wheat grass juicers are about \$70-80, and the electric ones are usually \$300, but you could run the wheat grass right through your Champion juicer.

Lemon and lime tend to cover up the bitter taste of wheatgrass.

You can just cut it up and even soak it with water and put it in a blender. I've had many patients in areas just take the wheat grass, cut it up and put it in a blender, fill that blender with water and blend it up and you'll get a greenish water.

Or, you can run it through your juicer with other things like carrots, and it gets caught up in your juicer.

So wheat grass is something that everybody should consider as a medicinal cleansing and building juice, very bitter tasting. Start out with a little bit. I suggest people start out with an ounce a day and don't take it on its own. I like an ounce of wheat grass with 16 ounces of fresh carrot juice. It just gives the carrot juice a little greenish tint and it's very palatable.

There is also what I consider the wheat grass cocktail, which is a base of apple juice with, say, about 12 ounces of apple juice, a couple of ounces of lemon juice, a thumb size piece of ginger and an ounce of wheat grass.

3.6 JUICING FOR TOUGH CASES

Herbalist: I also have a recipe for a detoxification cocktail that I used a lot in my clinic which was: 10 ounces of carrot juice, 3 ounces of beet root and beet greens, 2 ounces of a combination of broccoli, brussel sprouts, cabbage and cauliflower and you can

even add kale to that, one ounce of wheat grass and 2-4 cloves of garlic.

It tastes a lot better than you think it would, especially with that base of carrot juice. That was my detoxification cocktail for everybody to have at least one, 16 ounce a day, if not 16 ounces three times a day, whatever they could tolerate.

*Use up to 25%
cruciferous
vegetables
when juicing
for cancer
patients.*

3.7 JUICING FOR SICK KIDNEYS

BISER: *What do you do with juices for the kidneys?*

Herbalist: I use two different things, one a vegetable, parsley, and the other, a fruit, watermelon. I tell my patients to sit down for dinner and instead of dinner, crack open and eat a whole watermelon.

BISER: *Is this one of those wellness things or does it really cure?*

Herbalist: Oh, my gosh. I was down at Dr. Jensen's and they had some organic watermelon and I said "Okay, I'm just going to have watermelon tonight." I cracked open one, about the size of a basketball, and I ate that really quick, and I thought I want another one, so I ate one of those red-meated ones, and I basically went to bed.

The next morning, I woke up, and when I urinated it was like urinating fire. It burnt my prostate, my penis — it was so painful I was moaning in the bathroom.

Watermelon juice, watermelon itself and watermelon seeds are all diuretic and disinfecting. When you're juicing the watermelon, a lot of people just juice the meat, but you want to juice the rind too.

The rind has the minerals. You run it through the Champion juicer. You run the watermelon and the rind right through there, and it is delicious. You can taste the salt, the sodium, in the rind, and the minerals in the rind — very cleansing to the kidneys.

BISER: *Why do people eat watermelon and not get any kidney cleansing, or kidney cures?*

Herbalist: I think because they don't juice the rind, and I think that a lot of the watermelons today are seedless. And I would suggest that people do not buy the seedless. Juice the watermelon, seeds and all.

3.7.1 *Parsley juice is better than parsley tea for ill kidneys.*

BISER: *I thought parsley was just one of these feel good, wellness herbs. Not for heavy curing.*

Herbalist: No, it's an intense one. The problem is that people only make tea out of it. When you just pour boiling water over dried parsley you're going to get a little bit of the essential oils.

Now, if you use fresh parsley and grind it in a Champion juicer, it's a lot more intense.

It's like the herb plantain. Dr. Christopher talks about plantain for blood poisoning. You can make a little plantain tea, or mash up a plantain leaf. Or, you can take plantain and run it right through the juicer. If you've got blood poisoning, who the heck wants to worry about making plantain teas with a little boiling water over it?

Get it through the juicer and get yourself two or three ounces of plantain juice. I've done that.

3.8 JUICES FOR THE LIVER

Herbalist: If you want to add a juice in to stimulate the liver more, all the radishes work real well.

Some people talk about the black radishes, or other kinds, but you can use the red radishes and even use wild radishes you have growing wild in the United States. Remember, where you have mustard growing, you also have wild radish growing.

You can even pick the pods off, or use the radish leaves or sprouts, but radishes of all types stimulate the liver and clean it out. As far as bad digestion, I've seen a lot of people helped in their digestion with celery and cabbage juices.

BISER: *You mean cabbage juice doesn't cause gas?*

Herbalist: No. Cabbage is a great cleanser and healer to the digestive tract. I've seen a lot of people with ulcers and digestive problems have great results drinking cabbage and celery juice.

Cabbage juice is excellent and I've had patients drink about 8 ounces of cabbage juice a day in one ounce doses. It can be mixed with other juices too. The celery juice works really nice to cool the system, especially with ulcerative conditions.

It's important with vegetables, but especially fruit, if you're not getting organic, you need to wash it. Use a little bit of soap and water, a good natural soap and even a scrub brush, because most of the sprays and things are put right on the fruit themselves. [Editor: For juice-fasting, you can obtain organic vegetables by mail from: Walnut Acres, Penns Creek, PA (800) 433-3998]

3.8.1 Leukemia: *A man regenerates his bone marrow with months of juice-fasting.*

Herbalist: I had a man with leukemia. He had fairly severe leukemia. He had undergone a couple different treatments and a couple shots of chemotherapy. He felt so horrible, he said that dying would be better than his experience on the chemotherapy.

He quit the chemotherapy, and came to me right away. He wanted to do something quite radical and I turned him onto juice fasting. He really got into it.

The first month he didn't get any better. In fact, some of his blood counts were even worse. Then, he ate a little bit of raw foods, took a break for about a week. Then he went back onto a juice fast and the second month he was stabilizing and some of his blood counts were coming up. Then he went back on some raw foods and health building.

Then we went into a third month of juice fasting — and that's when we really saw the big changes. His blood chemistry changed dramatically. He didn't start really showing the cancer changing greatly until the end of the second month and into the third month, but, by the fourth to fifth month he was clean.

BISER: *Why do you think in the first month his blood counts got worse in spite of...*

Herbalist: Well, I think because he was so sick. He had spent 40 years — he was about 55 years old — but he spent about 40 of those years basically trying to kill himself...

BISER: *What do you mean, trying to kill himself?*

Herbalist: Well, you know with his food program, no exercise, high cholesterol, family history...

BISER: *You mean the numbers had a downward trend and you couldn't stop them, right?*

Herbalist: Yes, and a lot of people expect that, the minute they take three herb capsules and stop eating for a day, their disease is going to start to go away.

BISER: *What juices did you use to build his blood?*

Herbalist: When people are thinking about building that blood, I like beets and beet greens. So go to your organic market, but make sure you get your greens.

In some studies, I've seen the beets and beet greens analyzed. They have three times the iron in the beet greens than in a beet root, and sometimes, I've seen it the other way around. But greens are loaded with different minerals than the beets have. Together, they are a perfect food.

The beet and the beet greens, added to the carrot juice, is the one that I use with patients that have had either a lot of blood loss due to surgical trauma, or from cancer, where the body won't build blood any more.

When you start getting that beet and beet greens in, along with the carrot juice, you see a big change. Now if you want to build the blood, the extra juices to remember, the fruit ones, are the dark blue, red and purple — that would be raspberries,

I got an e-mail from a reader who used carrot juice with beets and beet greens and overnight, saved a grandmother with colon and liver cancer who had 3 days to live.

blackberries and blueberries or prunes, plums and cherries — these are all the super blood builders.

They are loaded with iron, and you start getting a blue purple juice, and you start drinking that, and now you have the fruit blood builders.

3.9 CHILDREN AND JUICING

Herbalist: The way I got the kids started was making apple juice in the juicer — and just throwing one carrot through.

You start out with about 90 percent apple and 10 percent carrots and the kids will eventually start drinking that like it's perfect. When they really get used to it, then go up to 20 percent of carrot and 80 percent apple and just work that ratio till you get it about 50-50.

A lot of people might say that is a vegetable and a fruit combination, but every juice specialist seems to agree that the one food combining exception with fruits and vegetables is carrot with apple.

3.10 THIN PEOPLE GAIN WEIGHT

BISER: *Wouldn't a juice fast be bad for people who are underweight?*

Herbalist: No — it's how I brought people's weight back, even when they had AIDS.

I had a man come to see me that had a complete turn around and he had a T-cell count which would fluctuate between five and twenty-five, depending on when they took it. That's about as low as it gets.

He had loads of opportunistic AIDS infections. We started him on juice fasting right away. This is one I want to talk about — because he was quite thin and a lot of people think “I can't juice fast or I'll lose weight.” I've had people gain weight on juice fasting and this man was one of them.

He started juice fasting and started gaining weight and people asked, “How is that?” It's very simple. A lot of food that people eat, they can't assimilate. When you are sick, your digestion, your assimilation and elimination doesn't work very well. But, you start putting juices in your body, and you'll see the weight come back. This is why I call juices “the natural healers I.V.” — it's like a hospital I.V. naturally. Within a couple of weeks, from juices and the other programs I used, the man's T-cell count was over a thousand.

BISER: *How much weight did he gain?*

Herbalist: I think he gained about 15 pounds in the first couple months, and he was mainly on a liquid diet.

BISER: *You would think he'd lose twenty-five pounds.*

Herbalist: Absolutely. But now he was getting nutrition that he couldn't get, so I think the main thing I've really come to see is that juice fasting builds blood, and I believe personally that it turns on the bone marrow.

3.10.1 *Fresh citrus juices with their rind are great liver cleansers.*

Herbalist: The bitter oils in citrus are big time liver cleansers. They disinfect and create more bile flow. And you have to get in the rind, which contains pectin. Run that rind through your juicer or your Vita-Mix. I look at citrus more as kidney and liver cleaning. It's also very effective for cleaning the blood and joints, like with arthritis.

3.10.2 *Removing parasites with fruits.*

Herbalist: I remember my first bowel cleanse, because I didn't know about herbs yet. I drank two quarts of apples, fresh squeezed apple juice, and a quart of fresh made prune juice.

Not only did I have parasites, but I had casing from my colon. I also had all sorts of dark flecks of things of old come out of my bowel. That was my first bowel cleanse.

BISER: *Just from fruit?*

Herbalist: Just from fruit.

BISER: *But you took more of it. Most people don't take enough to cause parasites or anything else to come out.*

Herbalist: No, they don't. Take two quarts of apple and a quart of prune as your juice for the day on a juice fast and you will notice a dramatic bowel cleanse.

You can also make fig water by just taking figs and putting them in a blender with water. The problem is that a lot of people eat dried prunes and dried figs. They are constipating.

On a juice fast you should only have the juices that come out of the juicer. You should have no pulp at all. The pulp that's in most fruit is fiber that's not digestible. All it does in a juice fast is it might cause your digestive tract to work a little bit more.

BISER: *Okay, so a juicer would be slightly preferable.*

Herbalist: Yes, it would. If you're doing your fast to really shut down your digestive tract and to really put all your body's energy into healing something, yes — avoid the pulp.

However, if you are using a juice fast to clean your bowel out, you're better off with the pulp, because it activates the digestive system, and, of course, this will give you bowel movements

3.11 JUICE-FASTING MISTAKE

BISER: *Why do so many people fail to get results on juice-fasting?*

Herbalist: It's because they don't cleanse their colon before they do it. Every day, have that bowel flushed out, and a person might want to use herbs for a couple of days and then do it with enemas; see the difference; see what happens and experiment that way.

High enemas are also something to do during a juice fast, to get all the pulp and solid bits out of our system and they work very nice too. But, the main thing is, during a fast you need to have your bowels work every day. They don't have to work necessarily three times a day.

With some people they're bowels will work seven times a day, depending on the person, but those who have a tendency towards slower, sluggish, sleepy bowels, they can go on a fast for a week and not have a bowel movement at all, so they don't want to do that.

3.12 SUPER FOODS DURING A FAST

Herbalist: Fasting can be even more powerful when people maximize their nutrition. Super nutrition can cause the body to detoxify more by flushing your body with vitamins and minerals, and it can also build your blood faster.

So, I always suggest people add super foods to their juice fast. Some of the best ones are spirulina and chlorella.

If someone can't get fresh wheat grass, you can use wheat grass powder, barley grass powder and alfalfa grass powder or alfalfa herb. They're detoxifying, and they have vitamins and minerals. I usually, once a day during a fast, tell people to add some of these particular foods to their fruit smoothie.

Sea weeds are also good. You can get sea weed powders in the health food stores like Dulse or Kelp. I have many patients that have fasted using the nutritional yeast too. I've really seen the results when people have done a juice fast on just juices and a juice fast using super food powders.

BISER: *You mean they feel a lot better.*

Herbalist: Well, they have a lot more energy when they do it on super foods — and it can also cause the body to purge and eliminate more. It builds the blood faster.

When I started putting things like this in people's juices, I noticed a big difference. That's why I'm a big fan of it.

3.13 ADD HERBS TO JUICES

Herbalist: I am a big fan of always putting something herbal into your juices. So, if you're making your general juice, and you're having digestive problems, add some ginger. Ginger tastes

good with any fruit or vegetable juice. If someone's trying to fight off an infection, every time you run the juicer, throw a clove of garlic through it.

If you really want to blast your circulation, put just a small chilli pepper through the juicer. I'm talking about a little piece of chilli pepper. You can also put mint through. If you have a sinus thing, run a little fresh horseradish root through there.

If you want, top it off with an herbal tonic, or throw a little ginkgo tincture in. Juice can be a medicinal recipe. And don't forget, sometimes juices by themselves can be too strong, and you may have to dilute them a bit.

3.14 HEART PATIENTS NEED JUICE-FASTING

BISER: *Some people say a heart patient should never do a fast. It would be a strain on the system.*

Herbalist: That's the first thing a heart patient should do — a juice-fast. The first thing is stop eating, because 99 percent of the time the heart patient's blood cells are like mud and their coronary arteries are congested.

When the circulation is that bad, even becoming a vegetarian won't unclog the blood. You have to do a juice fast to thin the blood back to a healthy state.

BISER: *What does it feel like when the blood is thick?*

Herbalist: When you feel very sluggish, you feel — full, bloated, not only in your digestion, but you run two blocks and you're sweating and you just feel full of fat.

You feel it. You feel like blood doesn't even want to pump around your body. You are breathing heavy. Then you stop eating — and it's just the greatest cure for anything, just stop eating. Stop eating food and get the juicer going.

3.15 PERSONAL EXPERIENCES

BISER: *I know from your beginnings that you weren't always such a believer in juice fasts?*

Herbalist: Oh no. I took lots of vitamins and mineral pills. I didn't realize that when you thin your blood, you improve your circulation to every capillary in your body.

So, I did my first fast and didn't expect much. But when I finished, I felt so much better, I said, "Wow, this is something that is much more powerful than anyone ever told me."

I remember, I did a fast for about a week. Then one for about ten days. Then I thought, okay, "I'm going to do a thirty-day fast and see what happens."

That was probably the biggest change that I had in my health, and this was early on, when I was living in New York, and I did that thirty-day fast. I think that after the first couple

days, I never felt a heart palpitation from that point on. I never felt my heart dysfunctioning. It was like the missing link in my health program that I hadn't seen.

Then, about a year later, I did a two-month fast. That one was really life transforming to me. I have barely had a down day since then. What I suggest to most of my patients is, two or three days fast in the middle of five days of raw foods, once a season. That's what my five day program is.

3.16 STOP FOOD IN SEVERE ILLNESS

Herbalist: Many of my patients walked in the door and they had done just about every program under the sun, and sometimes even all at once or almost at once, but they hadn't really fasted.

Many people are afraid to fast. They are afraid of the one treatment that can cure them. We have this old American idea, that we need to have that bacon and eggs breakfast to get us going, and, of course, that's one of the things that gets us dead. I always called that the heart attack plate.

BISER: *I thought before I met you that juices were mainly a feel good, wellness kind of thing, but not powerful enough for serious diseases.*

Herbalist: Many people feel that way. I myself thought that way — until I started investigating the classic old healers.

BISER: *So, this is the therapy that people never do?*

Herbalist: That's right. Everybody in America, we have this conveyor belt that's going from the health food store or the herb shop into our mouth, and we think, "Well, it's chromium and kola nut."

Or it's goldenseal. Or it's garlic. Or it's cayenne. Or it's a colonic. We're all looking for something more, but very few people actually stop eating. The old herbalists didn't have the juicers. Juicers weren't a common household item back then. But nowadays — everybody should have a juicer.

Food is the foundation of healing.

But doctors are unbelievable. According to them, drugs are the foundation of healing. And according to the healthfood people, vitamin tablets are. They're all wrong. Food is.

Sam Biser's
Save
Your Life
Collection

**A Layman's Course
in Curing Last-Stage
Diseases**

**Electrically Ground
the Human Body**

Lesson 4

Electrically Ground the Human Body

This is overlooked because no one thinks of it and because it is so simple. But healing sleeps cannot be taken for granted in terminally-ill people. I know from being sick myself that just when you need it most, it can be impossible to sleep.

The information in this lesson can make all the difference.

Dr. Christopher believed that you have to “ground” your body electrically by having periodic contact with the planet. He did this by having patients take their shoes and socks off and walk on the grass. You may think this is trivial or nonsensical, but he didn’t think so.

4.1 A SICK PERSON'S DESPERATE NEED

Herbalist: I've done that with lots of people and have seen great healings. It's the absolute cure for insomnia. Quality sleep is what sick people need.

I have people with chronic insomnia and I have them meet me down at the beach for their session. I have them come in their swim suit, whatever time of year it is. I take them out to the ocean and throw their butt in the waves.

I roll them in the sand until they look like a sugar donut. I dump seaweed on them. I make them run up and down the beach, and go in the waves again. They're getting the sun, the fire, the air energy, the water energy, the earth energy. It's what they call the four elements. They're getting it all.

These people always call me and say, "I almost passed out on the way home." They never have a problem sleeping.

Dr. Christopher said the body has to be grounded, and it doesn't get grounded through sneakers, and it doesn't get grounded until you take your shoes off and you touch the planet. We have electrical energy going in our body. Our heart beating is electrical energy. Our brain impulses are electrical energy. We need to ground that electricity.

So to get rid of this excess electrical energy that we generate, you have to touch the planet. I have seen people grow plants on the 30th floor in New York, and those plants don't grow. Then, they ran a copper wire down 30 stories and put it into the ground. It was unbelievable what happened to those plants.

BISER: *Have you ever had an incurable case helped by getting them to walk on the ground barefoot, or is that a technique for insomnia?*

Herbalist: No, it's part of the whole incurables program. I had people with cancer that it helped, because they were so stressed out. Anybody that's stressed out needs to get back in touch with the simple things in life. All the old nature cure clinics used 5 minutes of sun bathing and 5 minutes of air bathing and then hot and cold water. Getting your clothes off is a big part of this.

How a woman with uterine cancer helped cure herself by getting back in touch with the earth elements.

I've had people who were stuck and weren't getting rid of their cancer — and then this turned them around. I had a woman with uterine cancer. I remember that the big thing that started her whole cleansing process was just getting in the ocean, or getting in some water outside, and taking some walks at the beach, letting go of that stress.

The power of the sun and air is incredible. But we don't use it.

BISER: *Don't the people say you are going to kill them?*

Herbalist: But it doesn't kill them, it cures them.

I had a lot of people who had flu for three months, and they think they are going to die. They have used every antibiotic and I would say, "Come on down to the ocean; let's take a little walk on the beach." Now we are talking January, and the water temperature is 55 degrees.

BISER: *They think they are going for a walk?*

Herbalist: They tell me, "I'm so sick, I shouldn't even be out here." And I go, "How about this?," and I throw their ass with all their clothes on right into the ocean.


Oh, they gasp for air, you know, but they are not drowning, they are in two feet of water. They say, "I can't believe you did this. I'm going to die." You know what? They just get better.

And one reason I do this is to show them that 98% of their body is working fine. People who are sick focus on their sickness and not on the thousands of functions that go on every hour that *are* working.

BISER: *Is it like shock therapy to go in the water when they are sick?*


Herbalist: Absolutely. It's the cold sheet treatment. Now they are in their wet clothes, and they have got to walk a mile back to my office off the beach. I make sure we walk a long way. They are shivering, they are shaking, and they are getting the cold

*Even people
with colds and
flus in winter
get cured by an
ocean dip —
getting back in
touch with the
elements.*




sheet treatment with salt water. There couldn't be a better therapy. They walk home in cold, wet clothes. They go home in their car after walking a mile in these wet clothes, and by the time they get home, they probably have a 103 degree fever. I have them get into a hot tub, drink some hot herb tea and it's brilliant.

I used to do that until I got famous for tossing people into the ocean. I mean, I tossed owners of banks into the ocean. You wouldn't believe it, but they loved it. I used to "torture" them.



But it really is effective therapy because it makes everybody sleep better. Why? Because you have finally released the static electricity. You've grounded out your body. Think about it. Every time they have walked outside they have been in rubber-soled shoes, they are in their house on a nylon carpet on the third floor. I know people that in a year's time haven't touched the earth.

You have to touch the planet every day. That's part of the incurables program. When people get that much static electricity, everybody's mad and yelling at each other. Everybody's pissed-off. They can't even think straight. But put them back in touch with the elements and that anger and that stress drain away back into the earth.



You know what's absolutely brilliant is to take a hot shower, get it really hot and then go out naked in the snow. I've done it a thousand times. Turn around a little bit, jump in the snow drift, and get in the house. The first time you do it, you think it will kill you, but it's the greatest hydrotherapy.

**Sam Biser's
Save
Your Life
Collection**

**A Layman's Course
in Curing Last-Stage
Diseases**

Healings from water
Lesson 5

Healing with water

Using water to cure is as important as using herbs well. I realize all most want to hear is what herbs to take. But water therapy can produce cures that are not possible with herbs alone.

Cold water stimulates and hot water relaxes. Together, they are like a universal pump that makes blood flow. Circulation produces cures.

Herbs cannot cure if blood cannot circulate. I call this Biser's First Law of Natural Healing. Memorize it.

I think there is even more going on. I think hydrotherapy done right is like a *shock therapy* for damaged body tissues.

When I speak of water therapy, I am not talking about soothing baths to relax tired and tense healthy people. I am talking about water treatments so strong that cancer tumors can shrink by half in four hours.

If you avoid these water cures out of timidity, you are cheating yourself out of a cure. What you are about to learn here is NOT taught in more than one major herbal school. The herbal leaders are afraid of lawsuits, or as one of their wives said, “Do we have to mess up the kitchen with herbs?”

“Yes, Virginia, I’m afraid we might have to get some messy herbs on the countertop. Try to pull yourself together. And, I don’t know how to break this terrible stinky secret to you, but we might actually have to get some sheets *dirty* (I know, an awful thought!), and heaven forbid, throw them out and buy clean, new ones. Now there, try to calm down, it’s just the poisons from the cancers being removed.”

5.1 MAJOR READER MISTAKES

One of the two major reader mistakes is not doing this treatment often enough when they are critically-ill. I have heard readers do it once or never.

The truth is: in critical cases, I have heard successful practitioners do it as often as *twice a day*. You can do this as

long as the patient is properly *hydrated*. This may be necessary to save someone's life.

Ordinarily, do this Cold Sheet Treatment once weekly if you are doing the save your life program.

5.1.1 *Readers water down the water treatment!*

This is the second big mistake. Readers feel this is an extreme treatment. It is. The extremity is necessary to reverse the condition. Readers don't want to be "cruel" to loved ones who are in danger of dying. But by watering down the treatment, they are risking the life of the person they love.

For it is only the intensity that may pull the patient off the edge and change the chemistry in hours.

5.2 SPECIAL SITUATION WARNING

If someone has high blood pressure, you may have to be careful you go easy in the beginning so you don't jump their blood pressure. Use common sense and wisdom.

But often, the problem is low blood pressure, which is easier to deal with. Obviously, in children and in some older people, you may have to go slow at first. But what readers do is go slow forever — and never increase the intensity.

I remember Dr. Christopher telling me he has seen old people in their eighties saved by the full treatment, when everyone else was certain they would die. It can be a last-stage treatment, and in certain situations, you may have no choice but to go to full intensity right away — or the patient may not even be there from the final advance of their disease.

All these judgements are ones you will have to make. But you have to make them out of a clear head — not fear, fear, fear of the cold sheet treatment.

5.3 A HYDROTHERAPY SPA

Readers have asked where a hydrotherapy spa can be found. Here is one I learned is excellent. It is in the town of Ainsworth in British Columbia, Canada. Their phone is (250) 229-4212. They are at: P. O. Box 1268, Ainsworth, Hot Springs, B.C., Canada V0G 1A0

5.4 FULL PROCEDURES

5.4.1 These procedures have been diluted or omitted by modern healers who feel the treatment is too messy or vigorous. Trust me, death is much worse.

STEP ONE: First, you take a cold enema to clear loose fecal matter out of your colon before you begin the procedure. You can add herbs to the water, such as catnip or red raspberry. A cold enema causes the rectal area to contract, which helps you retain the fluid longer before you expel the tea and the fecal matter. After expelling it, proceed to Step Two.

STEP TWO: After expelling the herbal tea, the second step of the cold sheet treatment is an “injection” of a garlic mixture. You will need a rectal syringe from the drug store to do this; an enema tube will get clogged up. Put eight to ten large garlic cloves in a blender with 50 percent apple cider vinegar and 50 percent distilled water. The herbalist says it’s like Napalm in your rectum. Put it in with a rectal syringe — and you have to get it in all at once, because once you get it in, it will come right back out.¹

1. Dr. Christopher always made a garlic paste that he applied to the soles of both feet after the person came out of the hot tub and was put into a bed to sweat. For more information, see page 143 of this lesson.

According to the herbalist Dr. Schulze, “It’s powerful. It burns. That person lights up. They will run to the toilet, but it doesn’t all come out. In about 2 minutes, the burning and the cramping go away. I think it’s incredibly grounding. It seems to break any psychological armoring the person has. The person knows immediately that this is something that they have never had before.”

STEP THREE: Get in a hot bath, as hot as you can make it without hurting the flesh. The water is kept at its hottest for as long as the patient can stand it. Before you enter the tub, have your helper place in the water, an ounce or more of cayenne pepper, an ounce or more of ginger, and an ounce or more of dry mustard. Get good high-potency mustard. A lot of the American mustard is quite weak. Coat your genitals with plenty of vaseline to protect them. Herbal oils will not do the job.

The cayenne, ginger and mustard you use in the cold sheet are not loose in the water, they are in a bag.

If you put them in loose, you’ll plug up the drain and it’s a real mess. So the best way to do it, if you don’t have any cloth, just cut a square out of an old T-shirt, put a level handful, which is about an ounce, of cayenne pepper, an ounce of ginger root, and an ounce of mustard seed, preferably powdered, but

any way that you have them. Put them into this piece of square cloth, tie it up with a piece of string, and just toss that in a very hot bath and then squeeze it, so you kind of activate it multiple times for about ten minutes before the person gets in the bath. The water will turn a yellowy orange, and it'll choke you. The fumes will choke you a little bit because of the volatile oils coming out of the cayenne. The hot herbs in the water will help build an artificial fever.

To further accelerate the fever process, drink hot, herbal tea while you are in the bath. According to the herbalist, "For adults, the best bitter diaphoretic (fever-producing) tea is yarrow. That's what Dr. Christopher suggested."

He told me, "I prefer ginger instead. Ginger is a tea that most people like the taste of. It really activates the digestive system; it makes you sweat, it's a diaphoretic, and it's common. Yarrow's great, but I'm always looking for what can I get out of, you know, Save-on or 7-11, or Alpha Beta, or Piggly Wiggly? I mean, yarrow's great, but suppose it's winter time in Virginia? Well then, what can I get from the grocery store?"

And usually, you can always get ginger, even if they don't have fresh ginger in the produce department, just go to the spice section and buy a can of ginger. In fact, in the spice section, you can get the cayenne, you can get the mustard, and

you can get the ginger for the bath and you can get the ginger for the herbal tea.


You can get minced, dehydrated garlic cloves, if you have to. Now you've got the garlic there for the rectal injection; and so everything you need for the cold sheet treatment, you can get right in the grocery store.

Drink as many cups of tea as you can get down, but the minimum is six.

If you get light-headed and feel like fainting, have your helper place a cold towel or washcloth on your forehead. Also, there are two herbal tinctures you *must* have on hand: cayenne tincture and lobelia tincture. Cayenne prevents people from fainting and lobelia stops full body spasms that sometimes occur.


When you get to the point where you know you can't stand it a minute more, your helper should push you for about 5 more minutes. By then, you may be in tears. Most people are. Once you're out of the tub, your helper should wrap you up in a sheet that has been soaked in ice water. This is a sheet that has sat in 20 pounds of ice. It isn't cool. It has to be ice-cold. You won't even notice it. You'll be on another planet. Then your helper should put you to bed and proceed to the next step.

*Have your
helper squirt
cayenne pepper
in your mouth
if you feel like
fainting. It
will bring
you out of it.*




STEP FOUR: You should be wrapped in a double bed-size, clean, white cotton sheet (no synthetics) that has been soaking in ice water. The sides of the sheet are pinned so you cannot throw it off. The sheet will draw out the poisons that have come to your skin's surface as a result of the hot bath.

A bed is prepared by putting a plastic or rubber sheet over the mattress, then a cotton, wool, linen, or silk sheet (any material that breathes — no synthetics) is laid over that. You lie down while wrapped in the cold sheet, and another dry, non-synthetic sheet is put over you. Then you are covered with non-synthetic blankets.



STEP FIVE: Last, your feet are uncovered, the feet and ankles are oiled with olive oil, and the garlic paste is applied to the bottoms of your feet to help get rid of any infections in the system. Recipe: one cup of slippery elm, 10 fresh garlic cloves, blend in blender with 50% apple cider vinegar, 50% water. Use 2-inch gauze or torn, white cotton strips as a bandage to hold the garlic paste on the sole of the foot. White, cotton or wool socks are placed over the bandaged feet. Remove in two hours. If no burning, can reapply for another two hours.

The feet are re-covered with the cold, wet sheet. The bottom of this sheet is pinned, so you will be in a wet sack. Then the dry sheets and blankets are pulled over your feet for warmth.



If you have to pee, just pee right where you are, and don't take the cold sheet off. The pee won't hurt anything, and it's not worth rewrapping the person in cold sheets and re-applying the garlic paste. You are left in the sheets overnight, and by morning, the sheets have turned multi-colored from all the poisons they have drawn out of the body. Dr. Christopher said that sometimes the sheets turn all shades of purple, yellow, black and green. These are toxins that have been in the person for years — sometimes the person's whole life.

In the morning, you are sponged off with warm cider vinegar and distilled water (half and half) to get the remaining toxins out of the pores. Then you are put into clean clothes and sent to bed. You should only be given fruit and vegetable juices, herbal teas, and lots of distilled water to drink and fruit to eat for one to three days to provide a total cleansing.

5.5 PRACTICAL CONCERNS

BISER: *In the cold sheet treatment, what does the temperature get to?*

Herbalist: It can vary. I've had people who didn't gain any fever at all; I've had people who had their temperature lowered, and I've had numerous people who had fevers of 102-103 degrees.

BISER: *But it never got out of control?*

Herbalist: Oh never! I've never seen a fever get out of control in or out of the cold sheet treatment as long as the person is drinking enough liquids. If you dry up, it is like a radiator in a car running dry. But if you just keep hydrated, there is no problem at all.

One patient with bone cancer had a continuous fever of 101-102 for two months at a time, and it was fairly debilitating.

The cold sheet treatment can accelerate the speed of your white blood cells by up to 64 times.

BISER: *Did he have to be in bed from it?*

Herbalist: No, he did things; he went out and golfed and things like that, but he felt he had no energy. It's how you feel when you have a fever, a bit delirious, a bit weak.

BISER: *Why did he have it?*

Herbalist: It's the body's way of responding to speed up the white blood cells, to stimulate the immunity and to make you eat the invaders, which can be infections or even cancer.

Most people don't realize it, but with the cold sheet treatment, we are using a principle of medicine called leucotaxis. That is where the activity and motion of white blood cells increase in response to heat.

Here is how it works: For every degree of temperature, the speed at which your white blood cells travel is doubled. At a 104 degree fever, your white blood cells are moving 64 times

faster than normal. They kill things faster, eat them faster, and travel faster.

So a fever of 103-104° means the white blood cells are going sixty-four times faster than normal. It just keeps doubling and doubling and doubling. Your normal temperature is supposed to be 98.6°F. We say 98.6°, but that was designed in the 1800's. And so it's going to be changed in the next couple of years to normal human temperature as a straight 98°.

So that means that 99 degrees would be 2 times faster than normal and 100 degrees would be 4 times faster than normal and 101 would be 8 times faster than normal and 102 would be 16 times faster and 103 degrees would be 32 times faster and 104 degrees would be 64 times faster. And so 105 degrees would be 128 times faster.

BISER: *How is this different from hyperthermia treatments, in which they put you in a machine and heat you up?*

Herbalist: With the cold sheet treatment, the body is setting the temperature. That is different from some machine that doesn't know where it should be. What is great about the cold sheet treatment is that you are just aiding the body in doing what it wants to do anyway.

5.6 DRUG-RESISTANT PNEUMONIA

BISER: *What is the most cold sheet treatments you have done on a really-ill person?*

Herbalist: I would say twelve.

BISER: *And how bad were they?*

Herbalist: They were dying of pneumonia. And so we just kept repeating the cold sheet treatment about every day...sometimes we left one day off in-between, sometimes two and just kept repeating it. And then with other people I did probably a dozen for a period of six months, like a couple a month.

BISER: *How did you know they were dying from pneumonia?*

Herbalist: They had lung problems all their lives. They were, I'm going to say, early 70's, and they had numerous bouts with pneumonia and finally, they had serious bouts of pneumonia that they couldn't get rid of. The doctors had already used all their drugs.

BISER: *So it was drug-resistant?*

Herbalist: Absolutely.

BISER: *That means there were no more drugs to use?*

Herbalist: That's right. Nobody could help. Of course, this is when numerous elderly people succumb and it's from pneumonia. It's a common cause of death in nursing homes.

BISER: *What happened, noticeably, when you did the 12 cold sheets with that person?*

Herbalist: They got better each time. One or two just wasn't quite enough and this person was quite weak. So the first couple of treatments we did were kind of modified, and then once they were a little bit stronger, we went ahead and did the regular cold sheet program.

BISER: *What came out of them?*

Herbalist: A lot of stuff out of their lungs. I've seen scabs, like blood scabs, come out of the lungs. Tons of mucus. It usually looks green, bright green, dark green, brown to black. I've seen black, lots of tar and black strands come out of the lungs. And scabs and blood.

BISER: *What are those from?*

Herbalist: Blood clots, usually from bleeding lung tissue. The lungs get so irritated, and so inflamed, that blood vessels actually break. And, of course, the mucus is just the infection and the immune war that is going on in the lungs. It's a good sign and you just want to keep it flowing. Keep it coming.

BISER: *Nobody would even know they could use the cold sheet treatment twelve different times.*

Herbalist: No. A lot of people think that all these things are a one-time deal. So to many people I work with, I say, “We ought to do this.” They go, “I’ve already done that.” And I think to myself, “Where is it written that you can’t do it twice, or three times or four times?”

Usually, like the first time through a routine, you have some fear and anxiety. You are holding back a little bit. You don’t use quite enough, or you are afraid it’s going to kill you.

A lot of times the first experience with a natural healing routine, whether it be lobelia or the cold sheet treatment, people don’t relax and do it totally because there is fear there.

But once they have done it and they haven’t died and they realize that they survived, then the second time they are relaxed a little more, and they go into it totally. By the third or fourth time, they are getting the maximum benefit from the cold sheet routine, or from any other new healing procedure.

5.7 PROTECT YOUR GENITALS WITH VASELINE

BISER: *Any practical advice you want to give our readers on the cold sheet treatment?*

Herbalist: Yes, don't just put a little vaseline on your genitals, put the whole darn jar on. This is one time you don't skimp. If you get that hot cayenne, ginger and mustard on your testicles, your penis, or your vagina, it will take the skin off.

I've had it happen to me. Just take gobs of vaseline in your hand and coat your entire private parts. For example, your anus, make sure you get it above and below your anus and all the way through and under. For a woman, slop it all over the vagina.

BISER: *Anything else before we move on?*

Herbalist: Yes. I don't think people are aware that the cold sheet treatment is not only physically intense — it can also cause emotional transformations, as if the person was undergoing an emotional cleansing along with the physical.

I remember how one young woman, after I put her in the cold sheets, started screaming at the top of her lungs, "Stop, you're killing me." She remembered her mother beating her on the head when she was a child. She always had this scar on her head, but she didn't know what it was from. During the cold sheet treatment, she remembered her mother beating her on the head with a vacuum cleaner. When she went back to her home town, her mother told her how severely she had beaten her daughter.

The cold sheet treatment brings out buried emotional trauma. This one woman said it was the cold sheet treatment that was the turning point in her life. I've even seen women go into false labor as they repeated some traumatic experience with the birth of their children.

Unless the patient is pushed toward the emotional "cracking" point, the cold sheet treatment is not as effective.

I've had people with nervous disorders, like epilepsy, not have the nervous disorders after the treatment. It's a life-changing treatment, yet other herbalists are terrified to have me teach it to students.

It's messy and dirty and time-consuming and, what they're really afraid of is that someone might die. But I've done this hundreds and hundreds of times, and I've only cured people.

Whatever the herbalists are afraid of, the opposite is true: To me, an adult or a child who does *not* do the cold sheet treatment has a much greater chance of dying.

BISER: *How do you know how far to push the person by keeping them in the hot herbal water? Most people will feel like they are torturing sick or dying relatives!*

Herbalist: I found out one thing that no-one ever learned: If you don't push the treatment to its limit, it's only half as effective. And when you are terminally-ill, half as effective might not be enough to keep someone here.

Here is how I found this out:

When a person first gets in, they're cool. It's like, "Hey, there's no problem. This is nothing. I don't know what anybody's talking about." Five or ten minutes go by and they're going, "Whoa, this is getting warm. This is very hot." Maybe ten minutes later, and they're going, "I'd like to get out now please." But they're still staying cool.

But, at about 15 minutes, or sometimes after that, with the women you'll get tears almost immediately at that point. And they'll start crying and whining. Men will get pissed off. They are saying, "Get me the hell out of here." Inside, they are crying, but they can't verbalize that.

So what you have to do is whatever it takes to get the person to stay in the tub a little while longer. I often used a cold washcloth to slap the patient across the face to keep them awake, if that was necessary. I kept them awake and kept them listening to me. "Keep your ass in the tub."

What happens is that the person begins to "crack." And I never know what the cracking is going to be. I had one woman look up at me and say, "Joseph, you're drowning me." And I thought, "That's great, except I'm Dr. Schulze and my first name is Richard."

I've had patients have hallucinations of the past. I've had patients go into full body cramps and then you pull the lobelia out of the other pocket.

I found out this: If you stop just before the person freaks out, you're not going to get half as much out of the cold sheet treatment. But once they freak out, the first thing you'll see is that the heat of the tub and the tea they drank isn't as intense anymore. It's like they've gone over the peak. Within one or two minutes of that point, get them right out of the tub. Because the cracking will continue a little bit and taking them out sobers them up.

This never happened to me in the beginning. I wanted to be a nice guy and when people said they wanted to get out of the tub, I said okay. But one day I pushed someone that step too far, and they snapped. And I saw a healing that took place because this person went through a whole reliving of childhood trauma and came out of the tub not only physically purified, but emotionally and spiritually purified.

I've had people relive their birth experiences just like a rebirthing. Every human being has this point, because the tub is so damn hot, and with the cayenne, ginger and mustard that's now seeped into their pores, and then when they realized they're not going to get out of the tub, they succumb to a higher power.

Something inside of them. Something from God. I don't know what it is, but they succumb to it. If you stop before then, you still get the physical cleansing, but you don't get the emotional and spiritual.

5.8 SPIRITUAL RELEASE

5.8.1 *When you take the treatment to the max, spiritual releases seem to occur.*

Herbalist: Men have the same reactions and healings. The one that comes to mind is this man who had throat cancer. He tried to convince me that it was not good for him to stay in there any longer. Then he tried to seriously convince me. Then he started getting some cramping in his body because of the amount of tension that was building up inside of him.

Then, he started screaming at his wife. He called out his wife's name and he went nuts at her. He was punching at her. She wasn't even in the room, and wasn't even in the town.

But he was punching the faucet like it was her face, and went through this dramatic, "I hate my wife experience" in the tub. And that man had to do some healing with his family.

BISER: *This is all nice to hear. But did it affect the man's cancer?*

Herbalist: Oh yes. It went down by almost half, just from the cold sheet treatment. Eventually, the man got totally cured by going on the whole Incurables program.

BISER: *What do you do once the person breaks?*

Herbalist: At that time, they don't need to be in there anymore. Get the cold sheet around them and get them to bed. The majority of the time, that experience will continue into the bed. I have had men and women cry for hours and hours and hours, until the tear ducts were dried up. I'm not just talking, 'Boo-hoo, boo-hoo.' I'm talking where the whole body was shuddering; they were squirting tears until there wasn't any tears left in their body.

BISER: *And do you ever go through this more than once with a person?*

Herbalist: Again, depending on the severity of the situation and the disease, the cold sheet treatment twice a week on the Incurables program is what I would consider normal.

I have had people continue to have different stuff, and more catharsis, every treatment, during eight, ten, twelve cold sheet treatments. After a while, the cold sheet treatment loses it's effect doing this.

At that point, you may consider doing some deeper psychotherapy. But this works for a long time. And then, if you

break off for a while and you don't do it for a month or two, it still has its powerful effect — all over again.

One of the great fallacies Americans have is that they're going to obtain some position or point in their life where they are physically, emotionally and spiritually — clear, clean, enlightened, or whatever.

The reality is, I've never seen it. I've seen people enlightened with their food programs, but they were living with a person that they hated. I've seen a person enlightened in their romantic life, but they were shooting insulin. I've seen gurus in India that were supposedly enlightened, but they were eating food that was killing them and they died in their 50's. People think they don't have any "stuff."; that they are *beyond* it. Well, those people, I have had the best of them fall apart in my bathtub.

BISER: *Did you ever have any releases like this yourself when you did the treatment?*

Herbalist: Absolutely. (*laughter!*) I've had all types of releases. I had a tough life. And the way I survived my tough life wasn't by dealing with my emotional issues. It was by chewing'em up and swallowing'em and keeping'em in my guts. And gutting through life.

I didn't have the time or the place, you know, when the lawyers said, "Get out of the house in 24 hours." And my Mom had just died and I had no parents and I was 14; I didn't have the time or the money to...

BISER: *To have feelings.*

Herbalist: Yeah, to go get counseling and have feelings. I had to worry about what I was gonna eat the next morning and which garbage dumpster I could find that had the freshest food in it. But as an adult, I found that I had a lot of these things stored up inside of me. And so, a cold sheet treatment can be of great use to anybody who is working with someone on an emotional level.

Just by accident did I discover that this cold sheet treatment goes so deep. You just have to wait sometimes 30 seconds more. It's the whole difference, and it becomes an emotional purging. It was like hypnosis. I've had people lay on the table for four, five, six hours, in an altered state, talking to people that I didn't know who they were talking to.

Here's one final thing your readers need to know: Just don't stop. I don't care if its tears; I don't care what's going on. Let it happen. Now, be prepared to deal with it, okay? Because this person might actually need to be physically restrained at some point. They might be going to hurt themselves or without realizing it, hurt you. But what I've learned is: it's not over 'til the person in the cold sheet treatment says it's over.


BISER: *Nobody knows this. This can save lives of people who would die or suffer for years without it.*

Herbalist: People think that doing this is cruel. They think, “Why would you do this to someone who is eaten up by cancer?” But these people need it the worst.

Anybody watching from the outside and not knowing what is going on would call 911. That has happened to me. But many of the people in my tub had already gone through Medicine, had the best of Medicine, and the final best of Medicine was to go home and die and get your papers in order.


One thing I’ve learned with these people is the few times I’ve wimped out, the patient ended-up coming back to me saying, “Why did you stop it? In other words, no matter how bad it looks, don’t assume that the person going through it is having a bad time.

We might be standing back, going, “Oh, my God. I have an exorcism going on in here.” Believe me, it can be like a great bowel movement. It feels good to the patients to get that stuff out. With the cold sheet treatment, it’s like cracking open crystallization and congestion and mucus. It’s like firing up a person’s body. You’re going to break through stuff that all the other practitioners couldn’t break through.



And again, the cold sheet treatment isn't usually the first thing you do with a person. It might be after a series of visits or work with a person, where they know and trust you. But sometimes I have to do it right away. What if the person is supposed to die this weekend? I have taken patients on their first visit, within the first five minutes, and dumped them in the cold shower, and in some cases immediately started the cold sheet treatment.

BISER: *Because there was no time?*



Herbalist: No time. I had many patients in the final hours, or what was supposed to be. And I would give them a two, three minute speech. And there was no time for sympathy; no time for explanations. They just had to trust me and let's get to work right now.

When you do the treatment right, you are going to cleanse things at a deeper level than any of the other practitioners were able to do. We are talking about taking it beyond anywhere that I've ever seen written about or heard from anybody. And that's why I was able to cure people that others failed on. I pushed farther. I was not afraid.

BISER: *So the problem isn't worrying about hurting the patient. The problem is the patient dying from NOT doing it.*

Herbalist: People have said to me, “You’re going to kill that person.” Never seen it. Only seen them get better. What we’re dying from in this country is our pathetic attempts at natural alternative healing. It is the *lack* of intensity in the treatments that is killing people.

5.9 A 30-DAY FAST IN A HALF-HOUR

BISER: *It’s obvious from our conversations that you are very much into hydrotherapy. It’s not just something you do as a side show.*

Herbalist: Absolutely. I think it’s the most powerful treatment I can do to patients — often more powerful than herbs themselves. I have been to the best hydrotherapy spas in the world — to Luxemburg, to France, to Belgium, to Malvern in England, and to Hot Springs, Arkansas right here in the United States. Hydrotherapy has been an obsession of mine.

I went to Hot Springs, and I was a bit fearful, because there were all elderly people on the porch and they were all hunched over and kind of drooling on the ground. I said, “Oh God, this is a sanitarium.” But a sign said: “The Original Bath Treatment”, so I went in.

The first thing they did to me was put me in a hot tub — a gigantic hot tub filled with this hot thermal water. And while I was in it, they made me drink about 8 cups of this same hot

thermal water. So I was cooking from the inside and out. Fifteen minutes later, they stood me up and put me in a steam of this hot thermal water and steamed me. Then they stood me up in a room with about 20 shower jets, turned the valve and ice water hit me from every direction.

BISER: *What was that like?*

Herbalist: I thought I was going to jump out of my skin, I thought it was gonna kill me. I thought I was going to have a heart attack, but nothing happened.

They took me out of the ice water, put me back in the hot tub, then into cold plunges, then they put me in a room that had radiators all over the wall, soaked me in the hot water and then put ice packs on different areas of my body to increase my circulation.

After 30 minutes of these therapies they put me in the wheelchair and wheeled me out onto the porch where I sat there hunched over, moaning, and I drooled on the floor.

And I could see my car parked across the street. For two hours I couldn't get out of that chair and get to my car. That's when I realized the power of hydrotherapy — of hot and cold water. This is what the old people knew. This is what they knew in Germany, in Europe and in the old nature clinics. They knew they could get a change in your body that you

couldn't get with anything else — using just hot and cold water.

BISER: *Did you feel better when it was all over?*

Herbalist: God, I felt like someone had taken all the muscles out of my body and put new muscles and joints in my body. I felt like I was born again. I felt like I was 15 years old. It was unbelievable.

When you keep this up repeatedly, it heals organs, and it will heal tissues.

The best way to increase blood flow throughout your body is that hot and cold water. In fact, they have shown tests where doing this detoxifies your blood. Just having that blood flushed! Because it's going through your liver more, it's going through your kidneys more, and then you are drinking that water and it's going through you.

After one of these rough sessions at a foreign hydrotherapy clinic, I thought my blood was going to come out through my skin. You know we don't do any of this.

But if we did, there would be powerful, powerful healings. But hydrotherapy is messy, it's not in vogue in this country. Nobody uses it. And it is one of the greatest healing tools I can say. In fact there are clinics that heal people of all sorts of diseases exclusively using hydrotherapy and that's all.

5.10 OLD-TIME HEALERS RELIED ON THIS

BISER: *Not even using the rest of your program?*

Herbalist: That's right. Not even using the rest of my program. I think if I picked one therapy above all others, it would be hydrotherapy.

Benedict Lust was one of the greatest natural healers of the 1800's. He had a blood-washing method where you stayed in the shower for 8 hours while you took detoxing herbs. And he had dramatic healings. But today, I can't get someone to stay in the shower for 8 minutes in this country; and back then, it was 8 hours with waters of various temperatures pounding on you.

In England, the whole town of Malvern was built on hydro-therapy. They had a bucket that would be 30 feet in the air and the pressure of that water would come tumbling down and hit you right on the top of the head. They didn't have pressure hoses in those days, so they had to do that.

But they were famous for curing incurables. For example, they healed people with mental disorders; these patients couldn't even think straight. They also cured people with brain tumors — just by increasing blood flow with these water treatments.

BISER: *And they cured cancer? Are you sure?*

Herbalist: Absolutely. I know, because I've used these treatments to cure cancer in my own patients.

And then these old people gave hot herbal packs and things like that. I travelled to where they did this and got the old antique herbal books, and this is the kind of therapies they did.

BISER: *But if you tell people about this, what do they say: "Those are fairy tales from the old days?"*

Herbalist: Either that it's fairy tales, or that it's a bit radical. But to these ancient people, death was radical. What's amazing is that when I started practicing, the only information I could get on this was in the ancient books, because there was nobody writing about it — even today. Healers like Christopher and Jensen talked about it, but they didn't get into it heavily in their writings. And no-one pushed it to the limit like I did. All of the good stuff came from the old days.

I'll tell you, in these clinics in Arkansas, they let me take a tour of the building that they didn't use anymore. Unbelievable. Granite and marble stands with valves which looked like fire hoses with nozzles on them. Up against the wall were things that you could hold onto. They would even strap you in because the pressure of the water was so strong. It

would dent your skin. I let them turn it on for me and it was unbelievable and it dented my skin an inch and a half.

BISER: *Did it rip it?*

Herbalist: No, but it dents it, it goes in your pores even. And it dents your skin, you're talking about a MASSAGE with hot and cold. I mean my spine felt like it hadn't felt in years. I was the only one down there for two days.

BISER: *Today we think it's a quaint idea from the past, right?*

Herbalist: If you ask me what was the most powerful thing that helped my patients recover from their cancers, it was the hot and cold therapy.

You can't get blood to move in and out of different areas of the body with any therapy that even comes close to hydrotherapy's power.

The second closest thing for circulation would be cayenne pepper. It's the only herb I know that you can eat and it can make your face red with blood. Cayenne pepper and body work are good for blood flow. But body work and cayenne, as great as they are, are still a joke compared to hydrotherapy.

5.11 HOT AND COLD SHOWERS

BISER: *How long do you recommend a person stay in hot and cold showers?*

Herbalist: When they are terminally ill, I will have them do it for forty-five minutes three times a day. These people who did this were dying. They were checking out. I had to do anything necessary to stop that.

These were cancer patients who didn't even have a month to live. You know, they had two organs missing and just needed to stimulate that blood in any way they could. We didn't have any time left.

BISER: *When you said forty-five minutes three times a day, how long hot? How long cold?*

Herbalist: Oh, usually a couple of minutes cold and five minutes hot, and a couple of minutes cold and five minutes hot, and do about seven repetitions of that. But that's exhausting and then they'd do it 3-4 times.

You need to do two basic things: 1) apply hot and cold water, as hot as possible and as cold as you can get it, to a diseased area.

2) Take hot and cold showers, or a hot shower, then jump in a bathtub of ice-cold water, or water with 20-40 pounds of ice in it.

The purpose of these two techniques is not torture. It is to *blast* blood into sick areas that are not getting enough blood. Until you do that, expect to stay sick. I had one man who tried

my programs for skin cancer, and they did not work. But he omitted one thing: the hot and cold showers. As soon as he did them, his skin cancer went away.

Simple rules: For those who are frail, use common sense and start slowly. For instance, on babies, use warm water and cool water. Obviously, be gentle. If you have a heart condition, start gentle with warm and cool. You don't want to shock the heart when it is weak.

To get the most results, work yourself up to using as hot as you can stand it — without burning your skin — and as cold as you can stand it.

BISER: *When I do it at home, I don't just use cold water. I found it works much better with bags of ice.*

Herbalist: That's right. People don't realize that they suffer less when you do the hot and cold intense. Real hot water. Ice, not just cold water.

One of the things that helped me out a lot is reading these old documents and realizing that even if I went to the extreme, I wouldn't be reaching what was done a hundred years ago. As far out as I appear to my colleagues, I'm not even approaching the intensity of what the old healers knew they had to do.

That's kept me going when I was out there, going far beyond the greatest patient nightmares of most modern-day

natural healers and herbalists. I knew I still wasn't getting up to some of the basic levels of what was done 100-150 years ago.

These people from the old days had no choice. All this didn't seem extreme because, to them, it was much more extreme to die.

BISER: *It seems that we, the civilized ones, are the great whiners who would rather die than get in a hot tub with herbs, then sweat and shake. Death with honor on clean hospital sheets, instead of life by socially-uncool methods!*

5.12 DR. CHRISTOPHER ON THE COLD SHEET

5.12.1 *In a blizzard, Dr. Christopher went out to save a little boy dying of double pneumonia.*

Three feet of snow was on the ground. It was two degrees below zero. A two-year old boy was dying of what was called "double pneumonia." A medical doctor had just left the house. He told the parents the boy would die before he ever got him to the hospital. He said he would come back the next morning to sign the death certificate. He told the parents, "Just be patient and the boy will die peacefully."

The parents called other doctors, but no one would take the case. They said it was hopeless. Finally, a neighbor said,

“Why don’t you try to contact that herbalist who lives outside of town.” They did, and he came. It was 2:30 in the morning. When he arrived, all the water in the pipes was frozen. Luckily, they found some water in a clean toilet bowl. It was their only hope.

Dr. Christopher prepared a thick herbal paste of garlic to kill the bacteria in the boy’s lungs. Dr. Christopher always applied a paste of garlic to both feet during a cold sheet treatment. But in this case, there was no water for a cold sheet treatment. So, the Doc applied a 3/4 inch thick application of garlic paste to the soles of the feet. He said the soles of the feet contained extensions of every nerve in the human body. Dr. Christopher put cotton gauze on the feet and white socks over the gauze. Then he tucked the little boy in bed and said good night to the parents.

The next morning, the medical doctor came back to sign the death certificate. He was shocked when he saw the little boy sitting up drinking grape juice for breakfast. The doctor said, “WHAT HAPPENED?” The parents said they found another doctor who healed their boy.

The medical doctor said, “I want his name. I’m going to sue!” The father said, “*Get out of here! We’re happy to have my boy alive.*” Dr. Christopher told me the best thank-you he received was 25 years later. A young man came up to the podium at an

herbal seminar and said, "I'm the boy you saved 50 miles from home in the middle of that blizzard. From the bottom of my heart, thank you. I have enjoyed living."

As you can learn from Dr. Christopher, even when you can only do *pieces* of a procedure or formula, you can *still* save someone who is dying. Dr. Christopher never gave up on people or on God.



Illustration from ancient book on Vincent Priesnitz, the Polishman who began the cold sheet treatment in the 1700's. Dr. Christopher modernized it, combined it with heating herbs, and brought it into the 20th century.

**Sam Biser's
Save
Your Life
Collection**

**A Layman's Course
in Curing Last-Stage
Diseases**

Cleansing
Lessons 6-10

Sam Biser's
Save
Your Life
Collection

**A Layman's Course
in Curing Last-Stage
Diseases**

Bowel Cleansing
Lesson 6

Bowel cleansing

The colon is the cork in your bottle. If you don't cleanse it, the wastes from your head to your lowlands can't get out of you.

Unless you have worked in a clinic with dying patients, you just won't "get it" how many diseases come from bad colon function.

First, for those with colon cancer (and even prostate or uterine/cervical cancer), one of the important things you can do is to use the blood-cleansing teas (red clover, chaparral, and even bowel herbs covered in this chapter) as *a strong tea in a rectal implant* (an enema with herb tea you

retain as long as possible.) Basically, clean out the colon first with water enemas. That way, it will be easier to retain the herbal implant. Wheatgrass is another important rectal implant.

Later on in this lesson, I will give you the herbal formulas everyone needs — especially cancer patients. But right now, I want to give you a case from the files of herbalist Dr. Schulze, plus other information I gathered that you need to know.

6.1 CLOGGED COLONS AND THE BRAIN

6.1.1 A 67-year-old man suffered from massive depression that cleared when they emptied the 'warehouse' in his colon.

Herbalist: Emotionally, the man was dead. He was a retired teacher and a guidance counselor in a public school. He had a normal life and was an intelligent man. Sixty-seven years old, and all of a sudden, they go in his room one day and his head was down.

He said, "I don't want to get up. I don't want to go to school. I don't want to get up or do anything." They diagnosed him with clinical depression in January 1993. They took him to four different hospitals, they had him on three different

drugs, Prozac, Valium and other similar Valium-like substances to keep him sane.

His relatives brought him here and he wouldn't come in the office. He sat on the couch in the living room with his head down and he goes "No." He goes, "I just want to get out of here, I don't like this, there is going to be bad traffic."

I made him take mouth drops. I said, "Has anybody ever told you that your breath stinks?" He didn't answer.

You know, his condition was like coming home and finding that your toilet is overflowed with poop. When it comes to their own bodies, do you know what people do? Instead of cleansing their colons and "calling the plumber or the Roto-Rooter man", they burn incense and put Airwicks in. That's what they do.

The underarm deodorants, the mouthwashes, the toothpastes, the gels, the breath fresheners, the sprays, the colognes, the perfume business is gigantic. It's a billion-dollar industry to cover up their stink because they are rotten inside and they are filled with crap. And if they would just clean out their bowels, this industry would be gone. I could smell this man 10 feet away.

So I recommended two colon formulas you'll learn about in a moment. His family didn't contact me for the next month

and a half, so not knowing any better, or wanting to help him, they went through an entire bag a day of the formula. That's ten days' supply in a day. They were going through more intestinal formulas than I think any patient ever did.

This was an incredible family. They gave their father liver cleanses every single day for 30-40 days. And they had him on the juices and everything. They kept pouring that colon formula into him to flush him out, and he was having 5 to 10 bowel movements a day.

When I found out, they said, "He's on the toilet all day long." In fact, his psychotherapist called me and said, "I don't know what you're doing, but it might be to the extreme." And I go, "Why?" And he says, "Because I can't even do a psychotherapy session with him anymore. He's going to the bathroom every 15 minutes."

And I said, "You know, we could cut it back." And he goes, "Oh no, he's healed." He says, "We have no more valium, no more drugs, nothing." They brought him back to my office and this guy was totally out of this depression, totally healed from just doing major bowel cleansing.

BISER: *You didn't even do herbs for his depression?*

Herbalist: Nothing. I never even got to it. I was expecting to see him in 3 weeks, but here's the greatest part: His first visit to me

was February, and he had already been a year-and-a-half chronically depressed and the doctors couldn't help him. And then the family put him on the herbs and programs I recommended. August 2nd, he came for his appointment himself. He walked in here a happy-go-lucky individual. He wanted more bowel cleanser. He'll never stop using it.

BISER: *What came out of him?*

Herbalist: They just said it was unbelievable. He blocked the toilets, they had to crush it out. He was full of poop. I could smell it. They said it was disgusting. In fact, the psychotherapist said he can't stand to have him come because he stinks up the whole office for hours.

BISER: *And they had to crush it up?*

Herbalist: Oh yea. And they said it blocked the toilets. They said he used whole rolls of toilet paper, they said that it was a disaster, but this is...it's another one of those stories that goes back to John Christopher and Bernard Jensen — you just don't know the power of getting that bowel cleaned out. I mean, this guy was impacted. We're talking about severe impaction.

BISER: *And yet his stomach didn't protrude?*

Herbalist: Oh, not at all. He was a thin man. I finally sent him to a colonic therapist, and they said that after an hour's colonic, the built-up sh-- was still pouring out of him. They said they

just had to stop and say, "Look, you're going to have to come back more times." They said, "It was treatment after treatment and the stuff was pouring out of him." Obviously, they didn't even know where it was coming from.

The bottom line is that in sixty days, that man was calling for his own appointments and driving for himself, and he would come to my office himself and say, "Hi, I'm so and so, and I'm here to see Richard Schulze." Of course, we used the brain herbs with him later on, but he was cured pretty much from colon cleansing and liver cleansing and nothing else. When this guy first came to me, he hung his head between his knees, shaking it saying, "No".

He just said "No, no," I think one time, he said "We've got to get out of here," and he was gone! It was three years ago when it started and he was diagnosed with "severe clinical depression". Now eventually, they would have said it was Alzheimer's disease.

He was in retirement. He came out of retirement. His life has changed. He says he only has one fear left and I said, "What's that?" And he goes, "That I won't be able to get the herbal bowel cleansers. And that's his only fear in life. I said, "Don't worry."

6.2 RIPPLE EFFECTS OF CLEAN COLON

6.2.1 *If you don't cleanse the colon, the other organs can't cleanse their wastes.*

BISER: *Any of the herbalists you know would have put him on a brain formula.*

Herbalist: They would have started him on it right away. But I could smell his breath. I knew where it was coming from. You can't treat symptoms. Most people do, and I have always called that, "Allopathic herbalism". As Dr. Christopher said, "You have to get to the cause behind the cause."

BISER: *Everyone thinks it's a wellness thing, cleaning the colon. They don't really think it changes health.*

Herbalist: They don't think that it will affect them if they have a tumor, or if they have kidney infection, or if they have heart disease. They don't understand that even if you can clean the plaque out of the arteries — if you can't get the bowels cleaned out also, it's going to go right back in the body. You'll just re-absorb it.

The body doesn't want to dump wastes unless it knows the colon is working. These bodily systems are connected. When your appendix is giving information to your bloodstream, that's picked up everywhere.

BISER: *The body appears to know when the colon is blocked?*

Herbalist: Absolutely. But when you get that colon brand-spanking clean, it's unbelievable the catharsis that's going to take place. Your body will start pulling poisons out from everywhere. Because it knows it can.

Also, you have to remember that wastes from the colon, as we'll see in a moment, can overflow the colon and pollute other organs. You can treat those other organs with natural methods — with only partial results — because these organs keep getting re-infected or re-irritated by particles from the colon.

6.3 MEDICAL BOOKS AND THE COLON

6.3.1 *The Merck Manual says that all Americans, if they live long enough, will have herniation of the large intestine.*

Herbalist: I find that most medical books nowadays back up natural healing. I quote from The Merck Manual daily to my patients. This is from Merck, Sharp and Dome, the largest drug manufacturer in the United States.

According to the latest edition, Merck, 16th edition, I'm quoting, "Every person will have many." That's many herniations. It's a hundred percent now. It says that if they live long enough, every American adult will have herniation of the

large intestine. They say that it increases rapidly over age 40 and in every person.

Now Dr. Christopher said this 50 years ago! And they laughed at him. They ridiculed him. He said that the bowel has pockets in it. And that these pockets contain fecal matter. They laughed. They said this is the most ridiculous thing. They said, "We know the bowels don't have this." And he goes, "The bowels have pockets, they contain fecal matter." And then he went on to say that if it stays in there long enough, it will leak into your body and cause what he called auto-intoxication. Again, the doctors laughed. They swore at him. They ridiculed him.

I saw people who were natural healers go, "This is ridiculous". They said, "We have looked in bowels and we don't see this. We don't see these sacs of poop." I'll tell you why they missed them.

BISER: *Why?*

Herbalist: Doctors used to always miss these because they are not inside the bowel, they are actually outside the bowel. So from inside the bowel, you can hardly see them, so when you go into the bowel with a scope, they look like little black dots. And that could just be a piece of fecal matter. They think that's only a small piece of fecal matter stuck on the wall of the bowel.

But behind that fecal matter is one of these bowel pockets.

6.3.2 *How constipation causes appendicitis.*

BISER: *So, the pockets are outside!*

Herbalist: Yes. In 1991, they came out with this, their newest chart, diseases of the digestive system, and it shows right here diverticulosis of the colon, and how the external herniations are filled with poop.

But what's even better is over here in the book; fecal obstructions are causing appendicitis. They are now saying that appendicitis is caused by fecal matter stuffed down into the opening which doesn't let the appendix release its fluid, and so it inflames. So this isn't some faulty organ, this is constipation causing appendicitis.

BISER: *Do any natural healers keep up on these things?*

Herbalist: No. Nobody reads this. The Merck Manual is the Bible of diagnosis and treatment for the medical profession in the United States. Medical doctors don't even read these. I buy every edition and read from front to back. It gets better as the years go along.

They basically say that diverticuli occasionally are responsible for rectal bleeding and they often become inflamed causing diverticulosis. It says they are asymptomatic, so people

don't know they have them, and...here's the best part, what do you do?

“Treatment: a bland diet is NOT indicated for persons with diverticulosis. For normal colonic functions, the diet should include a sufficient intake of fluids and roughage from whole wheat bread, bran cereal, fruits and vegetables.”

This is what Dr. Christopher said, “If you get constipated, then you will get bowel pockets, and the best way to get rid of them is a mucusless diet, whole grains, bran, fruits and vegetables.” They are just quoting Dr. Christopher right in the modern medical books. Isn't that incredible!

And then it goes on to discuss diverticulosis, the inflammation of the diverticuli, of those sacs protruding from the colon wall. It says that small, even minute, perforations of the thin-walled diverticuli due to inflammation or high colon pressure from constipation leads to — *guess what?* — bacterial and fecal contamination of the inner tissues.

BISER: *Inner tissues?! There you've got it seeping out and that is in The Merck Manual. What edition? Page what?*

Herbalist: This one here is page 813 and 814 of the 15th edition of The Merck Manual. They only publish them every 5 years. This was the 1987 version. And here we have something

that Dr. Christopher claimed for years and every medical doctor I have met said it was ridiculous. Now, this is in the 1992 Merck Manual. Most people can buy these in discount bookstores. But I was shocked, and I have to say my jaw dropped when I saw this next one:

*According to
The Merck
Manual, these
bowel pockets
leak pus, blood,
and fecal
matter back
into the
bloodstream.*

“Diverticuli, acquired sac-like mucosal projections through the muscular layer of the colon/rectum, occur anywhere in the large bowel, but usually in the sigmoid and rarely below the rectum. Vary in diameter, most diverticuli are multiple, they are uncommon in persons younger than forty but increase rapidly then after that, so that essentially every person will have many.”

That’s the bottom line. Essentially every person, so forget the 10%, the 20%, the 15%, the 30% that they quoted in earlier editions. Essentially every person will have many. That’s the bottom line.

BISER: *That means people are full of pockets.*

Herbalist: Sure. Full of bowel pockets, that’s right. Patients will say to me, “I had a couple of bowel movements today, ‘every day’. Do I really need to clean my bowels.” According to The Merck Manual, every person will essentially have many herniations — and there are no symptoms. So just because you’re regular doesn’t

mean you don't have these little sacks of poop bulging on the outside of your colon walls.

BISER: *And inside of those protruding sacks can be inflammation, which means pus.*

Herbalist: Absolutely. When that fecal matter comes out of there, and Dr. Christopher used to say it too, it's not just going to be clean, healthy tissue. There is going to be worms under there, there is going to be pus under there, it's going to bleed.

That's why even in his colon formula, he put cayenne for the bleeding, goldenseal for the pus and for the infection. He designed it because he knew that these infected sacs were there.

Leg ulcers never heal until you cleanse the colon. The body creates them as a second rectum which leaks wastes out of a clogged-up body.

Now the question I've always had is: How did he know these were there? How did he know that everybody had them in their bowel because, according to medicine, they didn't know that until 1992. That was nine years after his death.

We've had people with leg ulcers where you couldn't stop the leg ulcer, it was just pouring blood and pus. They couldn't stop it. They wrapped bandages around it and it would leak through the bandage.

I learned with leg ulcers that they are like a second rectum. When your body can't get elimination out through the normal channel, it will burst it through anywhere. It's impossible to

heal a leg ulcer treating the leg ulcer. I learned that. You cannot get a leg ulcer better when your body is dumping poison it can't get out.

BISER: *Older people can even die of these ulcers.*

Herbalist: The only way to treat a leg ulcer is to clean the bowel. Clean the bowel and then you treat the leg ulcer and it goes away. But with a constipated bowel or a congested bowel, you try to treat the leg ulcer and it will never heal.

Tumors can be the body's way of trying to dispose of wastes. Sometimes these external cancer tumors have little holes in the end, where they leak pus and blood. Sometimes the skin turns redder and darker in color, and then splits open. It did on this one woman.

This lady had a tumor on her neck. She had a band-aid on it, and a cloth around her neck, and she would have to keep changing the tissue, it was leaking so much. I said to her, "What do you mean, it's leaking?"

She goes, "Look." And she took the band-aid off and it was like a stream of water. This water was pouring out of her neck, it was murky, stinking water. And you know, this is classic. Dr. Christopher said that your body will get out wastes any way it can if the channels of elimination are not kept open.

6.4 BASIC FORMULAS

6.4.1 *Two formulas for cleansing and detoxifying the colon.*

The *first bowel formula* causes the colon to move — even if the nerves to the colon are damaged or non-existent. You make this formula at home, like all the others, and put into capsules.

I give you the formula in parts, and a part is anything from cups, handfuls, tablespoons, or any unit of *volume* you wanted to. If you ever make any of this particular formula, you will be getting herbs in *ground* form. I give approved sources for bulk herbs at the end of this Layman's Course.

Here is the first formula:

2 parts **Curacao and Cape Aloe Leaf**. [If not available, use one part Buckthorn bark or two parts Turkey Rhubarb.]

One part **Senna leaves and pods**. [Start with one-half part, because this herb is strong.]

One part **Cascara Sagrada aged bark**. [Start with one-half part.]

1 part **Barberry root bark**

1 part Ginger root, or Peppermint leaf, or Fennel

1 part Garlic bulb, or Goldenseal root

1 part African bird pepper, or the hottest cayenne or black pepper you can find.

You mix the powdered herbs in a bowl, and insert the final powder into empty capsules, which you can purchase at many drugstores.

Don't be afraid to make this or other formulas, even if you are missing an ingredient or two or three, or if you have to substitute ingredients. Over time, this formula strengthens the walls of the small intestine. It destroys Candida overgrowth, and destroys and expels parasites, and relieves gas and cramps.

Dosage: Take one capsule a day, during or just after dinner. The formula works best if mixed with food. If that gives you the bowel results you want, stop, this is your dosage. If you do not notice any difference in your bowel behavior, then increase your dosage by one capsule. You can continue to increase the dosage one capsule per evening until you notice a dramatic difference in the way your bowel works.

Continue increasing the dosage by one capsule until you go to the bathroom in the morning and go "Wow."

6.4.2 *Special instructions for the first colon formula.*

PATIENT TYPE A: The sluggish bowel type. Formula number one is for 97% of the people, the ones who need help getting their bowel working frequently.

PATIENT TYPE B: The irritated bowel type. This is only a small percentage of people. This includes those who have colitis, irritable bowel syndrome, Crohn's disease, and so on. If your bowels are irritated, or are working too frequently, skip this formula and go to the second formula.

My wife Sandy uses the first formula, while I have the overactive bowel type and have to use the second formula only.

6.4.3 *The second bowel formula is to be used after the first colon formula. This one is a strong intestinal vacuum.*

The *second bowel formula* is to be used in conjunction with the first colon formula. This formula is a strong purifier and intestinal vacuum.

Here are the ingredients:

2 parts **Flax seed**

2 parts **Apple Fruit pectin** [Optional, but can be available only in large quantities from wholesale suppliers. sometimes difficult for layman to get.]

2 parts **Pharmaceutical Grade Bentonite Clay**
[This can be obtained from healthfood stores.]

7 parts **Psyllium seeds and husks**

2 parts **Slippery elm inner bark or Marshmallow root**

1 part **Fennel seed or Peppermint**

1 part **Activated charcoal**

This formula will draw old fecal matter off the walls of your colon and out of any bowel pockets. It will also draw out poisons, toxins, heavy metals such as mercury and lead and even remove radioactive materials such as strontium-90. This formula will also remove over 2,000 known chemicals and pharmaceutical drug residues. Its natural softening and soothing properties will soften old hardened fecal matter for easy removal and soothe inflammation in the stomach and intestines.

Special instructions: This formula can sometimes be constipating. Therefore, all you have to do is to increase the dosage of formula number one to compensate.

Dosage: Do not use this formula until you have been on the first formula for at least a week.

Take this formula 5 times per day, beginning in the morning. Mix one heaping teaspoon of powder with eight ounces of fresh diluted juice. It mixes best if you shake it in a small jar.

After consuming this, drink an additional eight to sixteen ounces of water. Do the same 1/2 hour before lunch, between lunch and dinner, 1/2 hour before dinner, and one hour before bed. Be sure to drink between 64 to 128 ounces of liquid each day. This makes the herbs work better.

Please note that this formula can be slightly constipating, so you may need to increase the dosage of formula number one by one or more capsules per day.

6.4.4 Special instructions for colon formula number two.

PATIENT TYPE A: The *sluggish* bowel type. You can go a month on the number one formula before starting this second formula. You want to use eight ounces of the formula number

two within one week. Repeat this the second month by consuming one more divided doses of eight ounces in a week.

PATIENT TYPE B: The *irritated* bowel type. You can use the intestinal formula number two on a daily basis to soothe and solidify your bowel movements. You can use this formula on a long-term basis if you wish. You may find that one teaspoon a day does the job, though you may need three.

Experiment to see what dosage is best for you. If you are using this formula long term, you may wish to mix it up *without* the activated charcoal, which absorbs poisons, but if taken with food, could possibly absorb nutrients too.

6.4.5 *Reserve special days for cleansing your colon.*

Herbalist: Once in awhile, like maybe once every couple of weeks, reserve a day or two for colon cleansing.

Maybe four times or more, have a day where you don't eat any food at all, or if you do eat, eat incredibly lightly and try to stick with fruit. And on that day drink a gallon of liquids; water, herb teas, fruit and vegetable juices.

On that day, it will be easy for you to stir around a teaspoon of the intestinal formula number two into those juices or liquids five or six times a day.

6.5 COLITIS

6.5.1 *Special formula for colitis.*

I (Sam Biser) have suffered with ulcerative colitis almost like Crohn's disease all of my life, and here is a formula that can help others like it helped me. I use it instead of the first two colon formulas. This one does not contain bentonite clay, so that I am not worried about absorbing nutrients on a long-term basis due to the presence of the charcoal — just with healing my colon walls everyday.

This recipe will make 10.5 pounds of the formula:

6 pounds organic **Psyllium seeds whole**,
powdered

1 pound organic **Flax seed whole**

1 pound **Bentonite clay** (Aztec brand is fine)

1 pound organic **Apple pectin**

1/2 pound wildcrafted **Slippery Elm inner bark**

1/2 pound **Marshmallow Root powdered**

1/2 pound wildcrafted **Fennel Seeds, powdered**

Much more on curing colitis and Crohn's disease is contained in a later lesson. Be sure to read it. Please note that licorice (not chemically-treated) can help with slippery elm in blender drinks for colitis and Crohn's disease. You can also blend fresh aloe gel from a plant, or the best aloe preparation you can find into the blender drink. Always do the best you can, with *fresh* being the ideal.

Insert olive oil and fresh aloe vera in the rectum to put out the 'fire.' Alternate with flax seed tea or flax seed oil and remember to use slippery elm as a rectal insert. Go from one herb to the other.

Cramping in the bowel: Use a very mild lobelia enema, which would be a teaspoon of lobelia herb to two to four quarts of water.

6.6 A HIGH ENEMA

6.6.1 *Hydrotherapy for the inside of your colon.*

BISER: *These were required every other day for those on the incurables program, and obviously less often for those who are not so ill. Richard, what do readers need to know to do this right?*

Herbalist: A high enema is designed to wash and clean out and empty the entire colon, the large intestine. By comparison, a

regular enema only washes fecal matter out of the area near your rectum.

In fact, if you are patient enough and persistent enough with a high enema, you will introduce so much water into your bowel that it will go all the way to your appendix. Of course, that's at the lowest part of your cecum, the beginning of the colon, all the way to the illeo-cecal valve which is where the small intestine ends.

BISER: *Can readers do this at home?*

Herbalist: You can do this at home and it's easy. The first time you have to be a little patient. The way you begin is you just take a regular enema. You introduce 8-16 ounces of water into your rectum, and usually most people will feel like, "Oh, gotta get this out of here now." So you hop on the toilet.

You're introducing the water or herbal tea while you are lying on your back on the floor. I always say it's best to have an enema party; it's much easier if you have two people, one person giving the enema and one person receiving.

Otherwise, you've got to work and move and strain and all of that. On your bathroom floor, put a couple of old towels, because chances are you are going to get a little water on the floor, but possibly a little bit of fecal matter, a little bit of herbal ointment or different things.

BISER: *I always thought it was better to do a quick little insertion of a little water, and get out whatever is there.*

Herbalist: Yes, absolutely.

BISER: *Otherwise when you try to put the big one in you, you won't hold it at all.*

Herbalist: That's right. You have to take at least a two or three just-rectal enemas. Make sure you are lying on the towels, make it nice and comfortable, put a little heater in the bathroom, get it warmed up.

BISER: *Play some enema music?*

Herbalist: Yes, play some nice enema music, spray some essential oils or light some incense, because this is going to smell a bit, because you have old fecal matter coming out. So make it a nice experience. Lie on the floor, make sure you put on some herbal ointment, grease up your rectum really good. This is one of the few times you may want to use some vaseline — because you are better over-greased than under-greased. Fill the enema bag with nice warm water, body temperature or a little bit less.

If you want, you can add some catnip to that if you are prone to having your bowel be a little spastic. Lie back and have the person introduce just a little water, you'll usually feel an initial cramp, get up onto the toilet, let that fecal matter out

of the bowel. And do that again. You can do a rectal flush like that two or three times. After awhile, water comes out.

Now, you want to start introducing water into the colon itself and it's very simple. The first thing you want to do is just lie on your left side. Lie on your left side, and have the person put the enema in. Now you want to refill the enema bag, and have at least a couple of quarts of water if you can get it in the enema bag. You can have some filtered herb tea in there, too. Lie on your left side and have the person unclip the enema hose so the water starts flowing.

You'll feel it go into the rectum; breathe. You need to breathe. Take some deep breaths, relax. You might feel a little cramping. If you do say, "Stop." Your helper will shut off the flow of the enema bag. Let them keep that off for awhile until the cramping subsides.

BISER: *You're on your left side.*

Herbalist: You're on your left side, and you'll begin to feel the water, especially if you use a little bit cooler water, you'll begin to feel it on your left side. It's entering your sigmoid and descending colon. Again, if you feel a little cramp, or, like, "Oh, I can't hold this", tell them to stop the water and just relax and breathe, but try to get as much water in as possible.

BISER: *What's the trick to not dumping the water as fast as it goes in, and all the water goes and you never get anything accomplished.*

Herbalist: You may have to do that. But remember, you're going to take about an hour to do this procedure of a high enema.

There's no hurry to get up. You'll empty your rectum, but you'll also have some emptying out of your descending or sigmoid colon. Lie back, use a little more bland herbal ointment or vaseline, fill the enema bag again, and then lie down on your left side. This time, you'll probably find the second or third time you'll get a lot of water in. You'll probably drain that enema bag.

You'll feel the water on your left side, and you'll think it's gone all the way up under your left rib, which is called your splenic flecture, because it's the bend right near your spleen. Roll over and lie on your back now.

It helps if you can put an old pillow under your butt. It will elevate your butt a little bit. Get on a little slant, and now you'll start to feel the water enter your transverse colon and go from left to right, going backwards through the colon, the opposite way the fecal matter goes.

Now you'll feel that water, and when you feel it go all the way above your navel at the base of your rib cage through your transverse colon, you may feel as though you have a belly or

lower abdomen full of water; it will feel a little heavy — great! Now move over onto your right side.

As you move, you might have to have a water change at this point. Have the person pull the enema out. You know, in Europe, they have enema bags that have open tops, and so you can keep adding water as this is going in. But in this country, we have these sealed enema bags, so you have to stop, pull out the enema, fill the enema bag again and then restart. Now we are filling up the right side; you'll feel that water especially if it's a little cool, going down the ascending colon all the way down to that cecum and appendix, which is down half-way between your navel and your hip bone.

If you drew a line between your navel and what's called the ileac crest of your pelvis, that's about where your cecum is. You'll feel it all the way there. When you've had enough, stop. Say: "I'm full of water," and lie there. Maybe even get up into a higher slant where your butt's even higher, if you've got support under you.

BISER: *That will help you hold it?*

Herbalist: Well, it will help just get the water around more.

You know, if you've done yoga, maybe try even a little bit of a yoga shoulder stand or a modified one, or if not, maybe put

your feet up against the wall and let your feet climb up a bit. Try to get upside down a little bit. Lie there and relax.

Try to be there for at least 5 minutes, if not 10 or 15 minutes, and then get up on the toilet. Just relax. You may find that, at first, nothing comes out. Then, as you relax more, you'll have water come out and you'll think, "Was that it?"

Relax a bit more, and you'll have a real flush of water. You'll get a tremendous amount of water and a lot more fecal matter now. Now what you can do when you finish that, if you are up to it, is start again.

You won't have to do any more rectal flushes; your body will accept a high enema immediately the first time. So do it again. You'll find that you can do two or three of these before the water starts looking somewhat clear.

If you're lucky, you'll get what's called a cecal flush, which means you're sitting on the toilet and, all of a sudden, you'll feel a cramp in your bowel. The whole bowel contracts at once; you have what's called a cecal flush, meaning, at once, all the water from your cecum all the way through your bowel is out of you. On the way into the toilet, it will feel very hot and very warm and you'll feel a peristaltic wave from your right side to your left side. It's tremendous. Now you know you've done

some deep cleansing. In the colonic industry that's called the cecal flush, and you can get it at home with a high enema.

BISER: *In other words, you don't need the hundred gallons of water or whatever you get in a colonic.*

Herbalist: No, not at all. A colonic is about 20 high enemas in an hour, because they can put it in fast; they can operate faster than you can at home with an enema bag. That's all it is. It's the same thing.

When you're a little more advanced in this, you can have your friend do a little abdominal rocking, putting their hand on your abdomen while you are on your back, and rocking you a little bit. That relaxes you sometimes.

If you are more advanced, you can even have them do a light massage on your abdomen. What can be more beneficial is if they do a little foot reflexology on the colon points, or a little bit of a neck rub. Anything to help you relax. Any type of body work works well. At the end, when you're done, if you want, you can empty out all the water and you can introduce what's called an implant. This could be aloe vera to soothe the tissue of the bowel if there is colitis.

6.6.2 *How to use an herbal implant after your high enema.*

BISER: *Or if you have cancer could it be red clover?*

Herbalist: Red clover, chaparral, and the most famous is wheat grass juice. You can take two, three, four ounces of wheat grass juice. You can take plantain juice, if you can find plantain growing around your area. You can use any herbs that you want for whatever you want to do.

Introduce them into the bowel, but in a small amount. We're talking about 16 ounces.

BISER: *Because you don't want to dump it?*

Herbalist: That's right. You don't want to let it out. And then just leave it in there. Just relax and leave it in, and you'll find it a little absorbed. Your colon absorbs massive amounts of water, okay, that's one of the jobs of the colon. It absorbs liquid. If you're putting red clover, chaparral, wheat grass juice, aloe vera in your bowel, it will absorb it and take it right into the bowel tissue.

BISER: *What about the criticism that by doing all this high enema, you are washing all the mineral nutrients out of your colon?*

Herbalist: You can resupply your body with a little bit of sea vegetable, an almond, a couple of Brazil nuts, the amount of

minerals that you are taking out are not significant, plus we're not talking about doing this every day of your life. We're talking about every other day until you get well, and then at much greater intervals for those who are not as sick.

6.6.3 *The problem with coffee enemas.*

BISER: *Some of these people do coffee enemas twice a day.*

Herbalist: They do it forever.

BISER: *You are not in favor of that?*

Herbalist: No, not at all. Sure, coffee will stimulate the bowel to excrete more, but I would use coffee enemas as an extreme because, when you do a coffee enema, you get a high from the caffeine because your colon absorbs that coffee.

I know this because I've done them, and I've had patients do them, and they are absorbing tremendous amounts of caffeine. For the average person this might be okay, but for a heart patient, it's going to cause cardiac arrhythmia, tachycardia, flutters of the heart. In these cases, caffeine is contra-indicated — the same way I am against using salt as a bowel flush. Because large amounts of salt, if you are hypertensive, can give you a stroke.

I don't like to use things that can cause problems in other ways. So, I would suggest to use your detoxification herbs. Like

we mentioned, your chaparral, your yellow dock works very nicely; a good cleansing herb is wheat grass juice.

You can't get a better detoxification than wheat grass juice. I'd rather have that than coffee every day because it's loaded with chlorophyll. I find that most people who do coffee enemas are enema-addicts. They do two coffee enemas a day for the rest of their lives.

BISER: *You mean they have to do it.*

Herbalist: Yes, and then without it, their bowel doesn't work at all. This is typical of my clinic: A person comes in. I go, "How does your bowel work?" They go, "Hey, I have no problem with my bowel. I have two, three bowel movements every day. I go great."

"Do you drink coffee? Do you drink tea?"

"Yea. I drink about four cups a day."

But if they stop the coffee, that bowel never works again. Okay, coffee is a great bowel stimulant. Most of America thinks their bowel is working normal. If there was a coffee shortage in this country, we'd have constipation so bad, we'd need nuclear weapons to clear America. I mean, you know, it's a false sense of the body working.

6.6.4 *Catnip and lobelia for high enemas.*

Herbalist: Some people have spastic bowels. You put a little water in and you can never really get the high enema going because it's cramping and it's always coming out. The way we always solve that is with lobelia. Add a little lobelia tincture to the water. You can even make it with catnip, which Dr. Christopher did.

6.6.5 *Always have cayenne and lobelia on hand when doing enemas.*

Herbalist: Cayenne is used if the person is feeling faint, or if they are going to pass out, or if they are getting shaky and you want to get them stimulated, and if more blood to the head will bring them back to earth. Lobelia is useful if they are going into some type of a spasm. Maybe the bowel is spasming, or their hands are going into tetany, and it works the other way; it kind of slows things down a little bit.

6.6.6 *The high enema is something that everybody should do.*

BISER: *If you are on the incurable program, do you really have to do the high enema that much?*

Herbalist: Absolutely, and an important thing to remember is also when you're juice fasting, you'll have a tendency for your bowel not to work. And that's part of the incurables program.

So if your bowel doesn't work, the intestinal formula number one and number two will almost guarantee you a bowel movement. That's what you use when you're juice fasting. Also take an enema when you're juice fasting, to make sure that bowel is staying nice and clean, and that you're getting it out as fast as possible.

6.6.7 Parasites get removed from high enemas.

BISER: *Ever seen lots of stuff come out?*

Herbalist: Unbelievable. Everything. I saw one patient dump a whole toilet bowl full of parasites, full of worms. She never, ever had any complaints, never had any problems, never thought she had worms.

BISER: *You saw the worms?*

Herbalist: Oh, I saw the worms. A whole bowl full of worms.

BISER: *Now this was the first high enema?*

Herbalist: The first high enema. Dumped a whole bowlful of worms.

BISER: *Has it ever happened that you do a series of them and nothing happens — and then later you dump worms?*

Herbalist: Absolutely.

BISER: *Just because you didn't get worms the first time doesn't mean there's no worms?*

Herbalist: Oh no, not at all. Anybody who has had long-term constipation will just clean out what was in the bowel on the first high enema. They won't get the crusts, or the pockets or the diverticula, the old stuff, the ham sandwich you overate on Thanksgiving when you were 14 years old.

BISER: *How long does it take you to expel worms?*

Herbalist: Two, three weeks later, after doing five, six, eight high enemas. You can get worms then.

BISER: *Are there any herbs that would encourage the worms to go?*

Herbalist: Absolutely. You could be using what are sometimes called vermifuge herbs, sometimes they are called vermicides. A vermifuge flushes the worms out; a vermicide kills the worms. One of the greatest, greatest vermifuges and vermicides, and people are going to think I'm a garlic nut, is garlic. There are more exotic herbs you can use, but garlic is wonderful. And of course the bitters; wormwood, worm seed, which is famous for cleaning worms out of the bowel.

BISER: *You could use that in the high enema?*

Herbalist: Yes, absolutely. You could use wormwood in the high enema, but just be easy with the amounts because, remember, when you put it in your bowel, it's just like drinking it.

BISER: *What kind of amounts?*

Herbalist: You would want to make a very mild wormwood tea. You could put a teaspoonful of wormwood leaves to a couple of quarts of water. That will do it. And you know, just remember one thing, garlic kills the worms and flushes them out of the bowel. No self-respecting worm wants to live near garlic. Don't put herbs in the enema bag, because they will clog the nozzle. Only use filtered herbal tea.

BISER: *I can see natural healers who have their pet herb all saying that garlic couldn't kill those worms. They'll say, "You've got to use some special herbs from South America." or something like that.*

Herbalist: If you have one herb and one herb only in your house, make it garlic. It will save your life.

BISER: *Last question on this, what else have you seen come out besides worms?*

Herbalist: I have seen actual fecal matter encasements come out. It's not as common as people would like to think.

We have diverticulosis, but not necessarily casings of fecal matter. In certain cases of chronic constipation for years, I have seen that casing breakup and come out. I have seen quarts of mucus come out of the bowel. Long, stringy mucus that looks like cheese. I've seen blood come out of the bowel, fresh blood.

BISER: *Was that from damage done during the enema?*

Herbalist: No, no, no. Absolutely not. A diverticulosis is like a bubble on the side of your colon. Fecal matter, due to constipation, pushes against the wall of that colon, and makes that bubble or that herniation.

Of course, that bubble is impacted with fecal matter. Now, when you clean that fecal matter out of there, it's not just nice, beautiful, clean, sweet, pink tissue. It's infected, pus-filled, irritated, possibly even carcinogenic, tissue in there.

That's going to have pus, that's going to have bleeding and, of course, that's the importance of doing the first intestinal formula; it has cayenne in it to stop the bleeding. The formula also has garlic in it for the infection that may be there. That's where the power of using herbs comes in with a high enema. My patients have also seen balls in the toilet — gallstones that were flushed out during the high enema.

6.6.8 *Enemas to break-up fevers.*

BISER: *I remember that earlier in my life, I used an enema to stop a fever that could have killed my wife. It was the only thing that brought the fever down.*

Herbalist: Enemas can bring in cooling water, and they can also remove the wastes that are making the fever worse.

I remember when I used an enema of Bentonite clay on a patient who had massive inflammation in his bowel. The doctors wanted to do a resection of his bowel. They said there was something lodged in the colon and they couldn't get to it. The tissue was ruptured and it was leaking into the patient's abdominal wall. We put Bentonite clay in and it sucked the poisons and obstructions right out. They checked the man and said, "Whatever it was is gone now."

BISER: *What do you mean, you put clay in?*

Herbalist: Bentonite clay. We filled his bowel with large doses of Bentonite clay and water. Bentonite clay draws forty times its weight in fecal matter. It will suck the fecal matter out of the bowel pocket, out of a diverticula. It's been used for a hundred years in this country to do that, all the way back as far as I know. People have used liquid Bentonite to suck the bowel clean and it does it really well.

BISER: *After you put that in, the enema was for how long — an hour or two?*

Herbalist: We kept it in for about a half an hour, and then once we expel it, it doesn't matter. It's all in there, and it's all dry.

BISER: *Did you mix water with it or just straight Bentonite liquid?*

Herbalist: Bentonite and water. Use aloe vera too. When you have colitis and diverticulosis, you fill the whole bowel with aloe vera juice or aloe vera gel. It reduces inflammation.

6.6.9 *The bottom line is that everyone is dying from rotten bowels.*

Herbalist: I just fired a teacher for telling my herbal students that cascara sagrada could irritate the colon and they had to be careful with it.

I find that absolutely irresponsible. What I said to him was, "Look, 100% of American adults, if they live long enough, have herniation of the bowel, and the #1 cancer among men and women together is colon/rectal cancer."

The bottom line is that everybody is dying from rotten bowels. And I never heard of anybody, not one person, dying from cascara sagrada. The American Indians used to call it 'sacred bark'. They used it for everything.

It's this kind of irresponsible herbalism that comes out of the textbooks that just irritates me to no end. What good is that kind of information doing anybody? It's scaring them from using herbs. And all these herbs are going to do is save their lives.

6.7 BOWEL CANCER

6.7.1 *Three-pound tumor coming out of the bowel.*

Herbalist: This case of the three-pound tumor leaving is a classic case of what the colon-cleansing herbs can do. These herbs are powerful, but they've been degenerated by the modern herbalists in the way that they've been described.

In other words, the old herbalists knew the power of these herbs was dramatic, but this has been whittled down by the herbalists of today with their talk about isolating one or more active ingredients. They've lost the big picture of what the entire herb can do — or else they just don't *want* to know.

The herbs I talk about for the bowel, like the aloes or cascara sagrada or senna, these are emodin-containing herbs. The chemical emodin is a bitter principle that stimulates the liver and aloe stimulates the bowel to work better.

Years ago, that was also considered an herb that removes cancer from the body, but people don't talk about that anymore and for a lot of reasons.

I mean, Dr. Christopher, after his last arrest, wasn't allowed to use the word cancer. That was one of the things he'd agreed to, and he just couldn't help himself. But he basically got himself into trouble so many times because he said this herb is for cancer, so it's all been dropped.

But the bottom line is just the chemicals that are in those bitters, aloe, cascara sagrada and senna, used to be known as not only increasing the peristaltic action of your colon, they were also known to get rid of colon cancer.

But no-one dares say that anymore. No-one dares say the big cancer word when it comes to herbs or juices or natural healing. No-one dares say that wheatgrass juice absolutely cures cancer, yet I've seen it do it a thousand times.

But just because no-one says it, the tumors are still dropping out of people. When I was over in England, I got a report of a three-pounder coming out. Yes, just coming out with the bowel movement.

It was a colon cancer, and the herbs I recommended to your readers earlier made it happen. It was like a deflated orange.

BISER: *You mean it was that small? How could it be three pounds and just be like a deflated orange? An orange doesn't weigh that much.*

Herbalist: Tumors are very dense, like, I'd like to say they're like a side of beef. It's something that has grown in a concentrated form for years and years and so they can be the densest of the tissue. It's almost like solid leather.

You won't read about this in a book, because no-one will say anymore, but these herbs do that. And if you talk a pharmacist into a corner, he'll say, "Well, yes." Because the National Cancer Institute has even done studies that emodin does destroy certain types of tumors. But no-one will dare talk about this. If your life depends on it, you can't get a handful of information about degenerative diseases out of herbal books or even out of herbalists any more. They don't deal with it, they don't know anything about it, they won't touch it.

BISER: *We should call this Collection "Raiders of the Lost Art."*

6.8 DR. CHRISTOPHER ON THE BOWEL AND DISEASE

I spent many years talking to Dr. Christopher and one of the things he taught me was that many types of cancer start in the colon. The tumor may be in the brain, but the toxins in the tumor initially came from the colon.

Remember, the tumor is the symptom. It is not the cause. As Dr. Christopher always used to say, “You have to look to the cause behind the cause.”

If you had a dead fish in your living room, would you try to remove the horrible odor, the symptom, by spraying air freshener. Or would you remove the cause of the bad odor, the dead fish itself?

You often have to look *elsewhere* for the true origin of a problem. Polluted air in New York ends up in Australia. Polluted air in England ends up in California. Fish in the arctic sea now have lead in their tissues. Where did this lead come from? From the smokestacks and automobile fumes of America *thousands of miles away*.

The colon is one of the greatest overlooked causes of any disease — not just cancer. Dr. Christopher believed that when the colon is constipated, the constipation backs up in the body so that the veins, arteries, lymph and eventually, all the cells of the body become constipated. Dr. Christopher always preached, “Clean out the colon and we begin to live.”

For example, consider sciatic pain. Often, according to Dr. Christopher, this pain originates directly from the colon, from the sigmoid area. This section of the bowel is the lower part going from the descending colon to the crest of the rectum.

Stagnant, toxic, fecal matter in this area drains toxic waste through the bloodstream down the leg, irritating the sciatic nerve. Rapid relief has often been given by a deep massage of the sigmoid area of the colon.

6.8.1 *One of Dr. Christopher's ways of having a clean colon was to drink enough water.*

Dr. Christopher said, "One of the biggest errors made by mankind is that of not using enough water in our bodies to restore what is lost through urination, fecal elimination, breathing and perspiration. Dr. Christopher recommended that people drink one ounce of distilled water to each pound of body weight. In other words, a person weighing 130 pounds would need 130 ounces per day of water. This is approximately one gallon. Heavier people would need more. Lighter people less.

Over fifty years ago, Dr. J.H. Kellogg discussed the value of drinking glasses of cold water before breakfast as an aid to eliminating constipation. In one of his book, he tells how a physician in New York had successfully treated more than a hundred cases of constipation by this simple means.

Warning from Sam Biser: Distilled water is not for all people. It is a cleansing substance. It is *empty* water. Those

with a sluggish metabolism with mineral deposits in their bodies will benefit from this cleansing. Others with a fast metabolism, which still includes many fast, but otherwise burned-out people, are *starving* for minerals. Their health will do worse — or could collapse — on an extended period of drinking great amounts of distilled water. This is something you will not learn from herbalists and most natural healers. The minerals in water make a major contribution to health — or a major detriment, if the minerals are wrong. More on this in a later lesson.

6.8.2 *Highly-colored urine means the tissues need more water.*

One thing I learned from a doctor in Virginia, F. Batmanghelidj: Your urine should be clear. If it is not, you are dehydrated. This can be serious. By the time you feel thirst, you have already ignored other more important signs of dehydration, such as lowered mental function, anxiety, high blood pressure and cholesterol and more.

Many cancer patients suffer from diabetes. In these conditions, there is a great loss of water from the tissues. If these losses are not made up, the body will extract as much water as possible from the feces. This dries out the fecal matter and causes hardening — which eventually clogs up the colon.

Forget soft drinks. Especially ones that are artificially sweetened. Dr. Batmanghelidj told me that these *trick* the brain that sugar is coming up, when it is not. Artificially-sweetened soft drinks fool the brain into eating *more*, and these people will gain weight greatly.

**Sam Biser's
Save
Your Life
Collection**

**A Layman's Course
in Curing Last-Stage
Diseases**

**Bowel Cleansing
Questions and Answers**
Lesson 7

Questions on bowel cleansing

One of the biggest areas of questions from my readers is the area of colon cleansing. In this lesson are the most common questions with the answer you need.

7.1 MOST COMMON OR CRITICAL QUESTIONS

7.1.1 *What is the lower end of dosage for the number one colon formula?*

Herbalist: Some people take one capsule and it's too much, especially people who have 2-3 bowel movements a day already. They can take half a capsule, a quarter capsule. Just open up the capsule, pour the powder out into a dish and use a half or quarter capsule.

But the average person can start with one capsule.

7.1.2 *Can you take the Intestinal Formula #1 indefinitely?*

Herbalist: The choice is simple. To poop or not to poop, that is the question.

The downside of constipation is sickness, immune weakness, low energy, back problems, headaches, leg pain, menstrual irregularity, hormonal imbalance, emotional problems, bad digestion, poor assimilation, and numerous bowel disease, including diverticulitis (bowel herniations), spastic bowel disorders, polyps, colitis and even colo-rectal cancer. After spending years in the clinic, I saw almost every disease known helped by cleaning out the colon.

For those whose diet and life-style inhibit them from having regular bowel movements, or those who inherited sleepy and sluggish bowels, I highly suggest using this formula to *make* you have regular bowel movements until the time comes when your bowel works perfectly on its own.

The downside: besides the cost of the herbs, there are none that I am aware of. Rumors suggest that constant use of cathartic herbs will become addicting. I have never seen this. Constant use of cathartic herbs and no life-style change: Well,

if you want to continue to poop, you better continue taking the herbs.

On the other hand, I have seen thousands of people, including myself, that have used the Intestinal formula #1 for years, but when the life-style was corrected enough, the bowel started working naturally 2-3 times a day.

I personally used the formula for over ten years straight before my bowel started working on a regular basis, then on and off for a few more years, and now I don't ever use it except for brief episodes of constipation caused by travel, and my bowel works perfectly. I have also witnessed this same thing with well over a thousand patients. So much for this rumor of addiction.

7.1.3 I have taken 8 capsules and my bowels still don't work. I am afraid to take any more.

Herbalist: Who said there was a limit. The Intestinal Formula #1 record so far is 45 capsules. The record before this was 28. The new record was set by a 400+ pound man who never had a bowel movement without an enema. The night he hit 45 capsules, he started going and in the next 24 hours lost 52 pounds. I talked to his wife, and she told me "I always knew he was full of sh--."

The bottom line is keep increasing the dosage until it works. I am always ready for a new world record.

7.1.4 I have been using Intestinal Formula #1 for a week. I am up to 6 capsules. I am still not going. Should I start Intestinal Formula #2?

Herbalist: NO! The Intestinal Formula #2 should NOT be used until your bowel is working regularly. Don't be in a hurry to get to the next step. Keep using the Intestinal Formula #1 for however long it takes to get your bowel working, then begin the Intestinal Formula #2.

7.1.5 I used the Intestinal Formula #2 and I got constipated. What should I do?

Herbalist: Take more Intestinal Formula #1 when you use Intestinal Formula #2. Intestinal Formula #2 is designed to go into your colon and pull out old hardened toxic fecal matter. It pulls out all the old material, poisons, chemicals, everything.

But the Intestinal Formula #2 alone for many is constipating. That is why the general directions are to increase your dosage of Intestinal Formula #1 by 1 capsule while you are taking the Intestinal Formula #2. But some people need to take even more #1 formula. So take as much as you need to keep

your bowel active and working while you are taking the Intestinal Formula #2.

7.1.6 How many times should I do the Intestinal Detoxification Program?

Herbalist: It depends on your problem. If you are healthy and are just doing it as a preventative health measure, the 2 to 4 times a year is what my patients did.

If you have an illness, then you can continue to take Intestinal Formula #1 indefinitely and use one can (8 ounces) of the Intestinal Formula #2 every month. I recently met a man who used one jar of the Intestinal Formula #2 every month for 6 months consecutively and got rid of his colon polyps, cancer and didn't have to have a colon resection. So it all depends on what you are trying to do.

7.1.7 I have Crohn's Disease. I have 8 to 10 diarrhea-like bowel movements a day. Should I still start with Intestinal Formula #1?

Herbalist: NO! Remember, Intestinal Formula #1 is to make your bowel work. Yours is already working overtime. About 98% of Americans are constipated and need Intestinal Formula #1, but about 2% are the opposite. They have too many bowel movements.


People with spastic colons, colitis, Crohn's disease, irritable bowel — these people usually have too many hot, liquid, diarrhea-like movements a day. This type of person should NOT take Intestinal Formula #1, but should start directly with Intestinal Formula #2.

The Formula #2 will lessen the irritation, soothe the inflammation and coagulate the fecal matter into a bowel movement instead of diarrhea. It will be an absolute blessing for people in this category. They can take it indefinitely.

7.1.8 I took the Intestinal Formula #1 and my bowel worked great, but I had some stomach cramps.

Herbalist: Hallelujah! You're alive. Any time a muscle hasn't worked in a long while, and then all of a sudden you use it, you are going to feel it. This is no different than if you go to the gym for a week's worth of working out after years of a sedate life-style and no exercise program. Believe me, you *are* going to feel it.


The analogy I always used with my patients was if you have an old car in the garage that you haven't started in years, and you go out to the garage and start it, it will not purr like a kitten right off the bat. It will shake and sputter, skip and backfire, smoke and stink. But give it a few minutes and



eventually with a little time the engine will smooth out. Be patient. Rarely does anyone with 20 years of rough living and a sluggish bowel have perfect colon health and perfect bowel movements overnight. You might backfire a bit at first.


7.1.9 *I'm afraid of Intestinal Detoxification.
I am afraid I might not make it to the bathroom
at work.*

Herbalist: I had thousands of patients in my practice, and they weren't all a bunch of unemployed bohemians. They all worked for a living. Most of them were in the movie industry, and if they had to go make the director call "CUT," they shut down 30 people and probably ruined a scene.



I can assure you that you will have time to make it to a bathroom. Many of my patients after years of 1 to 2 bowel movements a week were afraid of having 1 to 2 bowel movements a day. They thought it would be a horrible inconvenience.

Believe me, the trade-off in how good you will feel, how your problems will disappear, how your attitude will be lifted, and how much new energy and vitality you will have will be so life changing, you will not mind the extra 2 minutes it takes you to go to the bathroom.



7.1.10 *What can be done to help relieve a cramped bowel?*

Answer: The herb catnip can be helpful as a rectal insertion for easing a cramped bowel.

**Sam Biser's
Save
Your Life
Collection**

**A Layman's Course
in Curing Last-Stage
Diseases**

Cleansing the Kidneys
Lesson 8

Cleansing the kidneys

You need to do this every other week on the program — whether you have a kidney problem or not. The kidneys are silent, and you often can't tell there is a problem until more than half of the kidney function is gone.

The two formulas you will receive in a moment reduce and eliminate the accumulated calcium deposits that appear in most people over forty years old. But first, here are a couple of stories to illustrate to you how ill the kidneys can be before the alarm bell goes off. Here is what the herbalist told me:

8.1 KIDNEY COLLAPSE WITH NO WARNING

Herbalist: When I first started my practice back in upstate New York, a guy came to see me and was in his 50's, a contractor, and generally healthy, and never sick.

I remember him well. One day, he was walking up the front steps of his porch; it was only like three steps, and halfway up, he felt a crack and he heard it in the middle of his back. Then he immediately had paralyzing pain. As most people would, he thought he had a real bad muscle spasm, or that something was out in his back, maybe even a cracked vertebrae, or some type of bone degeneration.

He dragged himself into the house and his first thought was to get into a hot bath. He got in the bath and felt better, until he looked down and the bathtub was filled with blood. Now, everybody knows that a little bit of blood loss in water looks like a lot of blood. So he traced it, and it was coming out of his penis.

He got out of the tub, urinated, and it was straight blood coming out of his penis, and he passed out. Now this was a tough guy, but when he saw that, it dropped him. His wife got him to the hospital, and by the time he got there, she said he had a scab hanging from his penis because the blood was coagulated there, and it was not a pretty sight.

Doctors found he had a staghorn calculus, a calcium mass like a deer's antler, that had formed and grew throughout the spaces in his kidneys. When this calcified mass cracked and split, it ruptured his kidneys.

His kidneys were semi-rotten and the reality is that the medical doctors removed both kidneys and he was put on dialysis for the rest of his life, and he was coming to me to see what I could do. This guy had no warning, just a big crack, then — no more kidneys.

8.1.1 *A woman loses her kidneys.*

Herbalist: She was a court typist who had some nagging pains in her back, which is common in typists. She thought it was just stress from sitting for too many years. While her chiropractor was adjusting her back, her kidneys were dissolving from the inside, and she didn't know it until it was too late.

The second patient was a woman in her 40's who was very healthy — until kidney doomsday.

One day, she felt a lot of pressure in her back and went to the hospital. They did an ultrasound and her kidneys were about double the size of normal, and covered with bleeding, pustulated bubbles, like some kind of science-fiction horror movie.

That's called cystic kidney disease, and it sounds mild, like pimples on your kidneys, but it's not mild; it's bubbles of pus and poison rotting out your kidneys. You get these bubbles,

like big bubble wrap all over your kidneys, and it's just horrifying. The doctors removed both kidneys and she was put on dialysis for the rest of her life.

The point is that many people came to me *after* their kidneys had been removed, and asked me for an herb that's going to grow their kidneys back, and it doesn't work that way.

BISER: *But surely cases like this are a freak and totally rare!*

Herbalist: Not really! I have had over 1,000 cases of sudden kidney collapse in my career.

8.2 TWO KIDNEY FORMULAS

8.2.1 *Combine a tincture and a tea because neither one has all the healing chemicals you need.*

Here are two formulas you will need for cleansing your kidneys. One formula is prepared as an herbal kidney tea. The other is a tincture which gets squirted into the tea before you drink it.

Here is the *kidney/bladder tea*:

50% of the formula should be an equal mixture of **Uva Ursi** and **Juniper Berry**.

The rest of the formula, which is 50% of your mixture, will consist of equal parts of the following herbs.

Cornsilk

Parsley root

Dandelion

Horsetail

Goldenrod

Hydrangea Root (If you need more stone-dissolving power, the hydrangea root and gravel root can go up to as high as 25% of this second mixture.)

Gravel Root

Marshmallow (this can be half as much as the other herbs)

Add to this, one part of any of the following you can get:

c) **Carrot tops**

d) **Watermelon seed and rind**

Pour sixteen ounces of boiling distilled water over one rounded tablespoon of this herb tea, and let steep.

Add four dropperfuls of the following *kidney/bladder tonic*.

Here is the formula for the kidney/bladder tonic:

50% of an equal mixture of Juniper berries and Uva Ursi leaves. Then add the remaining 50% of the formula, which is a mixture of equal parts of the following five herbs.

Corn silk

Horsetail herb

Pipsissewa leaf [optional]

Burdock herb (This helps throw wastes out the skin.)

Goldenrod flower tops [optional]

On the Save Your Life program, you are taking two cups of the tea three times a day, and you are putting a dropperful of the tonic in each cup of tea. If you need to, you can go to six cups of this tea a day, with twelve dropperfuls of the kidney/bladder tonic per day.

The reason one formula is a tea and the other a tincture is because some of the chemicals in the herbs are water-soluble and could come out in the tea better. Others could come out better in the tincture. When you use the tea and tincture together, you end up with a full-spectrum array of the chemicals in these plants.

Getting the herbal ingredients in this way is totally different to getting kidney herbs in a capsule full of dry powder. According to the herbalist, when you're dealing with a capsule of dry powder, the volatile oil content is probably very

insignificant. If you are taking herbs in this form, the herbalist says he wouldn't expect anything to happen.

According to Dr. Schulze, Dr. Christopher carried fresh juniper berries in his personal first-aid kit. That's how he got his cures. He had people make teas and tonics. If you are getting your herb formulas in capsules, I'm not surprised that you're still quite sick.

*Kidney
and bladder
urinary track
infections are
gone in a week
or less.*

8.3 THE KIDNEY FLUSH

How to do the kidney flush. This is required on the Save Your Life program.

Ingredients:

Juice of one lemon and one lime
16 to 32 ounces of distilled water
A pinch of cayenne pepper
maple syrup to taste [optional]

Fifteen minutes after drinking the kidney/bladder flush, drink 2 cups of a kidney/bladder formula. Also drink 1 to 2 cup(s) of this tea in the early afternoon and early evening.

In each cup of the Kidney/Bladder Tea, add 1 dropperful (35 drops) of a kidney/bladder tincture.

*Poisons pour
from your
kidneys when
you take these
formulas made
with fresh
herbs.*

Herbalist: Every day on the incurables, for the first 30 days, they do a flush in the morning. I suggest that they alternate. They do one for one week, the liver/gall bladder flush (given in the liver chapter), then the next week the kidney/bladder, then the next week the liver/gall bladder. And they are doing both of those complete flushes regularly.

BISER: *You told me you've seen kidneys look like a Jacques Cousteau TV special inside of them with coral structures.*

Herbalist: There is no doubt about it. There are things that look like sea anemones, that are round with spikes kind of like toy jacks. It's everything from stones to small stones with spikes going out in every direction to big ones they call staghorn stones that look like deer antlers and that are quite big.

BISER: *How big, an inch maybe?*

Herbalist: Three or four inches they can be. They can grow and encompass the whole inside of the kidney to where the entire kidney crystallizes and becomes plaqued and hardened.

BISER: *How would you get to see things like that?*

Herbalist: Those you don't see unless you are looking at medical photography, or at cadavers and organ dissection.

BISER: *But again, a person might just have bad kidney functions and not know it.*

Herbalist: Absolutely. I think it would be rare to open up anybody's kidney and say that it was perfectly clean.

And these kidney formations I'm describing, these were people who didn't even know they had kidney problems. I've seen people who were marathon runners that thought they were healthy — who had gall-bladders the size of soft balls that were impacted with cholesterol and stones.

BISER: *And they died from an accident or something?*

Herbalist: Absolutely.

BISER: *These people didn't even know they had kidney disease. Now you can see the joke when people take dried-out juniper berries, a few capsules, and say I didn't get well.*

Herbalist: You know, many of the principles that are in herbs deteriorate quite rapidly. In fact, some herbs are best off using fresh, and if you use them dried, you are just not going to get the activity. This is one of the advantages of tinctures. When you make a tincture, you can use the fresh herbs and get them right into solution.

BISER: *And then you lock in the chemical properties of the plant.*

Herbalist: That's why liquid extracts are preferred by the majority of natural healers and herbalists throughout the world. Unfortunately, as I will say elsewhere, most of the extracts they prepare are so weak, they are useless.

Regarding kidney cleansing with great quality herbs, it's quite dramatic what can come out of the kidneys, especially someone who has had years and years of infections or inflammation or crystallization growing in there.

I've seen jelly-like stuff come out, with strands of things. A horrible, horrible stench.

BISER: *How bad? Like what?*

Herbalist: I've had to hold my breath to get some fresh air.

You feel like you are going to be sick. That is why you have to carry your cayenne tincture for yourself, too. I have...many times had these people bring in their urine specimens just to show me some of the stuff that was coming out.

8.4 DISSOLVE KIDNEY STONES

8.4.1 *This is not just for people with stones. Anyone with a terminal or incurable disease should do this.*

If I had a terminal disease, I would do this routine for dissolving stones. Why take a chance that you have stones that are impairing kidney function at the worst time of your life. This formula is famous for dissolving stones. It is a routine of Dr. Christopher's that was revised and updated by

his student Dr. Schulze. It will dissolve stones in the kidneys and the entire urinary tract. It is soothing to inflamed tissues and assists in the smooth and painless release of the stones.

The ingredients in the formula are:

2 ounces of **Hydrangea root**

2 ounces of **Gravel root**

1 ounce of **Marshmallow root**

The instructions are to take 5 ounces of these combined roots, cut or powdered. Obtain organically grown or wild-crafted herbs, not commercial grade herbs.

Take two quarts of fresh-squeezed apple juice, organic if possible, but it must be fresh-squeezed. Put half of the herbs (2.5 ounces) into each quart of fresh apple juice. Let sit overnight and in the morning bring each to a boil and simmer for 15 minutes.

Let cool, strain out the herbs from one of the quarts, and drink this entire quart during the first day. Consume about two fluid ounces per hour. The first day, you should also drink an additional 32 ounces of distilled water.

Let the other quart sit in a cool, dark place, shaking it a few times this day; and the next morning; strain and drink this quart at the rate of one ounce per hour that you're awake for

the next two days. You will be consuming about 16 ounces per day.

On these two days, you should also consume 32 ounces of distilled water and 32 ounces of fresh juices. On the fourth day, a juice fast is suggested consuming 64 ounces of distilled water and 64 ounces of fresh juices.

Consume only distilled water and the freshly squeezed juices during this period, but only up to one additional quart the first day and up to two quarts the second and third days.

Usually, only one time is necessary, but you may repeat this procedure at one week intervals until all stones are dissolved. Remember, one large stone will dissolve slower than twenty small ones. In difficult cases, it may be necessary to repeat this routine 2 or 3 times.

The following is FORBIDDEN: Absolutely no other liquids are allowed, especially alcoholic beverages, sodas, or any carbonated beverages (even the natural ones), black tea or herb tea, unless prescribed, coffee (decaf or regular), dairy products and no minerals.

Food program: The diet should be animal-free (vegan) and best if the patient fasts on fresh juices for the entire 3-day period. If fasting is not done, then a raw food diet is suggested,

consuming only fruits, fruit juices, vegetables, and vegetable juices.

Best juices are: orange, distilled water with lemon and/or lime juice, cranberry, watermelon and vegetable combination with carrot, parsley, garlic and ginger root.

The kidney and bladder herbal tea formula mentioned earlier may be drunk, 2 to 6 cups a day, during this program.

8.5 KIDNEY CASE HISTORY

8.5.1 *This procedure helped one rock star eliminate nineteen kidney stones.*

Herbalist: He was a lead singer in a rock-and-roll band, living on whiskey and junk food. He had started peeing a lot of blood while on the road. He came to UCLA, they did x-rays, and x-rayed nineteen kidney stones around pea-size in his kidneys. And that was what was causing the bleeding. They suggested surgery.

That afternoon, he had to go pick up a guitar and went into the guitar store and my brother worked in the shop. And the guy said, "I've got to have kidney surgery."

My brother goes, "Look, I don't know, but my brother is some kind of holistic healer," and he carries my card. He said, "Give him a call and see what he can do." I said, "Get over

here.” He came over and we did the procedure I just gave your readers.

8.5.2 *You can use garlic to eliminate a man's urinary tract infection when nothing else helps.*

BISER: *Did it work?*

Herbalist: He did a double-strength routine. I thought we'd do it twice over the period of a whole week. He did it for two-and-a-half days, went back to UCLA and they x-rayed him and he was absolutely clean. The blood was gone and there were no kidney stones at all.

Doctors had given him every antibiotic and every possible treatment and couldn't get rid of his urinary tract infection. I gave him 4-6 big cloves of garlic a day, along with the kidney tea and kidney tonic formulas we have mentioned earlier, and it cured him. I've never seen garlic fail.

They used to use sulfa drugs for kidney infections, and garlic has almost 80 different sulphur compounds in it.

In World War I, they used sulfa drugs. They had that packet of sulphur, and if someone got shot or burned, they just poured sulphur on the area because sulphur is an anti-infection mineral. Well, the British ran out of sulfa the first six months

of the war, and so they thought, “Well, which plant contains the most sulphur?”

As I just said, there are 80 different sulphur compounds in one clove of garlic. They started mashing up garlic and putting it on moss and applying that to the wounds. They had a 50% decrease in the amount of battle wound infections by using garlic.

It worked better than any sulphur they could ever use. So they asked the English people to grow garlic in their backyards and they did a big garlic drive; that was the official treatment for battle wounds for the English in World War I. Just chopped garlic on moss, dirty moss, applied to the wound.

They never had infection, and they healed the wounds. This has been something that has been in use for centuries. The only reason that we are not using it now is because there is no money to be made in it.

BISER: *Is the organic garlic more potent?*

Herbalist: Yes. Organics generally have more medicinal ingredients in them. Plants can only grow and create chemicals from the richness of the soil. We’ve got garlic from the grocery store that was pathetic. The organic garlics we get are just absolutely unbelievable. There is so much sulphur and they are

so rich. Garlic does it all. It's a broad spectrum antibiotic for the kidneys and everything else.

8.5.3 *False warning about juniper berries from popular herb books.*

BISER: *One book said that high doses of juniper berries causes kidney irritation or possibly kidney damage. They said, "This herb should not be used by anyone with kidney infection or a history of kidney impairment. Even low doses taken over a long period may cause problems".*

Herbalist: First of all, juniper berries are not an herb that you would give someone to take nutritionally for the rest of their life. It's an herb that you use to clean the kidneys and to disinfect the kidney. I've had people use the fresh berries for months with no problems.

I wouldn't suggest it for more than a couple of months, because it should be clearing up your infection and making you pee. And if it's not, then there is something you are not dealing with that is going wrong.

If anyone has their kidney/bladder infection after a week of juniper berries, then we are barking up the wrong tree.

BISER: *The book said that many elderly people suffer kidney impairment, and that those over 65 should consult their physician about their kidney function before taking this herb.*

Herbalist: They are absolutely barking up the wrong tree. Go back to your original statement about juniper.

BISER: *They said that, "High doses cause kidney irritation and possibly kidney damage."*

Herbalist: First of all, what the heck is a high dose? They were probably injecting a rat with straight juniper oil in lethal doses to make that statement. In other words, what is the high dose? One juniper berry or a wheelbarrow full? They don't quantify that statement, so it makes it absurd. They need to say 25 drops of tincture or 50, or 5,000 drops.

BISER: *It also says juniper does not destroy fungi, and has never been shown effective for gonorrhea or bladder or kidney infections.*

Herbalist: You tell that to my patients who got cured. My answer to that question would be, "Can you show me the case studies that they have done?" Even medical journals and medical books say that the volatile oils in juniper and uva-ursi destroy bacteria. Juniper is listed in the British Pharmacopoeia as a urinary tract disinfectant. It was also listed that way in the old herbal dispensaries.

These medically thinking herb people give the herb only by itself, never as part of a formula, never as part of a cleansing program, and then say it doesn't work. I guarantee they have never even tried it. I guarantee they have never taken 20 people with kidney and bladder problems and given them the complete formulas and programs I do.

And no one is using fresh juniper berries. They are using dried- up berries that look like little pellets.

I wish you could be with me out in the fields here in Southern France. Yesterday, we made a juniper tincture. We just picked fresh juniper berries off the trees around here, put them in a blender with the cheapest vodka we could find at this French supermarket. Today there was a bright bluish-purple liquid that rose to the top and we tasted that; it's unbelievable. You can't buy anything like that in the U.S. This is the best I have ever had.

I think this is something that ties right in to what you were just talking about with herb quality. We need these people to know about getting things fresh off the trees. It will just blow your mind when you taste this. It's so incredible. And this is always the way. The fresher, the better. It's very simple. It's one reason I have been able to cure so many people.

8.6 JUNIPER FOR FAILING KIDNEYS

The late Dr. Christopher told many miraculous stories regarding the kidney herbs. One of those he mentioned appeared in N.B. Lundwall's book Assorted Gems of Priceless Value. This is a true story account by Elizabeth J. Barney, concerning her mother.

At the beginning of the century, a woman was about to die during a pioneer journey. She had an apparent kidney ailment. the wagon caravan stopped and made camp for the night. She became too weak to travel further.

The woman was in terrible shape. She was in extreme pain and just wasting away. It appeared to everyone that the end was near. They intended to bury the woman in the morning and then move on.

A stranger suddenly was seen approaching the camp. He told the woman's husband to go and gather juniper berries and leaves growing in the vicinity.

His instructions were, "Mix them together, steep them, and give them to your wife. You can be on your way within an hour." Then the stranger said he had to go, and at that moment, something drew the people's attention away. During that instant, he disappeared.

The prescription was obeyed and the dying woman revived miraculously. She even helped to prepare breakfast. The continued on the journey. She was completely healed.

When Dr. Christopher told this story, he said, "So you will see that these herbs will not only repair the body as with a divine touch, but they restore our faith in the Supreme Maker."

Dr. Christopher recommended the juniper berries from the second year berries, which are dark and purple. Do not use the first year berries, which are green and acidic.

8.7 WOMAN SAVED FROM COMA

Here is another story from the wonderful Dr. Christopher on the power of parsley, in this case the root, which he considered the *strongest* part of the plant.

This story comes from one of Dr. Christopher's students. Just after the last lecture with Dr. Christopher, she received a call from her brother-in-law in Chicago. He told her that if she wanted to see her twin sister alive, she had better fly back there immediately because the doctors said she had only a day or two to live.

The student took off from work and arrived in Chicago on a Friday. She went in to see her sister and would not have

recognized her if she hadn't been told who it was. Her sister was so badly swollen up from edema (dropsy) that she seemed to be only a bloated, unrecognizable mass of flesh.

The woman cried when she saw her dying sister. Doctors were absolutely baffled and had, at the family's request, sent the patient home from the hospital to die. The twin was in a coma. She couldn't recognize anyone.

The student got some parsley root and glycerine. She made a strong parsley root tea and mixed vegetable glycerine into it. She gave this to her sister orally — a cup of the tea each half hour.

Then she soaked white flannel cloths in the hot mixture of parsley tea and vegetable glycerine and placed them over the badly swollen legs, arms and abdomen. The sister soon lifted the corners of the compress to check the progress. She said it looked like hundreds of little springs coming from the body.

She was using an herbal formula she did not know and had ever used before. She had just learned it the previous Tuesday at the seminar. She had to fly back to work, and left instructions with the husband.

That following Tuesday, her brother-in-law from Chicago phoned and said, "There is someone here who would like to talk to you." It was the woman who had been dying. The

swelling was down and she was recovering. She had gotten the children's breakfast and fixed their school lunches that day.

8.8 INABILITY TO URINATE

One woman had not urinated for 3 days. Dr. Christopher gave her a cup of juniper berry tea and went straight into the bathroom to urinate.

8.9 WHAT ONE SINGLE HERB CAN DO

Readers often complain to me that they can't do anything on a problem because they are missing an herb and can't complete a formula I gave them. I always remember what my friend the late Dr. Christopher taught me, which was to use what you have and cure anyway.

Here is the story of a reader of mine, Annette Rhodes, whose son Randy was dying from kidney failure after a serious burn on September 17, 1994. He was cutting open a cleaned fuel barrel with a chain saw — only it was the wrong barrel, and there was fuel in it. The sparks from the chain saw created an explosion. The explosion was so big it was felt 15 miles away and heard for 5 to 7 miles to the south of Nevis, Minnesota. It blew a fireball 150 feet into the air and rippled the waters of Lake BelleTaine a mile away.

Randy was so badly burned that the fireman who worked on him thought he would die on the ground right there. For the first few days, doctors at the burn unit kept saying he would be dead by morning. He had 85% third and fourth degree burns. He had severe potassium overload as cells died and dumped their potassium back into the bloodstream.

But he managed to survive the first few weeks. On October 6th, doctors said it was really all over. Randy was in complete kidney failure. His creatine level was rising and his BUN level was over 100.

Annette had read in some old book that parsley was good for kidney failure, so she picked a whole bag of parsley and took it to the hospital with her. It was pretty grim.

The doctors took her and her husband into a room — the room where they give you bad news. Mr. Rhodes said, “What are his chances?” And they said, “You don’t understand Mr. Rhodes, “There are no chances. Your son is dying and there is nothing anyone can do about it. We’ve tried everything in the pharmacy and his creatine keeps rising. He will go into a fatal coma.” The doctor said, “Write his obituary and prepare for the funeral. All the prayers in the world won’t save him.”

Randy’s classmates from high school were in the other room, ready to say their farewells.

Randy's wife had already ordered him unplugged. And doctors were making sure he died, because they terminated all life support and stopped all antibiotics. They had made little holes into his lungs and cleaned the soot out with tiny brushes. Randy was getting yeast infections in the lungs, infections you can die from. Doctors said, "If he wants a Big Mac, get it." In other words, nothing mattered anymore. He was unplugged and on morphine only.

The nurses told Annette, "Doctors have given up. You do whatever you want to." At this point, Randy's creatine was 7.9 and Annette told me that at 8.0, you go into coma.

She took the parsley she had with her and put it into a clean coffee pot with hot water and heated it in the Mr. Coffee device in the reception area, and let it steep half an hour. Then she cooled the strong parsley tea and with the help of the nurse, they put it into the feeding tube.

A miracle happened. In three days, Randy's creatine was normal and down to 1.5. So doctors hooked Randy back up to life support. The doctor said something you have heard before, "I don't know what you are doing, but keep doing it." Annette told me, "I think he thought we were praying that much, which we were."

Today, Randy is 35 (the accident happened 5 years ago) and he works with his Mom on their landscaping business. His major problem is not being able to sweat, because of damage to his skin from the burns, and an inability to tell when he is 'freezing.' (He plows snow in the winter with his Dad.)

As Annette wrote me, "Randy's wife left him and he doesn't have his kids near enough to suit him, but he survived total kidney failure. And I believe the parsley tea may have played a major role in saving him."

So...never *underestimate* what simple herbs can do. You don't need exotic herbs, and you don't always need a formula. Just use what you have and someone you love may live because you did.

8.10 LOBELIA TO SAVE DYING KIDNEYS

8.10.1 *The one herb you would never think of may be the one you need.*

This 13 year-old girl was dying of kidney failure. She was too ill for a kidney transplant. Her body was blowing up like a balloon. Her head looked like a pumpkin from fluid swelling. The herbalist Schulze had already tried all the kidney herbs he knew of — the ones covered in this lesson. They had all failed.

The kidney formulas in this lesson had made her worse, not better. She was dying anyway. Her limbs were starting to look like gangrene because the edema was cutting off the circulation. Green pus was coming out her eyes.

He stuck his hand into a book by Dr. Christopher and hoped by Divine guidance he would be led to the right page. He was. The page was on lobelia, which is not a kidney herb. The herbalist said to himself, "This is wrong." But he felt inside *not* to argue.

The mother then called and told the herbalist, "I feel my daughter is going to die tonight." The herbalist drove over to her home on a motorcycle and saved her, with lobelia tincture.

The herbalist dosed her and dosed her until she was feeling sick. Within 30 minutes, she went in the bathroom and started urinating. He left her with another dose. In a couple of days, her mom called and said the swelling was down 20%-30%. A couple more days, down to 50%. A week later, the girl's edema was gone. She was a tough, hard kid. The lobelia relaxed her tight system and allowed her system to work.

So always remember what Dr. Christopher said; if in doubt and you don't know what to do, use lobelia.

8.11 DANDELIONS FOR KIDNEYS

In the South of France, they call dandelion by the name of “piss the bed,” because it promotes kidney activity, and if you drink too much dandelion tea, that’s what will happen. Most people don’t use near enough of this herb, but if you do, all sorts of problems you would never expect can be *healed*.

8.12 FOR INTERSTITIAL CYSTITIS

You need to do castor oil packs over the area for up to a year — plus intensive cleansing. This condition is so dug in that you have to treat it with the same intensity that you would attack an incurable condition. More on this in a later lesson.

I would definitely use the herbs for blasting stones out of the kidneys, just to be sure, along with the liver flushes, and juice-fasting.

You will need applications of hot and cold, and herbs rectally, healing herbs such as aloe and comfrey, and cleansing herbs such as the ones Dr. Christopher used to use in a vaginal bolus. See lesson on cervical cancer. Also, see lessons on mineral therapy, because undiagnosed blood sugar problems will rip kidneys up, as will imbalances in zinc and copper, possibly calcium and magnesium. That’s my personal experience.

Sam Biser's
Save
Your Life
Collection

**A Layman's Course
in Curing Last-Stage
Diseases**

Cleansing the Liver
Lesson 9

Cleansing the liver

I have found that everyone seriously *under*-estimates the power of the cleansing programs. Failure to do the cleansing programs rigorously and repeatedly can cause you to *not get well*.

I have talked to customers who swore they were on the Save Your Life program, yet they only cleansed their liver once in a while, every few months. They did not seem to regard it as critical. It is. And it is something you have to do repeatedly.

9.1 THE LIVER AND CANCER

Before we go into the cleansing programs, let me tell you what an Austrian medical doctor named Kaspar Blond said

about the liver. He wrote a classic work called, "The Liver and Cancer." According to Dr. Blond, the liver, as you already know, filters toxins out of the body. He said, "No other stimulus is necessary [for the growth of cancer] than a metabolic toxin which has not passed filter or has not been neutralized due to liver failure."

Dr. Blond believed that spontaneous cancer cures take place, provided regeneration of the liver takes place. Dr. Blond claimed that breast cancer patients' survival rates had everything to do with the extent of their liver damage. As Dr. Blond said,

"Death of the patients (breast cancer) within one to five years is not caused by the structural changes of the breast tissue which we call cancer. The cause of death is a slowly increasing liver failure. What Steinthal calls stages of cancer of the breast may in fact be stages of liver failure."

Let's listen to what herbalist Dr. Schulze told me about cleansing. You don't know it.

According to the herbalist, "Everyone who came to me hoped I had some herbs in a bottle that if they took it, for a day or a weekend, would reverse all the damage, heal their diseases,

and fix 30 years of unconscious living. But it can't be done. Anyone who claims a weekend cleanse can cure you is lying."

"If you saw photographs of how much junk accumulates inside of ordinary people, you'd realize how useless those healthfood store products are. I saw one guy opened up in Santa Barbara who was a pretty healthy runner, a non-smoker, non-drinker, exercise guy who dropped dead of a heart attack while he was running and I'm going to say he was in his mid-sixties."

"He was considered a fairly healthy guy, not over-weight at all. I saw his gall bladder and, my God, I thought I was going to throw-up. It was about the size of a softball, it was like fluorescent golden-green in color and packed hard with cholesterol and probably a thousand stones. And this guy was considered healthy by his doctors."

"Every time I've seen a person opened up, their gall bladder is two to three times normal size. It's so full of crap from the liver, it's stretched out like a softball, and herniated all over the place."

"And people's livers get bigger too from toxins. I've seen them grotesquely big, and these aren't drinkers, these are regular people who think everything is okay. I've seen the livers of supposedly-healthy people and they were white and lined

with fat, to yellow with infection to bleeding, red, and scabby-looking.”

There are four methods of liver cleansing you will be using. The *first* is the mild liver flush. The *second* is the strong liver/gallbladder flush. The *third* is the liver/gallbladder tincture. The fourth is the castor oil packs. In the Save Your Life program, you will be using all four.

9.2 THE MILD LIVER FLUSH

The mild liver flush is done daily. You can do this for one week, then do the kidney flush for the next week, then go back. Some people, like the man who eliminated dementia with colon cleansing, did the liver flush daily for over 40 days without a break.

To do the mild liver flush, do it on an empty stomach upon arising. The proportions are for one person. Use 8 ounces of citrus juices. Fresh is best. Squeeze those oranges; toss a lemon in if you are brave.

If citrus is too drying to your skin, use organically grown apple juice with all the sediment left in. Add 8 ounces of distilled water, 1 clove of garlic, 1 tablespoon of olive oil and a chunk of ginger. The piece of ginger can be the size of the end of your thumb. Don't cut the garlic first. Just smash the garlic

on the counter to get the outer skin off, then, put everything in a blender, liquefy, and drink.

As you can tolerate it, increase the olive oil to 4 tablespoons. Increase the garlic to four large cloves, and increase the size of the piece of ginger in proportion to combat any possible nausea from the garlic.

I have found that it sometimes helps to chase down the flush with a few ounces of fresh-squeezed orange or apple juice you have saved as a chaser — as a reward to yourself, and to cleanse your mouth of the garlic taste after drinking the flush.

Fifteen minutes after the liver flush, you cleanse your system by drinking two cups of the following tea.

The ingredients of this detoxification tea are:

2 parts roasted **Dandelion** root

1 part **Cinnamon** bark

1 part **Cardamon** seed

1 part **Licorice** root

1 part **Juniper** berries

1 part **Ginger** root

1 part **Clove** buds

1 part **black peppercorns**

1 part **Uva Ursi** leaves

If you are missing ingredients, do the best you can. It will still be better than not using the tea.

This is the complete procedure for the mild liver flush. In a moment, I'll give you the formula for the full-strength liver/gallbladder flush. First, the case history of a woman who used the mild flush.

9.3 STUCK GALLSTONES

Herbalist: I had a woman come to me crying in severe pain. She just got out of the hospital. Doctors told her, "You have gallstones, severe gall-stones in your gall bladder, stuck in the bile duct, and we are going to have to do surgery now."

She left the hospital and came here and I just started her on the mild flush we just talked about. We used probably 2-3 cloves of garlic and 2-3 spoons of oil at-a-time. She did one that night, and did another one in the morning, and never had a pain since. She continued it for about a week and a half, and went back, and they said her gall bladder was clean.

As you can see, do not underestimate the power of the mild liver gallbladder flush.

BISER: *Can the liver flush cause gallstones to get caught in the bile duct?*

Herbalist: Over the last 20 years, I have administered over 4,000 Liver Flushes to my patients. Many of these patients had big silver dollar size gall stones, others had hundreds of little ones. Many were in acute gall bladder pain, some left doubled-over from the hospital, refusing surgery, but vomiting and really sick.

It doesn't matter if you have kryptonite stones in your gall bladder — they will come out!

Never, not in one person, did I ever see a gall stone get stuck in a bile duct. In fact, just the opposite. As I just told you, I have had stones stuck in the bile duct that the Liver Flush removed.

The point of the Liver/Gall Bladder Tonic is to dilate and OPEN up the sphincter of the gall bladder for easy discharge. A person's only fear should be their surgeon's knife. Removal of the gall bladder from the liver is like removing the rectum from the colon. Not a good idea. So get going on the Liver Flush.

BISER: *What about people who have already had their gallbladders removed? Can they still do the mild liver flush?*

Herbalist: By all means. It is a great way to protect the liver. When the gallbladder is removed, the liver has no place to deposit the excess fat, which means stones are more likely to form in the liver itself, which can be dangerous. Gall bladder surgery is a disgusting practice that could possibly cause liver degeneration.

BISER: *Is the flush safe if someone has had Hepatitis?*

Herbalist: I have used my Basic Flush on all my patients who have had Hepatitis A or B or C (Non-A, Non-B), and they have never had a problem with it. I would advise anyone with a serious health condition to consult a physician, first. If a flush is desired, I would recommend the mild flush first. The only time I jump right to the liver-gall bladder flush is when a patient is critically-ill and we don't have any time to waste.

9.4 THE FULL-STRENGTH LIVER/GALLBLADDER FLUSH

You should do this once or twice a week if you are ill. In severe cases, it may have to be done several days in a row. On the other days, do the mild liver flush that goes up to four tablespoons of oil. See the section on liver cancer in this Course for a case in which the large flush was done repeatedly, and learn what happened.

The formula is:

8 ounces of **olive oil**

8 ounces of **fresh-squeezed orange juice**

Mix in a blender. You consume 4 ounces an hour of this mixture for four hours starting at about six o'clock at night until ten, or about an ounce every fifteen minutes. This time of the day is best for liver cleansing. Every organ has its own time, and this is when you should be doing the liver flush.

Herbalist: Always have a ginger in your hand; fresh ginger root that you can chew on when you feel any waves of nausea coming. I have students who want to do it more powerfully and have actually done a quart of the same mixture. Sixteen ounces of oil and sixteen ounces of citrus, and kept that down and did just fine.

Normally, the gallstones that you get out are, oh, we'll say anywhere from the small where you can hardly see them, like sand, all the way to, oh, we'll say, garbanzo bean size. This person who did the double-strength had some come out that were more like from your thumb knuckle to the tip of your thumb.

When you've got a liver that's quadruple normal size and you're dying, this can be your liver flush instead of the small daily version. The only downside I've ever seen to it is, of course, it makes you feel quite sluggish because you're consuming a lot of oil that your body has to process.

It might give you a little bit of diarrhea, and the worst thing, of course, is you'll throw up. There's really no downside to it. It really is a tremendous feeling for most people once they take the pressure off that gall bladder and get it flushed out.

BISER: *Now what's the most that you've done it, like three, four days in a row?*

Herbalist: I think I'm going to say five.

Don't underplay what we might call the mild liver flush, or the liver/gall bladder flush, or whatever we want to call it, because I've seen that work miracles, too. But a lot of times I let it be dependent on the strength of the person.

You get these people who, you know, my God, you can do anything to them. For example, I have students who sat down and drank, in one sitting, sixteen ounces of oil and sixteen ounces of fresh citrus juice, smacked their lips and said "What's next?" You know, when I get students like that, hey, I push it to the limit.

I would say for your average person, the 16 oz. mixture is fine. My experience is (because I do it a lot with groups of say, thirty to forty) and, oh gosh, I'm going to say out of a group of thirty-five, we usually get eight or ten people who throw up. So what?

BISER: *What about people who have already had their gallbladders removed? Can they still do the flush?*

Herbalist: By all means. It is a great way to protect the liver. When the gallbladder is removed, the liver has no place to deposit the excess fat, which means stones are more likely to form in the liver itself — which can be dangerous. Gall

bladder surgery is a disgusting practice that could possibly cause liver degeneration.

BISER: *Can you tell us about the alkaline or acidic effect your flush might have on people?*

Herbalist: The flush itself is alkaline. However, a lot of people get confused on this issue, because whether a food has an acid or alkaline pH, has nothing to do with whether it has an alkaline or acid reaction in the body.

In other words, if you put a piece of litmus paper in a glass of apple or orange juice, it would test very acidic on the pH scale. But if you *drink* the juice, it has a very *alkalinizing* reaction in the body, which is cleansing.

I rarely get anybody in my office who is alkaline, because almost all of modern life — the foods we eat, the stress of day-to-day living — is acid-forming in our bodies. So the alkalinity of the flush shouldn't be a problem.

9.4.1 *The flush unclogs the liver and allows it to deal with cholesterol in the bloodstream.*

BISER: *Can the olive oil in the liver flush be harmful to people with high cholesterol?*

Herbalist: No, in fact, it's just the opposite. The flush should *lower* their cholesterol. One man came to me with a cholesterol level of 340, and we had it down to 132 in thirty days.

BISER: *Thirty days? Did you have to put him on some brutal nutrition program to get it that low?*

Herbalist: In his case, the program was pretty strict — it had to be. He had already had a heart attack and symptoms of a stroke.

On the other hand, I had a woman with a cholesterol level of 220, and, in three weeks, we had her down to 152, and that included eating turkey for Thanksgiving. The liver flush and bowel cleanse were a big part of her program.

BISER: *How does the flush do so much for cholesterol?*

Herbalist: Most people don't realize that the liver's job is to accept the fat that floats around in the bloodstream and metabolize it back out through the gallbladder, into the digestive system, and out. If the liver is congested, it can't do its job. It's kind of like a clogged sewer — you can't get as much down the drain.

There's a big misconception about oil and cholesterol. Olive oil is a fat, but it is a mono unsaturated fat, which means it does not clog your arteries, and it does not contain

cholesterol. It actually helps *lower* cholesterol. Olive oil increases the body's level of HDLs (high density lipoproteins), also known as "good" cholesterol. The HDLs gather cholesterol in the bloodstream and bring it back up to the liver to be eliminated.

Remember that the only source of dietary cholesterol is animal foods. There is *no* cholesterol in any type of fruit, vegetable, grain, seed or nut.

BISER: *Does the liver flush clean out the arteries as well as the liver and colon?*

Herbalist: Yes, and for the same reasons I just cited. The flush enables the liver to handle its job of metabolizing fat out of the bloodstream, so it can help prevent fatty deposits from forming on the walls of the arteries.

9.5 THE LIVER/GALLBLADDER HERBAL TONIC

Every day on the Save Your Life program, you take the following liver formula. This is a tincture you make at home.

Here is the formula:

Remember that parts applies to weight, not volume. Also remember that even if you are missing ingredients, you can still make a formula

and it will work. Always use what you have. It is better than drugs.

Milk Thistle seed: *4 parts.* This herb coats and protects liver cells from poisons in our environment, food and water. It reduces inflammation, and heals damaged liver tissue.

Oregon Grape root: *1.5 parts.* This herb contains strong bitter substances called alkaloids, including one called berberine that stimulates the liver and gall bladder and promotes the flow of bile. Bile is a substance that lubricates and sterilizes the intestinal tract.

Gentian root: *1 part.* Same as above

Dandelion root: *1/2 part.* A medium bitter which nourishes the liver with phytochemicals and nutrients plus has the milder action of Oregon Grape above.

Wormwood leaf: *1 part.* Aromatic bitter, the essential oils do the same as Oregon Grape but also are a strong Anthelmintic (kills and destroys parasites).

Black Walnut hull: *1/2 part.* Kills and destroys parasites. (In the clinic, I used to include Cinchona bark as an added anti-parasitical, especially in stubborn cases and parasitical blood infections like malaria. I treated men that had malaria episodes yearly still from World War II and this formula would cure them.)

Ginger root: *1/2 part.* Stimulates the Liver and Gall Bladder blood circulation and stimulates the muscular contractions of the entire digestive tract downward.

Garlic bulb: *1/2 part.* Kills any parasites, virus, bacteria, fungus, ANYTHING that may be in, or is released by, the liver.

Fennel seed: *1/2 part.* Helps to push along in the digestive tract whatever is released by the liver and gall bladder and relieves gas, cramps, colic, nausea, indigestion, heartburn, etc. that may occur during liver and gall bladder cleansing.

For instructions on making tinctures, please see the later lessons in this LAYMAN'S COURSE.

The dosage would be two full dropperfuls three times a day all the way up to twelve dropperfuls a day in a severe case. As I said in lesson number two on the basic program, you may want to use this as a base and add extra chaparral or wormwood, or barberry, or any other super-strong liver cleansing herb if you need an additional effect. Use your intuition.

Some people may have to back-off after four or five days of heavy liver cleansing to give it a rest, and then resume a day or two later. Other people may have to continue daily because of their condition.

9.6 ADJUSTING THE LIVER FORMULA

BISER: *How can my readers adapt this formula to their own needs.*

Herbalist: It's easy. They just increase the quantity in the formula of the herb they need.

For example, if the patient has *liver inflammation, hepatitis, liver damage, or a chronic or acute liver illness*, increase the milk thistle.

If the patient has *gall stones*, increase the Oregon Grape root, Gentian and Dandelion. Do my 5-Day Cleansing and Detoxification Program with the Liver/Gall Bladder Flushes.

If a patient has a *known parasitical infection*, increase the Wormwood and the Black Walnut.

If a patient is *puking*, backing up or nauseous, increase the Ginger.

If a *fever and infection* is present, increase the Garlic and make a tea of echinacea roots.

If the patient has any *digestive pain* or any of the problems listed under Fennel seed, increase the fennel seed.

9.7 OBJECTIONS TO LIVER FLUSH

Let me quote you what an ignorant natural healer is scaring people with, and then I will give you the herbalists comments. Here is the doctor's first statement...

“Many people tell tales of passing huge stones while on the liver flush. However, what they think are gallstones are actually a complex of minerals, olive oil and lemon juice produced within the gastro-intestinal tract.”

Herbalist: This is true — but only *part* of it. When you do a flush, you will see these stones that are clear to translucent-like green. These are soft and spongy. These are just congealed olive oil that you consumed.

But what about the black ones? What about the red ones that have blood in them? What about the ones that are an inch and a half long and have a brown, hard crusty outside, and when we broke them open, they were black and purple inside. That's olive oil??? Impossible!

Obviously, from this guy's statement, I can say that he has never done, or done with anybody — a liver flush.

BISER: *Here is the man's next comment. It scared one of my readers...*

“The olive oil liver flush is not a good idea for a couple of reasons. First of all, consuming a large quantity of any oil will result in contraction of the gallbladder. It is quite possible that violent contraction of the gallbladder would increase the likelihood of a stone blocking the bile duct. This is a very serious condition that often requires immediate surgery to prevent death.”

Now, comment on that one.

Herbalist: Why do we do the flush? It is to cause a contraction of the gallbladder, and purge out the contents.

I always tell people that the gallbladder is like the rectum of the liver. When we do a liver flush, it's like an enema. It flushes out whatever is in the gallbladder.

Notice how he says, “Quite possible.” This is his *theory*. I have done a liver flush on over 5,000 people and I've never had a person that got a gallstone stuck. And what were his words again: “Quite possible.” This is why I say that an N.D. in this country nowadays, you might as well call them an M.D.

BISER: *But what about his comment that this could cause death?*

Herbalist: This man is absolutely insane. That is my opinion of him.

I have had patients who have come to me from the hospital with gallstones (ultrasound) in their gallbladder, and stones entering and stuck in the bile duct, causing them extreme pain where they were doubled over. I have many cases like this, and the minute they do the liver flush, they notice relief.

BISER: *So the thing he says causes it, cures it.*

Herbalist: He's absolutely wrong. What an idiot.

You know what the bottom line is: this guy is coming from a fear standpoint like the medical doctors, and he also has NO personal experience.

What he doesn't recognize is that the flush not only causes contraction of the gallbladder, but it also dilates the sphincter and enlarges this tube (the bile ducts) that go from the gallbladder to the duodenum. So that gets dilated. And also, it's become slippery — you have olive oil in there.

You are going to be able to pass stones much easier. *Every* patient who has ever come to see me...every one I have ever worked with, has been doing gallbladder flushes by the third or fourth visit.

BISER: *Richard, this has been around for years. How come you get more results with the liver flush than anyone else?*

Herbalist: There are several reasons.

First, I do the gallbladder flush differently — as part of a program. Second, I do it much more often than anyone else.

By the time I have everyone do a gallbladder flush, they are on a vegetarian program. Even if they are not going to be a vegetarian, they are at least vegetarian for the time being, which means they are not continuing to take saturated fat into their body.

The second thing is I use herbs with it. A lot of people use the liver/ gallbladder flush, but then they don't use the detoxification tea given in this chapter, which has bile-stimulating herbs, and they don't use the liver/ gallbladder tonic.

I use the flush as part of a program, not as an isolated technique. The biggest promoter of this flush was Dr. Randolph Stone, and every morning at his school, 15 minutes afterward, you had 2 cups of hot, stimulating digestive tea.

I have people do the flush every day for five days, and then they go back to it a week later for another series of five flushes, and so on. And I work up to it, one tablespoon of oil, one clove of garlic. I work it up. Anyone who is sensible works a program up.

And once you do the full flush on the incurables program, it's once a week. By contrast, other people in natural healing do it once a year. I'll do it *every day* when I am afraid the patients can die of their illness before I can help them. That's how lifesaving this flush is. It doesn't cause death. It cures.

Even in the most severe cases, when I have them do the flush right away because I am afraid they are going to die, I have never, ever, ever, ever, ever had someone complain or even have a problem with having a gallstone stuck. You can tell just by the way this man writes that he's not giving case histories. He's giving theories. It's hard to believe this man is a professor of botany.

9.8 THERAPIST DISCUSSES THE LIVER FLUSH

In this section, I interview Marge Kapsos, therapist, who explains to readers how cleansing the liver can help those who are not responding to other natural methods or to drugs.

Therapist: I have saved literally hundreds of gall bladders that were scheduled for surgery. Just the other week I had a 22-year-old girl come in. She was desperate because her doctor, a female surgeon, had scheduled her for gall bladder removal surgery. As a last resort, she went on a liver flush. She lost

hundreds of stones. She was immediately relieved of her symptoms and has not suffered an attack since.

BISER: *What did her doctor say about that?*

Therapist: When she went back to the doctor for an ultrasound, there were no stones present. The girl told her doctor that she had gone on a liver flush. The doctor went crazy, demanding to know what kind of quackery was that, and who on earth had advised her to do such a thing. After she calmed down, the doctor told her, "There was no need to do something like that. We do have medication that can dissolve the stones."

But of course she had never mentioned that option before! Hardly anybody in this situation is advised of that. Doctors want to do the surgery for the money, and that's all there is to it. Of course, I don't need to tell you about that. But even with medication available, I don't know why anybody would need it when they can flush out the liver naturally and inexpensively.

BISER: *So the liver flush could basically make gall bladder removal obsolete?*

Therapist: In all but a very few cases. It just doesn't make sense. Why remove the gall bladder and leave hundreds of stones untouched in the liver? And, once the gall bladder has been removed, the liver doesn't function as well.

BISER: *Can you briefly explain for our readers how the liver and gall bladder work together?*

Therapist: Three organs — the liver, gall bladder, and pancreas — work together to give off three slightly different types of digestive enzymes. With the gall bladder removed, this puts an unnecessary strain on the liver and pancreas.

Now this is only my opinion, but I am firmly convinced that removing the gall bladder leads to diabetes down the road by weakening the pancreas.

BISER: *What can someone doing a liver flush expect?*

Therapist: When the material is actually being flushed out of the body, you will pass quantities of green stones. They will vary in size, and can be as large as a ping-pong ball. The color will amaze you. Often the stones are a clear, bright emerald green. And you will be shocked by the sheer volume of stones. You just won't believe how many come out. When you drink the oil, the gall bladder and liver don't know how to react so they spasm. This causes all the stones to pop out of the liver and the gall bladder. You won't feel a thing — it's painless.

I was doing some work with a gentleman about sixty years old. I kept urging him to do the liver flush because he had a couple of bad gall bladder attacks, but he just never got around to it. Finally, he was rushed to the hospital by an emergency

squad after he turned yellow and fell unconscious. They did emergency surgery to remove his gall bladder and the surgeon told his wife that while he was under he had gotten several stones out of the liver with his knife as well.

Now there is no way the surgeon could have gotten them all. If the man had just done a set of liver flushes, he could have removed all of his stones eventually, and kept his gall bladder to boot.

9.9 NATUROPATH SPEAKS OUT ABOUT LIVER FLUSH

I had a long talk with Dr. Nathalie Tucker, a chiropractor and naturopath who lives and practices in Hawaii. She uses a slightly different liver flush than Dr. Christopher and Dr. Schulze, but gets similar results. I spoke about her experiences administering the liver flush to her clients.

BISER: *I understand you've become quite an advocate of the liver flush.*

Naturopath: When I first heard about the liver flush, I did it on myself and was most impressed with the results — I passed 269 stones. Since then, I have mentioned it to my clients who are just feeling generally lousy, and they did it, and told some people about it, and it has just mushroomed. Everybody wants to do it.

BISER: *269 stones? That's a little hard to believe — Someone told me that what you pass are not really stones, but congealed oil.*

Naturopath: Absolutely not true. There is no way that anyone could pass two or three hundred stones, some quite large in size, from one little cup of olive oil. These stones are the accumulation of all the fatty materials that people have been eating all their lives.

BISER: *Passing hundreds of stones is pretty dramatic... what kind of results were you hoping for when you did it on yourself?*

Naturopath: Well, I have five patients that are long-time sufferers from Epstein-Barre syndrome; in other words, chronic fatigue syndrome. I am one of the five, so I was particularly interested in whether the liver flush would relieve some of the disease's more debilitating symptoms.

One of these women had been suffering for seven years. In and out of hospitals, mostly bedridden, in fact she almost died twice. An osteopath told her that one lobe of her liver had completely quit functioning.

I did a liver flush on her and got 395 stones, one of them quite large. All three lobes of her liver are working fine now, and she is out and about, working, able to handle her life. She has come a long way.

BISER: *You mean one liver flush cured her?*

Naturopath: Well, the consensus of the medical community is that with chronic fatigue syndrome, once you have it, it's with you for life. It is considered incurable. But I'm confident that once the other four patients and I get our systems really cleaned out, the virus will vanish. Our lab tests have borne this out — the numbers measuring the presence of the virus are dropping rapidly. One woman's chart read four hundred and she is now down to one hundred. Anything over ten means that the antigens that signify chronic fatigue syndrome are present.

Editor's Note: I spoke to Dr. Tucker's patient, Jan Ellison, and this is what she told me:

"I have suffered from chronic fatigue syndrome for more than seven years. It has been agony. At the time I got really interested in the liver flush, my liver was swollen and painful on top of all my other symptoms. It hurt so much that a lot of the time I was walking around with one hand pressed against my liver.

"I got the most incredible results from just one flush — lots of green stones — one the size of a cherry tomato. And the relief from the pain in my liver was immediate. I feel normal again for the first time in years.

“Incidentally, my appearance got a real lift from doing the flush as well. My eyes got very clear and didn’t have a yellow tinge anymore, and my skin got pinker. I also got an immediate sense of well being and relief from the exhaustion of fighting my illness. Doing the flush was a great experience, and I plan to do at least two more in the future.”

BISER: *If this really works, why aren’t people jumping on the fact that doing a liver flush can dramatically help people suffering from this horrible disease?*

Naturopath: Very simply, people just don’t understand or realize how much this could help them. The lack of energy, muscle pains, listless, drugged feeling — since I have done my own liver flush, all these hallmarks of chronic fatigue have vanished.

BISER: *If people could get results like this for other chronic, devastating illnesses....*

Naturopath: Oh, they can, Sam. I think it can help people with some of the worst diseases there are.

One man who did it was in his mid-sixties and had been suffering terribly from Parkinson’s disease for eleven years. He had deteriorated to the point where he was trembly all over and could not function well enough to work — even for part of a day.

Within two weeks of flushing his liver, he was back to working a full day. He can now run, bend, squat, stoop.

He is able to do whatever needs to be done in his job, which is running a backhoe on a banana plantation. "Thank you," this man of very few words told me. "My body is happy now."

Naturally, his relatives are thrilled. He is feeling as if he doesn't have Parkinson's at all. The family is deliberately going to wait a couple of months and then go back to the doctor to see what he will say.

The liver flush makes such a dramatic difference in people with such serious problems, and also helps people with more minor ailments, like bad breath, for example, or constipation.

BISER: *Bad breath? What does that have to do with the liver? I thought it was due to stomach problems.*

Naturopath: No, that's what a lot of people think, but they're wrong. If you can rule out dental hygiene as a source of bad breath, many cases can be traced right back to the liver. Now I am talking about that really awful, continual bad breath that nothing seems to help.

The liver is so toxic that the actual stench comes right up from the liver and out the mouth.

BISER: *And constipation?*

Naturopath: People who are constipated *must* do a liver flush. It is the single, solitary way to get all those wastes flowing out of the body again.

9.9.1 *Liver flush cures 90 year old seaman.*

“I am 90 years old, a retired merchant seaman. I’ve had lots of broken bones and internal injuries in my life, as well as massive injuries to the central nervous system.

“I was cold all the time, always bundled up and all my doctors told me I didn’t have enough reflexes to even register as alive. I took a series of flushes and the results were amazing. The first flush took twenty years off my life. I feel like a new man. Now I can go to bed at night with no covers on, I’m active, in good spirits...this liver flush has helped me in every way. My circulation has greatly improved. I can even see better and hear better. I am moving around and doing things I haven’t been able to handle for years. I am acting like a 40-year-old again.

“I did a liver flush every two months for a year and it has saved my life. It was like changing the filter on a car, just imagine my liver.” — *from a letter on file*

9.9.2 Woman plagued with horrible health finds relief with liver flush.

I spoke with a woman whom I will call L.H., from Harrisburg, PA. She has been battling degenerative illness for years, and has found some relief in the liver flush. It's an uphill climb, but she's doing it. Here is an excerpt from our conversation.

BISER: *Tell me about your condition.*

Patient: I've been in terrible health for quite some time. I have multiple sclerosis, lupus, heart disease, and I show symptoms of hypoglycemia and diabetes.

They say that a bad thyroid, gall bladder, kidney or liver can cause you to swell up — I have had problems with all of them. In 1989 I ballooned from 100 pounds to 150 in one month. I'm in my early forties. At 100 pounds, people mistook me for someone in my twenties; now I look like my own grandmother.

BISER: *Have you taken any medications for your various problems?*

Patient: Too many. I stopped taking medications in 1980. The doctors even put me on steroids for a while, but I stopped taking those when I realized they could be damaging my

organs instead of helping them. Now I try to use the most natural methods as possible. I try enemas a lot, to ease my chronic constipation. I know my body is full of toxins. But nothing else was doing what the liver flush can do.

BISER: *Where did you first hear about the liver flush?*

Patient: I read about it from you.

I have symptoms of chronic fatigue syndrome — the symptoms of lupus and MS are very similar. You interviewed a woman with chronic fatigue who said her liver was so painful and swollen that she had to walk around with her hand pressed down on it, I thought, “This is me!”

A few months ago, my liver was so swollen, they thought I might have liver cancer. The doctors suggested I have an MRI just to be sure — but we have no medical insurance, and an MRI costs \$1,000. Instead I took an educated chance and did the liver flush.

BISER: *How did you do?*

Patient: I got rid of 50-100 stones. I have also passed strings of mucus that were inches long. The liver flush has gotten rid of some of my toxic symptoms.

BISER: *Some, but not all?*

Patient: Exactly. I feel I'll need to have six or seven more before I really get to the bottom of it.

9.10 MORE REACTIONS FROM READERS

This readers lung's were filled with mucus. He felt like every breath would be his last. Doctors were stumped. Then he tried the liver flush and his suffering stopped instantly.

The doctors thought it was lung cancer, but no one could make a diagnosis. Night after endless night, the awful wracking cough would not left him sleep. He was afraid to lie down for fear he would suffocate. His weight dropped down to 104 pounds.

The man was a 'health nut', but his body was betraying him. Vitamins, herbs, even the strictest organic diet were not helping. His condition had worsened every winter for four long years.

Finally, he consulted an acupuncturist who told him, "The problem is not in your lungs — it's in your liver." Twelve years of heavy drinking in his youth had caught up with him.

He read my information on the liver flush, and decided to try it. The results were astounding His wife wrote to us immediately to tell us about his recovery:

“[We did the flush] two weeks ago. He passed about 200 stones, some green, others covered with a grey coating. Since then, he’s been a ‘new man.’ His coughing and lung condition stopped instantly. He’s able to get a full night’s sleep, lying down for the first time in months.

“His appetite was returned and he’s eating me out of house and home. In fact, his food allergies disappeared. We even ate out yesterday at a restaurant (something that has been impossible because non-organic vegetables and table salt in his food would send him into fits of coughing and constrict his breathing.)

“If it didn’t see all this myself, I’d never believe that these results could be obtained with olive oil.”

Sam Biser's
Save
Your Life
Collection

**A Layman's Course
in Curing Last-Stage
Diseases**

Cleansing the Blood
Lesson 10

Cleansing the blood

This is the main blood-cleansing formula for the incurables program. You can make this formula yourself, even if you don't have all of the herbs.

Here are the ingredients:

2 parts **Red clover blossoms**

1 part **Lobelia herb**

1 part **Cayenne pepper**

2 parts **Chaparral herb**

1 part **Garlic juice** [make this in a juicer or blender]

To the above, add one part of any of the following you can get your hands on:

Burdock seed and root

Poke root

Yellow dock

Goldenseal root

Oregon grape root

Bloodroot root sap

European mistletoe

Periwinkle flowers

Make a tincture of these herbs and take 4 to 12 full dropperfuls (35 drops each) of this tincture daily added to some juice or water.

IMPORTANT NOTE: Please make sure your red clover blossoms are deep violet purple. This is the color the blossoms have when they are at their peak. If the person you bought them from waited until after the blossoms started turning brown, this means the blood-cleansing chemicals have already begun to leave the blossoms and go back to the root, or have dissipated into the air. Someone's life can depend on the freshness of the herbs you get, and when they were harvested.

Some of these herbs, such as mistletoe, poke root, periwinkle, lobelia, bloodroot and chaparral are not approved by the FDA for internal use. You can decide to use the FDA as your herbal advisor, or to listen to a person who actually cured the sick and dying. It's your choice.

10.1 MAKE YOUR OWN BLOOD-CLEANSING TONIC

Herbalist: This is very similar to the Dr. Christopher's popular red clover combination — but with added herbs from the Hoxsey and European formulas.

BISER: *What if they want to make a tea?*

Herbalist: They could make a tea just of these particular ingredients.

On this formula, if they are going to make it a tea, about 25% of the tea should be red clover and chaparral. About half and half between them. The other 75% of the tea would be equal parts of all these other herbs.

Now the reason I've gone to liquid is because that's what used to be used; like back in the Lloyd brother's days, they used all liquid extracts. Their shelf life is 50 years; they are in your blood stream in 2 minutes. They are more concentrated because you are using alcohol and water as an extraction. Plus,

you can use things like garlic juice or blood root sap in there, and again the Hoxsey tonic was liquid.

Then, everybody started going to capsules to where this is almost considered normal. But it isn't normal, and it doesn't work.

But readers who want to could mix these herbs up in alcohol, and they could make a tincture of it. All they would have to do is mix these herbs up in that proportion that I gave earlier.

BISER: *What did you say chaparral does?*

Herbalist: I said it makes tumors leap out of the body. It's incredible. Tumors leap out of the body. Indians used it for that. They knew. And they didn't have their positive-thinking tapes; they knew that when you took chaparral it made tumors go away.

When you get prickly ash for this formula, make sure it's prickly ash. Prickly ash should make your mouth go numb and prickly — or it isn't prickly ash.

10.2 CRITICS

BISER: *In a book on herbs from a big publisher, they say that red clover doesn't get much respect among many herbal experts. Here is what they say, "The Food and Drug Administration says there isn't*

sufficient reason to suspect that there is any medicinal value to red clover. In the New Honest Herbal, Dr. Varro Tyler, Ph.D. dismisses claims that red clover helps treat cancer as, quote, 'Simply not factual.'" But this book goes on and says that the National Cancer Institute found several anti-tumor properties in the herb. What is your comment?

Herbalist: These are such dumb comments. Again, if these people had seen red clover cure cancer in a clinic with live, real people, as I have many times, they would not make these stupid statements.

These are people who have never, ever treated patients like I did, yet they make statements they think herbalists should live by. Even though a chemical analysis of red clover may or may not show anti-tumor compounds, that doesn't mean they aren't there. You can never discount the 400-year-old empirical history of how people used an herb.

Just because our current lab tools don't see something, doesn't mean it isn't there. For example, twenty years ago, scientists said that the polio vaccine was sterile, but now we know it wasn't. When the polio vaccine was finished in the 50's, they cleaned it. It was made from pig pus; they cleaned it to where it was deemed sterile, except for the antibody to the polio virus. In the 70's, when they looked back at it they found 149 live viruses that the equipment of the 50's couldn't detect.

Science is limited by, and totally bound by, the quality and the accuracy of the tools they have at the moment. That is why, as people develop greater research equipment, the rules of medicine go out the window. The scientific tests say that there isn't anything in red clover.

So what? Well, that is what they said 30 years ago with the polio vaccine and it was found to be wrong. Any scientist who takes their evaluation seriously is really ignorant. The information that you learn today; well, six months from now, there will be a new book written.

While the herbal armchair experts debate red clover, your readers can cure themselves of cancer by using it. Then, 20 years later, scientists will figure out why it happened. Red clover thins blood and improves circulation; that's enough to cure cancer right there.

10.3 BLOOD POISONING

A man came in to see Dr. Christopher with his arm fully swollen from an infected wound.

The patient had cut his hand open with a chisel. Dr. Christopher used a plantain poultice over the wound, kept it moist and, in a few days, the arm was healed. A friend of this

same man had a similar wound, went to the medical doctor, and had his arm amputated.

A woman cut her foot open on a seashell and her leg swelled to twice its size. She passed out from the pain. Again, a plantain poultice healed the foot. Plantain is also great for neutralizing poisons from bee stings.

A man had lockjaw from infection. Dr. Christopher used lobelia tincture, 4 drops on the lips, and the jaw was unlocked. Then he used a plantain poultice and the poisons were drawn out from a wound caused by a rusty nail.

10.4 LOBELIA FOR BLOOD POISONING

10.4.1 *Learn what cases lobelia can save.*

Here is another story from Dr. Christopher: While living in Parowan, Utah, a man got badly poisoned by strychnine. It was so bad, they had to amputate his thumb. But that did not stop the poison from going up his arm and down into the pelvic area. The man said, "If you cannot stop this poison, I am gone. For if the poison gets to my pelvic area, it will kill me. It is now up in my shoulders."

Dr. Christopher gave him several doses of lobelia. He said he had never known lobelia to fail in a case of poisoning. In three or four days, the man was saved. Nothing else to do.

**Sam Biser's
Save
Your Life
Collection**

**A Layman's Course
in Curing Last-Stage
Diseases**

Cancer

Lessons 11-21

Sam Biser's
Save
Your Life
Collection

**A Layman's Course
in Curing Last-Stage
Diseases**

Breast Cancer
Lesson 11

These are the programs that can kill breast cancers. You need to use them all, and not just the ones you like. Maybe a partial effort will save many women. But on some, only a massive natural healing war can turn the disease around.

11.1 BASIC PRINCIPLES FOR A CURE

Here is a list of what you will be doing:

- 1) All the basics covered in the second lesson, which includes the juice-fasting, heavy use of cayenne pepper, castor oil packs, and liver, kidney and blood cleansing, and of course, the cold sheet treatment. (Do not skip this one.)

- 2) A cancer-killing poultice to be used directly on the breast or wherever the cancer is.
- 3) Once the cancer is killed, healing poultices to regrow damaged breast tissue.
- 4) The female formula given in the chapter on cervical cancer. This is a foundation for changing your chemistry.
- 5) Direct work on your ovaries with hot and cold hydrotherapy, bodywork and castor oil packs to eliminate scar tissue in the ovaries and regenerate them.
- 6) Exercises like swimming or anything else that move your arms to help circulate the lymph fluid, the drainage system of your body.
- 7) Throw out any possessions that remind you of bad times or bad memories in your life. One woman could not stop her breast cancer until she did this — even though she was doing everything else.
- 8) As with all terribly-sick people, get rid of or limit access to, people who are critical of your natural healing program and who run down your

spirits for any reason. These people may be keeping you sick or may have contributed to your illness.

9) Use the natural salt recommended in the section on Sources at the end of this Course, plus make sure you have a gallon of water and juices per day.

10) Do strength-building exercises, because they send a signal to your body that you want to fight. By strength-building, I mean careful weight-training or using dumbbells at home. I especially like a form of weight-lifting called super-slow, because it does not damage the body. See the website www.superslow.com. You should not be doing weight-lifting more than once a week — if you do it right. Most people overtrain, feel good for a while, then wear themselves out.

11) I highly recommend *walking* as a basic exercise — not jogging. Jogging creates injuries and can wear you out, two things you don't need when you are trying to recover from cancer.

12) Follow the recommendations in the lesson on static electricity and get some sun exposure every

day. Living in a dark closet avoiding the sun is not good for your health.

13) Don't hate your breast for getting cancer. Whether you like to hear it or not, there *is* some spiritual reason (independent of the physical one) why you got breast cancer. Do not run away from this lesson, or it will return to you in a more harsh form later.

11.2 BREAST CANCER POULTICE

Here is a formula for a basic poultice you can use on breast cancer or for any other tumor. All the great herbalists of the past such as Samuel Thompson and Dr. John Christopher used poultices similar to this one.

1 entire bulb of **peeled garlic cloves**, at least 12 large cloves.

1/4 cup of fresh **grated poke root** or 1/3 cup of the dried powder

2 tablespoons of **Goldenseal root powder**

2 tablespoons of **activated charcoal**

1 teaspoon of **Tea Tree Oil**

1 Cup of **Bentonite Clay**

1 cup of **Slippery Elm inner bark**

Put this all in a blender and add enough 50/50 solution of distilled water and raw apple cider vinegar to make a paste, add at least 1 ounce of blood root tincture per 8 ounces of liquid, blend well and apply.

Smother this paste around the tumor, and if blood is coming, spread cayenne on it. Cayenne on open wounds doesn't burn, but garlic does.

Put this on and leave it on all night long. Remove in morning and leave on all day. Use this for external and internal tumors. The garlic and other herbs go right through the skin and kill the tumor. A person's result equal the amount of work they do on the program.

If you work hard, you can expect a miracle.

11.3 BREAST CANCER CASE

This case was covered briefly on videotape three. The woman who did not want surgery, because at her age; the operation could kill her. It was the worst case of breast cancer the herbalist had ever seen. Here's what happened as the woman used the poultices and her natural healing programs.

Herbalist: The tumor on her breast started peeling off a couple of weeks after we started.

Corners of it started coming up and separating from the rest of her breast. You have to imagine there was no nipple anymore, and on the end of her breast, it looked like this alien donut had attached to it. This is gross, but this is the best way that I can describe it. It almost looked like a ring sausage.

Around the edges where she pulled on it, it would bleed.

It would hurt quite a bit. I said, "We'll just keep putting the poultice on it. Hang in there." Then it really started getting very loose. Corners of it started detaching, and it got to the point where half of it was not attached. Where it did come off, there were little tentacles, kind of like white, sinewy tissue that went from this ring sausage down into her breast, and then, eventually, she kept working it and working it.

Then it was three quarters off; then just barely hanging on and then...she wanted to go to the surgeon because it got so disgusting. And I said, "No!", because she wanted to cut into it, and cut the majority of it off. And I said, "No, just hang in there."

I said, "Keep the poultices on it." She did, and finally the whole thing came off. She pulled it a little bit prematurely, there was a little bit of excess bleeding. But you know, we used

Cancer had destroyed her breast. The tumor was like an alien donut attached to her chest. In the center was a huge hole that went almost down to her bones.

a lot of cayenne with her for the bleeding. You know she had a gaping hole when this came off.

BISER: *Did it go almost to the bone?*

Herbalist: I felt it did. Her breast was, we might say, an average size, well maybe even a medium size or a little bit bigger breast. And you could have fit your fist inside it; it was that much tissue gone. But it eventually all came back with the poultices.

BISER: *It grew back in?*

Herbalist: Oh yea. She has some scar tissue on there and her nipple does not exist.

BISER: *The body did not regrow it?*

Herbalist: Her nipple is just like scar tissue over that area. It looks better than any mastectomy I've seen. The greatest thing is she knows that she did her healing. This was probably the worst gigantic tumor I've seen. It looked like the sausage my parents bought, we called it liver sausage. It was horrible stuff, but it came in kind of a ring.

BISER: *If she had gone to the surgery they could have gotten the tumor out right?*

Herbalist: Yea, they would have gotten the tumor out. They probably would have cut out some of her lymph glands and everything would have probably been the same and a lot less, we

might say, trauma and drama for her. The problem is, every time that happens, the next thing you know the cancer comes back in the other breast or in the uterus. This way, at least she knew she killed the cancer. She was doing all the internal cleansing routines and everything to make her body reject the cancer.

All the tissue regrew in her breast. It filled in. You know, her breast is smaller on that side. It's not as big as the other one.

11.4 REGROWING LOST BREAST TISSUE

BISER: *What poultices caused the regrowing?*

Herbalist: We used a lot of aloes, a lot of the same type of poultices, slippery elm and aloe. In fact, before the tumor was gone, the regrowing had already taken place.

When I first saw her, she had this donut that had formed. In the center where the hole was, it almost went all the way back to her rib. That is my guess. I didn't put my finger inside, but I could see the depth went back to her ribs.

But, by the time the donut came off, that had all filled in, for the most part. In fact, when it came off she almost looked like she had a normal breast, but with a round circle of tissue gone on it, if that makes sense. There wasn't that much to fill in by the time the tumor actually came off.

BISER: *When it came off what did it look like?*

Herbalist: This one looked reddish. You know, it looked, if you can imagine, like an arm without skin. There wasn't any skin on this tumor. It was like a skinned human being. It looked like a stick of pepperoni or something like that. But not as red; it was more white with red in it. There was a lot of pus on it, and blood. And there were a few, very coarse black hairs on the tumor.

Cayenne, on a bleeding breast, just really doesn't burn like you think it would.

There was some bleeding out of that hole in the center and even around the edges. She worried about the bleeding a little bit, because at some points she was just running blood. Of course, you use cayenne internally and cayenne on the area. Garlic will take you to your knees. But cayenne, I've used it on a lot of bleeding.

I think I may have mentioned that when my wife gave birth to Arthur, she actually ruptured a vein. She was hemorrhaging quite severely. She bled a steering-wheel-size puddle of blood in less than a minute. That's a pretty good amount of blood; a pint we'd say.

I just took about 5 dropperfuls of cayenne tincture and squirted it right inside her vagina and all around her vaginal lips and everything. It went to a trickle in seconds and stopped in probably four seconds. She actually had a torn vein that split. Cayenne never fails; it works so fast.

11.5 BREAST CANCER GONE IN 10 DAYS

11.5.1 *To get results like this, you have to go at the program hard and always do more.*

BISER: *Please give me some more details on the woman you mentioned on the videotapes who got rid of a tumor in days.*

Herbalist: Sure. Marianne was about 23 years old. She came to me with a malignant tumor in her left breast.

I'm going to say golf-ball size. She'd gone to three surgeons and all three surgeons at independent hospitals suggested a mastectomy. They said minimum a full mastectomy, and one suggested a radical, including taking out some of the lymph nodes and muscle.

BISER: *And how close was she to surgery?*

Herbalist: Days. They wanted to schedule her for two or three days, and I said, "Let's go to work."

She was an absolute perfect patient. She worked hard, 19 hours a day, and in six or seven days, she noticed she could hardly feel the lump.

She went back to the doctors, and they said it was 50% reduced, but they did not change their diagnosis. They said sometimes these things go up and down. She came back home and worked even harder, and it was 10 days when she finally

went back, and they absolutely could not find it whatsoever in her breast. It was gone, period. And that was the end of that story.

11.6 HOW BREAST TUMORS DIE

11.6.1 Some come out through the skin and others are dissolved and eliminated internally.

BISER: *Richard, how often do you see breast cancers when they come out through the breast? Is that very rare?*

Herbalist: No, it's not rare at all. If I had to put an estimate on it, I would say 50-50. It seems as though half the time they can go right through the system and about half the time they don't.

This is true even though I do the same poultice on all of them whether they're coming out or not. What you're doing is just stimulating the body and the circulation in any way you can.

BISER: *If the women weren't going to you, would the tumor come out of the breast anyway, as part of the disease?*

Herbalist: Yes, sometimes it comes right out through the body, regardless. The problem is, if they don't do the natural treatment, it doesn't separate from the body. It doesn't come off.

BISER: *You mean it stays there and just continues to grow?*

Herbalist: There are people who have lived decades with malignant tumors hanging out of their breast. But these tumors will come to the surface and just be there. They'll even split the skin and come right out, but they tend not to come off. That's one of the biggest differences. They tend not to slough off or pop out of the body, unless you're doing something to make that happen.

BISER: *Have you ever seen breast tumors that are so big inside that they've filled up most of the breast?*

Herbalist: Oh, I've seen them when they came out; there was nothing left of the breast much besides skin. I've seen them that big. What happens is that the cancer feeds off the healthy tissue and so the entire breast has become the tumor.

So when it comes off, I would say that maybe 10% of the breast is left, but very little. But what I find very interesting is after a period of time, certainly there's scarring where this has happened, but after time, it turns into more of a dimple there and the breast fills back out.

I mean, it's quite impressive. I've seen many women, after this has happened, where the majority of their breast tumor came out. What you see now is a deflated breast. Then, as 6-8 months go by, their breast returns to almost normal with, like, a little dimple in it.

11.7 MORE ON REGROWING BREAST TISSUE

BISER: *What are you giving them that makes it come back?*

Herbalist: Well, the main thing is really taking very good care of themselves. The key is not stopping their work on the breast. In other words, it's interesting how the same herbs have different effects on the breast depending on whether the tumor is still there or not.

The herbs that you put on the breast will pull the tumor out and remove it from the body. But...when there's no cancer on the breast, they don't do anything. This is one thing that's so fantastic about herbs. The same herbs that will just cause dramatic removal of a cancer in your breast, once the cancer's gone — they won't do anything. And so, you just keep using them until you're absolutely, positively sure that's everything's gone.

And then, you *still* continue your massage, your hydrotherapy, and, of course, this brings the blood and the new tissue to grow. The same programs that will destroy and remove the tumor also heal and regrow the breast.

BISER: *Is there anything special that will make it grow. The aloe?*

Herbalist: Absolutely. A big key is nutrition. Making sure you've got that juicer going.

BISER: *Do you ever use carrot juice compresses on the breast, or anything like that?*

Herbalist: Well, yes, I used everything. What I always tell people is that when you make juice in the juicer, the pulp that comes out, put that on your body. Put back a little juice on it just to moisten it.

BISER: *So you even have them put that on their breast?*

Herbalist: Oh, absolutely. Carrot juice, wheat grass juice., apple juice, everything, why not? Don't throw it away. You get nutrition through that. These things are soothing to the skin, cleansing, and detoxifying.

BISER: *Does poke root burn the skin once the cancer's gone?*

Herbalist: Not really. You'd have to grate the fresh poke root, and use it fresh, to get the skin to burn.

And still, it won't burn healthy tissue that much. You can put poke root, garlic, whatever on a healthy breast and it just won't have that big a response. You'd have to put a lot on in a concentrated way to hurt healthy tissue.

These herbs scavenge cancer and go in and eat up the unhealthy tissue of your body, but when you're well, they just become very benign in their action. I've seen this a hundred times and it's quite impressive.

BISER: *How do you know when a tumor is going to come loose?*

Herbalist: It's like a loose baby tooth. You don't really want to pull it off too soon.

You keep on applying these herbs and it'll keep loosening and loosening and, eventually, with a little bit of help (there's no doubt about it, sometimes you've got to do a little bit of pulling and tugging) you get a good sense of the feeling of when that time is.

You just play with it. You get a sense of time of when you can just yank it out. They get very loose and you can just yank them out. Usually when that happens, there's definitely some trauma to the area. Keep the cleansing herbs going on, but you can start adding some soothing herbs, especially aloe. Comfrey is also excellent and you can even get into poultices and pack the area with comfrey, aloe and slippery elm.

11.8 CASTOR OIL AND BREAST CANCER

Do not forget to do your castor oil packs on the breast and on your liver. Castor oil is not a weak healing method. Listen to this extract of an interview I did with naturopathic physician Dr. Dana Myatt, author of the book, A Physician's Diary. I remember Dana telling me that one person with cancer made a castor oil pack for their entire body by soaking a sleeping bag with castor oil. It worked.

BISER: *What has been your experience with castor oil and breast lumps?*

Naturopathic physician: Excellent! I had a telephone consult patient; I have never even met this woman in the flesh. She called and said she had a breast cyst.

Her doctor stuck a needle in it and drained all of the fluid out. It was fine for a week, but it came back so he decided to drain the fluid out again. But it came back.

He said, "Well, we are just going to have to surgically remove the cyst. That's the only way to keep it gone." But when he re-examined her, he said, "There is a problem here." This cyst was so big inside of her breast that it filled up the entire breast.

Her doctor told her, "If we take this cyst out it is going to be equivalent to doing a mastectomy on you. I am afraid you will be lopsided; you literally won't have a breast after we take the cyst out." She called me and said, "I don't suppose there is anything that we can do on the telephone, and I said, "Au contraire, let's try this."

So I had her do a castor oil pack and she made some diet changes; she was hypoglycemic and we got her on a better diet program, and I said, "Call me in four weeks."

When she called back in four weeks, I asked, “How big is the breast cyst?” She said, “IT’S GONE. I asked, “How big is it?” She said, “No, you didn’t hear me. IT’S GONE, IT’S NOT THERE. I CAN’T EVEN FIND IT.” That was six months ago. It’s gone and it stayed gone; end of story.

BISER: *That is not surprising to you?*

Naturopathic physician: No. I was a little surprised that something that big went away *that* fast. But when I was asking her for the size, I fully expected it was going to be diminished in size, maybe by half or something like that.

BISER: *What if it is not a lump — what if it is maybe malignant — could a castor oil pack still help?*

Naturopathic physician: Yes. I wouldn’t necessarily begin to suggest that a castor oil pack alone would *cure* a breast malignancy.

BISER: *But would you use it?*

Naturopathic physician: I would, and even more importantly, if I found out that it was a breast malignancy, not only would I recommend using it on the breast but I would still use it over the liver

I have a patient right now who has pancreatic cancer with metastasis to the liver. In our conventional thinking, this is a

death sentence. Yet she gets some pain relief from the use of the castor oil pack.

I have only been seeing her for a couple of weeks, and it is too soon to say if we are going to be able to pull enough resources together here to prolong her life. But at least she is getting some pain relief that she was not getting from morphine and the other “creative” things that we do.

I have the comfort of knowing that, at the very least, we are giving her some symptom relief. At the very most, we might be actually improving her immune system, improving her liver function, and giving her some hope. And that is not true of everything we do, medically speaking.

BISER: *How did you start working with castor oil?*

Naturopathic physician: It began when I was twelve years old. In fact, it’s because of my own experience with castor oil that I began to study non-conventional medicine.

I remember waking up in the middle of the night with severe abdominal pain. My mom thought it was probably an appendicitis, because it was on the side of the appendix. My mom was a closet Casey person (Edgar Casey, the famous sleeping prophet), and she had his black book and got it from under the bed, read about the castor oil pack, fixed one up, put

it on my belly, and the next thing I knew, it was morning and I was fine.

BISER: *It took care of the pain — just like that?*

Naturopathic physician: Yes. Overnight. The castor oil pack was virtually the only thing that gave me relief during my monthly cycle. Whenever I had episodes of endometriosis, I had come to the habit of getting a castor oil pack when I first started having pain. If I got it in time, I would be o.k. That was my discovery in the gynecological department. I think if I had not been introduced to the castor oil pack I wouldn't have started in the direction of natural medicine. I would have probably been an M.D. doing all the straight western stuff.

BISER: *Did your own problem ever go away completely from using castor oil?*

Naturopathic physician: No, it didn't, because I didn't realize how serious my problem really was. I only used castor oil for pain relief at my monthly time. I would have used it more diligently if I had known better.

Many years later, they finally decided to open me up because I had a cyst the size of a grapefruit that ruptured. The doctor said it was one of the worst cases he had ever seen. He told me, "I don't know how you are up and walking around with this. How did you manage to have a life?" It was probably

because I knew about castor oil packs all of those years and didn't know what else to do, and nobody else who examined me knew what it was.

Now, since, I have worked with women with gynecological difficulties (such as endometriosis problems, cysts, or even carcinoma or dysplasia of the cervix. If you use a castor oil pack — not for symptoms, but for normalization of the immune system, you will see much *faster* improvement than if you were doing whatever the standard treatment would be.

BISER: *Are there beneficial changes in women who have carcinoma?*

Naturopathic physician: Yes, there are. Of course, in a circumstance like that where we have severe dysplasia, a castor oil pack is not the only thing I'm doing. I'm not that brave.

For example, if I have a patient who has cervical dysplasia and I'm treating the problem locally with some kind of herbal enzyme formula, an escharotic treatment to get the disease cells to slough off, I expect them to recover more quickly if I also have them using a castor oil pack while they are undergoing treatment.

BISER: *Has castor oil ever helped a woman who had a problem in her breasts.*

Naturopathic physician: Oh yes. Edgar Cayce indicated that

castor oil was working to normalize lymphatic cells in all the lymph channels. Because the breast is filled with glandular tissue surrounded by lymph tissue, there is great potential for success there.

Another reason castor oil can be so beneficial to the breasts, and to the immune system in general, is that when castor oil packs are applied, they also appear to stimulate an area near the liver called Peyer's Patches.

BISER: *What are the Peyer's Patches?*

Naturopathic physician: Peyer's Patches are bits of lymphatic tissue in the small intestines. An anatomist named Dr. Conrad Peyer identified them in the 1600's. This tells us is that the castor oil packs are available to stimulate the lymph system at the same time they are being used over the liver.

Once in a while, you'll find the patches mentioned in the medical textbooks, but doctors don't talk much about them because we really don't understand them fully. All we really know is that they are made up of lymph tissue.

BISER: *Could castor oil help prevent breast cancer by normalizing the liver's control of the hormone estrogen?*

Naturopathic physician: A definite possibility. As you know, excess estrogen can incite cancer in a woman. There's been a lot of research done on this.

In the female, the liver is responsible for taking estrogen and changing it into the water soluble form that will be excreted by the body. So, if the liver is not working up to par, you can also have an elevation of the female hormones.

BISER: *I would think that if a woman was worried about cancer, this is something she would want to do a couple of times a month?*

11.9 CASTOR OIL TO PREVENT SCARRING

BISER: *You told me that castor oil could help prepare people for surgery. What about after surgery?*

Naturopathic physician: It will shorten the recovery time. It can also reduce or eliminate the scars resulting from surgery. And, if you get a castor oil pack over the incision soon after surgery, you will prevent adhesions.

Adhesions are basically scars that act almost like a stitch under the skin. The epidermis, dermis and connective tissue that overlie the muscle tissue are designed to slide over each other. However, after the surgical knife slices through all those layers, the white blood cells go in and do their “clean-up” job — inadvertently forming adhesions. The adhesion holds the layers together instead of letting them slide freely, one on top of the other.

Adhesions are extremely common after any injury to the skin, but especially a deliberate injury with a knife.

BISER: *How does a patient know he has adhesions? How will he feel them?*

Naturopathic physician: They can be experienced in a number of different ways. If the surgery is more superficial, mostly between the skin and the underlying tissue, it can simply be slightly uncomfortable in the area. It's almost as if you were making a cut in a coat and sewing it back up without adding more material — the skin draws together, and you may have some muscular-skeletal pain because there is a “tweak” in the skin.

The bigger danger is with internal surgery. If adhesion occurs on the internal organs, the scarring will disrupt normal circulation. This can lead to problems later on.

I have a patient who had an operation for an intestinal obstruction. It was life-threatening, and the surgery saved him — but, then he developed adhesions from the surgery. Those adhesions created a stricture in the intestines creating a different circulatory pattern which caused a second obstruction. The surgeons had to go in and do a second surgery.

BISER: *What could castor oil have done for him?*

Naturopathic physician: If he could have applied a pack to the surgical area, the oil may have helped ease those adhesions away preventing further surgery.

BISER: *So the castor oil packs help relieve the damage done, both internally and externally?*

Naturopathic physician: Right. For those people who have had lots of surgeries, and lots of knife cuts into the body, they will have areas where the skin doesn't slide anymore.

A little tuck here, a little tuck there. That tweaks out the entire anatomy. It may look like a subtle difference, but you are going to have a different alignment of the spine because the body is making little compensations everywhere.

BISER: *It pulls that much?*

Naturopathic physician: Absolutely. Of course it does. The patient is then complaining of musculo-skeletal difficulties. Body tissues that are supposed to be able to slide, can't move.

BISER: *What if a person had surgery years ago and never heard of castor oil. Is it too late?*

Naturopathic physician: No, not at all. Even on old adhesions there is great benefit from using a castor oil pack to help "normalize" this area as much as it can. You may want to use it for longer periods of time — months instead of weeks.

11.10 CASTOR OIL CASE

This is an extract from a letter written to my office some years ago by S.L. Tenney. I thought all women needed to see it. She says...

“One day I discovered a lump in my left breast. I was quite scared. I decided to use a castor oil pack on it for one week, and resolved to have it excised surgically if the oil didn’t help.

“I put the castor oil on a pack with a piece of plastic on the outside. I laid this pack against the breast, and wore a bra to keep it in place. I kept the pack moist with oil and left it on the breast 24 hours a day for an entire week.

“At the end of the week, while sitting at my desk at work, I felt a sudden “gush” of liquid come through my left armpit. I felt my breast, and sure enough, the lump (which I now assume was a cyst) was no longer there. I feel certain that the oil caused the lump to be discharged through the lymphs in my armpit. It never recurred, and that was over ten years ago.”

11.11 PRACTICAL ADVICE ON CASTOR OIL

BISER: *Let’s turn more to practical matters. What about the rancidity factor? Do you need to refrigerate the oil?*

Naturopathic physician: No. Castor oil is probably the most stable oil — it doesn’t go rancid like other oils do. In fact, it

will keep for years without going rancid. You can tell if it has gone rancid because the smell will change quite dramatically.

BISER: *Regarding the use of heating pads, would it be better to use a hot water bottle since heating pads are known to be strong distributors of the body's electromagnetic spectrums?*

Naturopathic physician: Hot water bottles don't seem to stay hot enough long enough to get the job done.

You need to leave the pack on for at least an hour as hot as you can tolerate. You can use a hot water bottle if you have a strong dislike of heating pads, but you'll have to keep changing the hot water. Otherwise it just won't get the job done. I have not encountered any negative effects from the electricity of the heating pad when using it on a castor oil pack.

By the way, you don't heat the oil and then put it on the flannel. You get the flannel wet with the oil and then heat the entire pack. You can do it the other way, but that would be much more cumbersome and probably dangerous too. You'd be heating up a mass of oil. I put mine in a microwave oven, but you can also heat it in a conventional oven. You must be very careful; turn the oven on low and watch it carefully so you don't burn your pad.

You can also put the oil on the flannel and then put your heating pad on top of that to heat it, but that method takes

quite a long time to get the pack hot enough. The microwave or the conventional oven are best.

BISER: *And what would be the best way to heat the pack in a microwave oven?*

Naturopathic physician: It works well in a glass baking dish.

BISER: *You said you can microwave the castor oil pack to heat it, what setting and for how long if you want to heat that pack up?*

Naturopathic physician: I don't know because everybody's microwave is a different wattage; I would put it in, start with one minute and of course you have it in a glass dish, it's already soaking with the castor oil — zap it for one minute, feel it; you want to put it on your body as hot as you can tolerate it without burning yourself.

So feel it and if after one minute is too hot — you can cool it off quickly by picking it up and swinging it back and forth a couple of times. It cools it down right away. I start with a minute, some slow microwaves take two minutes. By the way, the microwave does not hurt the oil.

Also remember that the castor oil pack has to be three to four thicknesses; so you fold that big piece that you get until it is at least three layers thick.

BISER: *Should you store the used pack in a plastic bag until it is used again?*

Naturopathic physician: You can. You can also store it in a baking dish that you want to devote just to that purpose. You can put Saran Wrap over the top or slip it inside a big Ziploc bag. It doesn't have to be refrigerated.

11.11.1 *Avoid these mistakes with castor oil.*

BISER: *What mistakes do people make when using castor oil?*

Naturopathic physician: They often forget to clean the area well after the pack. It is important to use soap and water. Remember the pack may be pulling toxins out of the body and in the case of old scars, pulling old material out of the body and allowing a healing process to begin.

Soap and water will remove the toxins when you are done with the pack. A lot of people will get a rash when they don't wash the skin carefully. They think they are allergic to the oil or the wool.

What has actually happened is when they pulled the toxins out, they deposited them on the surface of the skin and caused a skin irritation. If you don't wash it off, you will probably re-absorb it.

BISER: *You mean the toxins go right back in the body?*

Naturopathic physician: That's right. Back in. The skin is a big organ of elimination so as things go out, others come on

in. That's why you've got to clean the skin.

BISER: *Is castor oil the only oil a person could use for these packs?*

Naturopathic physician: Castor oil has certain properties that other oils don't. It has a very high viscosity and a specific gravity that make it more stable than other oils.

Most oils tend to go rancid after awhile. Castor oil remains stable for long periods. You could use different oils. I've tried many but found that nothing really has the same exciting physiological effects.

BISER: *Why does castor oil work?*

Naturopathic physician: We don't really know. I can only guess. Castor oil may be affecting some of the energy fields of the body.

For example, we know the body is an electrical field. What the EKG measures is the electricity. It shouldn't be a big stretch of the imagination to say, "Gee, there are other force fields. We know there are. We know that every electrical field contains an associated magnetic field, but we don't have a machine to measure it around the body."

There may be so many other effects that we can't talk about yet simply because we don't have the equipment or the machinery or the subtlety to be able to measure them. The way

I get feedback is by listening to what my patients are telling me they are experiencing.

Some patients have reported that when they use it before bedtime, it seems to facilitate sleep. People will crash right out after using the castor oil packs. A lot of folks report to me that not only is their sleep improved, but they seem to remember their dreams better or are having more of them.

Again, I am not sure what is going on. Castor oil is affecting the lymphatics, the circulation, the aura — I just don't know. But that shouldn't stop anyone from using it.

For me, castor oil has such a broad variety of uses, it really is like a natural aspirin, only better than aspirin because it is not just treating symptoms, it seems to have a curative benefit.

We don't have all the placebo control, double-blind studies yet accomplished with the pack. The evidence we have, which is every bit as scientific, is clinical evidence.

Things don't survive for hundreds, and even thousands, of years if they don't work. When the natives and ancients tried something, if it didn't work, it died. So the mere fact that castor oil has been a part of the folk world tradition for so long, and so well-known in a lot of European families, says something strong.

BISER: *Modern people think that if someone lived 400 years ago, they were stupid. Just because someone didn't know about color TV didn't mean their brain was missing, or that their observations were wrong.*

Naturopathic physician: That's exactly right. For example, one of the old historic civilizations found that if they took a piece of moldy bread and put it over an infection, it seemed to heal a lot faster, and we all know where that observation ended up...penicillin. I think the same will become true of castor oil.

11.12 FEAR OF MASSAGING BREASTS

11.12.1 *The idea that massaging the breast spreads cancer is usually wrong. It can assist in curing it.*

Naturopathic physician: Here is what they teach to massage therapists and sometimes it may be valid, but most times, I believe, it is invalid. They will tell a massage therapist "Do not massage a patient who has cancer because you could spread the cancer by doing the massage."

Well, what that suggests is improving circulation may hasten the disease process? Excuse me — if that tumor is going to shed a cell into the bloodstream, it's going to do that anyway because it already has a circulatory system.

BISER: *Or it wouldn't be alive.*

Naturopathic physician: Right. And because tumors, cancerous tumors don't like oxygen, anything you do to improve oxygenation — if you are looking at this theoretically, anything that you do to improve oxygenation would only help.

BISER: *So breast massage might help?*

Naturopathic physician: There is a Chinese form of breast massage — and this is another treatment I give to all my women, both with benign lumps and with breast cancer.

You put your hand over the breast and move the entire mass of breast tissue so you are really lifting the breast in a circle and the circle is toward the arm pits — so whatever direction it will be, it's different on each breast. You can put your hands over both breasts and do the massage, the rotations — you can work on both breasts at the same time.

BISER: *You're rotating the entire organ?*

Naturopathic physician: The entire breast — you are moving the entire breast. This is moving the breast in the direction that the lymph channels flow around the breast. This is an *ancient* Chinese technique for removing lumps and bumps from the breast.

BISER: *And you have seen it to help?*

Naturopathic physician: Oh yes indeed. In fact, any woman

who has fibrocystic disease that has painful breasts, it works really well. You can just do the treatment right there and it will very often take the discomfort out of the fibrocystic disease.

BISER: *You mean right in the doctor's office — it will work?*

Naturopathic physician: Yes. I teach the patients to do it at home because if they have a malignancy or a serious case of cystic breast disease that they are inspired to get rid of, the Chinese say that you do three hundred circles a day;

I can tell you if you try to do three hundred rotations the very first time, it is like going into the gym and working out for an hour when you haven't been weight-lifting because your arm muscles will be sore and the chest wall muscles may feel a little sore.

That's okay — you won't hurt anything but I will often tell my women to start with 150 rotations and work their way up until they can do 300 and they may even want to break it up into two sessions — 150 in the morning and 150 in the evening.

11.13 QUESTION FROM BREAST CANCER PATIENT

11.13.1 *What if there is a tumor just behind the nipple on the breast. Can you use the garlic in the poultice or will it disfigure the nipple?*

Herbalist: This is one of those calls you have to make on your own. No one can make it for you. If you wanted to do natural healing “surgery” and bring it through the skin, you’d be adding somewhere between ten and maybe fifteen cloves of garlic to your anti-cancer poultice.

If you’re just adding the garlic to kill cancer — but *not* to draw it through the skin, you’d want somewhere between two and five cloves. And if it starts to get hot, put a little olive oil on the skin or something to buffer it a little bit. Because you don’t want to unconsciously burn a hole through your skin.

I don’t think people realize the power of garlic as a surgery tool. You put fresh garlic on your skin at night and you’ll have a hole bored into your body by morning. Pay close attention when you use garlic on the skin. Use only what you need and pay attention to it.

**Sam Biser's
Save
Your Life
Collection**

**A Layman's Course
in Curing Last-Stage
Diseases**

**Cervical and
Uterine Cancer**
Lesson 12

Cervical and uterine cancer

This lesson will teach you some additional methods for curing these cancers. As with other degenerative diseases, you will be doing the basic programs outlined in Lesson Number Two.

Remember, female hormone balance which you need to help recover may not occur until after you have thoroughly cleansed your liver and bloodstream. The liver is where old hormones are deactivated. Women may experience a dramatic reduction in the amount of herbal female formula required once they have done this cleansing.

To show you how liver cleansing can affect far distant problems, my wife's mother did the liver cleanses and noticed

better hearing. Now what does one have to do with the other. I have no idea. So do the cleanses, not just the formulas.

Here is what else is required:

- 1) Garlic implants
- 2) Garlic douches
- 3) Vaginal suppositories
- 4) Hot and cold enemas to stimulate circulation in that area. You can add chaparral and other healing herbs to the enema water.
- 5) Garlic can be used as a rectal insertion to get cancer-killing chemicals into the tissues.
- 6) The female formula and female herbs in tea form as well as tincture
- 7) Purification and removal of scar tissue from the ovaries. This is done through hot and cold therapy, deep massage and bodywork on the area, and castor oil packs.
- 8) You can also take baths in cancer-killing herbs like chaparral and red clover. Under heat and moisture, herbs definitely go through the skin.

9) Do not ignore castor oil packs. They can be left on all day, changed and done all night. Don't just do the area around the cancer. Do the liver too.

10) The cancer-killing poultices can be used on the rectal area, on the groin and combined with hot and cold therapy for greater penetration of the herbs. And you can rub cayenne tincture into the skin after hot and cold therapy, and before you put your compress on. Anything to increase healing activity in the area.

Here is a taste of what can happen on these program, from the files of the late master herbalist Dr. John R. Christopher.

12.1 NEVER GIVE UP

12.1.1 The power of the cancer-killing programs often comes when you have given up.

A woman went to Dr. Christopher for cervical cancer. She complained that she had been on the full program for three months. She took the herbs orally. She used the vaginal bolus. She felt a little better, but not much. She was going to quit that day. The morning she made her decision to quit, she was

on the toilet when something amazing happened. She got up and happened to turn around and glance into the bowl. There was something about the size of a half dollar with legs on it. It appeared to be swimming around in the water. This ‘something’ had dropped out of her. She screamed.

Her husband came running in. They put it in a bottle and took it right over to the family doctor. He examined it under the microscope. Hew said he had never seen one of these whole because doctors normally have to cut them up. This was a spider cancer. They never give up and leave by themselves. Usually they must be cut out.

This past summer, I talked to a woman who followed these programs and had the *same* experience: she passed a spider tumor too.

Now, here is some of Dr. Christopher’s philosophy on what makes these cures happen.

12.2 A VAGINAL HERBAL IMPLANT

12.2.1 *Dr. Christopher used this to pull acid wastes out of the vaginal tract and groin, kill tumors, and destroy polyps.*

This implant is called a “bolus”. It is used in contrast to the word poultice, which is applied externally. A bolus is an

internal poultice. the bolus is used internally in the rectal (man) or vaginal areas. It either draws the poisons to it, or it is the carrier for healing agents.

Dr. Christopher believed that tumors and cysts actually survive on the waste materials in the body. He believed the toxins created a nourishing environment for the tumor — just as grass is nourishing to a cow or nectar to a bee.

It is the degenerative environment that encourages the growth of tumors. A similar example is a worn-out, depleted soil. As many good farmers know, when the soil on the farm is poor, bugs and insects come to devour the plants and vegetables. The poor environment *attracts* the bugs.

But the bugs are not necessarily the direct problem. Nature put them there to remove and destroy inferior plants, in the same way that animal predators kill the sick and weak among their prey.

Dr. Christopher believed a woman needed to improve the decaying environment in the vagina and the 'scavengers' would automatically leave. They would have nothing to feed on.

Destroying the bugs doesn't correct the real problem. The bugs (and cancer too) often come back. Correcting the health of the soil gets to the real cause.

Likewise, the toxic environment in the body creates a 'fertile' soil for tumors and cysts. The herbal bolus has a tremendous drawing power. It sucks out the cancerous toxins like a sponge. It also spreads powerful herbs throughout the entire vagina and all the urinary and genital organs. That's why the bolus should be used by all men and women who have any abnormality in the groin area, whether it is cysts, bladder cancer, or anything that be reached by the bolus. I would even use the bolus if I had cancer in the colon or stomach, because a bad environment in the groin will spread wastes and decay to all areas of the body.

12.3 A FORMULA FOR VAGINAL SUPPOSITORIES

Here is a formula for a suppository (an herbal bolus). You customize it to your needs, says Dr. Christopher student Richard Schulze. In other words, if you have cancer, you add poke root to the suppository. If not, you can skip it.

You use it generally for vaginal infection, but you can use it all the way up to cancer of the cervix, endometrial cancer or whatever. Here is what you will need:

Coconut oil

Tea tree oil

Goldenseal root

Yellow dock

Optional:

Poke root

Cayenne pepper

Garlic

Herbalist: I would put in a bowl an amount of finely powdered herbs. Finely is a key word, because if you have a rough herb in there, it's going to get stuck in your bottom. Use 2 heaping tablespoons of yellow dock and goldenseal, one of each, finely powdered into a bowl.

I would squirt into that, 4-6 dropperfuls of tea tree oil, which would be 150-200 drops of tea tree oil. Tea tree oil is a multi-spectrum antibiotic and antifungal. It's an Australian shrub in oil form that is available commercially.

Then add enough coconut oil to turn it into a dry pie-dough consistency. Put the jar of coconut oil in a pot of warm water. Coconut oil at room temperature is solid, but when you warm it up, it becomes liquid.

If it's too wet, when you go to make suppositories, they turn into pancakes. You form them into 12 large or 24 medium suppositories. You put them on a glass plate and put them in the freezer.

If you have cancer and are using poke root powder, you could use equal parts of yellow dock and golden seal. You have to be really careful with fresh poke root. You grate it through a kitchen grater. It is going to be like a wet root. Most people will sell it in powder, and the powder is the least active but also the least acrid or burning.

When you take the suppositories out of the freezer, they will be frozen. But when you hold onto them they will start melting, just from your body heat. Grease up your vaginal area first with a little olive oil and then put the suppository in. You want to make sure you grease up first or it's a pretty rough ride.

The key is you want it to have a dry consistency and if you make it too wet, which everybody invariably does, just add more goldenseal and yellow dock. And if it's too dry, add more coconut oil. Just keep playing with it, back and forth, until you get a dry pie dough consistency.

Now, if you want to add something that's a little more dramatic, you can even put a slight pinch of cayenne in there. This is a powerful herb for really stimulating the blood flow. Remember, if we don't get the blood there, we are not going to get the healing we want.

BISER: *It's not going to burn their bottom?*

Herbalist: It won't do any damage, but it will be a little bit warm at first. I am talking about a very, very slight pinch here. And, if we want to, we can add just a drop or two of garlic oil.

BISER: *If you have cancer, how long would you do it?*

Herbalist: The best way to do it is to put that suppository in at night, let it be in all night long. You need to wear a sanitary napkin. Anyone who has any vaginal problems should not use tampons.

Tampons are made with bleached paper; they are known to contain dioxin. Dioxin is carcinogenic. There's a lot of people who theorize that the high rate of cervical cancer is due to the bleaches on tampons. You ought to get rid of tampons and go to sanitary napkins. There are tampons available in the health food stores without bleached fibers.

BISER: *What do you think of the herbal vaginal products that are sold commercially?*

Herbalist: I find that the formulas on the market are just too impotent. Most of them taste like they are burnt and smoked. You need to make your own at home.

For example, what happens is that they powder oak bark to make the formula. It's hard enough to cut oak; it will dull your cutting blades. Well, you can imagine powdering it. They end up burning the herbs, and when you burn the herbs, you might

as well cook the herbs. I find that most of the vaginal bolus material out there has hardly any of the original healing chemicals left in it.

When they powder herbs on a commercial level, the machines are smoking. Most of the oak bark I get should be white in color or very light tan, yet a lot of it is darker brown and I can smell it. You can smell the herbs got burnt in the process of powdering.

BISER: *Can a man put this suppository right up the rectum, because it would get close to the prostate?*


Herbalist: Absolutely. When you make a suppository, you make them different sizes and the general rule is to put them in any hole of the body you can get them into. You can put them in the ears, you can put them in the nose, you can put them anywhere.

BISER: *Could a person who had genital cancer or something like that, put it on the outside as a kind of poultice?*

Herbalist: Absolutely. I've done it hundreds of times.

12.3.1 *Cleansing douches after vaginal bolus.*

Herbalist: In the morning, you'll notice a bit of that bolus is coming out. That's fine. Leave it in all day long; then in the evening you want to do a douche.




There's a couple of douches that are great to clean you all out. One of my favorites is a pint of water with a couple of tablespoons of fresh-squeezed lemon or lime juice. You can also use a couple of tablespoons of raw organic apple cider vinegar. Spectrum Natural is an excellent brand.

BISER: *So, the bolus is in at night?*


Herbalist: Yes, and then all day long you just leave it in and then later in the day you do that douche, clean it out, and then in the evening you put another bolus in. You do that for 6 days-a-week. Now this is a part of the entire incurables program.

12.4 GARLIC IMPLANTS



This garlic implant comes from ancient India. On this cancer program, women alternate between two different kinds of natural suppositories. One is just a simple insertion of a garlic clove. The other is an herbal mixture you can make at home. Learn how to do it for yourself or a loved one who is to ill to help themselves.

Herbalist: Usually what I have them do is garlic cloves for a week and then that suppository for about a week. Or they could do 6 days of garlic cloves, a day off, and then 6 days of the suppositories. They could also do a garlic on Monday, a suppository on Tuesday, a garlic on Wednesday, however they



feel they would like to do it. But at least, get 6 of the garlic cloves in and 6 of the suppositories.

Let's start with the garlic instructions. The garlic is done in three stages. In the first stage (the first night), you simply insert the garlic. On the second night, you bruise it. On the third night and thereafter, you cut slices into the garlic. Each stage is more intense than the previous.

In the first stage, you take a large garlic clove, peel it and insert it into the vagina at night and pull it out in the morning. To remove it, you just stand up; it drops down and you pull out the garlic clove. Use a piece of garlic at least the size of your thumb. Then...

The second stage is to peel a big garlic clove, press on it, and bruise it. You bruise the garlic to activate a compound called allicin. The allicin in garlic does not exist unless you make it. In other words, there isn't any allicin in garlic to begin with.

There are only dry fiber cells and liquid acid cells. When you cut or crush garlic, the acid pours on the fiber and allicin is the result of that chemical reaction. What works in the garlic really isn't there until we chew it, or slice it, or bruise it. That is why garlic doesn't have much of a smell until you really activate it.

The allicin is created by the acid cells being ruptured and mixing with the fiber of garlic. It's an immediate chemical reaction and allicin is produced. That's why a fresh garlic clove doesn't have much smell. But when you chop it up, boom, you're creating chemistry in your kitchen. So press that garlic clove and bruise it and then insert it.

After bruising it, 99% of women won't notice any feeling in their vagina from the garlic. You put that in at night and it comes out in the morning.

The third day, bruise the garlic and make some actual lateral slices with a knife in the clove. Now you're creating more allicin. Some women, when they insert that, will feel a slight tingling for the first 5 minutes, but nothing major. That's okay; it won't hurt them at all. If it's too extreme, you can pull it out and make less slices and less bruises. Put that in and leave it in all night; take it out in the morning.

Do this for 6 days and no bacteria, no fungus, no virus will be alive in your vaginal area. It will reduce the inflammation, and for those with cancer, we know that garlic destroys tumors.

A third of the research that's been done on garlic by medical institutes in the United States has been done with the treatment of cancer — but you'll never hear about it. All you have to do is slam your foot into the ground, dig a hole, throw a clove of garlic in there and boom, you have your own

medicine. Garlic is an official drug in many countries of the world. It's listed in those countries' pharmacopoeia for the treatment of everything from heart disease to cancer.

12.4.1 *Lost Garlic Cloves?*

BISER: *We have had a few viewers write and call, who took your advice and inserted fresh garlic cloves into their vaginas, and lost them inside.*

Herbalist: They used too small of a clove. The clove size must be large, and what I mean by large is — BIG — the size of your thumb; and no less than 1/2 the size of your thumb. Small cloves can get lost and be hard to remove. Large cloves just settle and can be pulled out easily. If you put in a small one, and it does get lost, douche until it comes out. Some people want to tie a piece of string or thread to it, but this is not necessary. I've had thousands of women do this successfully. Just use very large cloves!

BISER: *Is this really effective?*

Herbalist: It is the best there is. The chemical properties of garlic are powerfully, broad spectrum, anti-bacterial. They will destroy both gram-positive and gram-negative bacteria. Garlic is also an extremely potent anti-fungal agent and, also, a powerful anti-viral agent. There is no other herb that even

comes close to garlic's cleansing and healing abilities in the vagina.

I had a woman of 45 come to see me with endometrial cancer. She was recently diagnosed, and entertaining the thought of surgery. As usual, the doctors said to hurry up and cut. She decided to try natural methods first. I put her on daily vaginal garlic implants, with garlic douches at night. Then, after the douche, inserting another garlic clove at night followed by another douche in the morning. In two weeks, she had no sign of cancer.

12.5 GARLIC DOUCHES

Here is a formula for garlic douches.

28 ounces of distilled water

2 ounces of raw organic **Apple Cider Vinegar**

The juice of 1 organic **Lemon or Lime**

1 clove of **Garlic**

(Blend all ingredients in a blender, strain. Use as a douche)

Optional — 30 to 40 drops of **Tea Tree oil**.

Herbalist: I have seen thousands of miracles with this plant. I've seen other women who the cancer peeled right off of and

discharged. Garlic kills and removes cancers, inside and outside of the body, period!

12.6 UTERINE TUMOR MISHANDLED

Herbalist: I had a woman in my office who had a squamous cell tumor in the uterus. This is a serious cancer tumor. I suggested that we treat it naturally. Her oncologist even said, “Okay, look, treat it naturally, but at least, let us do localized radioactive treatment. Okay, let us beam that x-ray right on that tumor and just shrink it, kill it, and then do wholistic healing if you want to.” A lot of oncologists are saying that nowadays.

BISER: *What's wrong with that? It seems reasonable.*

Herbalist: Localized, pinpoint radiation is like a shotgun blast. There's no such thing.

BISER: *Why is it not localized?*

Herbalist: Because it damages the tissue all around it. This woman had the radiation treatment. I couldn't talk her out of it. It burned out the walls between her rectum and her vagina and fecal matter was pouring out of her vaginal opening. Okay, this is your localized treatment!

This is your pinpoint radiation: scientific, high-tech, laser-guided, smart bomb radiation treatment.

BISER: *You burn a whole in their bottom?*

Herbalist: We would have been better off with a small charge of C4 plastic explosive. I mean, they blew this woman open. They took out that wall, and what do you get? You get fecal matter going to the vagina. That's going to be really nice for infection and cancer. Now, this woman never got the chance to do the natural treatment. She's not alive.

BISER: *But doctors talk in such gentle terms that it sounds good, even to me.*

Herbalist: The machinery looks good, the technology seems nice, the stainless steel is shiny, everything smells like isopropyl alcohol; I mean, they are the greatest salesmen in the world.

We're going to look back at this century in the future and we're going to laugh eventually, but we'll cry first. This is one of the most barbaric periods. It's going to be called the Dark Ages of Medicine.

I've seen people who, after the biopsy — just the biopsy, not even cervical surgery, got such an infection that they ended up having a complete hysterectomy. They were gutted. I saw that with a woman who was 26 years old. They started out just saying, "We are going to do a biopsy because the pap smear came back a class two," which just means inflammation.

So, they did a biopsy and inflamed her, then she got an infection. She ended up in intensive care and they took out her uterus, her cervix and both ovaries. They gutted her.

There is no such thing as a simple surgery. You know, I've seen people go in for surgery on their knees, get an infection, be in intensive care for seventeen days and almost die.

I had a patient who had a fever that lasted for awhile, and doctors didn't believe that it was a good thing. The patient went to the hospital; the hospital gave him drugs to reduce the fever, the fever got worse. The person went into a coma, then he went into intensive care. His fingers and toes turned black, became gangrenous. Doctors amputated his fingers and toes; and he died a week later from a fever.

And this is why the late Dr. Mendelson used to say, "If you are sick, whatever is going on, don't go to a doctor, don't ever walk into a hospital." And that's from one of the former top doctors in the United States. I believe him.

12.7 CERVICAL CANCER SUCCESS

12.7.1 *Learn how to cure yourself by reading what another woman went through.*

Herbalist: I had a woman come to me, a 34-year-old legal secretary. She thought she was just having continual heavy periods, but instead she had cervical and endometrial cancer.

She had a family history of it. She was in a lot of pain. They said the words, “advanced tumors”. They didn’t even know how far the cancer had gone. They thought it probably had metastasized to other organs. They wanted to go in there, clean her up, do some exploratory surgery and probably do some chemotherapy and radiation.

Fortunately, she saw the light. She did the full save your life program, the special douches and suppositories, and we doused her hormone system with special hormone-balancing herbs that we’ll also discuss. The first thing we noticed was that the bleeding started subsiding and that’s a good sign — because we weren’t doing anything to stop the bleeding.

The next thing we knew, she was having less pain down there, because uterine cramps can be quite painful, and within about 30 days she had no bleeding, no discharge, no pain.

She was doing all the things to create circulation down there, castor oil packs, douches. We had to clean out her

bowels, she had a lot of constipation and this is an important one here. The uterus is wrapped by the bowel. The sigmoid colon comes up one side, wraps around over the top, comes up and the rectum is right underneath.

We think about all our anatomy as separate parts, but they are all touching each other. The uterus is surrounded by the bowel. Imagine if you or the average person has five pounds of extra fecal matter and some diverticulosis herniation spilled with fecal matter. They are all going to be pressing, flattening, squeezing and prolapsing that uterus. So now you go to have a period, or whatever, and the uterus starts to swell, and you have a painful period.

You've got to give that uterus a little space and you might notice a difference now that your bowel is clean, because your sigmoid has probably crushed your uterus down to half its size. You might even notice some changes in the way you feel and your period or whatever.

Part of your low energy could just be that crushed uterus and the way your hormones are responding. But, anyway, we had to do some dramatic bowel cleaning on her, the whole bowel cleansing and liver programs.

In two months, she wanted to go back to the doctor. I fought with her and I fought with her. In three months, I

couldn't stop her. She went back, and they said they did not see any cancer. She had a discharge, a lot of that chunky liver stuff again.

12.7.2 The woman's cancer was killed and expelled and she brought it in canning jars to show what came out.

BISER: *Chunky what?*

Herbalist: It looks like liver. At first, she thought it was blood clots, but then we saw that there were actual tissues. She brought them into my office in a canning jar. We have a lot of canning jars of that stuff.

They were chunks of reddish-black tissue with whitish chunky material. It looked like peas inside of it. It was the cancer sloughing off. Her body was rejecting it. So we really fired up the program. Three months later, she went back to the gynecologist and the gynecologist said that they could not see anything. They said they could not see any cancer on the cervix or the uterus, but they said, "Hey, you probably still have it down in there. We need to do some biopsies."

They just don't quit. They don't give up. Even when they see a healing, and even if they did the biopsies and saw that there was no cancer there, and that there was a total healing, they go, "Well, it must have been a misdiagnosis or a

spontaneous remission.” They will not admit that cancer can go if you are not using radiation, chemotherapy, or surgery. In fact, they will never say you are healed of cancer.

The bottom line is that this was about four years ago. The woman has never had a problem since. Now she’s staying on top of it, you know, keeping healthy.

She was a fairly healthy person, but obviously, I think a lot of these cervical cancers are caused by waste not getting out of the body. You know we have a cesspool that’s clogged-up down there. It gets back to that bowel. Those diverticuli fill with fecal matter, and once they’re in there for awhile, they begin to leak. This is called diverticulosis and then it infects all the tissue around it.

BISER: *How bad was her cancer?*

Herbalist: It was a bad case. Her whole cervix and the lining of her uterus was involved. They felt that it had gone deep enough to invade other tissues. In other words, it had metastasized, maybe into her bowel. But she’s fine now.

And here’s another thing: she was a legal secretary, and what did she do? She sat all day long on her butt. And when you sit on your butt, you’re sitting on your uterus. She wore typical office wear — nylon pantyhose. There’s no air getting

to this area. You're blocking the circulation. Pantyhose cut off lymph. They are a lymph-constrictor.

You know, we probably should go back, if women want, to the era of garter belts and silk stockings. It was certainly a more healthy thing to do. Use more natural fibers. Don't forget that pantyhose is made from petroleum. That's made from crude oil, i.e. gasoline. We're talking petrochemicals here, right next to our bodies.

BISER: *Did the cancer expel?*

Herbalist: Nothing was noticed. It just disappeared. When she went back and asked for a check-up, the doctors said, "Why? You should be in a hospital." She said, "Please check", and they couldn't believe their eyes. Sure enough, the cancer had disappeared.

12.8 USE ENTIRE SAVE YOUR LIFE PROGRAM

BISER: *What about advanced cervical cancer, what do you do?*

Herbalist: Make sure that the person is doing the absolute, entire incurables program with the localized things down there, such as castor oil packs. You can even use castor oil mixed with other oils, about 25% castor oil with 75% olive oil; that is a douche, too. Work it right into the area. It won't hurt you.

Also, you need to balance the female hormones.

12.9 FEMALE FORMULA

There are three herbs in this formula. It can be a woman's saviour. Do not use it as a panacea — but as *part* of your program. Herbs may be more glamorous than juice-fasting or hot and cold treatments on your uterus or ovaries, but the power of this cancer-killing program is in using all of it — at one time.

Herbalist: There are three herbs in the female formula. The first herb is called wild yam. Wild yam is what the pharmaceutical industry used to make progesterone from. But it got too expensive, so they make it from horse urine. In the U.S. it grows, and also in South and Central America and in Mexico.

The second herb is chaste tree, which is the herb of Europe. It's used for women's problems from PMS to menopause all over Europe. It's the berry of a tree. One of the biggest uses of Chaste Tree in Europe is the shrinking and elimination of uterine fibroid tumors.

The third herb is Angelica. In China, they call it Don Quai. It's also pronounced Tang Kwai. This is the number one-sold herb in the world. The Latin name is *Angelica Sinensis*. We have species of Angelica that are very similar that grow in the United States.

So I use these three herbs in equal proportions, either as a tea, or as a tincture. This is an endocrine-balancer.

[*Note from Sam:* In many cases, the herbalist added several herbs to this formula for the nerves. My own wife said she got more results when she added up to 50% by total volume of the herbalist's nerve-sedative formula to the female formula. See the lesson on Nervous system disorders for this formula.

Here are some herbs you can add to the basic three-herb female formula: *Valerian root* (*Valeriana officinalis*) *Passionflower* flowers (*Passiflora inc.*) and *Hops* flowers (*Humulus lupulus*)]

Herbalist: I've weaned every woman I've seen off of Premarin/Estrogen and Provera/Progesterone, and got them onto this formula with no hot flashes, no problems. Ninety percent of women can take a month, wean off their Premarin/Provera every day and work onto this formula and never have a bump. Ten percent of women have a little bump; you have to adjust the dosage.

BISER: *How do you do this weaning process? Weaning a woman off her hormones...*

Herbalist: I like to look at, "What is the full dosage I want this woman to be on." Usually, for any tincture, it would be two dropperfuls, 3 times a day.

Then, I look at, "What is the dosage of the medication they are taking now?" Let's say, just for ease of thought, it's 100 mg. In the first week, I take them down a quarter to 75 mg., and some people say, "How do you do that?"

I don't care...grind the capsules up, separate the powder with a razor blade and a mirror like a cocaine addict. Break the tablets up, anyway you can. Open the capsule, pour out the powder, divide off a quarter. We are not building a nuclear weapon here. It doesn't have to be that exact.

BISER: *Anyway, for the readers, they have got to do that with their doctor's approval?*

Herbalist: Yes, absolutely. They knock off 25% of their pharmaceutical drug. Then they start out with one dropperful of the tincture, we will say, AM and PM. Then, the next week, they go down another quarter on the drug. So now they are down 50% and then they start taking one dropperful 3 times a day of the herbal tonic. Then, the next week they go down another 25% so they are on 25% of their original dosage of the pharmaceutical drug

BISER: *So in a 3-week-period, they are down to 25%.*

Herbalist: Yes. By the next week, they are gone off of it, and they are on two dropperfuls 3 times a day of the herbs.

12.10 RECIPE FOR FEMALE TONIC

BISER: *I realize that most women reading this will never make their own herbal formulas. But I want them to have it in their possession, so that they can make their own formulas. If there were one single formula I would want women to know how to make, it would be this one.*

I am making a gallon of this formula for my wife Sandy — and I consider it survival food — for her hormones. That way, no matter what happens, she has what she needs to stay young. I recommend that other women do the same.

Herbalist: This is an easy formula to make. The formula I am giving you is approximate. When making herbal formulas by weight; how much that will fit in a jug is dependent upon whether the herb is whole, cut and sifted, or powdered, and then how long you blend it up after mixing it.

The time of the year and the dryness of the herbs make the amount of herbs that will settle in a container vary slightly.

When your herb material is settled in the container, you want it to be at least 3/4 of the way up to the top of the container. If it isn't, simply add more herb. If you have too much herb, add more grain alcohol and move up to a bigger container.

The roots are hard to chop up when dry, but the best tincture is made from finely chopped or even powdered herb material. But you DON'T want to buy powders. You want to buy whole herbs so you can identify them. To cut up the whole root, a rose or brush pruner can do a good job. Once the herbs have soaked in grain alcohol for a week, you can then pour the mixture in a blender to make the herb material more like applesauce.

As always, use 80 to 100 proof vodka and start all tinctures on the new moon. Keep in a dark place. Strain or press them on the full moon, approximately 14 days. Press through a clean cotton towel.

Here are the herbs you need and the quantities. The first and smaller quantity is for making one quart. The second and larger quantity is for making one gallon of the formula.

Here we go...

4 or 16 ounces of **Dong Quai root**. The Latin name is *Angelica Sinensis*.

4 or 16 ounces of **Wild Yam root**. The latin name is *Discorea Villousa*.

4 or 16 ounces of **Chaste Tree berries**. The Latin name is *Vitex Angus-castus*

2 or 8 ounces of **Licorice root**. The Latin name is *Glycyrrhiza Aglabra*.

1.5 or 6 ounces of **Damiana leaf**. The Latin name is *Turnera diffusa*. There is more *volume* of Damiana leaf even though there is more *weight* of Licorice root.

.75 or 3 ounces of **Hops whole flowers** with the yellow pollen still in them. That is where the active ingredients is. The Latin name is *Humulus Lupulus*.

This formula, like all other tinctures, will keep for 50 years or more. Store in dark glass bottles in a dark place.

Herbalist: During the years of running my clinic, I saw many women who became incapable of normal functioning, both physically and emotionally, because of menopause, PMS, and hormone imbalance. This tonic was a lifesaver to them.

Besides the obvious health benefits, many saved their marriages, their families, their careers and their sanity by using this formula. It gives women that sense of well being and control. It increases the communication between the endocrine organs in the brain and the ovaries. It allows a woman the ability to age slowly and naturally, and make a comfortable transition from puberty through menopause.

This is one of the few formulas that I've used that we might call international; in other words, I'm taking the top Asian herb, the top European herb, and the top herb from the Americas.

BISER: *How does this formula work for hot flashes? I can relate to hot flashes, because I have had fevers where I soaked the sheets, and your sleep is ruined, so I know it's not a trivial symptom.*

Herbalist: Many women have no more hot flashes within a week.

A lot of people think hot flashes are a mild spell, like a woman fainting. It can just be a warming or glowing of the face and neck and chest, but it can also be serious. I had a patient when I first opened my clinic in Hollywood that was having the ultimate night sweats. She was soaking sheets and blankets and the mattress, and I mean *soaking* them.

She told me she woke up the first time and thought someone had sprayed water on her while she was sleeping. She kind of ignored it and figured she couldn't do anything about it, and one night she woke and she was having a heart attack.

She had such a dehydration, electrolyte imbalance, that she went into cardiac distress and fibrillation from dehydration. She was rushed to the emergency room and almost died. I just wanted to say this because a lot people

think, “Oh, hot flashes. Give them a magazine so they can fan their face.”

That’s all fine, but hot flashes are just a beginning symptom that your hormones are out of balance and they alone can be debilitating, if not kill you in extreme situations.

BISER: *What is the beginning dose for hot flashes?*

Herbalist: They start out with one dropperful three times a day, go up to two dropperfuls three times a day if necessary, and don’t forget, if you are having night sweats or hot flashes at night, take heavy dosages before you go to bed. If you wake up at night, take dosages then. You can use a dosage when you have a hot flash. This is easy to remedy immediately.

Then, if you are not getting the results you want, you go up to two or three and then finally four dropperfuls three times a day. However, two dropperfuls three times a day has stopped the symptoms of menopause in 98% of my patients in the clinic.

I’m talking about the falling out of the hair; I’m talking about the agitation of the emotions; I’m talking about the osteoporosis problems; and I’m especially talking about the dry vagina and the other symptoms of menopause.

All the symptoms of menopause that women get are because of the lack of estrogen. Now, a lot of times, it isn’t

because their ovaries have quit. Ovaries just don't quit. They slow down, but the communication is bad. The circulation is bad. And this formula works wonders.

12.10.1 *The formula works even if both ovaries are removed.*

Herbalist: Even if the doctor says both of your ovaries are gone, don't believe it. You don't know what you've got; you may have an ovary left or enough of a piece of one to make some hormones, so take these herbs.

Don't ever forget what a miracle machine the human body is. If it is missing a part, many times, if you take care of yourself, another part will do the job. There are many reports of other organs creating hormones when the ovaries are gone; some people have even made them in the intestines. Many women without fallopian tubes are able to get pregnant, the egg finds a way to the uterus. *Never* give up hope.

I've had many women with complete hysterectomies and no ovaries be able to lead normal lives just using the female tonic. Then, I had women who had clean sweeps; no ovaries, no uterus, and even on the female tonic, they could not go off their medical hormones. But they were able to lower their dosage sometimes by half, sometimes by three-quarters.

There were only a handful of women who could not get their hormones back naturally. The tougher the case, the more they had to do the other programs to see results. I remember two patients who were gutted so severely by medical doctors that they could not get their hormones in balance. And that's two out of thousands. So that's a pretty good record.

BISER: *You mentioned a moment ago that you made periods come back. What women would want that to happen?*

Herbalist: I've had women scream at me over this one. They say, "It was a blessing the day my periods stopped, and now you've got me bleeding again."

If this happens, you're not menopausal yet. I don't care what anybody says, you're not ready to stop having your periods. Many women go into what I call "premature menopause," because they are unhealthy. Nature terminates their periods because Nature does not want the weak and sick bearing children.

But once we get the women healthy again, many times, the periods come back for one, two, three, four or five years. I had one woman who had not had a period in two years start having them again at the age of 55, and bear another child, which was what she and her husband wanted.

If a woman is mad at me over her body getting healthier and resuming its normal functions, how is that my fault? You can't deny your womanhood. If you never want periods, be unhealthy. Just give this report to a friend who wants better looks, better health and better sex.

Heck, you can bring on menopause at 40. Just treat yourself like garbage, smoke cigarettes, drink lots of whiskey, and your periods will stop. Is that what any woman really wants — to be old. I don't think so.

12.10.2 *For older women long past menopause.*

BISER: *Can this formula and these cleansing programs help women who are way beyond their change of life?*

Herbalist: Of course. Their body could still be running on too low a level of hormones. So, if they're 80, they might be feeling like 90. Or, if they're 70, they might be feeling like 80. You'll never know how good you could feel until you get your system cleaned out and your hormone levels up.

Women at 70 to 90 might feel they are healthy — and have no idea they could be so *much* better. How could you not be better giving your whole body a tune-up it's needed since you were 40?

12.10.3 *More information on dosages.*

There is a difference between a dose of the female formula that stops symptoms, and the dose that has you feeling your best. I found this out from Sandy. She had to take 12 dropperfuls a day to stop hot flashes. But when she took 16 dropperfuls per day, she felt better. I asked Dr. Schulze if 16 was the highest dose he ever used, and he said it wasn't. He said it was on the high end of the *medium* range.

He has used 20 dropperfuls per day, and as high as 24 per day. Typically, these doses would be used in conjunction with a juice-fasting and cleansing program. He jumped the dosages temporarily to cause uterine cysts and fibroids to break open and explode during the middle of the cleansing.

He also told me that if a woman needs that high a dosage, what it tells him is that most of that dosage is being wasted because it isn't getting utilized. Maybe the woman is taking 20 dropperfuls a day, but only 5 are getting through.

Either the liver is not working, or a stuffed colon is pressing on the ovaries and blocking the circulation, or the blood is thick like sludge or molasses and needs to be cleansed. Or, the food program needs to be started — or stepped up. Or, there may be scars on the uterus, and you have been given information in this chapter on how to dissolve them.

Doing the liver flush *by itself* could cause a major reduction in the dosage of the female formula the woman needs. The liver flush, together with the liver formula given in a preceding chapter — which can be greatly increased in dosage if needed — can drop the female tonic requirements to where a woman doesn't need it anymore.

What's the worst case scenario if a woman takes too much female formula? You'll see some abnormal bleeding. If you are still having your period, the bleeding may be constant. Or, the period may come every week or two weeks instead of every 28 days. If the female tonic is causing any side-effects, just reduce or eliminate the dosage temporarily.

The herbalist told me that in many cases, he could not wait for women to cleanse to get results. There was no time to slowly increase the dosage. He had to start high and then drop it down. These women were suffering so badly that they would not wait a week or a month for anything natural to work. By then, they would have gone to the doctor for medical hormones, or for surgical procedures. So he had to act fast, give the woman relief, and then give the cleansing time to work.

12.10.4 *For women who don't respond.*

Whenever the herbalist had a case that was “stubborn,” whenever he wasn’t getting the response he wanted — he started using herbal teas and not just tinctures.

The herbalist did not normally begin with teas, because patients didn’t like to take the time to make them. Tinctures were quicker. The problem with tinctures is that some healing components of herbs are extracted with alcohol, and some with water. This would change from herb to herb.

It’s possible with a tea that a patient would get healing components *not present* in the tincture. The herbalist first learned years ago on a patient who suffered from skin rashes all over her body. She had been using high doses of echinacea tincture to boost her immune system and stop the rash. But it didn’t work.

She asked him if she could use echinacea roots and make tea, and would that work. He said he didn’t know, but she did it anyway, and within 48 hours, her rash was gone.

In many difficult cases since then, the herbalist has used both tincture and herbal tea of the same herbs, because both provide the patient with a *different* set of healing chemicals.

You can make some or *all* of the herbs in the female formula as a tea. That is one of the primary ways the Chinese use Dong-Quai. They make a tea out of it.

When you make tea from these herbs, there is no rule on how much to use. You can put several teaspoons of cut herbs in a teapot, or make it stronger. You will have to experiment. If an herb you are getting is weaker, you will need more of it.

12.10.5 *Women who need male hormones to balance their bodies.*

Herbalist: I did have women who came in who were too, I'm going to say "yin", the Chinese meaning, "soft or feminine." In other words, these women were so wimpish, they couldn't make a decision about life.

When their hormone crash hit, they became the biggest wimps of their life. That's what happens to any man or woman without hormones — their "spine" is gone.

I mean, we laugh at women with PMS, pre-menstrual syndrome, which is hormonal. Hormone crash causes the same loss of will. As husbands, we say, "Would you like to go out to dinner honey?" "*I don't know.*" We go, "Well, what kind of food would you like?" They go, "*I don't know.*" And, if you

finally can pick out a restaurant and get there, you say, "Where would you like to sit." And they go, "*I don't know.*"

When the hormones crash, there's no decision-making. There's no backbone. Everything because nebulous. The same thing happens in hormone crash as in PMS — except for a longer piece of time. These women were so feminine, they almost wanted to cry all the time. They were too sensitive. Too feminine. For balance, they needed more male energy.

So, one of the things that can help strengthen a woman is ginseng. Many people consider that to be a male tonic herb, but ginseng is a great strengthener for women. It would strengthen them up, make them feel more assertive and more able to make a strong decision and be affirmative, and not get *so* hurt by everything everyone *says*, or *does*, or *doesn't* do.

One dropperful three times a day of strong ginseng tincture can really pump up a woman's strength — taken along with the female herbs we have already discussed. Of course, I don't mean the junk ginseng in the healthfood store. I mean the real stuff from Chinese herbs shops. The best ginseng for a woman is the wild American ginseng (not the cultivated kind). The American wild ginseng gives a "slow burn" for building up a woman, as opposed to the Asian ginseng, which gives a fast kick.

I would also give these women sometimes the male tonic “hormonal” herbs like sarsaparilla and saw palmetto. Take these as a tincture, a tea, or both.

12.11 SAVED FROM CANCER CAUSED BY ESTROGEN

Learn the techniques of managing a case of uterine cancer. It is more than giving some formulas or doing some cleansing. How to manage the symptoms to give the patient relief while attacking the underlying cancer.

Herbalist: Here is one *typical* horrifying case. It may sound like an extreme case, but I had many like this. It’s not something a woman who goes through it would want to talk about it.

She was a 54 year-old woman from Santa Barbara. She had been on estrogen for about 5 years for menopause, prescribed by a real close family friend who was a medical doctor/gynecologist.

This is *the* standard treatment. Walk into a gynecologist’s office and say, “I’m having menopause,” and you are going to walk out with a prescription for Premarin or estrogen.

Another shocking fact is that this guy didn’t even give her any of the warnings you are supposed to give with the drug. She had a family history of cancer and a family history of gall

bladder problems, and for both of those family histories, estrogen is contra-indicated.

He should have *never* put her on it with anybody in the family having cancer. So that was crazy, and then he didn't do the follow-ups suggested by the drug manufacturers, which is *typical* of all doctors.

About 5 years after he started her on the treatment, (which was in her late 40's), she developed some vaginal bleeding and went back to see him. He did a biopsy, because he saw abnormal tissue and she had a malignant uterine cancer. He felt it had metastasized, which basically means you're dead. He felt she only had a period of years now, no matter what they did.

He immediately stopped all her estrogen, cold turkey. That is what a doctor has to do the minute a woman develops cancer. Within a few months, this woman physically degenerated probably faster than any other one I had seen. It was like one of those Sci-Fi movies when someone who looks 30 runs out of their elixir of youth, and then in the next minute they age 150 years and turn into an old person, and turn into dust.

It was shocking to see what can happen to a woman who has been pumped up artificially with estrogen for five years, and now suddenly gets the rug pulled out from under her. The

next thing I got was a call from this doctor, and he was begging me.

He said, "Look, this isn't a patient, this is a friend of the family, and she is really ill, and is there anything you can do to make her more comfortable?" I said, "Sure."

It was shocking when she came in. Her vaginal area had dried and shriveled up badly. It was cracked, and she was bleeding from the cancer, and her vagina.

BISER: *Where was the cancer?*

Herbalist: The cancer was in her uterus, which is typical of estrogen use. It's the No. 1 cancer women get from taking estrogen, which is cancer of the inner lining of the uterus, or uterine cancer. She had it and it had metastasized. But she also had developed vaginal infections because of the open sores in her vagina.

The inflammation was so bad that she could barely walk because just the movement of her legs, one going in front of the other would cause bleeding in the vagina and her pain was extreme. She said she had a hard time sleeping at night. When she came into my clinic, she had her arm around her girl friend and she was limping. I mean, we are talking severe vaginal infection, bleeding, inflammation, cracking.

BISER: *And the doctor couldn't stop any of that?*

Herbalist: He couldn't. He had to take her off estrogen immediately because of her malignant cancer and so they have nothing. Nothing. They have petroleum jelly, and, of course, that doesn't work; the body even rejects it.

She was also losing her hair and was remarkably bald for a woman. She gave me a little demonstration and pulled a clump of it out in her hand, which was kind of scary. She was also growing a serious moustache, which is another side-effect of estrogen intolerance.

The first thing I wanted to do was help her and give her some temporary relief. I used jojoba and tea tree oil. Jojoba penetrates the skin whereas all the other oils sit on top. And tea tree oil, in a light dose, is very anti-inflammatory. I used 91-95% jojoba oil and the 5-9% tea tree oil.

We got her upside down and just filled her up with 16 oz. of solution. That offered immediate relief. During the next couple of weeks, we also filled her vagina up with aloe vera, and then flaxseed oil, which is a great anti-inflammatory soothing, healing oil.

A couple weeks went by. Her inflammation was down. The sores were being healed, and the bleeding had stopped from her vagina, but she was still having bleeding from the

cancer in her uterus. Then we started with garlic clove implants.

I couldn't use garlic immediately, because she had all these open sores and garlic would have made her in pain worse. But now the pain was gone. So we proceeded.

We had her immediately start on the female tonic formula. I got her own hormones kicking in, producing her *own* estrogen and her own natural lubrication. Of course, we did the other cleansing and detox programs.

We got rid of the vaginal trauma in two weeks. She ended up being so impressed by this that she decided to go all the way and actually reversed her uterine cancer.

After a month on this treatment, she told me she had too much mucus in her vagina, too much discharge, and I've had this happen a thousand times, and I'm like, "Let's not worry about that right now, you can wear a sanitary napkin. Let's let all the mucus flow that we want." This is not uncommon. I've also had many women call because their period came back, although it had stopped years ago. When their hormones got back in balance, they became fertile again.

Her appearance was dramatic. Not only did her hair stop falling out, but her wrinkled skin went away. Once her hormones got balanced and once she was feeling better and

exercising, she looked like she lost 20 years. She didn't even look old enough to go into menopause.

After it was all over, the doctor yelled at me. He said, "I asked you to fix her inflamed vagina and make her feel better, *not* heal her cancer." He was *pissed*. I told him I didn't give a damn about *his* ego or stepping on *his* toes. *My* job was to help this poor woman heal herself and not just her symptoms, but anything and everything she wanted.

After a shot of hot cayenne tea in her vagina, the bleeding stopped in two seconds.

BISER: *You said you gave this women your female balancing formula. I know this contains herbs that stimulate female hormone production. Isn't that dangerous in a cancer case?*

Herbalist: No. This is the best part. The herbs don't contain any estrogen. These menopausal women would be on estrogen for years, then eventually develop cancer. The doctor would immediately take them off of the estrogen because you can't use it if you have cancer.

They would *crash* and come to me. I would start them all on my Female formula, and they would feel great in a few days or hours, as soon as we discovered their dose. I had medical doctors monitor numerous patients I did this with, and *none* had any increase or complications with the cancer like they would have if they would have continued to use estrogen.

Their menopausal symptoms went away and if they would work with me on the programs, we got rid of their cancer too.

BISER: *These herbs are not supplying hormones?*

Herbalist: No. Only one herb in that formula has natural plant chemicals that have been used to synthesize hormones. But no actual hormones are in there.

These female tonic plants contain substances the body needs to manufacture hormones, like nutritional substances or nutritional chemicals your body needs to build estrogen, and other plant chemicals that wake up your ovaries.

12.12 REMOVE OVARIAN SCAR TISSUE

If you have had vaginal discharges, or odors, or infections over the years, then the chances you have scar tissue in your ovaries, uterus and Fallopian tubes is high. Follow these procedure to regenerate the uterus.

To break up the scar tissue, there are three things you must do: 1) Castor oil packs over the ovaries. If you draw a line from your belly button to the middle of the crease where your legs join your torso; stop in the middle of that line halfway down — and that is where your ovaries are. Castor oil breaks up old, crusted, crystallized stuck areas.

2) To break up hardened tissues, use deep massage. Press deeply into that area and work it, increasing the circulation and breaking up adhesions.

3) Use hot and cold compresses, as hot as you can stand and as cold as you can stand. Repeat at least seven repetitions of hot and cold. Use a hot water bottle and an ice pack. You can do this and then follow it with deep massage and then castor oil packs.

12.13 VAGINAL HEMORRHAGING STOPPED BY CAYENNE

This is totally unlikely to ever happen to you, but if you or a woman friend need to know, then I have saved a life by giving you this information.

Herbalist: I had a woman who was working with a colleague of mine on her cervical cancer. What happened was gory, and I think it occurred because he was being too aggressive with the patient, in massage and kneading the area, kind of like picking a scab on a wound.

It's something that never happened to me, but I want your readers to know how they can handle urgent situations with herbs. She had a little bleeding, a little dark discharge, and everything was going great. Then I got a call about 5:00 at

night. Her doctor said, "I have this woman in my office and I think she's bleeding to death."

And I go, "What do you mean?"

He said, "She's hemorrhaging."

And I said, "Well, this is what 9-1-1 is for." You know, 9-1-1 is for that half a percent of medicine when we are dying, when the leg is off on the other side of the freeway. And he says, "She won't go."

And I said, "What do you mean, she won't go?"

"She said she would rather die than ever go to a doctor or hospital." I understand that, I respect that, and he says, "Can you come over right away?" Now this is 5:00 in Los Angeles.

This is why I own a motorcycle, because that would take 3 hours to get to Burbank at 5:00. I got on that motorcycle, I white-lined it. I was probably there in 25 minutes.

He said, "Just come in, the door's open." I open the front door and there's a pool of blood in the living room six foot in diameter — and he's got a sheet in it, because they tried to soak it up

I go in the bathroom; she's sitting in the bathtub, and her face is white. She looks unconscious and she's naked in the bathtub. They put her in the bathtub because she's bleeding,

and there is blood streaming out her vagina going right down the drain. Okay, she's hemorrhaging.

I run to the kitchen to get my first-aid bag with me. I run some hot water right out of the tap into a pot. I throw a couple of handfuls of cayenne peppers in it.

I grab a turkey baster and just suck it up in there. I run into the bathroom, and I put the turkey baster right in her vagina and I give her a full cayenne douche. And the minute I did that, I saw her eyes light up. Of course, it must have been extremely painful.

Now she's still in shock from loss of blood, so the first thing I did was I took my cayenne tincture and gave her a big mouthful of it because when the face is white, get the cayenne in the body.

Her face turned red and I thought, "Okay, she's going out of shock. She's looking better." She's had loss of blood. The bleeding stopped within 20 seconds.

BISER: *I thought you said two seconds.*

Herbalist: Two seconds for the bleeding here, but within 20 seconds her face was red, and she looked back to normal. I thought, "We've got to get some nutrition into her." She's lost a lot of blood so we mixed some superfood with some juice and got it in her.

And she took it down, looked at me and vomited it all over me. It was like the movie, "The Exorcist." So I took the cayenne tincture out and gave it to myself, because I was starting to feel a little sick. I gave her a little more cayenne tincture.

What came out of her vagina, not only in the blood, but the drain got clogged, because there were these chunks of, like, liver and flesh. This wasn't blood clots, these were fleshy parts.

She collected them, put them into a canning jar, took them to her holistic doctor, and he said it was cancer. These were pieces of cancer that had come out of her body. This was what I might say an extreme healing crisis.

She and her doctor were doing work that was probably a little too far, they weren't letting nature do it. As I said earlier, they were pushing it a little, almost like picking a scab, if I might say. You just have got to let nature do its job. And they were going beyond that. Pushing too hard. A lot of this comes down to common sense, and they weren't using it.

Now this was twelve years ago, and that woman is a school teacher, alive, well, I'm going to say 65 years old.

Okay, you know, people are always saying, "You could have been sued; she could have died." They always say, "Don't you think that was a bit much? The cayenne douche?" The woman

doesn't think it was a bit much. Okay, I don't know anybody out there who would suggest filling a turkey baster; it's a non-sterile instrument. That's all I hear.

The bottom line is this woman is as happy as a clam; she will never go see a doctor now and all these natural healers are just paranoid. They're wimps.

BISER: *These were not chunks of liver coming out of the woman — it was a lot of cancer?*

Herbalist: Absolutely.

BISER: *I thought cancer was white, but it's brown?*

Herbalist: Most of the cancers I see have brown on them. They also have sometimes little balls in there. Sometimes they have white strands that are stringy. Sometimes they are like larger, saucer-kind-of-shaped, like a classic flying saucer, but with tentacles on them.

BISER: *And you've seen that coming out of the uterus?*

Herbalist: Yes, absolutely. Coming right out of the vagina.

People need to be educated, because this is what doctors see all the time, but they don't tell anyone. They wrap it up, put it away, put it in the dumpster, and say, "You're fine, Mrs. Jones." You know what I'm saying?

BISER: *If you don't tell stories like this, then when something happens, a person could just pass out, out of fear.*

Herbalist: Oh, they call 9-1-1. They think this must be something unique. I must be dying, whatever. Dr. Christopher knew all this.

He knew that when you went to people's houses, you had to get down and dirty, you had to get your hands dirty. If someone was constipated, you might have to stick your finger up their butt and pull the fecal matter out.

You might have to get your hands up their vagina, put your hands down their throat, up their nose, get yourself covered with urine, fecal matter, and vomit.

BISER: *What's better...seeing a woman naked or seeing a woman dead?*

Herbalist: I know. This is what I'm saying. If you're going to deal with natural healing, you have to be able to work with your daughter, your wife, your son, your husband. You know what I'm saying? This brings a family together. What can I say? I mean we are all humans; we're saving people's lives here. You can't be afraid of a little fecal matter.

BISER: *If people are going to do this at home, they need to know what to expect or they will pass out with a heart attack seeing this*

stuff! You'll think you'll have to go to a doctor, because this is abnormal.

Herbalist: No, it's absolutely normal and I always see it with cervical and endometrial cancer. These tumors come out in parts. They don't all just pop out at once.

I have seen an elongated tumor that came out of the uterus that I thought was part of the uterus wall. It was like the whole side of the uterus, I mean, this woman thought she was doomed, but she was being cured.

The body knows how to do everything.

It knows how to do surgery, it knows how to dissolve tumors, and it will do it the most efficient and best way. We have lost our trust in God and in nature, but they will cure us.

Sam Biser's
Save
Your Life
Collection

**A Layman's Course
in Curing Last-Stage
Diseases**

Prostate Cancer
Lesson 13

Prostate cancer

Here are many things a man can do to save himself from prostate cancer. Again, this is far more than a prostate formula. Formulas make produce miracles for a few, but full programs can produce miracles for many.

On these programs, you are not just killing a cancer. The program is so intense, you are also eliminating a lot of problems you never knew about. You will be far healthier after these programs — not just cancer-free and limping physically.

Again, do the full Save Your Life program as outlined in Lesson Two. Be sure to emphasize the following:

- 1) Hot and cold compresses, and I mean hot then icy, on the groin, between the rectum and

testicles, just above the testicles — anywhere that makes sense.

2) Hot and cold enemas, and with herb teas incorporated as part of the enema. Herbs to soothe, like aloe, and herbs to kill cancer, like garlic, red clover and chaparral, and also use rectal insertions of saw palmetto tea.

3) The prostate formula, use it orally and inside the rectum. Formula given in this lesson.

4) Use the vaginal suppository covered in the lesson on cervical cancer. Use the garlic implants and garlic douches (enemas) as well.

5) Do prostate massage internally. Covered later in this lesson. You can do this yourself, but it is difficult. Get someone to help you.

6) Baths in herb teas.

7) Vigorous walking to improve circulation. Do not jog. If you don't believe me, see the website www.superslow.com. The only thing jogging can give you that walking cannot is injuries — just what you need when you're ill. Read the book, "Walking, A Complete Guide to the Complete

Exercise” by Casey Myers. Published by Random House.

8) As I mentioned to women with breast cancer, do not “curse” your prostate for getting cancer. Regardless of what caused this illness, whether it was environmental contaminants or bad eating habits, there is a spiritual lesson going on. Nothing happens by accident, and nothing happens randomly. There *is* a reason you have this cancer, and there is a reason it is in your prostate and not somewhere else. What is the universe trying to teach you? You had better figure it out. Herbs and physical remedies cannot solve problems in the soul.

9) Do not forget castor oil compresses. Dr. Christopher used to recommend hot and cold castor oil compresses, one after the other.

10) You can use the hot cayenne oil directly on your groin area, but be warned, it is intense. Experiment slowly. It can definitely make hemorrhoids go away, and it does penetrate skin deeply. If you are missing an ingredient, do your best. You can still get cured.

If you go the medical way and cut out your cancer, you still have a tumor-forming body. If you do not eliminate this cancer naturally, it may return with scary vengeance in your bones and brain. Kill it naturally, change your insides, and never get cancer again.

13.1 THE PROSTATE FORMULA

The formula is:

Four parts **Saw Palmetto berry**

One part **Cleaver's herb**

One part **Nettle root** — not leaf

One part **Thuja leaf**

Mix all these herbs together as a tea, and add a couple of squirts, 70 drops, of the kidney/bladder tonic. [This is the formula given in the lesson on kidney problems.]

You take this as a tea and take six cups per day. If you can't get any of these herbs, use saw palmetto as a tea and add kidney/bladder tonic and drink 3-6 cups per day. The saw palmetto tea tastes pretty strong.

Thuja is a quite-famous blood-cleansing herb that has been used throughout American history. It's quite famous with the old, eclectic doctors. It's really out of vogue with a lot of

the new herbalists. For the old herbalists, it was one of their most popular blood cleansers. It's a conifer. Like a pine tree. The herbalist likes to use it as a blood cleanser, and has seen it work really well with people.

13.2 PROSTATE MASSAGE

Here is how it works. The prostate sits about four to five inches in from the rectum. It can be felt from the wall of the colon. The doctor or his nurse inserts a finger and massages the prostate for ten to twenty minutes.

It needs someone with long fingers to be able to reach the prostate. The doctor will be able to feel the swelling go down as the prostate drains itself of its inflammation. Sometimes, all it takes is for this procedure to be done once and the swelling and symptoms are gone for good.

Usually, the swelling does not come back. One difficult case needed to have the prostate massage three times and then the patient was okay. Doctors know how to do this, but that doesn't mean they WANT to do it. My hunch is that they would rather give you antibiotics first.

If your doctor will not do this procedure for you, by all means, find a doctor who will. One woman told me about the case of her ex-husband. The man had been on antibiotics for

two months. But after all that time, he still had pain and burning.

The man's doctor said, "Let's try the antibiotics a bit longer, then, if it doesn't work, I'll do the prostate massage." The man said, "No, if you won't do it, I'll go to another doctor who will take care of me." The doctor then did the procedure and the man got better right away. He did not need any further antibiotics.

There was another case of a man who actually postponed an operation to come to a class on muscle therapy. He was in awful pain. So that no one could see him, he walked outside the house during a break in the class to cry. It was that bad. One of the fellow students was a nurse. She happened to have long fingers, so she was able to do the procedure. Immediately, the man was out of pain. The nurse could feel the prostate swelling decrease as she worked.

Have your doctor use this method, and you may find, as others have, that poisonous, shiny black wastes come out of you — once they are liberated from the prostate gland. I know that normal prostate fluid is supposed to be clear. But I have been told that the material that comes out of the rectum in some men after doing this is black like coal.

The swelling goes down almost as fast as throwing a light switch. One man uses this method at least once a year (he is 40 years old) to make sure he will never die of prostate cancer like his father. Every year, his body eliminates the same black material.

“The results were immediate and astronomical,” said John P. from Hollister, California. “My prostate is 200% better, maybe 500%. It’s unbelievable.

“Three or four years ago, the situation became inconvenient; the urge to urinate, getting up in the middle of the night two or three times. The doctor said I was just getting old. It continued to get a little worse and a little worse, and so finally, several years ago, I changed doctors.

“The doctor gave me a blood-pressure drug called Hytrin and said they had gotten great prostate results with that. Now, it was to the point where it was more than inconvenient; I would jump out of the car, and go very little, and twenty minutes later, I get this urgency to go again like I am going to explode, and yet hardly anything comes out. I had to plan my life so there is a McDonalds within 30 minutes so I can go in there and use the bathroom if I have to.”


“It is embarrassing, it is frustrating, and it is such a simple thing and it screws up your life; you are afraid to go away from the house — always have a tree nearby.”

“Anyway, the doctor gave me the Hytrin and if the situation was a ten, it worked originally like a five. But as time went on, it worked like a four. So I would experiment and not take it one night, and the next day I would be a basket case. I was having occasional days where I would urinate every half hour and sometimes I would be up five times a night.

“About that time, the mail comes and I got your information. You mentioned prostate massage. I was embarrassed to ask my wife, so I bent over in the bathroom and did it myself, which is difficult. I massaged my prostate for maybe eight minutes.


“The strange thing was that I thought it got softer in the middle of my massaging. I never took another Hytrin pill since. The first thing was, that night, I slept through the night, I never got up.”

“Now, I get up once every night instead of seven or eight times a night. I am 63 years old and now 45 days after prostate massage, I feel 35 years old. It seems that I go along for about six weeks and then I get the urgency during the day and the other problems associated with it, and going to the bathroom every couple of hours, and as soon as that happens, I can anticipate doing another massage and then I’m good for another six weeks.




“My doctor is so impressed he is going to talk to several fellow urologists about it. I discussed this with my internist and he acted as if he had never heard of a prostate massage. I have told other people about it, other contemporaries, the same age as me, but nobody wants to even discuss it. I can’t believe it — even guys.

The only professional person, I have had discuss it with me is a Korean urologist that they sent me to, and I mentioned it to him, and he said, “Oh sure, it is a common practice.” I said that no one else seems to know anything else about it. He said, “Oh no, we use it sometimes.” Maybe so, but he is the only one who has ever mentioned it.”



A second reader from Florence, Alabama said, “This massage has helped greatly compared with things done in the past. He said the slight burning sensation no longer occurs. According to him, “I am not bothered with having to get up in the night — sometimes now only once a night. I have been as long as six hours without getting up to urinate.”

His prostate is much better than what it was before. He has done the self-massage about five times. He says, “I know that I can improve further because I am much better. I find this quite difficult to perform. Also, I find that I cannot massage more than a couple minutes at a time.



I found that PAINTERS plastic gloves, purchased at the Pittsburgh Paint Stores, are much easier to use than the medical type gloves — which are hard to get on and off, etc. And the PAINTERS gloves cost only 25 cents a pair.” [Note: My only concern with these gloves would be: Are they sterile for use inside the anus?]

A third reader said, “The prostate went down to normal and my urinary problems were over. I have had a swollen prostate since I was 55 years of age. But last year, it swelled to the point where I was having a problem urinating. This is when I obtained your information. Not being able to get any help from the medical fraternity, I decided I would try and do the massage myself.

“Living in Florida, it is very necessary to shower at least once per day. I decided that I would try the massage while I was taking a hot shower. Lubricating my hands with soap, (hands sanitary clean and nails short), I massaged a very swollen prostate for five minutes every day for fifteen days.

“At the end of that time, the prostate went down to normal and my urinary problems were over. I do not have large hands or fingers, hence it was a difficult situation to do a proper massage. My doctor confirmed that my prostate is now

normal. I thought you would like to know that it is possible to do this oneself. Thank you for your efforts.”

We talked to a fourth reader and he told us, “I got a very large prostate gland since I was fifty or so. Every year, a doctor checks it and says it’s alright. But this one particular time, the day before I was going to England, my urination stopped. My stomach then filled out like a balloon and I was a mess.

“I went to my doctor and they were going to take me into the hospital and do a \$4,000 operation on me. I said, ‘Mister, nobody cuts into me, never, never. I will die first.’ So he gave me a couple of pills that actually freed up the situation so that I could urinate. And he said to take one pill every day until I came back and then he would operate.

“When I was off the plane in England, I went to see one of what we call bone setters. I told him about Sam’s information and all the rest of it, and he said that’s no problem. He said, ‘Your American doctors know how to do prostate manipulation, but they won’t do it because it doesn’t pay them.’ He worked on me for fifteen minutes and at the end of fifteen minutes, I was as right as rain.

“I came back to him and he also showed me how to do it myself if I ever got into trouble. He spent a bit of time with me and it cost me \$15, which is not like \$4,000 for someone to cut you apart.

“That is now a long time ago since I was done, and I have still been as right as rain. I have had two physical examinations by a very, very good doctor here and he said, ‘You have no swollen prostate or anything like that. You have got no problem and you are not damaged.’

“That’s me. I’m 77 years of age, and I’m very, very healthy. Since my prostate manipulation in England where he put it back into place, I never touch it. I have never had to do anything to it since. That once did the job. Sam’s information started me up. I appreciate Sam, tell him.”

A fifth reader from Montgomery, Alabama wrote me and said that after doing the massage, he gets up only once a night and sleeps much better. He said he got the best results from the prostate massage from the doctor.

A sixth reader from New York wrote and said that after doing the prostate massage, “My urination flow is like it used to be when I was a 20 year old. It doesn’t hurt when I urinate and the swelling I noticed when I first massaged it has gone away.”

13.3 PROSTATE CANCER CASE

Herbalist: They gave this man no time at all. They said it would spread and metastasize. It could be only a matter of

months before he was dead. What they suggested was a complete removal of the prostate, the tumor, the urethra and most likely the bladder. One thing this guy had going for him is he was very healthy. It sounds crazy but he did a lot of 10 kilometer races.

He was thin and was not overweight. This can be very deceiving, because he was a very big meat eater. Lots of red meat, lots of animal products and smokes a little bit. Even though he exercised, he still had a few cigarettes here and there. He had a cholesterol level of around 300.

At the same time, he had the kind of dedication that sometimes you get with runners. He was willing to do anything, "Tell me the program; I'll do it." He was a good patient. He did everything. He did rectal suppositories, the boluses we mentioned in connection with cervical cancer, and garlic, rectally, to work on that area because garlic will penetrate through the wall of the rectum and go right into that area. He did a lot of bowel cleansing.

BISER: *What kind of suppositories did he use?*

Herbalist: Mainly the garlic implant. He did a lot of garlic implants. He just took a garlic clove, peeled it and bruised it, and inserted it into his rectum.

BISER: *One at a time?*

Herbalist: Once a day he put a garlic clove in.

He was constantly doing the colon-cleansing herbs. He did the total incurables program, and did castor oil packs between the anus and the testicles, over that whole area. The first thing he noticed was that the tumor did not shrink in size, but it softened. It was very, very hard, and, of course, this is what castor oil does.

He did the castor oil fomentations hot, but then cold in-between. If you put a castor oil fomentation on, you can just put that on the body and put the hot water bottle over it and keep it hot.

But, if you really want to activate the area, put a hot castor oil pack on for 10 minutes, pull it off, put an ice bag on there for 5 or 10 minutes, pull that off, and put the hot castor oil pack back on.

With the prostate, you really need to increase the circulation. It's at the bottom of the pelvis. That area can get stagnant, especially if you have a constipated bowel and all of that. That area really just gets very shut off. He had hemorrhoids, too, and he used to put the heating balm on his hemorrhoids. He had to be a bit brave to do that — because it's an ointment made with cayenne. But that really stimulates the blood flow. [Formula is given in the lesson on arthritis.]

BISER: *So the cancer softened?*

Herbalist: Yea, it softened, but it didn't shrink. And it got softer and softer and softer, but it still didn't shrink in size. He had gone back to the doctors, and the doctors were saying, "You are just letting it get bigger."

He felt really good about the changes. It had felt like a baseball; it was that hard. And now it was starting to feel like a soft rubber ball. Same size. He just kept up using the incurables program. He was really into it.

He was really into the treadmill. I would say that it was about 4 months, 3 1/2 to 4 months into the program, when he said...he was doing a lot of his own massages too. Really working that area, stimulating that area. He was starting to say, "It's feeling very spongy. I think it's starting to get smaller and breakup. And, sure enough, I would say by 6 months, it was about 50% reduced in size.

BISER: *Did you ever do the poke root poultices on it?*

Herbalist: Yea, absolutely. Everybody does that.

BISER: *How often compared to the castor oil?*

Herbalist: I think he did the castor oil on alternating nights. Castor oil one night with the hot and cold routine, the next night a poultice. He was even doing some extreme-temperature enemas to stimulate circulation that way.

BISER: *What do you mean? Ice cold enemas?*

Herbalist: Not ice cold, but very cold. And then he did hot enemas. Warmer than body temperature. Like 103 degrees.

BISER: *How long for each one?*

Herbalist: Just quickly putting the cold enema in, holding it for about a minute, letting it out, putting the hot enema in. That is a great way to stimulate blood flow.

He was very dedicated, and, of course, juice fasting is dramatic. That is one of the powers of the beginning of the incurables program, the 30 days of juice fasting. It's dramatic what can happen during that time. The tumor softened up. It got smaller, but his prostate still felt enlarged.

Over about 10 months, he couldn't feel anything there anymore. He was having constant PSA tests, and his PSA tests were very elevated. His oncologist finally started saying, "Hey, whatever you are doing, go with it," because his PSA level was dropping.

When he started out, it was, I'm going to say 5,000. It was incredibly high. I think what is considered normal is 4. You don't hear of many cases of people with a PSA test that high. It started going down and fluctuated up and down, but it was gradually, over a period of time, going lower.

When it got to about, I'm going to say 500, the oncologist finally had to say, "Look, I don't know what you are doing, but whatever you are doing, you are headed in the right direction."

The PSA, eventually, absolutely normalized. The man never let them do any more invasive work, and he is alive and well now. Has no pain or sensation there at all, and I think his PSA count is like 3 or 4, right down into the normal range.

BISER: *Did the doctors say anything significant or just dumb stuff?*

Herbalist: The doctor confided with him at some point, and said something like, "If I were you, I may have done the same thing."

The surgery would have been so invasive. No man likes the idea of getting cut between the testicles and the rectum and having large amounts of flesh removed. You end up having colon surgery, and you could have had a perfectly healthy colon. That is a horrible thought. That has been done to many people. Even the oncologist at one point said something like, "More power to you."

I've never met an oncologist who has sat down and said, "Wow, this program worked." They just think you are lucky, that you are one of the lucky ones who went into remissions. They absolutely do not believe in the power of these programs.

Doctors have no training at all in the body's ability to heal itself from degenerative disease.

It must have been a year later when he went off his program and diet and slipped back. Sure enough, he felt something down there again. He felt some twinges, some sharp pain. He had to get back in alignment with his program.

This is very common with people with cancer. Cancer comes and goes. People who have cancer have to know that, so they can monitor that area. It didn't necessarily mean that he had cancer again, but there was inflammation in the prostate. He just had to snap to it, and get right back on track.

This was quite a few years ago, I'm going to say 5 or 6 years ago. He has never had any problems since. He isn't on the incurables program, but he doesn't eat meat anymore, either.

I find that with many people, the agonizing cancer pain is gone within 7 days on the incurables program, usually less. This is something they never believe until they see it happen.

BISER: *Not even pain herbs — just the program.*

Herbalist: No, not even pain herbs. Most people, I would say, the average would be 4 days, but it's a guarantee within 7 days. The pain of that cancer is going to be gone or so far reduced they are not going to need to take the morphine.

I had one man who was on morphine 3, 4, 5 times a day. And he was off his morphine in less than a week. [Note from Sam: More on pain in the lesson on pain control.]

BISER: *How bad was his prostate cancer, at its worst?*

Herbalist: His prostate cancer was malignant. He had no major outward signs of swelling that he could feel and/or he wasn't urinating blood, but he was in extreme pain. Obviously, it had affected some nerve endings. He was in drastic pain in the genitals.

Of course, he had numerous warning signs. No one wakes up one day with cancer that he hasn't ignored. When it finally set in, this man was in drastic pain. This is the one thing that is so powerful about the incurables program. I've had people with liver cancer on morphine 4 or 5 times a day with liquid morphine — and I got them off.

BISER: *So, if doctors give you morphine 4 or 5 times a day, they do not think you are going to get better?*

Herbalist: Yea. They do not prescribe morphine to people they are going to do surgery, chemotherapy, radiation on. They give it after all hope is gone and they have failed.

When the doctor gives you the big bottle of morphine liquid and says, "You can get all the refills you want," he knows

you are not going to be around too long. He is not worried about you becoming a junkie.

What I've always seen is a drastic and dramatic reduction in the amount of morphine — if not totally off. I would say 7 out of 10 of my patients in the first week are totally off the morphine. They are amazed. The body is starting to applaud your efforts. For maybe the first time in your life, you've added all these wonderful things that are helping. You have taken the pressure off.

When you stop eating, you have so much more energy. Sixty percent of the body's energy, or more, is used to digest food. Three meals a day. You stop that, and all that energy can go to heal you. Boost your immune system. Eat up cancer tumors. It's dramatic. His pain was gone in less than a week.

BISER: *Did his cancer go into remission?*

Herbalist: Yes, his cancer went...it was a pretty quick one...like I said, he had no tumor, palpable tumor, that he noticed. He was just in extreme pain. They did a biopsy again. In fact, he was in worse pain after they did the biopsy. They said that he had malignant cancer of the prostate, and he was in and out of my office, I'm going to say for 3 months. He did the incurables program.

He didn't even stay on it the full 30 days, I think he was good for about 20 days, and then he had some pasta or something, and I yelled at him. I kept getting him back into alignment, but he felt good; it was hard to keep him on track. He was off the morphine, his pain was gone, and he had a couple of PSA tests, and then gave up on his doctors — which is what so many people do.

BISER: *Have you ever had prostate tumors that came out through the skin?*

Herbalist: No. I've never had them come through. They are usually pretty encapsulated. They get big, and you can feel them in the rectum, inside the rectum. You can have pain there, and you can even feel them when they are bulging out in-between the testicles and the anus. They will bulge out, but I've never had anything come or break through the skin. I think it's because the prostate is a gland; it's very encapsulated. It's a very muscular gland.

BISER: *You never see pieces of the tumor come out?*

Herbalist: No. All the people who I have had with prostate cancer just kind of...you get circulation going, it dissolves. Some of the people who were peeing blood have urinated out some pretty horrible-looking stuff. A lot of pus.

Sam Biser's
Save
Your Life
Collection

**A Layman's Course
in Curing Last-Stage
Diseases**

Brain Cancer
Lesson 14

Brain cancer

You can cure a brain tumor with natural methods. Natural healing can handle a severe job like this, but you will not be able to do it with some squirts of echinacea tincture and positive thinking. In addition to the basic program, here is what you must do:

- 1) Compresses on the skull of castor oil, or alternate these compresses with compresses of Dr. Christopher's Regeneration Formula (B,F &C) given in a later lesson.
- 2) Hot and cold hydrotherapy on the head with hot and then water with ice in it.

- 3) Cayenne poultices with towels soaked in cayenne tea.
- 4) Poultices with cayenne and cancer-killing herbs, as used for other cancers.
- 5) Use the brain formula given in the lesson on strokes to get more blood in and out of the head.
- 6) Incline your bed backward so that your feet are higher than your head. Get the blood flowing upward into your brain.
- 7) Take warm or hot baths in the nerve herbs that can free you of reliance on drugs like Dilantin, herbs like black and blue cohosh and lobelia.
- 8) Make teas of the nerve herbs mentioned in the lesson on nerve disorders and soak towels in them, then apply to your head. These are called fomentations.
- 9) You can also put nerve herbs into your ear. Dr. Christopher used to do this. Stop the ear with cotton to keep the herb tincture or concentrate tea, and cleanse periodically with

lukewarm solution of 50% water and 50% apple cider vinegar.

10) You can make a compress of Bentonite Clay to draw poisons out from deep inside the skull. Another type of poultice we haven't mentioned elsewhere is a clay poultice on the skull. Clay has strong drawing powers to pull out poisons. In England, in areas of clay, there is still radiation from Chernobyl that the clay has pulled into itself. Use the Bentonite clay mentioned in the chapter on tinctures and poultices.

11) For bone cancer, remember to rebuild the blood with high-iron foods such as beets and beet greens. Run them through that juicer. Think of your dark fruit. Anything that is purple or blue or red. Raspberries, blueberries, boysenberries, cherries, all high iron foods. You can add dulse, a seaweed, to blender drinks for some people. Remember also that wheatgrass is very strengthening to the blood.

12) For bowel cancer, you can insert garlic solutions into the bowel to kill the cancer. A clove or two of garlic into two quarts of water, slightly

warmed. Also use chaparral and red clover in enemas and high enemas get them into the bowel, to kill the tumors. If there is bleeding we need to get in there with cayenne. Use aloe vera to soothe and heal the area. And cayenne tea if there is bleeding can be inserted. If your bowel gets crampy, add some catnip tea. You can put a towel soaked with cayenne tea and mustard over the area. Alternate with ice water for your hot and cold and remember to do extensive castor oil work over the entire area and beyond.

14.1 BRAIN CANCER CURED

This man collapsed daily from seizures caused by his brain tumor. He followed the methods described, and recovered. Doctors said to him, "Go home and enjoy what little is left of your life." But he recovered, and if you have brain cancer, you can too.

Herbalist: His tumor...I saw the x-rays and CAT-Scans on this. I'm going to say it was the size of a quarter. It was round like a walnut. It was in the center of his brain, and so inoperable, they couldn't get to it.

BISER: *They couldn't operate?*

Herbalist: No, they said it would kill him to operate.

BISER: *And they couldn't do radiation?*

Herbalist: They didn't want to. They knew the damage that would be done, with no possibility of a cure, so they said, "Go home and enjoy what little is left of your life." He was a 35-year-old marketing executive.

He used to just fall down and have two grand-mal seizures a day. He was just covered with cuts and bruises.

BISER: *From falling down?*

Herbalist: Oh, absolutely. Well, you know, he couldn't do his marketing work anymore. Obviously, you can't walk into people's offices and have a seizure, so he didn't have any money.

His father put him to work just doing odds and ends. His father was a painter. And this patient went up on scaffolding about 20 feet in the air, had a seizure up there and slid all the way down onto the ground and was lying in the snow.

That's when his father called me. He'd heard about me and sent him out to California.

I picked him up in a car once and, as I was driving, he started having a seizure. His body was straightening up and then relaxing, kind of like straightening and relaxing. Each time he'd straighten, he went all the way up against the roof of

the car into the steel. I thought he was going to put his head through the roof of the car. I mean, it was just bad. I thought he was going to break his neck, or have a concussion.

BISER: *How long before there was any relief?*

Herbalist: I'm going to say within the first to second week. But he was a good patient. I mean, he stopped eating all animal products, got the juicer out, did juice fasting. We put him on large doses of the nervine herbs.

BISER: *What do you mean large doses?*

Herbalist: I'm going to say four dropperfuls of tincture six times a day. At first, we put him on the nerve sedative ones. We put him on lobelia, a lot of lobelia, and Dr. Christopher's B & B, which is blue cohosh, black cohosh and lobelia. You can add skullcap and blue vervain, but it's not necessary. The main ones are black cohosh and lobelia. It's a classic. By the way, when I say B & B Tincture, I recommend you make it at home in your kitchen. The commercial sources I have seen have been weak.

BISER: *What did you emphasize first?*

Herbalist: The first thing was changing his diet. It was loaded with Coca-Cola, sugar, and animal food. He had severe hemorrhoids because he was so constipated. So, we did bowel work to get that bowel clean, stopped the bad foods and then we

Continued in Volume Two

went into the black cohosh and the blue cohosh and lobelia in large doses. And, at the same time, I weaned him off the Dilantin, the anti-seizure drug.

BISER: *Did the lobelia and the skullcap help get him off that?*

Herbalist: There's no question about it.

BISER: *What did you do to start getting at that tumor?*

Herbalist: Nothing really. The first thing I was concerned with was just getting him to stop the seizures, because I thought he was going to kill himself.

When he was in public and had a seizure, they'd call the paramedics. The paramedics would take him to the hospital. You know, it was just this horrendous routine, and he was beat up from head to foot. He was black and blue. And, of course, these weren't what are called petite-mal seizures where you have a little blackout.

These are what are called grand-mal seizures, where your body becomes rigid, you foam at the mouth, you bite your tongue off, you lose bladder and bowel control. Every time you have a grand-mal seizure, they think that you might lose a little bit of your brain tissue. It's that dramatic.

And so, his blackout periods were getting worse and worse. His memory was going, his brain was checking out. And so my

main concern at first was, “We’ve got to get his body cleaned out, but also get these seizures under control.”

BISER: *Did you start compresses immediately on his skull?*

Herbalist: Yes, everything. We used the same, the black and blue cohosh and lobelia. We had him on those herbs and he was putting them in his ear with cotton and he was also putting them in fomentations over the head.

BISER: *Did you do that 24 hours a day?*

Herbalist: In the evening — at bedtime. You know, one of the big things I have to say with him was that he stopped work.

Most people in this situation can’t take any more stress. You know what I told him? I said, “Sit and watch the grass grow.” These people need to de-stress at a maximum level immediately. They can’t have any more stress for awhile. These types of people don’t know how to relax.

Within a week, he didn’t have any seizures and he was still on the Dilantin. He was on the Dilantin before and he was still having seizures. We started a weaning-down process on the Dilantin. We knocked the dose down quite quickly and I’m going to say in 30 days he was off the Dilantin and on the herbs. With his new program, he became a complete

vegetarian, started exercising moderately, cleaned his bowel out, because he had a lot of constipation.

BISER: *That's where he was in a month — no seizures?*

Herbalist: No seizures. And now, this is 12 years later, and he has not had his brain re-CAT-scanned. I don't suggest people go back and get MRIs and CAT-scans. His Dad just sent me a letter to say that he had just had another child.

14.2 WHEN DRUGS STOP CURES

Herbalist: I lost a 4-year-old with brain cancer because the parents did the incurables program but wouldn't take the child off the drug Decadron. This boy had all the side effects, and the swelling got out of control with the edema. These are all things caused by the drug.

BISER: *The parents weren't making the natural healing commitment?*

Herbalist: No, it's tough. It's a tough place to be, because your child's life is in your hands. But I would suggest people either go to the route of the medical doctors, or go the route of natural healing, but don't try to do both. They don't complement each other.

BISER: *That's the mistake of natural healing today. They want to get along with medicine, so they call it 'complementary medicine', It's less offensive.*

Herbalist: Yes, that's what they're doing in England. They call it 'complimentary medicine', like we're complementing medical doctors? Give me a break! What I am teaching your readers cures what doctors cannot. That's not complementary. That's a replacement.

14.3 INTENSITY CURES TOUGH CASES

14.3.1 *When things aren't going well, maybe your natural program is too mild.*

The case given below demonstrates what it takes to turn around a case that is going nowhere but down. Often, some right herbs are being used, but nowhere near enough to cure the patient. And key areas of natural healing investigation are being left out — such as personal issues like relationships, jobs, living environments, the stuff healers don't like to interfere in.

Typical natural healers play around with critical conditions. They seem afraid to charge in with more intensity and higher dosages, as if they might hurt someone who is going to die anyway. In the following conversation, Richard

Schulze is referring to a woman patient at a clinic in England, where he was recently teaching.

Herbalist: I trained 16 professionals this morning on a woman with a 2 centimeter brain tumor that is pressed on her auditory nerve. She can't hear now out of her left ear.

BISER: *What were the doctors doing in her case?*

Herbalist: Not much of anything. The doctors suggested to carve it out, of course, but said there was a great chance she would lose her hearing, and maybe even have brain damage and paralysis.

BISER: *What about the natural healers?*

Herbalist: The natural healers were not doing enough. They hadn't turned the volume up enough.

BISER: *OK, what were they doing and what were they not doing?*

Herbalist: They weren't talking about her work environment. I discovered she works in a dry-cleaning factory. You can't get rid of a tumor when you're inhaling dry-cleaning fluid all day long. But nobody wanted to say that to her because that makes it very uncomfortable. I also took a look at other things in her life, because they had written down on her chart that she was a strict vegetarian.

By the time I got done with her, I realized she was on steak one night a week, pork one night a week, chicken one night a week, fish one night a week and eggs one night a week, and that was kind of the vegetarian that she was. And, of course, to have good circulation, you can't be eating that much animal fat. And there were dozens of things that everybody had missed.

BISER: *And what about herbs? Puny doses?*

Herbalist: Oh absolutely (laugh).

BISER: *What were they giving her...tiny little bits of cayenne?*

Herbalist: Absolutely. We're talking drops, like 5 drops in water.

BISER: *That's the cayenne tincture, right? Instead of 60 drops?*

Herbalist: Yes, exactly. A little bit of this, a little bit of that, a little ginkgo and that's about it. I took what they had suggested for the whole day, of all the herbs, and that's what we used in the first hour. That was her first dosage.

BISER: *And you were going to give her how many of those dosages?*

Herbalist: Oh, 6 or 8 in that day.

BISER: *What did they say when you did that? That it's too much?*

Herbalist: Yeah, and I asked them, “When was the last time they ever saw anybody hurt by taking too much cayenne, ginger, ginkgo, garlic, or red clover?” None of those herbs are toxic. You can’t take too many of them.

BISER: *But they did tell you that’s too much, Richard?*

Herbalist: Oh, absolutely. Yes, but see again, my reputation over here is that I get people well.

Today is the first day we are working on her. I got her juice fasting immediately. We have her doing hot and cold showers on the head and ear. We have deep tissue repair oil around her ear, neck and skull. I’ve got people doing body work on her ear and her head. She’s also working on her psychotherapy right now, changing her emotions, you know. She doesn’t know what hit her. She thinks she’s being run over by a natural healing truck.

Sam Biser's
Save
Your Life
Collection

**A Layman's Course
in Curing Last-Stage
Diseases**

**Lung Cancer,
Emphysema
and Asthma**
Lesson 15

Lung cancer, emphysema and asthma

Lung cancer is the biggest killer of women — not breast cancer. More women get breast cancer, but even more actually *die* of lung cancer. And lung cancer is also the biggest killer of men, *more* than prostate cancer.

Learn how to cure this disease at home — even in advanced stages. Here are some points to emphasize, on top of the juice-fasting and other programs.

1) Lobelia, cherry, comfrey and mullein are incredible herbs for the lungs. Use as teas internally and as compresses on the lungs. Cherry is anti-bacterial and anti-viral and would be good in an inhalant.

- 2) Lots of blood cleansing tea.
- 3) Compresses of cancer-killing herbs, as described in the lesson on breast cancer.
- 4) Drawing compresses of Bentonite clay to suck out poisons.
- 5) Compresses of lobelia tea over the chest, and heavy use of lobelia tinctures to purge the lungs of wastes. But the use of lobelia for purging may have to wait until you do other lung cleansing first with compresses.
- 6) Using herbs in a vaporizer, such as eucalyptus, peppermint, tea tree oil and cherry. The tree essences are anti-bacterial.
- 7) Deep breathing to stimulate the lungs and hot and cold over the chest to make you breathe deeply from the force of the hydrotherapy.
- 8) Skin brushing, to make sure the skin is allowed to eliminate wastes from the lungs.
- 9) Plenty of red clover and poke root in the compresses.

10) Plenty of vigorous walking to encourage breathing and build up the lungs.

11) Castor oil packs over the lungs.

12) Be scrupulous with juice-fasting. Do not do local measures over the lung and assume diet does not matter. Juice-fasting can cure monstrous conditions when combined with all other measures. If ignored, it can be your end.

15.2 LUNG CANCER CURED

Learn the details of how one man was cured. You will be surprised at the volume and stuff that the body eliminates when you power-up the body to blow off the cancer. This is material that the field of Medicine doesn't even know is there, and of course, never treats. How does chemo or radiation cleanse? They don't.

Herbalist: If you have it in one lung, you can always take that lung out. But you can't have surgery on both lungs. You couldn't breathe; it would kill you.

This was one of the worst, because he had lung cancer in both lungs. Usually, it's in one or the other, but his travelled from one to the other. The cancer had gone to his bone, to his sternum, he was having obvious severe trouble breathing.

There were tumors in both lungs. They didn't even do anything in the hospital. When it's that bad, they won't suggest anything. And once it's gone to the bone...it's too late. Basically, he was a smoker for 30 years.

BISER: *How long did they give him?*

Herbalist: Six months. They said to go home. His brother actually brought him to me. He wanted to see if there was anything to do. His brother was a swimmer, and the patient was already involved in treadmill exercise, which was good.

BISER: *How could he do a treadmill?*

Herbalist: It was limited. He was on there, in a sweatsuit, getting a sweat worked up a little bit. Having a hard time breathing, of course. He didn't appear to be as bad as what the doctors said, but a lot of times you don't feel it when it's that bad. He was starting to notice some symptoms. So, we went to work.

We are talking about a man in his late 60's. We put him on juice fasting for 30 days. It was dramatic, the changes he went through. Here's an interesting part that will be good for your readers. We put a lot of poultices on his chest at night. Right above where both his lungs were, he was sweating profusely every night.

Then all day long, he was sweating a lot through that area. We put more and more poultices on. We put poultices like this black poultice, drawing poultices, we put castor oil packs, and we obviously did lung herbs like lobelia.

BISER: *Lobelia tea?*

Herbalist: Yes, tea and tinctures. And we did a lot of bowel cleansing. In fact, his brother was taking him for colonics 2 or 3 times a week.

BISER: *Did he have to inhale anything to get herbs into the lungs?*

Herbalist: Definitely. They had brought a humidifier that you could actually put essential oils into.

BISER: *What did you put in it?*

Herbalist: Eucalyptus is a great one. Eucalyptus and peppermint both dilate the bronchial and are also antibacterial. All tree essences like eucalyptus are antibacterial. And tea tree oil is a real nice one, too. Those are my 3 favorites. And we had him on the whole incurables program.

BISER: *Did you put chaparral in the inhaler?*

Herbalist: No. It is too resinous. It doesn't work at all. Nothing but light essential oils. They vaporize real easy. Chaparral would gum up the unit. I had him on high doses of the regeneration tonic.

BISER: *How high, 6 dropperfuls a day or more?*

Herbalist: We had him on more. We had him on 2 dropperfuls 4 times a day. Like 8 dropperfuls a day. After about 3 weeks on this routine, they went back to two specialists. One specialist said, "I don't even know why you are back." He said, "I want to have a lung x-ray and check my lungs." And he did.

The doctor said, "What do you expect me to say? You're going to die." But another specialist he went to said it was better.

This is a classic thing about x-rays. Even if doctors see a 10%, or I might even say a 30-40% change (anything under a 50% change), a lot of times they don't tell the patient.

That's because they think that maybe it was just the intensity of the x-ray, or the film exposed a little differently. The doctors are so convinced this person isn't going to get well, and they don't want to give anyone false hope. As far as I'm concerned, false hope is better than no hope at all.

The second guy they went to had another opinion. He said that it looked like it had reduced a lot. And, of course, by this time, this man had broken out in small pimples all over his chest.

This is the old Dr. Christopher thing about disease poisons — they can only go one of two ways; you are either

He got so much poison out of his cancerous lungs that he would soak his clothes every hour in sweat, and boils of poison would erupt.

going to absorb them, or they are going to come out through the skin. So we started applying more poultices on the chest, skin brushing, and drawing compresses.

BISER: *Drawing compresses, what would that be?*

Herbalist: Bentonite clay, poke root, garlic, and red clover are my favorites for cancer, along with a lot of bloodroot tincture, which is what Hoxsey did. It got to a point that he couldn't believe the sweats he was getting into every day. He got to where he would soak his clothes every hour in sweat.

BISER: *That's just at night?*

Herbalist: No, it's all the time now. He said the minute he got on the treadmill it was like his chest was soaked. It was a lot of material coming out through his chest. It eventually got to where there were actually boils on his chest.

I would say olive size, small olive-sized boils of material being drawn out of there. So there were things coming out through the surface. He juice-fasted strictly for the first 30 days. And his brother was really paranoid that he was going to die. Fevers during cancer are important. The body eats the cancer.

His brother worked him like a maniac. After the first 3 weeks, there was a mild reduction according to one doctor.

After 30 days, he went back to food and started getting a little crazy with the food, and I had to calm him down.

They were having overcooked meals and a lot of cooked food. I said, "You go to raw foods. 'Food' for you is over. You can only have good food when the cancer is gone. There is no fooling around."

I had to get him back on track a couple of times. The long and short of it is that he noticed his breath really coming back and his brother had him exercising like crazy.

BISER: *Did tar from the cigarettes ever come out of him?*

Herbalist: Yeah, he had some days when he would do the liver flush, and he'd vomit all sorts of horrible mucus. Green, black stuff would come out of the lungs.

Just a ton of stuff came out. And a lot of sweat. It kept going on. And I'd say it was just about two months when he really knew that something dramatic was happening. He went back and had another x-ray, and he went only to the second doctor, and the doctor said that it was about 60% changed. Over half gone.

15.3 CONSEQUENCES OF STOPPING PROGRAM

BISER: *What happened after that?*

Herbalist: He again wanted to get off the program since he was doing so well. What happens to a lot of people is they say, "Let me have a break." But there is no break. My experience has been that if you take a break, you die. If you want to eat meat and cake, go to the hospital.

You don't, you just keep going. They said, "Gosh, it's been two months." I said, "People have been held hostage for 5 years. And they probably walked out healthier than they did before they went in."

So I said, "Let's talk about the rest of this year." So he stayed on the program, I'm going to say 4-5 months, and it could have been as long as 6. I can't quite remember...once they are really into the program, I don't see them as often.

At some point after that, he went back to the doctors and they said, "This is unbelievable." They even checked him again. At this point, he even went to the first doctor to make sure the machinery was working. But the doctors said they didn't see anything except some scar tissue on the lungs, like he had pneumonia, but no tumors, nothing.

A lot of this material came out through his chest. That was about it.

BISER: *What happened when he did the cold sheet treatment?*

Herbalist: A lot of stuff came out of his skin. He stained the sheet badly. It looked like nicotine. Looked like if you smoked a cigarette and blew it through the skin.

He had definite strings of tar come out with the vomit. I've also seen scabs, like bloody scabs, come out of the lungs. And tons of mucus.

It was just disgusting. He even smelled like cigarette smoke numerous times during this process. It was amazing.

In addition to the cold sheet program, I also did Dr. Christopher's routine, the lobelia purge. I always do that with people with lung cancer at some point, just to get them to vomit and see what comes out of their lungs. But, usually, I wait a while. I don't do that right at first. I wait until they are in the midst of a good cleansing, and then we toss the lobelia in to it.

BISER: *Did stuff come out of him?*

Herbalist: I saw strands of tar. He had some tar come out of his lungs.

BISER: *How does it look different from normal mucus you get from blowing your nose?*

Herbalist: It usually looks green, bright green, dark green, brown to black. I've seen black, lots of tar and black strands come out of the lungs, too. And scabs and blood, like I said.

BISER: *What are the scabs from?*

Herbalist: Blood clots, just from bleeding lung tissue. The lung gets so irritated, so inflamed, blood vessels break. And, of course, the mucus is just the infection and the immune war that is going on in the lungs. It's a good sign and you just want to keep it flowing. Keep it coming.

15.4 LOBELIA DOSAGE

15.4.1 *Lobelia is critical in purging lungs, but proper dosage is essential or no cures will occur.*

BISER: *Is this lobelia tincture or tea and how much of it?*

Herbalist: It's tincture. And you want to use, depending on how weak the person is, a teaspoon to a tablespoon. And most people can handle a whole tablespoon every fifteen minutes until they vomit. The first thing you do is give them a cup of peppermint tea to relax the stomach a little bit.

Lobelia first dilates the bronchial tubes. It's the first effect of a compound called lobeline. The second effect is that it stimulates the 10th cranial nerve, the vagus, to such a degree that you vomit. The lungs get squeezed, and fluid from the dilation comes out into the vomit.

What we're doing now is creating a purge to really clean those lungs out. And everybody needs different amounts. I passed around those lobelia pods I showed you. I passed them

around here with fifteen students, and one student vomited for an hour and had diarrhea for two days on one pod. So everybody has their different tolerance level to lobelia.

15.5 LOBELIA FOR STOPPING SMOKING

When a person wants to get of cigarettes, lobelia can help them more than anything else — even the nicotine patch. Take 5-10 to 25 drops of lobelia tincture when you want a cigarette. It will make you want to vomit when you go to smoke. Cigarettes will become nauseating and you will quit.

Herbalist: For readers who say, “Look, I can’t do it, I have to do the reduction method,” then the best way is look at how many cigarettes you smoke, and if a person smokes 20 cigarettes a day, you would take a cigarette less a day. So the first day you would smoke 19 cigarettes; when you want to smoke, take a dose of lobelia. The next day you would smoke 18 cigarettes, and where you have two missing cigarettes, take lobelia instead.

Make sure that that’s the minimum that you do: each day you have one less cigarette, and the idea is within 20 days you’ll be smoking no cigarettes. Now some people will find that after they’ve cut down five or ten cigarettes, they just stop cigarettes altogether and went with the lobelia. That’s fine.

That's a good plan for a person to set themselves up on, if you have tried to quit before and have not been successful.

The other thing that I would add in here; I'm not some virgin sex counselor. I smoked, starting when my dad died, because he chain smoked all the time he was alive. I couldn't figure this out for years why I started smoking at 11-1/2 years old, the minute my father died. I realized I was having nicotine withdrawal. I was breathing his secondhand smoke in our old Ford for 11 years of my life. All of a sudden my dad was gone. I was having nicotine withdrawals, and the first thing I did was start smoking. I smoked from when I was 11 to when I was about 18.

I was a vegetarian, a vegan (*laughter*). I had healed everything in my life, and I tried to quit smoking eight times and couldn't get off the cigarettes.

BISER: *Why? People would say lack of will power.*

Herbalist: I have one of the toughest will powers of anybody I know. I was absolutely addicted to nicotine, and I could not shake it. I quit smoking seven times and went back to the cigarettes eight times. I want people to know we're not doing this interview here based on some philosophy I'm trying to teach people that I never experienced. I was a loser and I couldn't get off cigarettes.

BISER: *But is nicotine really that addictive? How would you rank it compared to hard drugs?*

Herbalist: In my clinic, I worked with people that were severely addicted to cocaine in the 70's and 80's, in the Miami Vice era. I worked with people so addicted to heroin, they used to shoot up while they were in a car driving on the freeway. I could tell you some horrendous stories. I have never seen any drug more hard to get off of than nicotine. It's so...

BISER: *Worse than cocaine?*

Herbalist: Worse than cocaine.

BISER: *Worse than heroin?*

Herbalist: Worse than heroin. Nothing, nothing comes close to the addictive nature of nicotine. I could hardly get my patients off it until I started using the lobelia.

BISER: *So we really shouldn't be judging people...*

Herbalist: Never, never. Sam, I'm telling you, in the 60's, they had a drug which was a mixture of cocaine and heroin called speedballs. And *that* drug was even easier to get off than cigarettes, and that's both heroin *and* cocaine.

I have never seen anything like it. I had strong-willed patients that broke down into little babies and would wake up

at three in the morning, and walk three miles to try to find a 7-Eleven to get a pack of cigarettes.

BISER: *How did you find out that lobelia could help?*

Herbalist: I had heard from a few old herbalists that while the person was on lobelia for asthma, or bronchitis, they noticed that as a side effect, some of these people stopped smoking cigarettes and didn't have any trouble doing it.

I thought, "What if we used lobelia *on purpose* for getting people off the cigarettes?" In my first few attempts in the clinic, I mixed it with other herbs, but after a while, I just gave people straight lobelia tincture and was shocked at how easy it was. Many people just stopped immediately. They didn't even have to do the wean off. They didn't have the physical craving.

If I was to put in one side note of almost a guaranteed failure for people, make sure that during their wean off period or their cold turkey period, for a couple of weeks, that they stay off alcohol. When people start consuming alcohol, the next thing they know is they want a cigarette. They also have to avoid bars, clubs or restaurants where everybody's smoking.

Usually, when my patients failed, it was usually based around bars and alcohol. A good time to take your lobelia is after a meal, because after a meal is when everybody wants to have a cigarette. Or when the phone rings, take your lobelia,

because that's when a person would normally light up a cigarette. Or when someone knocks on your door, and usually it's either after a meal or an interaction with another person, when someone lights up a cigarette.

BISER: *I did some tests with lobelia. I gave it away to a painter doing my kitchen, and to a yard man. They both didn't get off cigarettes. What happened?*

Herbalist: The main reason was that they didn't *want* to. Natural healing, unlike medicine, depends on the person taking responsibility. Because I can't force anybody to get on a good food program, and cleanse their bowel and their liver. They have to do it themselves. So lobelia, even though I call it a magical herb, and it truly is, it can't force someone to do something against their will.

Some people loved smoking, and they had no reason to quit. Sometimes what's best is to convince someone of the detrimental effects of smoking, get them to where they want to quit. Even if there's just a *spark* there where they want to quit. Then you bring the lobelia in and you'll have a success case.

15.6 LOBELIA TOXICITY?

Ever since lobelia was introduced to healing by the herbalist Samuel Thompson, medical doctors have tried to

attack lobelia on its supposed toxicity. Good herbalists know these attacks to be false.

The lethal dose of lobelia with rats was one alkaloid extracted from a whole bale of lobelia and injected into one single rat. According to Richard, "The medical boys had to go far into left field to cook up that one."

Herbalist: I'm so sick and tired of people pussyfooting around, being afraid of lobelia. Of course, in our country, it's against the law to use it for internal consumption.

Even over here in Europe now, the standard dose that therapists are not allowed to go beyond is not enough to be therapeutic. We've had students in my class saying that the dosages of lobelia that I've been suggesting in school are dangerous and irresponsible. It came to a real head tonight when I was reading your page about the herbalists pussyfooting around, and worrying more about being recognized by the government and not causing any trouble, than their patients' health. And that's the bottom line.

One student walked out of class over this issue. He told the dean the dosages recommended in my class were illegal and irresponsible. My comment was, "That's great — from a person who never used lobelia. How would he know?"

Lobelia is a brilliant herb for kids. It dilates their bronchials, it gets them breathing. I've had thousands of two, three and four-year-old children on lobelia to get them breathing better.

What they've said in some countries is, "Well, these herbs are dangerous, so you can only prescribe this amount of this herb." And they enforce legal dosages that are so small they won't have any affect.

What I suggest is Dr. Christopher's routine where you take lobelia — a tablespoon every ten minutes until you vomit. We've had students over here drink whole 50 milliliter bottles, and that would equal about two ounces. Now, that's considered dangerous and illegal in Britain, that kind of dosage. Yet, that's what you would give some asthmatics to cause them to purge themselves of the wastes in their lungs.

The famous herbalist Samuel Thompson used two herbs mainly, cayenne and lobelia. And with those two herbs, it is estimated he helped 3.5 million people recover from their illnesses. Cayenne, he said, stimulated the circulation, and lobelia sedated and relaxed the body.

He used them like I use hot and cold. Back and forth, purge them and puke them, and then give them cayenne to bring them back to the planet. These two are unbelievable

herbs. If using lobelia sounds radical, consider cutting and drilling a 4-inch incision through your side and inserting a probe to tap your lungs to drain the fluid out. I prefer lobelia.

15.7 DR. CHRISTOPHER RE-INTRODUCED LOBELIA FOR ASTHMA AND OTHER TERMINAL CONDITIONS

15.7.1 Until Dr. Christopher, no one was using lobelia in the large doses necessary to cure really sick people.

Herbalist: I never met anybody that really used it until I met Dr. Christopher. And I studied with other herbalists, but they, when you said lobelia, you saw them wimp out. They backed off.

But then I meet Dr. Christopher and he's talking about purging people with lobelia and using large doses. And I thought, I want to learn because one of the herbs I really didn't know how to use until I met Dr. Christopher was lobelia.

Shortly after I was working with Dr. Christopher and teaching and spending time with him, I was asked to go to England in place of him because he wasn't feeling well. I went over to England and was teaching a course at Cambridge University for Dr. Christopher.

One of the students in the class's father was dying of asthma. And that was the whole reason many students come to

herb classes, not because they want to be an herbalist, just because they want to fix themselves or a relative. She asked me if I could please come over to the house and if there was anything to do for her dad. He was dying.

The doctors basically said that he'd probably be dead by the morning. This is very common in England, what we might call suffocating to death with lung diseases and asthma. I had never really seen anybody this bad. But when I went to his house, it was horrifying. His lips were blue, his face was grey --

BISER: *You mean grey?*

Herbalist: Oh, grey. He was gasping for air like a drowning person. He was basically left for dead. He was wheezing, choking. When he breathed, it sounded like he was under water. Before the air got into his lungs, you could hear gurgling through mucous. I mean, this person sounded and looked like a monster. I thought he was going to drop dead before I got to the bed.

I thought, well, this is a classic case for lobelia, but I had never seen anybody this bad. So I gave him Dr. Christopher's dosage, which is between a teaspoon and a tablespoon every 10 minutes. And after 1 dosage, nothing, after 2 doses, nothing, after 3, I thought this person's going to die in between the 10 minute wait periods to spoon the lobelia in him.

So I gave him the whole 2 oz. bottle of lobelia, and again, one of the reasons I've always loved working with people like this is because they're already dead, you don't have to worry about killing them.

BISER: *And what happened?*

Herbalist: Within a few minutes his eyes got very wide, he leaned over the bed and he started to vomit, and I'm telling you...

BISER: *But that's what you wanted. That wasn't a side effect.*

Herbalist: Yeah, it was what I thought I wanted, but when I saw it, it was like a bad science fiction movie. I mean, the puss, green, stringy --

BISER: *I thought puss was yellow.*

Herbalist: Oh, when you get real infected, it can get green, sometimes even shades of brown. In fact, after the first dose of puss came out, he started vomiting blood, and this blood was coming out of his lungs.

BISER: *But you didn't cause a hemorrhage.*

Herbalist: No, no, no. You can imagine these lungs that hadn't worked right in years, the sores, the pustules, the blood clots, and the nightmare that must have been in there. He started vomiting, purging all the contents of his lungs. Unfortunately, a

lot of those contents had been in there for years. The stench of it. It caused a couple of other people that were there to go in the bathroom and vomit themselves.

BISER: *You mean the stuff that he was living with every day made these other people throw up?*

SCHULZE: Trying to breath through a bucket of puss and blood. I mean, that's basically what this guy was trying to do.

And so once we got that all out, he immediately sat up, and he started breathing. And you could hear it going straight into his lungs. He looked at me and he said, "I haven't breathed like this is 20 something years." Obviously, because we got all the fluid and blood and things out of his lungs.

I think the best part of this story is on my last trip to England, he's still alive. This was, I'm going to say, 14 years ago. When I first met this man, he wasn't supposed to live through the night, and he still was working in his backyard, and he has a hobby side business of manufacturing little things, they call them 'troggs' over there, garden trogs, for little baskets for your garden.

There were other things we had to do. I got him off his dairy products.

BISER: *Why, does that matter with lung problems, dairy?*

Herbalist: Dairy is the number one offender. Anybody that has a breathing problem needs to stop dairy.

BISER: *Why?*

Herbalist: Americans will talk about it as being like this is a lactose intolerance. But what dairy products do for people, and we're talking about milk and cheese and all those things, is they constrict the bronchials. Many people who eat dairy will notice that after they eat it, their nose or sinuses are congested or they wheeze, or they can't breathe as easily. Some people after a dish of ice cream, do that.

Over the years it contracts your breathing ability, your bronchials, you can't breathe as well. Every asthmatic has to get off dairy. It's the biggest thing they can do to help their condition.

Stop all dairy products. They congest your lungs and they contract your bronchials. It's like breathing through a straw. These kids have to get off dairy and onto dairy substitutes like almond milk, soy milk and rice milk.

But you get off dairy and it's not going to save your life. The emergency herb, the one that's going to save our life, get you breathing and keep you breathing is the lobelia.

I've had two year-olds and three year-olds using lobelia and saving their lives. So we have to stop this fear of using lobelia. I even used it to save newborns, along with cayenne.

15.8 DR. CHRISTOPHER ON SERIOUS ASTHMA...

In Wyoming, two boys brought their father in at 2 A.M., wheezing and gasping. The father hadn't been able to lay down in bed for 20 years because of asthma. Dr. Christopher gave him one cup of peppermint tea; after ten minutes, he gave him one teaspoon of lobelia tincture. Every ten minutes, he got one teaspoon of lobelia tincture. The man started vomiting up green and black old mucus from his lungs. He kept vomiting for 3 hours.

Then Dr. Christopher sent him home and he laid down in bed for the first time in 20 years. Later, he got a job as a gardener and never had an asthma attack again.

15.9 CURING EMPHYSEMA

On emphysema, you follow the same program you would as if you had lung cancer; the same cleansing of the lungs, etc. You might think you don't need the poke root in the compresses, as you did for cancer. However, poke root helps

the immune system, so there is no reason to cut it out. Here was my conversation with herbalist Schulze on emphysema.

Herbalist: I had a man come to see me who was the worst case I've seen. He had emphysema. He also had what is called chronic bronchitis, he also had asthma and, according to his doctors, they said he would never return to normal. It's a nice positive statement you hear from doctors quite often.

BISER: *But how bad was this man?*

Herbalist: Well, he basically couldn't do much. He was a movie actor. He first started noticing he had a problem when he was gasping for breath. He'd just get up and walk across the room and lose his breath.

Then the next thing he noticed was that they couldn't hear him. His voice wasn't coming out on the microphone, and so he had to go in and do voice-overs on everything.

He got to the point where they could never pick him up, no matter where they placed the mike. Finally, it got so bad he couldn't get off his chair, and he was basically bedridden. He was a cigarette smoker for about 30 years, and one of the really heavy smokers (2 or 3 packs a day). He had a family history of lung disease, and I think someone in his family also had lung cancer.

He didn't have lung cancer, but one doctor diagnosed him with emphysema, another with chronic bronchitis and another one with asthma, and then they diagnosed him with all three, which is not totally common — but it's not rare either. Whenever you have *two* of these they consider it irreversible. His lungs were scarred and doctors said they wouldn't get better.

Well, the first thing he did was to quit smoking. He was scared at this point. He couldn't even get out of bed. Every time he took a breath, he'd start choking and coughing. He had a lot of inflammation in his lungs, and mucus, and he went on the incurables routine. He did the juice fast, and stayed on that for a long time. His wind and his breath came back.

In fact, he's still working today. He's still making movies, doing television, and he has no problems with his lungs at all. He does long power walks in the morning and has basically cured all three conditions they said he had. When he got started on this program, it was like he was sucking through a straw when he tried to breathe.

I've seen numerous other people with one, and sometimes even three, of these conditions, and of course, once doctors diagnose you with all three they put you in this group they call the X-group and that means that you're not ever going to get better.

I've seen these people turn it around. My youngest patient, who was totally asthmatic, was two and a half years old, had been on a year and a half of antibiotics. I think my oldest was in her 90's, and she had pneumonia so bad she sounded like someone was gargling when she talked to me. I mean, it was like the air had to go through liquid. It was bubbling. It sounded like she was talking through an aquarium.

Some of these people get so much inflammation and so much fluid on their lung. The doctors absolutely believe when you develop scar tissue in your lungs and your airway is obstructed, it doesn't ever reverse itself.

And they're very emphatic about this, especially the Lung Association, the Asthma Foundations, etc. They believe that there is no cure for this disease. But I've seen hundreds of people turn it around — once they stop their bad habits and do the incurables program.

One of the things medicine has done to discourage people from self-healing is saying, once an organ is damaged, it won't repair itself. But now it's proven that the minute you stop abusing your lungs, the white blood cells in the lungs start eating the tar up and the scar tissue, too.

So you can just accelerate that with all the natural healing programs. I've seen people who were wheezing and couldn't walk due to emphysema — be better in six months.

Emphysema most of the time is caused by bad habits and an unhealthy life-style. The minute you turn that around, you're on the road to recovery. The key factor would be, obviously, stop doing anything to damage the lung.

Sam Biser's
Save
Your Life
Collection

**A Layman's Course
in Curing Last-Stage
Diseases**

Liver Cancer
Lesson 16

Liver cancer

Later this chapter, we learn some practical details of curing cancer by reviewing the case of a woman with terminal liver cancer. Right now, let us list some of the basics.

- 1) The liver flush (small version) may have to be done twice a day. Or, the large liver flush may have to be done every single day for 4-5 days or more until you clear the liver out.
- 2) Loads of chaparral tea. Chaparral cleanses the liver and busts up and kills tumors.
- 3) Use deep massage over the liver to try to assist your cleansing work.

- 4) Use hot and cold over the liver.
- 5) Castor oil packs over the liver daily.
- 6) Anti-tumor poultices done over the liver daily.
(Basic formula for this given in chapter on
cervical cancer.)

16.1 LIVER CANCER CASE CURED

Herbalist: This 50-year-old woman had a liver tumor sticking out of her body. She was beyond terminal!

BISER: *How do you get beyond terminal?*

Herbalist: Well, when the doctors say you will be dead in a month, and now it's six months, and they can't believe that you are still walking — that's what post-terminal is.

BISER: *How long would she be on terminal?*

Herbalist: I think she was 6 months past her maximum point of death, that they had thought she would never survive.

BISER: *Did she look gray when she came to you?*

Herbalist: Horrible. She could hardly walk, she was hunched over.

BISER: *Could you see the bulge?*

Herbalist: Oh God, yes. The tumor must have weighed 20 pounds. I mean it was sticking out her left side.

BISER: *And they really can't operate when it's like that, right?*

Herbalist: No, because it's your liver. You only have one liver and you can't live without it. So when your liver is totally involved, that's it. You know, you're not going to live.

BISER: *Painful?*

Herbalist: Yes. She was on liquid morphine. They usually put you on morphine when you are on the way out. They don't care what they give you, anymore.

16.2 ATTITUDE CREATES VICTORY

Herbalist: This woman was one of two women came to me at the same time with liver tumors. The one with the milder tumor wanted to die — and did. She — the one with the gigantic tumor fought and lived.

BISER: *She didn't come to you expecting life, she was ready to go?*

Herbalist: Absolutely. There were two women like this who I had around the same time. One thing happened to one and one thing happened to the other. One of them wanted to die, just wanted to feel a little better. She did.

I got her feeling better, then she had a party and then she died. And then I had another one, the one we are talking about, that had the same kind of tumor. They were almost identical cases.

You know, Dr. Christopher always said that things come in waves. I used to think that was kind of weird until I started practicing. Things really do come in waves. But this other lady was a very similar case.

The one that had the party didn't have a tumor as bad. This one who got better had a tumor that was gigantic. We started doing a lot of work, but especially on the bowel and liver flushes.

BISER: *What happened when she did a liver flush?*

Herbalist: The key is to start out with one clove of garlic and one spoon of olive oil and when she could tolerate that, she could do more.

BISER: *Could she tolerate it?*

Herbalist: Yeah, she tolerated it fine, and once we got up to 3 tablespoons of oil and 3 cloves of garlic, I went right into the big gall bladder flush with her.

BISER: *Which is what?*

Herbalist: 8 ounces of olive oil and 8 ounces of orange juice. I put a couple of lemons in. You consume 4 ounces an hour for 4 hours. The first time we did it, she probably got, I'm going to say, 500-600 gallstones out of her. It was such...that she filled the toilet bowl.

This woman passed these green and medium-green congealed glassy-looking ones. She had black, brown, and blood-red ones.

16.3 A NIGHTMARE OF POISONS COME OUT

BISER: *Critics are going to say they weren't gall stones — that the stuff that came out was just the olive oil you put in.*

Herbalist: They could say it was congealed olive oil and I don't necessarily disagree with that — up to a point. I think *some* of it is congealed olive oil. You can tell the congealed olive oil ones, if in fact that is what it is. They are light to medium green in color.

However, I have seen actual gall bladders on autopsies that have a lot of light to medium green stones in them. So, I don't think you can tell for sure if it's from olive oil, or from the person.

When you have the green stones, they can come from the olive oil, but then again, they might not. I've been right in the room when they cut a guy's abdomen open, then pulled the

skin apart and they opened up the gallbladder, and it was filled with those things and the guy didn't even eat olive oil.

All I know is this: when she started getting blood-red and black stones, this is horrible stuff to be inside of her.

BISER: *Did the one liver flush have any affect on the cancerous liver?*

Herbalist: Yeah, she told me it felt like she had a bowel movement from her liver. She noticed the swelling went down and the size went down.

It just makes sense. The liver's job is to detoxify the blood and clean the blood. But the liver has to "sh--" through the gallbladder, that's the bottom line. And if it can't, well, it's just like your rectum being clogged up. So, when we opened up that gallbladder, we took the plug out of it. It was just amazing for her. So immediately, we did another gall bladder flush.

BISER: *How many days later?*

Herbalist: Oh, the next day. We did another one and we did that gall bladder flush, I'd say, for 3 or 4 days in a row.

BISER: *What happened every day?*

Herbalist: We started getting less and less stuff, and eventually it was the 4th or 5th one. After 4 or 5 days in a row, I said,

“Okay.” You know what the greatest thing is about working with people like this?

BISER: *What?*

Herbalist: You have nothing to lose. What am I going to do, kill her? So many natural healers are afraid of this.

16.4 CURING TERMINAL CASES

16.4.1 *It is more challenging to save people who are “already” dead. You can’t hurt them.*

BISER: *She is not supposed to be here at all?*

Herbalist: She has already had 6 months of extra time. What am I going to do to hurt her? What I don’t understand is why everybody is so afraid of it. To me, it’s like such a challenge and it’s so much fun, because I can’t lose. This person is already dead.

BISER: *You’re working on a corpse.*

Herbalist: Absolutely. So how can I lose?

BISER: *Any fungus come out or anything like that?*

Herbalist: Slime. Strands of mucus, but almost beyond mucus, where it almost felt like rubber. I think her gallbladder was 2 or 3 times the size of normal, just from the amount of stuff that

came out, almost like muscle tissue or chicken meat or something like that.

Strands of stuff that was not normal bowel material, but that I think came out of her gall bladder. After about the second one, she noticed the pressure go down; when she first came to see me, it was like her liver was going to explode.

She said that the pressure was gone. I think what happened is we cleaned out her gall bladder, and her liver started to work. Now at first, we are doing the full routine; she is doing a lot of massage, she was obviously getting the castor oil packs.

In fact, she decided to drink the castor oil. I don't suggest anybody do this, but she was putting it in her liver flush.

BISER: *How much?*

Herbalist: Most people don't suggest castor oil internally, because it's strong, but also in the process of making it, there may be a lot of toxic chemicals used. But she started to drink it. Again, what have you got to lose?

Within 10 days, she felt like there was 25% reduction in her tumor. The swelling, the pressure, the pain was gone. In fact, she was off her morphine in about 5 days.

BISER: *Did she know a miracle was taking place?*

Herbalist: Yeah, and again she really wasn't a believer at first, but a lot people start believing really quick.

One thing you can almost always do with natural healing is relieve the pain and the intensity. Because what we are doing is opening up the channels. The first law of natural healing is to open the elimination channels.

BISER: *Did you ever do any other compresses on her other than castor oil?*

Herbalist: No. Not at first. Not during the liver flushes.

BISER: *How long did you leave the castor oil packs on?*

Herbalist: She was probably doing 2 or 3 packs a day at this point. She was doing some good massage all around the right side, but also on the left side where that tumor was sticking out. Also, she was doing hot and cold showers two times a day over her liver.

BISER: *Did she do cold sheet or didn't it apply to her?*

Herbalist: Yes, absolutely. As soon as I think they are ready...one thing I do first is just make sure the elimination channels are open. Now we did some severe bowel cleansing, also.

BISER: *What does severe bowel cleansing mean?*

Herbalist: A ton of Intestinal Number One formula.

BISER: *What does a ton mean?*

Herbalist: For her, I think she was doing about 8 capsules and having about 6 strong bowel movements a day. Then, we also had the intestinal Number Two Formula. We were really working that bowel, because when you've got the liver so ill, you really want to work the bowel.

16.5 TWO WEEKS TILL TUMOR GOES

BISER: *How much Number Two were you giving her a day?*

Herbalist: She was doing about 6 heaping teaspoons a day. We were doing enemas, and then we went into the cold sheet treatment, and she had a lot of response from that.

I would say in about 2 weeks, you could hardly tell that the tumor was on the left side anymore. It just...

BISER: *In 2 weeks?*

Herbalist: Absolutely. It went down to about the size of a fist on her left side, and it was now gone. You could not detect that she had a tumor at all. Now, what we were dealing with was just under her rib cage and her right side. She kept up the programs.

BISER: *How long before something broke?*

Herbalist: She was one who didn't want to go back to the doctors. Most people *want* to go back. She didn't want to go back, because they had all given up on her and told her she was dead. And I don't think she ended up going back until four months later.

And then, she went to a whole new doctor and didn't tell him anything about her history. And he diagnosed her with hepatitis. He didn't even diagnose her cancer. He just said that her liver was inflamed, that's why she was feeling bad, and she said, "Well, you ought to test me for some cancer."

He said, "I don't have any reason to do that, unless you can tell me a reason to do that." So she said, "No." She walked out with that diagnosis, kept working on it, and I think I heard from her about 8 months later. She had also gone down to a clinic in Mexico, gone on a couple of different programs down there — nothing much — I think Gerson's program — and drank some juices.

I told her, don't drink any of the beast's blood, so she stayed a vegetarian. She just wanted to be around some other people, and I think, about 8 months later I got a call from her that she was clean. She has absolutely no tumor.

BISER: *What did her husband and her family say?*

Herbalist: They were ecstatic. They couldn't believe it. I think part of her problem was she had a lot of anger towards her husband.

He was a bit withdrawn and wasn't communicating — their relationship was pretty much over. In fact, one of the things I suggested to her is to get a divorce as part of her healing. She was really pissed off at him, and I think that it was one of the starts of her liver problem.

She was a liver type, but she also was very, very angry. I think he had an affair or something like that, and she was just really pissed off, and that came out during the work. I had her express some of her rage to him, and he really didn't give a 'sh-'. But it was part of her healing, definitely, to unload her rage.

The thing that I remember the most was that she was in so much pain when she came — the morphine. She was on a maximum dose of morphine, but, of course, the problem with that is it's a dead-end street, because the morphine stops your liver and stops your bowel. It stops so many of your functions.

BISER: *The morphine is a dead-end?*

Herbalist: Oh, it really is.

16.6 BODYWORK FOR DISEASED ORGANS

16.6.1 *She did a lot of bodywork to 'milk' the area of the diseased liver.*

BISER: *You never saw pieces of cancer come out of her, right?*

Herbalist: No, never. Just some chunky material from the flushes, but I never saw any cancer. What I am sure happened is her tumor dissolved slowly, and went right through her bloodstream and cleaned right out of her. I've seen this happen with a lot of people who have no major expulsions of tumor pieces, like occur when you cure cervical cancer.

BISER: *But not her?*

Herbalist: With her, it was like the swelling went down and it went away. There were no major healing crises with her, unlike the guy with the lung cancer.

We did a lot of deep body work. I sent her to a bodyworker who did lots of compression over that spot, almost like purging or milking the area of the pancreas and liver. We had her do a lot of deep breathing. Any time you have a cancer under the diaphragm, you need to expand and contract the diaphragm a lot. That goes for the liver and the pancreas.

BISER: *Castor oil over the area?*

Herbalist: Oh, absolutely.

Sam Biser's
Save
Your Life
Collection

**A Layman's Course
in Curing Last-Stage
Diseases**

Pancreatic Cancer
Lesson 17

Pancreatic cancer

Natural healing has the power to cure pancreatic cancer. But usually, before the patient tries natural healing, medical treatments — not the disease — have destroyed the patient's body.

Here are several things to pay attention to:

- 1) Reduce sugars severely. The pancreas cannot handle them. Some of these people cannot handle carrot or apple juice. Their ability to handle simple sugars is destroyed.
- 2) The female formula covered in the chapter on cervical cancer is important, because the pancreas is an endocrine organ and the female formula is

primarily a hormone formula. For men, you will need Siberian ginseng. A male formula for balancing hormones could be the straight female hormone formula, or try the male hormone balancing formula given later in this lesson.

3) If the patient is a man, you need the male hormone balancing formula, which is given in this lesson.

4) Heavy use of a tumor-killing mixture of bloodroot, red clover blossoms, garlic, poke root, and chaparral, all blended together into a paste.

5) Tons of chaparral tea. Forget the horrible taste. Death is far worse.

6) Tons of garlic, as much as you can tolerate.

7) Heavy use of castor oil packs over the pancreas and whole abdominal area.

8) Massage the pancreas directly. Do not be afraid of the cancer area. Give it love by working on it and increasing its blood flow. Work right over the whole left side of the rib cage. Get your fingers poking even under the ribs.

17.1 PANCREATIC CANCER CASE

Herbalist: I had a lady who had a pancreatic cancer. It was also blocking her duct — her pancreatic duct. She couldn't digest any food, either, because the pancreas creates the hydrochloric acid.

Doctors didn't suggest anything. They just said, "Go home," because the tumor was big, it was malignant.

Very few survive pancreatic cancer. Even in our practice, patients may die of this because they waited too long before using herbs and natural healing.

If we had to pick a type of cancer that we had the least results with, it would be either leukemia or pancreatic cancer. That's because these cancers multiply and progress so quickly. The disease only has a 6 months prognosis. People waste 4 to 5 months of this with doctors and vitamins, then they come to me. By the time people come to me after finishing with the doctors, there's nothing left. Their pilot light is so low that they can't turn around.

The doctors have really done a number on people, like cut out a kidney and a lung and a piece of a liver, radiated them 5 or 6 times, implanted radium seeds in their uterus, and just beyond what we can imagine, so I can't turn all that around, sometimes.

There is just so much damage been done. It's like standing at ground zero when the nuclear bomb goes off, and then saying, "Can you help me with my radiation exposure?" It's a little late. So, people with these cancers have to act fast and get right on the incurables programs without delay.

BISER: *But how bad was her pancreatic cancer?*

Herbalist: It was bad enough where they gave her 3-6 months to live.

BISER: *Did she look emaciated to you?*

Herbalist: No, she looked great. She looked fine, but she was depressed.

BISER: *What are the symptoms of pancreatic cancer? Do you feel it?*

Herbalist: She didn't have a lot of symptoms. Well, she didn't think she had a lot of symptoms. She had — nobody ever gets that sick without ignoring a thousand symptoms.

BISER: *How did she know she had it in the first place?*

Herbalist: She finally went to a doctor because she had no energy, but she had also had digestive problems for 10 years and was also having blood sugar problems. The body gives you all these warning signs, and you just keep ignoring them. I think she was even taking some insulin, but in the tablet form, not intravenously.

BISER: *Her prognosis was a lot worse than how she looked.*

Herbalist: Oh, yeah. They just said, “You’re dead.”

They had done some light chemo with her and then they just said, “Get your papers in order.” She did everything that she was supposed to do. She bought her plot, and everything was all ready to go.

She even had picked out her tombstone, and carved it with her date of birth and was just waiting for her second date. She was 45 years-old and still single because she had this urinary incontinence, and she never really had a relationship.

She came to me for incontinence because she was so sick she was losing bladder control. A lot of people come to me and they think there’s no cure for their disease, but they have a minor problem that they think I can help with. And she came to me for incontinence. And we healed her of her incontinence, and then that kind of opened her eyes. Because, you know, she was wearing diapers.

BISER: *Anything in particular you did for her pancreas?*

Herbalist: One of the intake keys is not eating any sweets. The pancreas’ job is to create insulin, and it’s an endocrine organ. On the juice fasting, I had her dilute the juices 50% with distilled water. Some of these people can’t take carrot juice or apple juice.

It has too much sugar for someone whose pancreas is not working.

Oh, here's another thing. I gave her the female hormone-balancing formula we covered in our discussion on cervical cancer.

BISER: *What does that have to do with pancreatic cancer?*

Herbalist: The pancreas is an endocrine organ. I don't believe that you can have one imbalance without having the whole endocrine system imbalanced. These people need to take a look at endocrine-balancing herbs, too. This is what we always use with the pancreas.

BISER: *What would they be?*

Herbalist: With men, it would be the male tonic formula. For women, it would be the female hormone-balancing herbs that we discussed in reference to cervical cancer.

17.2 MALE HORMONE FORMULA

Here are the ingredients...

2 parts **Panax ginseng**

2 parts **Siberian ginseng**

1 part **Sarsaparilla**

1 part **Saw Palmetto**

1 part **Cardamom**

Use this as a tincture or tea. For use as a tea, the ingredients would have to be presoaked overnight and simmer for 15 minutes.

BISER: *Did you use the poke root poultices on her?*

Herbalist: Yes, definitely. Everybody, even if it's a deep cancer, the poke root still draws. Yes. I think I used a typical one that I would make: bloodroot, red clover blossoms, garlic, poke root, and chaparral, all blended together in a paste.

BISER: *That's an alternate cancer paste?*

Herbalist: Yes, a cancer paste. Dr. Christopher had a few in his book, called cancer plasters, but these are the things I'd always whip up in my blender. Undoubtedly, it would be red clover blossoms, fresh garlic cloves, chaparral leaves, and poke root with a lot of bloodroot tincture. It's kind of a paste.

Blend it all up and make a reddish paste and paste it on. Especially, like, for skin cancers and things like that, but you know, when there's a deeper cancer, it still works to have it up above.

BISER: *OK, but this still pulls through the skin, right?*

Herbalist: Absolutely. It really activates and absorbs down through the skin.

We also did a lot of deep body work on the pancreas. In fact, I sent her to a bodyworker who did a lot of compression over there, almost like purging or milking the area of the pancreas. We had her do a lot of deep breathing. Anytime you have a cancer under the diaphragm, you need to just expand and contract this diaphragm a lot.

I also gave her tons and tons of chaparral tea. She just had to learn to live on it. She also had tons of garlic.

BISER: *Where do you put the castor oil pack for her pancreas?*

Herbalist: You would put the castor oil poultice basically from your breast bone to your left side and from your lower rib to a few inches above your nipple. I mean cover the entire area. You know, if you're going to do your liver on the other side, go from the bottom of the rib to your clavicle line. You know, let's soak a minimum one-foot square piece of flannel.

BISER: *My guess is that people don't make it big enough.*

Herbalist: Exactly. It isn't going to hurt if you do any of the other areas, and the other areas are probably sick and infected too.

BISER: *Did this woman ever have poison coming out her pancreas or through the skin through those compresses?*

Herbalist: There was a lot of tenderness and a lot of swelling and we did do a lot of external packs, but it came out through her bowel. She had blood, she had mucous, pus, come out through her bowel — but nothing through the surface.

BISER: *As that was coming out, the swelling and the tenderness went down, right?*

Herbalist: Absolutely. At first, when we really got her going, it was very swollen and painful, but a couple of times she would really fill the toilet with some stuff. Of course, the swelling would immediately start going down and she could feel the pressure was off her pancreas.

As I mentioned, she originally came to me because she had lost bladder control and she felt, before she died, she would like to have a few more sexual adventures, and not be wearing a diaper. I worked with her on that.

So we did some amazing work with her kidneys. But she was more excited that she wasn't peeing on herself than about the cancer. She met a guy. They did something that she hadn't ever been able to do — hang gliding or something.

They were having a sexual experience, also, and she was just so excited about that, because she hadn't had any sex, you

know — when you don't have bladder control, you don't want to go out. She never went out. Every night after work, she went home. She sat at her computer all day, and went home and watched the tube. I had her stop watching all TV, and stop sitting.

She was going out now, being more active. And she did the full program, all the way through. She got better. She went back to the doctors. They said, "You've had a miracle." They thought they had misdiagnosed. You get this all the time. They go, well, maybe we misdiagnosed. Most of these people had been to 2 or 3 doctors. So, in the end, she was healed of pancreatic cancer.

She got cured, and then, what was funny is, she sent me a postcard from the Matterhorn. She's into mountain climbing now. She's married. Traveling and mountain climbing. I get a postcard from her probably every other year from some far-off place.

Sam Biser's
Save
Your Life
Collection

**A Layman's Course
in Curing Last-Stage
Diseases**

Leukemia
Lesson 18

Leukemia

Here are two things to pay attention to with this type of cancer, in addition to the basic program.

- 1) Heavy use of the blood-cleansing herbs is critical, because you are dealing with the inability of the bone marrow to produce healthy blood.
- 2) Juice-fasting is critical, because it can take 60% of the body's energy just to digest food, and the person with leukemia needs his energy to fight the disease and rebuild his blood.

18.1 LEUKEMIA CASE LESSONS

Herbalist: Oat cell leukemia: the man had a clean bill of health within one year of starting save your life program. All the people who I tell you about, everybody who continues on the program, always get better. I can't think of anybody who comes to mind in the last 20 years who I have worked with, who we kept working with, and who did not respond.

People just have to learn to turn up the volume on their programs. And to keep going in that direction.

The man with oat cell leukemia had one of the leukemias that is considered terminal. The biggest problem with that type of leukemia is that they have heard from everybody that they are dead. He came to see me just to get his blood numbers in line, he did not believe the leukemia was something he could deal with.

BISER: *He knew he was dying, but he just wanted to improve his cholesterol? It doesn't make sense.*

Herbalist: A lot of people do that because they are feeling so horrible. It was not necessarily his cholesterol, but that he was overweight.

BISER: *I mean, they just want to die in a better state?*

Herbalist: They have endured so much. He was breathing very heavy, a lot of abdominal pain, just aching, high blood pressure, high cholesterol. He was miserable and also had leukemia.

BISER: *What does it feel like when you have leukemia?*

Herbalist: A lot of times, you don't feel anything. Eventually, you start getting anemic and then you have a loss of energy. Of course, a lot of people don't think they feel anything, but they have ignored symptoms for years like constipation, high blood pressure, high blood cholesterol and high weight.

BISER: *Did he get out of the leukemia?*

Herbalist: Absolutely. The doctors didn't even suggest any treatment because he was in such horrible shape they thought the treatment would kill him. They were worried his heart would give out in the treatment.

When doctors give a patient chemotherapy, it is taxing to the body. It takes your energy away, it depresses you further. On the other hand, a juice fast is energizing to the body. It is supplying the body with vitamins, minerals, enzymes.

It's just what the body needs but it takes 60% or more of your energy to digest food. So, when you stop eating food, you have more energy, and then of course, you add in the enzymes, vitamins and minerals from the juices.

This is one thing people don't get about the incurables program. They think if they stop eating they will get weaker. When they stop eating, they get stronger. And of course, it happens immediately.

BISER: *Did he get stronger?*

Herbalist: Absolutely. Immediately, his blood pressure started going down, his blood cholesterol started going down. He was very overweight and very constipated. He had a bowel that was almost not working at all.

We were working immediately on getting his bowel movements happening every day or even more than once a day. The side effect of the first couple of weeks was the constipation was gone, the cholesterol level was starting to come down, his blood pressure was normalizing. In about 30 days all his numbers were normalizing. He was still overweight.

The man lost 50 pounds in six months, and some of that could be from cleansing his bowel.

BISER: *What about that white blood cell count?*

Herbalist: His white blood cell count was getting better. Once you have oat cell leukemia, the doctors do not believe anything is going to change.

Sometimes the doctors don't even tell the patients the test results, because even if they see a 20 or 30% improvement, they think it's a variation in the test, or they think that maybe the first test was inaccurate.

They will say, "Well, there was a little deviation." But they will never say, "Hey, you're getting better." A doctor will never look a patient in the eye with leukemia and say you are getting better — unless they are doing chemotherapy. They will never say that when they are on a natural healing program.

He kept going. He was not concerned about the leukemia; he was concerned in just getting his breath back so he could walk and breath and get in and out of the car without losing his breath. Within about 6 months, this man was in dramatic shape; he had lost about 50 pounds. How much of that was fecal matter, I don't know, because his bowel was absolutely stuffed. His blood pressure was normalized; he was off the drugs.

BISER: *What about the leukemia?*

Herbalist: Within a couple of months, he had a 30% increase in his blood count. That showed he was responding, but again, the doctors said that was not what was happening. He felt the energy coming back, he felt stronger and I'm going to say, at 6 months, he had the 50 pound weight loss and he was getting very healthy and, of course,...

BISER: *So he had a 30% blood improvement at 6 months and a 50 pound weight loss?*

Herbalist: Absolutely. And over the next 6 months, he pulled right out of it. He had no leukemia at the end of a year, and I find with most people you need to give it a year.

He wasn't on the incurables program this whole time. Only the first 30 days. Often, after the first 30 days, I give a person a little bit of a break to respond; they have done a lot of hard work.

He was on and off very good programs, he became an exercise fanatic. He used to walk around the block, and I got him to where he increased his walk by about 10 times and did it about 10 times faster.

At the end of a year, he was given a clean bill of health and, at that time, he didn't even want to stop. Most of these people don't. They are believers now.

18.2 REGENERATING BONE MARROW

BISER: *What did his doctors say?*

Herbalist: Remission. They said that it went into remission. They said that you are one of the absolute lucky few, and of course, he was one of these guys who was really pissed off at

medicine and he said, "I'm not one of the lucky few. I've done this with herbs and natural healing."

Of course, there is no better way to make your doctor feel insecure and angry, when you start talking like that.

BISER: *Have you had other bad cases of leukemia or is it a tough one to cure?*

Herbalist: I've had numerous people with leukemia. I personally feel that when we are talking about cancer of the blood, we are talking about the integrity of the bone marrow of the body.

The bone marrow is where all the immune cells are made and where the red blood cells are made. All the blood cells are made in the bone marrow. Up until a few years ago, doctors said that once your bone marrow turns from red active to yellow fatty that your bone marrow would not regenerate.

Now, in the last couple of years, the new science has shown that bone marrow regenerates and you start creating new blood cells and healthy blood cells again. At this point, they will give a person a bone marrow transplant. They will replace that dead bone marrow.

BISER: *Because it has become yellow and fatty.*

Herbalist: That's right. They take the yellow fatty bone marrow and replace it with red, so you can build new blood cells. But it

has been proven in many people they can turn that yellow fatty back to red.

BISER: *How? How do they do it?*

Herbalist: They are certainly not going to do it with drugs. Science says they don't know why, but with some people it has turned that way. Obviously, the way you do it is with the save your life program.

Dr. Christopher knew this. He had many patients with leukemia. One thing Dr. Christopher knew more than anybody is that you could change a person's blood.

Dr. Christopher would even take women that were the Rh negative factor on their second child. He did not believe they would need blood transfusions. Of course, science transfuses the children in those situations.

He said he never had to, as long as he cleaned the mother's blood. That is changing the integrity of the blood. It's dramatic and I've done that with many patients.

Sam Biser's
Save
Your Life
Collection

**A Layman's Course
in Curing Last-Stage
Diseases**

Curing Children
Lesson 19

Curing desperately-ill children

The programs in this Save-Your-Life Collection cure children whom medicine cannot help. They cure children who would be killed by barbaric “anti-healing” drugs and surgical programs used in hospitals. Some points to remember:

1) Adjust doses downward for children. Dosage is a function of weight, not the child's age. Take the child's weight and divide by 150. So, if a child weighs 30 pounds, divide that by 150 pounds and you get a fraction of one-fifth. Then divide the adult dose by five. However, in some cases, you

have to work the dosage up to the full adult dosage to save the child's life.

2) Some procedures such as the cold sheet treatment have to be modified for children and the elderly. That will be explained in this lesson.

3) Do not go easy on the programs. Children are tougher than you think. Also, they pick up *your* attitude. If you think taking raw garlic in capsules is weird, they will do.

19.1 CHILDHOOD LEUKEMIA AND GARLIC

BISER: *Have you had any children with leukemia?*

Herbalist: Yes, and children are harder because Dr. Christopher said you are paying for the sins of the parents.

Children are born so genetically weak that they have leukemia or something that started genetically back with the parents.

I have had a lot of child survivors. I think one of the reasons is that the kids don't buy into all of the negativity. They are not so affected by what the doctors say. That is a great blow to older people when doctors tell them they are going to die.

The toughest part with the children is getting them to absolutely make a 100% change in their food program. I've had a lot of three and four-year-olds with leukemia who were pretty much given the death sentence who have pulled out, who responded — but this is the key here — an absolute change.

We are talking fruits, vegetables, juice therapy. It's very powerful and the parent has to take everything away from the child. No treats, no junk food, no animal foods. And, of course, the herbs. The herbs are so powerful for changing the blood. And garlic is a big one and you have got to get it into the kid.

19.2 GARLIC IS SPECIFIC FOR LEUKEMIA

Herbalist: One of the big things is getting that garlic in large amounts into the kids.

BISER: *What kinds of amounts?*

Herbalist: At least 3 cloves a day — even for a four-year-old.

You have to chop it up and put it into gelatin capsules and get it down them. Garlic absolutely inhibits the growth of leukemia in the body. It stops the white blood cells from clumping together, which increases the spread of leukemia. A lot of people lighten up too much with the kids.

A 3-year-old with leukemia has a clean blood test after six to eight months on the program.

I almost think it's worse with the kids because they didn't start with a chance. They were crippled by what their parents did before them. These kids die really quickly of leukemia. Medicine has a very low success rate with them.

BISER: *I thought medicine was successful with childhood leukemia?*

Herbalist: Oh no. Not like you think. They are killing them left and right. Otherwise, why would parents bring their kids to me with childhood leukemia? Sometimes it's because the prognosis is so horrible. Other times, all they have to do is walk into the Ronald McDonald wing of Children's Hospital to these cancer centers, and see the nightmares that are going on in there. That makes them want to do something different.

BISER: *Do you remember any kids, specifically?*

Herbalist: I had a little boy, 3 years old with childhood leukemia. His parents were not Christian Scientists, but they really didn't believe in a lot of medical intervention. Also, I think they had some relatives who died after chemotherapy, and that is usually a good sale.

The boy was just at the beginning stages of it; he wasn't anemic yet, and hadn't had any blood transfusions. It was nice because he hadn't had any medical therapy. I've had kids who have had the chemotherapy and don't have any hair.

BISER: *How bad was his leukemia?*

Herbalist: He was given 3 years to live with therapy.

They never really say. They say he could live 3 years; he could live 5 years; he could be dead in a year. It depends on how quickly it advances, and that is why they use the chemotherapy. His parents didn't want to go that route. They had already lived a fairly healthy life-style. He worked really well on the program, and I think within 6-8 months his blood tests were clean.

In four months, all the blood that is in your body is gone and you have new blood. What determines the quality of the new blood is what you are doing during those 4 months. Personally, I think that if anybody with leukemia does the right work, they should not have it in 4 months.

Medicine says you can grow new stomach lining in 5 days, and I've had people with bleeding ulcers be totally well in 3 days. I think we can do it even faster, and I don't see any reason why anybody should have leukemia four months from when they begin the program.

He was fine. One of the things about leukemia is that kids don't notice much, except all of a sudden they become anemic, and they have a loss of energy. Adults sometimes don't notice

much of anything. However, there are always 20 different signs and symptoms that they have ignored

Leukemia is also diagnosed because the actual cell can be seen. You can see the mutated blood cell. The question is really, with any type of cancer, especially leukemia, why isn't our immune system taking care of us? And it's not taking care of us because it's been beaten down too much by our life-style and our environment.

19.3 BRAIN TUMORS AND LEUKEMIA IN CHILDREN

BISER: *Richard, any advice for parents who have children with brain tumors or leukemia?*

Herbalist: Work hard. Don't think that by giving your kids some treats, you are going to make them better.

Most of these kids are tougher than you are. I'm amazed. When I put kids on these programs, they do them more diligently and without the drama you see in the parents.

Most of the time, the parents are thinking, "Oh, I can't do this to my kid," but the kids don't have any problem with it. We've had thousands of kids on the full Incurables Program. It's going to take a lot of work.

The incidence rate of childhood leukemia was almost non-existent prior to vaccination. You know, I think what's

happened: We've bombarded these kids' immune systems with so many toxins, so many poisons, and they weren't even that strong to begin with when they were born. So they are just overloaded.

We have found that the kids tolerated these cleansing programs just fine. Start out light, unless they're dying on you, and then increase it as far as you can. These kids are tough. It's amazing what they put up with and what they can do. We have the kids do the full incurables program and put many of them on the adult dosages of everything in the program, and I'm talking 4, 5 and 6 year olds.

BISER: *So that's your main advice for the parents: "Don't go easy on the kids."*

Herbalist: Yes, don't go easy on them. They know what's going on. These kids are pretty smart and they're willing to take that strong role in their own healing process.

And I have kids doing castor oil packs, and hot and cold showers, and enemas, and raw food programs, and carrot juice, and garlic in capsules, and intestinal corrective herbs and all these things. Kids tolerate it fine. The parents are the ones who wimp out.

BISER: *Do the parents of these kids ever not use enough castor oil in the packs, and things like that?*

Herbalist: Absolutely. You know, they tend to lighten it up. I find that the grandparents initiate the programs better. So, sometimes they say for the parents to get out of the way a little bit, and let the grandparents come in. I find that a lot more grandparents read your newsletter.

Now, this is something that's important for everybody. Staying the same is OK. In other words, a lot of people think that we should see dramatic changes. What we don't want to see is changes for the worst. But staying the same isn't that bad.

A lot of times, it takes the body a long time to build itself up, to really get in there and start making some changes. But, they felt they wanted to see something different, and then they started worrying that he or she wasn't getting enough protein, and started in with some animal foods, and went to a "psychic", and the psychic said she needed beef or something, and so they started fooling around with the program, and it was sad.

These kids are doing very well, but the minute they start fooling with the program, they get worse. The problem is commitment.

BISER: *So the kids don't get the program the way you wrote it out?*

Herbalist: No, and this happens so often. Usually, the grandparents are a little better at it, because they have a little less

faith in medicine. Natural healing comes a little more digestible to them because of their age.

19.4 COLD SHEET TREATMENT FOR CHILDREN

BISER: *What's the youngest you've seen get cold sheets? Babies?*

Herbalist: Six months old. There's no reason they can't do it. I've worked with thousands of small children with the cold sheet treatment. It saves them from death.

You start out with an enema.

BISER: *What about the rectal insertion of garlic?*

Herbalist: Well, that is one thing you lighten up on. That's step number two. So step number one, everybody gets an enema. That's across the board. Everybody can get a catnip enema, red raspberry enema, or use any type of herbal enema they want.

Now the second step is the apple cider vinegar and water base with the garlic cloves in it. You modify that for the very young.

You can't do that with a baby. What you could do is a very mild solution of that if the baby was quite sick. This would be, generally speaking, for the adult cold sheet treatment: eight ounces of apple cider vinegar, eight ounces of distilled water and put that in a blender with about eight or ten cloves of

garlic. That's enough to really send an adult into a good cleanse. And that's a mild way of putting it.

For a baby, you could use the tiniest bit of garlic. Use the same amount of base, eight ounces and eight ounces, even though you're not going to get anywhere near that into them, and you could use just a sliver of garlic in there — just to get an essence of garlic in.

But that's nowhere near a whole clove. Not even half a clove. And you could do the same for an older person. Everything we are saying for children applies to elderly people.

BISER: *What about putting the six-month-old baby in the tub with that water?*

Herbalist: Oh, that's fine. Once you do the garlic injection, which nobody holds onto long, and a baby will let out right away, then the next step is the hot tub.

Now, the full dosage formula is the hot tub with at least an ounce of cayenne, ginger and mustard powder in a muslin bag, so that the whole bath is a hot tea; and you cover your genitals with vaseline.

For a baby or an old person, you can just use a hot bath and forget the cayenne, ginger and mustard. For a baby, that's too irritating. Now, again, it depends. If this is a baby dying of

pneumonia, and you're in the middle of nowhere, hey, what do you have to lose?

But, for most people who are reading this and their baby's running, we'll say, a hundred and two or above fever, that would definitely be a time to do the cold sheet treatment. Skip the herbs in there and just run a hot bath.

The baby still takes the hot bath, and you start it out warm. Once the baby's in there, you add more and more hot water. Babies can take the same temperature water that we can. And then while that baby's in there, give it a bottle with some herb tea in it.

BISER: *Yarrow, or not?*

Herbalist: Yarrow is a little bit too strong for them.

BISER: *What do you do?*

Herbalist: What we're trying to do with the baby is just rehydrate them. Make sure that they have plenty of liquid in them.

So you can use a little catnip tea, or a little ginger tea, if you want a digestive, you can get some peppermint in there. A little bit of lavender even works really nice.

Babies like it mild. But almost any herbal tea will do. The key with kids is to dilute it to where it's almost like colored water. And then have them drink as much as they can drink,

and usually, you know, we put it in a bottle. The only time we use a bottle is with herb tea.

BISER: *How long is the baby or the old person in?*

Herbalist: A maximum of fifteen minutes — that's about it.

BISER: *How long is an adult in?*

Herbalist: An adult, you keep in until they're begging you to get out and then even longer.

BISER: *But when is that?*

Herbalist: Very rarely does anybody make it past the half hour. And then, you know, of course the next step in the cold sheet treatment is to get them out and wrap them in a cold sheet.

BISER: *What about this ice thing with the baby?*

Herbalist: It's also a little bit too intense. To modify that, what I do is just get the babies out and, run a warm shower, and then just slowly turn that hot water off till it gets cool and cold, and then a little full cold blast on the baby. So, with babies, a cool to a cold wash. But not for long. You give them about a minute of that.

BISER: *And you cover them up?*

Herbalist: Then wrap them up and put them in a nice warm sweatsuit; natural fibers, of course.

You don't have to do the garlic paste on the feet with babies. It's almost impossible, but what I would suggest is to make sure that you get these babies breast feeding. So mom needs, at this point, to have consumed, oh, we'll say, ten cloves of garlic over a day's period.

Garlic is one of the few things that will penetrate through that breast milk. You could put a garlic poultice on a kid's foot, but it's not going to do that much, and it's very difficult to do.

BISER: *Because he's going to wiggle all the time?*

Herbalist: It's a nightmare. I've done it. The best way is just have mom load herself up with raw garlic, ten or twelve cloves, as much as she can get down during the day, and then just keep breast feeding that baby. And the key is, to put that baby on the nipple constantly during this, because the only fear, to anybody with a fever, is dehydration.

BISER: *The baby's parents are going to worry. You know what they're worried about? "I'm going to kill my baby by doing this."*

Herbalist: Oh, yeah. The real key is, if you want to kill your baby, take him to the hospital, because they'll suppress the fever with one thing or another. The bacteria or virus will overgrow, and then, you'll have a dead baby on your hands and they'll claim it was the disease.

BISER: *You know that someone will frighten the parents into thinking that they are harming their child.*

Herbalist: Oh God, not at all. In fact, it's a brilliant routine for children. Just don't tell anyone you did this, because the laws concerning children are becoming more and more medical. The health authorities would consider this a dangerous treatment, if they knew you did it. They could take your kids away, or you could go to jail.

19.5 DIABETES IN CHILDREN

BISER: *Richard, any advice for children with diabetes?*


Herbalist: The main thing is that the kids are so subjected to sugar. Their food program is very high in sugar.

BISER: *Doesn't everybody know this?*

Herbalist: You'd think they would. Do you know how many diabetic kids I've seen drinking Coca-Cola?

People don't realize that Coca-Cola has about a teaspoon of sugar for every ounce of Coca-Cola. I see all these kids on their sweetened foods, and of course, a lot of parents think that, well, honey or maple syrup is OK.


Hey, sugar is sugar: and when you have a hard problem using sugar, you've got to get off it until your body can handle



it again. That's all sugars. Even sometimes your really sweet fruits like raisins. Even your juices, whether you're using vegetable or fruit juices. I'd dilute them half and half with water. Otherwise, they're even too intense for these diabetics.

But with children who are diabetics, it's quite serious because now they're dealing with what Dr. Christopher said are 'sins of the parents'. So, the first thing, you've got to get them off the sweet food program and get them onto a good solid healthy food program.

BISER: *Does garlic help children with diabetes?*



Herbalist: Oh, absolutely, yes. I've worked with it with a lot of kids. In fact, everybody who comes to me with diabetes has to get on a program of garlic; and it works really well.

I easily get three cloves a day into kids. Just chop it up and put it inside capsules. We've had a lot of kids with diabetes start down that path, where the doctor says, "We need to take some pills," and then the next thing is, they're suggesting intravenous. We've turned it right around. Right back to nothing. But you know, these kids have gotten off to a bad start and it takes a little bit of work to correct it. But, once they're on the right track, oh gosh, they never have a problem again.

BISER: *Now, Richard, does garlic have a mild blood sugar-lowering action or a strong one?*

Herbalist: I think it's incredibly strong. Of course, when you're testing for your blood sugar, you can see results every day. I've seen people reduce their insulin by half in a week.

19.6 CHILDREN AND HEART DISEASE

BISER: *What can you tell me about children and heart disease? We've talked about adults; we've talked about packs on their chest and all that. Anything special on children?*

Herbalist: Yes, a couple of general thoughts. It used to be thought that heart disease in children was genetic... obviously a child couldn't develop hardening of the arteries.

Nowadays, with more children dying and having autopsies, doctors know that arteriosclerosis starts at 3 and 4 years old. So, with children, we're also dealing with high cholesterol levels.

I've had kids in here with cholesterol levels of 200 and 300. Obviously, children's diets today are worse than ever. The key is to give them tremendous amounts of the heart food, like hawthorn berries. They can be on a steady diet of it.

Hawthorn berries have a lot of pectin in them. You can use them easily to make baby food. So you can take hawthorn

berries and either soak them in water and/or other herb teas, and churn it up into a mash. It makes a gorgeous baby food. Babies love it. You can spoon it right down.

It doesn't work well in the bottles because there's so much pectin in the hawthorn, but when you get babies who are about six months old, they're going to want to put things in their mouth anyway, and they love hawthorn. You can always mix it up with a little bit of banana and some other fruit. Banana and hawthorn really work well. Babies can be on an almost steady diet of that for their heart.

BISER: *You've saved babies with congenital heart disease?*

Herbalist: Oh God, we've had them with disease that makes my own case look wimpy. We have had them with holes in their hearts.

BISER: *And hawthorn healed it?*

Herbalist: Oh, absolutely. I can't praise that particular plant enough.

The chemists acknowledge now what hawthorn does to protect the heart. I always like to use the analogy ...it's like milk thistle for the heart. Everybody goes, "Oh, yes, milk thistle binds to the liver cells and protects them."

Well, hawthorn does the same for the heart. It prevents any future damage from occurring, and if something does

happen, then there is less damage to the heart. It's highly documented and works great. The old herbalists from England knew this, and it has always been the most popular heart herb throughout Europe. It was really Dr. Christopher who got it going in this country.

Another thing I want to mention is that I have given two-day and one-day-old babies cayenne tincture.

19.7 CAYENNE TO SAVE CHILDREN

19.7.1 *Cayenne tincture saves a six-hour-old baby.*

BISER: *Oh you have? For what?*

Herbalist: When they weren't going to live. Too much birth trauma, or mom and dad weren't healthy enough, and these babies were on the edge of not breathing.

BISER: *You thought they might not live?*

Herbalist: Yes. In fact, I did it for the first time about twenty years ago, and the mom was absolutely collapsed. She had hemorrhaged during delivery, and so the midwives were taking care of her. Dad was just overloaded. He just couldn't handle anything. And I was there with the baby, and the baby wasn't

breathing well. It was about, oh, I'm going to say, about six hours old.

I gave it one drop of cayenne tincture, which every book I've ever read said, "Don't. That's contra indicated." But when you're sitting there with a six-hour-old baby who's not going to make it, you have to do something.

BISER: *And you gave it one drop?*

Herbalist: I gave it one drop, and boy, it's eyes opened up. It started screaming; it coughed probably an eighth of a cup of mucous out of it's lungs.

I did it probably about ten more times in the next twelve hours. And that kid's now eighteen years old and hates me. But I've used it with lots of babies, and now it is standard practice with the midwives in Utah. Because I told the story so many times, the midwife organizations have adopted it, and now they all do it.

They, in fact, use my cayenne balm on the babies after they're born to rub in their spine, and they say it's the greatest thing for bringing around a baby.

One of the top midwives, the head of a midwives association, says that with every baby, they put a little cayenne salve on their hands and rub it into its back. They say it is the greatest for bringing babies to the planet.

You don't have to be afraid about giving the baby a little cayenne tincture. It's quite intense, and they'll scream and cry, but it'll get them to cough up stuff. You can always dilute it a little bit if you want to.

We've handled a lot of cases of babies with extremely high fevers, like 103, 104 fevers, all the way to severe tonsillitis and infection. We use the cold sheet treatment.

When you start treating the body the way that it wants to go, these things go away very rapidly, usually as rapidly as they come up. The only time I ever see the horrible things happen is in the hospital.

BISER: *Is that where the infection goes so fast that the baby goes into cardiac arrest?*

Herbalist: Yes, exactly. And much of this occurs because medicine goes against what the body is trying to do.

Our first lines of immune cell defense are called macrophages. When they go and find infection, we'll say bacterial or virus, and they start to eat it, but it's kind of like in the old cowboy movies, where they looked up and were chasing four Indians and they came over the hill and found four million and they went "Holy sh--!"

Well, when the macrophages go "holy sh--", they run back to the deep immune areas of the body to find the T-cells and

the B-cells to tell them that there's a major invasion. But all along the way when they're running back, they're, like, wetting themselves...

I'm trying to draw an analogy here; they're pissing on themselves. What they're wetting themselves with is a chemical called interleukin-1, which, when it's released by the macrophages, stimulates a fever to heat up your body. This is what actually starts the fever process.

Again, for every degree of temperature rise in the body, the macrophages can go twice as fast back, and the T-cells can go twice as fast forward to kill it. So, if there's a big infection, the macrophages keep excreting interleukin-1 and the fever goes to 101, 102, 103 to create the healing process.

That baby goes in the hospital, and the first thing they hit it with are drugs to reduce the fever.

BISER: *Then the next thing is the white blood cells slow down...*

Herbalist: That's right. And then the white blood cells slow down and the bacteria and the viruses go absolutely wild. Without realizing it, doctors have done the best thing they could for the bacteria and the virus — not for the baby.

This is absolutely *against* what your body is trying to do.

The biggest danger to a kid that's this ill is a doctor or a hospital.

Medical procedures are absolutely against what the human body is trying to do, and needs to do. This knowledge is in the immune text books today, but most people don't read them.

Oh, into the year 2000, I guarantee everybody is going to look back on the second half of the century and see it as the absolute Dark Ages of medicine.

We have killed millions of children.

Sam Biser's
Save
Your Life
Collection

**A Layman's Course
in Curing Last-Stage
Diseases**

Curing AIDS
Lesson 20

Curing AIDS

To cure AIDS, it's a total life-style change — not a drug or a pill.

As you will learn, natural healing *can* cure AIDS. But if you are looking for one special anti-viral herb to solve this disease, you're as nuts as the doctors.

How stupid can these experts be (and the patients, too), to believe that a single drug, a chemical on its lonesome, can cure a total body breakdown? We don't need any more research money to cure AIDS. The answers already exist in this Layman's Course.

You want a cure, fine! How bad do you want it? Are you willing to go through the natural healing programs in this

SAVE-YOUR-LIFE Collection for 14-16 hours a day? If so, you can be cured, just like the people we talk about in this Collection.

In case you are groggy or dense and didn't get my point, I will repeat it: AIDS can be cured. Right now. Forget the DNA research. Forget the emotional fund-raisers. They're not necessary.

The information in this Collection is not just for healthy people who are HIV-positive. It can also save those who are skin and bone and sores and diarrhea. If you follow all this information, you can end up cured and HIV-negative.

Sympathy and understanding cannot cure AIDS. This information will cure — but only if you use it with all your heart and soul.

Some points to emphasize:

- 1) Red clover pastes for the skin cancer of AIDS will help cure them.
- 2) Red clover tea and garlic to thin the blood.
- 3) St. John's wort tea as an anti-viral medication and in an oil tincture for use on viral infections on the surface of the body. Lemon balm is

another potent anti-viral — but nothing is as strong as garlic. Hyssop is another anti-viral.

4) Tee tree oil is an excellent medication for the fungus in the mouth many patients get.

5) Relapses occur when patients get off the basic program and go back to junk food — because they believe they are cured.

6) Juices can change blood chemistry in days. They are also a natural healing transfusion that can put weight back on emaciated people.

7) Four to six cups and more a day of fresh echinacea root tea plus homemade echinacea tincture can bring up blood counts that are almost non-existent.

8) Intestinal formula two, plus re-activating the immune system will stop the diarrhea.

9) Remember to do repeated, regular use of the cold sheet treatment.

20.1 ENDING THE EPIDEMIC

20.1.1 *If people would live right, eat right, think right, use natural healing, and stop taking all drugs, the AIDS epidemic would end. — Sam Biser*

Herbalist: Referring back to that AIDS case we discussed on the videotapes, he was in the hospital. He had a T-cell count of 1 or 2 — and had about a week to live.

He was one of my most dramatic recoveries with AIDS, and the reason I say that is that he was the most far gone. He was in the absolute, end stage — they have that wing in the hospital where they have given up on you. You can smoke pot and do anything you want. They had given up on him.

He was the sickest. He was just skin wrapped around bones. I've had people with Kaposi's sarcoma, and I've had people with pneumocystic lung fibrosis, but he was one of the only ones I had that had both lungs diseased — full-blown, advanced.

BISER: *He had red blotches all over his skin.*

Herbalist: All over his body. Most people — usually it's more prevalent on the feet.

BISER: *But he had them all over?*

Herbalist: He had them on his head, his face, his arm, his chest.

BISER: *Don't you ever get scared that you, yourself, could get something from them?*

Herbalist: Again, not that I am perfect, but it's another great motivation to take care of myself and eat right and live a fairly clean life. But I also feel — I've always felt pretty impervious to this stuff. You know how it is being an Aries.

BISER: *Oh, you feel rugged.*

Herbalist: I'm headstrong. I feel tough. I don't believe a lot in the germ theory of disease. In other words, if you do get this sick, you've got to set up an environment for it. I take very good care of myself. I also know that orthodox medical beliefs about AIDS are wrong.

A few years ago, I put a lot of energy out that I wanted to work with people with full-blown AIDS. This was mid-80's — 1985, maybe. I wanted to let people know that natural healing had no boundaries. AIDS certainly wasn't a boundary, just because it was the new thing.

I think I said that somewhere, and it was on an audio tape, and this man heard the tape. So, I went to visit him, even though he only had one week to live. It was like, "Wow." I thought to myself, "Maybe I got into more than I can chew

here.” He was bad. But he really believed, even in his horrible state. He believed he could be well.

The only reason the doctor is saying this terminal AIDS patient can’t leave the hospital is because he’s making \$1,000 a day off this guy. It’s just a money thing.

BISER: *What did you do immediately so that he wouldn’t die in one week?*

Herbalist: Got him out of the hospital. This is the hard thing because to a lot of people that I see, the doctors say, “If you leave, you’ll die.”

Well, if you stay there, you’re going to die, so get out of there. Nothing can really be done in a hospital environment. They are feeding you lime Jello. They have IV’s with sugar in your arm. So, I said to his boyfriend, “They say he’s dead. He doesn’t want to be here.”

Everybody is so alien to this thought of dying at home. For Americans, it’s so unusual. I said, “Let’s get him the hell out of here.” I said, “Just getting him home would stimulate his immune system.” And so his boyfriend agreed.

I had to get an ambulance service to pull this off, because the doctor sits there saying, “No, I don’t want to release him.”

BISER: *So, you got the release.*

Herbalist: Yeah. You don't even have to get a release. Anybody in this country has the right to pull the plug and walk the hell out of a hospital.

I called an ambulance service with some big sumo wrestler-type guys, and they just came and I had an argument with the doctor myself. I said, "He wants to go home, and that's where he's going."

So, we got him home and went the whole route. They had to get a juicer; they didn't have a juicer. We got a juicer on the way home. This guy really became a juice fanatic. Some people do. They drink it, and they feel it, and they love it. And then we did a lot, obviously.

BISER: *By the middle of the next day he was heavy into it?*

Herbalist: Not even the middle of the next day. We got him out right then. It wasn't even the next day. We got him out right away. He was out of there. They picked up the juicer. I went over to their place that night, got them going on the juicer — the whole program.

20.2 NOTHING WORKS FASTER THAN JUICES

20.2.1 *Juice-fasting is like a blood transfusion for sick patients who are wasting away to death.*

BISER: *Did he start the herbs that day too?*

Herbalist: The first is juice-fasting. That's what I start out heavy with. And then, over the next couple of days, we started into heavy doses of immune-boosting herbs — the echinacea. He was doing about 10 dropperfuls a day of echinacea tincture, but also echinacea root tea.

BISER: *How much echinacea root tea?*

Herbalist: I'd say about 4 to 6 cups a day, whatever we could keep down him. You can't get a lot in.

BISER: *You knew you might only have a week to make a turnaround.*

Herbalist: Absolutely. When people are this thin, they tend to not be able to take much in their stomach. That's where the tinctures come in really nice, because you don't have to consume a large volume.

We had him on the teas, we had him on the detoxes, liver flushes, bowel-cleansing. We were doing a lot of enemas because his bowel wasn't working at all. I also did heavy bowel-cleansing to stop the constipation and diarrhea.

There wasn't much coming out. There was very dark, hard material, you know, just like chunks of debris. They had him on some pain stuff, and that stopped his bowels. One thing that was important with him was the juices really boosted him up.

BISER: *What kind of juices?*

Herbalist: One of my favorites, and we used this with him, is carrot, beetroot and beet leaf.

BISER: *A mixture of those three?*

Herbalist: Like 50% carrot and 25% beet root and 25% beet leaf. I remember his blood count was very low. We got his blood count normalized in 3 days. Not his T-cells, but his red blood cells. His hemoglobin count was very low.

BISER: *What did his boyfriend think when, in three days, his blood count was going to normal?*

Herbalist: He was just thrilled. His hemoglobin count had been down very low at the bottom of the level. He had been white and pasty and weak. The blood count was so low, you could almost see through him.

In three days, his blood count was almost over the top. And his color was back, and he had lots of energy. I got the two of them some books on juices, and their juicer was running all the time.

Most of the cancer, the Kaposi's sarcoma, is just blotchy, but there were some areas where he had some horrible skin; and there was even some elimination coming out of it. So, we did a lot of drawing stuff on that to clear him out.

BISER: *Poke root poultices?*

Herbalist: Yes, and a lot of skin-brushing. Whenever people have cancer, I always use that same black drawing poultice with the clay, the charcoal, poke root, garlic, goldenseal and just try to disinfect — burn a little and get it out.

Then we started working with the lungs because he had so many things going on. But this guy became an absolute raging fanatic — you almost know it when people are going to get well. They just get so positive. And this guy really got into it.

He was buying more books on it. And then I had him getting up out of bed, probably in a week, and doing the juicing himself. That's important too.

BISER: *Within the week, he was not dead?*

Herbalist: Within a week, he was up, standing in the kitchen, holding on to the counter a little bit, wheezing and juicing. We went through a lot of blood-building juices. He got into mushrooms a lot, you know, immune-stimulating mushrooms and fungi. He had some pretty bad thrush too, and we dealt with that. His mouth hurt a lot. In fact, the juices were quite painful to drink because his mouth was so full of sores.

BISER: *Did you ever do what Dr. Christopher did for the mouth — oak bark?*

Herbalist: You can, and that works really nice. But the tea tree oil works even better, and it soothes and heals thrush in a 2-10% solution. One of the best brands is called Thursday Plantation. It's in all the health food stores. It's excellent. Another source is from Frontier Herbs. (These are listed in our Appendix on Sources.)

BISER: *How much did he take and in what form?*

Herbalist: We made a gargle out of it. They didn't have any products back then, so we just made a gargle out of tea tree oil, and a mouthwash, and rinsed his mouth with it. It really destroys the fungus and also reduces the inflammation.

But the oak bark works really nice, too. In fact, I usually — for people like that, I make some kind of tooth powder, and I know I did for him. And it would have contained oak bark.

20.3 CURED IN EIGHT MONTHS

20.3.1 *He relapsed slightly almost two years later when he went off his programs.*

BISER: *As you told me, eight months later, he walks into your office a cured man?*

Herbalist: Absolutely. When he got strong, it was like the stuff jumped out of his body. And, of course — we think of AIDS as

a disease, but it really isn't. It's just the combination of diseases that happens when your immune system gets depressed.

You build up your immune system and...oh, and this guy ended up not even testing HIV positive. I almost forgot that. It's supposed to be impossible, but then, in the last 5 years, I've heard of hundreds of cases like that.

In other words, he got so well they couldn't even find the antibody for HIV in him. And that's how you know that a lot of the information out there is garbage. For example, 5% of AIDS cases today don't test HIV-positive.

His lung fibrosis went away, but there was always some scar tissue in there. His lungs were never 100%, but they could have been if he had done more work in that direction.

But I do remember that a couple of years after, he had a slip, and this is quite common. And his T-cell count started going down. He had a relapse and, of course, he had gone off his program. He got back onto a program, and everything went back to healthy.

I had a woman patient who had breast cancer with a malignant tumor, golf-ball size. Got rid of it through natural healing, and she had a lump come back in her breast about 10 times — probably every year. When I call her, and she goes

back on her program, it goes away. So, it's very common that people, once they feel...

BISER: *They celebrate.*

Herbalist: There is life after the incurables program, and it's not back to the life-style that got you in trouble. Absolutely. I'm not saying that they can't have a Saturday night 5 times a year or something. I'm just saying that isn't what they do. The programs just start lessening and lessening, and the next thing you know, they have slipped back into their old ways.

He had a few minor relapses again, which I almost see with every patient. It's almost like you could count on this.

BISER: *Now, the relapses are not inevitable. They're caused by going back on junk?*

Herbalist: Yeah. And everybody seems to have it at some point. You know what happens is, obviously, you get to a point where you go, "Well gosh, if I've got to stay on this program, maybe I don't want to live."

It's someone's birthday, so I'll have a little bit of this cheesecake and a little piece of chicken. And, you know, there's no big deal about that. But then it happens again the next week, and the week after, and then it's two-days-a-week and then it's three-days-a-week.

Over a year or two, a person's diet has gotten very sloppy. And usually it happens the second year, and then I get the call, "My disease wasn't gone, it's back."

People have to realize you need to adopt a new healthy life-style for the rest of your life. This is not a program to be chucked when you get well.

If we bombard our bodies with so much crap, something is going to go wrong with us. In immunology, you learn that the primary function of the human body is to survive. That's what it is constantly doing. But you have to give it the natural methods that it needs.

20.4 RED CLOVER FOR SKIN CANCERS

Herbalist: I had an older AIDS patient, a man in his late 40's with no problem with his lungs. He wasn't a smoker either. He did have the Karposi's sarcoma, but only on his feet and ankles.

But that's usually where it starts. He had a T-cell count down there. We're looking at, I think at one point it was 100, which isn't uncommon with AIDS patients.

And, of course, once his T-cell count hit 100, that's when he started having the Karposi's sarcoma. The red blotches came out about grape-size all over the bottom of his feet on his

ankles. He might have had one or two on his arms, but primarily on his feet.

He was a writer — wrote novels and some poetry. He was pretty much ready to give up. All these people who come to see me just want to know if they can get their digestion better, because they are having diarrhea and this and that.

After I overwhelm them for two hours in my office, they believe they have a chance. But none of them ever have an idea of really beating it. I would love to get some people with AIDS who really want to beat the disease.

BISER: *But that is not what they want from you?*

Herbalist: No, they just want to feel comfortable; because everybody has told them, including all of their friends, that they are dead.

They were not trying, but he was. I thought that he was a pretty healthy guy. He wasn't one of these wasted-away ones.

BISER: *So you helped this guy, right?*

Herbalist: Yea, but he did have the Karposi's sarcoma cancer which is considered a malignant cancer. He had some meat on his bones. He was also in a monogamous relationship.

I'm not so sure if he contracted AIDS because of his homosexual activity on the side, or maybe he did some intravenous drugs. I wasn't so sure about how; maybe an

occasional weekend in a bath house — but he did *something* that dropped his immune system.

BISER: *Did this guy get rid of his Kaposi's sarcoma?*

Herbalist: Absolutely. A complete turnaround. I'm going to say it was about eight months before he didn't have a blotch on his body. And, of course, we also treated that externally. We did a few kind of odd things with him. Red clover. I'm a big fan of red clover, topically, when you are talking about skin cancers.

BISER: *Red clover what? Like a paste?*

Herbalist: You can make it into a paste in a blender with the poke root. You can take the red clover blossoms, just fresh or dried, and put them right in your blender with anything else you'd want to put on it.

Also, I'm sure it would have been slippery elm, a little bit of garlic; because I didn't want to burn his skin, but I wanted some garlic in there, and apple cider vinegar, charcoal and bloodroot.

BISER: *Not even poke root?*

Herbalist: Oh yes, poke root. And poke root, if it's fresh, will burn through the skin similar to garlic. Dried poke root won't do that. It's a lot less volatile. I didn't want to burn this off, because it's just like purple bruises. It's not like there is

something there like a wart. But I wanted some garlic and I used dried poke root. The red clover is so brilliant for skin cancers.

BISER: *You mean sometimes you will use it by itself?*

Herbalist: Oh yea, in Dr. Christopher's book, School of Natural Healing, there are cancer plasters.

BISER: *What does plaster mean, just a concentrate?*

Herbalist: Yea, I think he talks about simmering down red clover blossom heads similar to the hawthorn berry tonic. We end up with a syrup of red clover and you spread that on the skin.

Nowadays, what we might do instead are cold extracts like tinctures where you are concentrating by extracting. But what I usually do...I'd rather have someone use something over a long period of time. So, you can just take fresh red clover heads, put them in a blender, add a little bit of vinegar, a little bit of slippery elm or (if you want to draw,) use clay. And just a little bit of garlic, like a clove of garlic.

I know I am not giving you a total recipe here, but it's one of those things...

BISER: *Yea, I know, you mix it up on the fly.*

Herbalist: You blend that up, and you have yourself a paste, and it's like a reddish-brown because of the red clover. It adheres

right to the skin because you put the slippery elm in there to hold it together.

We would pack his feet in that at night, and just get it right over that cancer. Although cancer is systemic, when you have cancer that you can see on the body, why not treat it right on top?

We packed his feet in that at night. He did the whole incurables routine. He got better, he got stronger, his T-cell count kept going up and up. One thing that people need to know here, too, is: T-cell counts don't go from 150 to 1500 on a steady line.

I mean, sometimes he tested, and it would be like 275 and the next time 230. He'd get depressed, and I'd have to tell these people. "Come on, this is ridiculous. You're heading uphill."

There are bumps. It's like a jagged line, but your direction overall is uphill. I have to remind a lot of people with degenerative disease of that one. I have to kick their butts. He'd have like a one or two degree slip in his T-cell and he thought that was meaningful or he was getting worse or whatever.

His T-cell count started going up and up. He wanted to give up on his feet, because they weren't changing that much.

But then sure enough, slowly, he got better and better. His T-cell count kind of normalized at about 1200, which isn't necessarily optimum.

He didn't know what his was before he got sick, anyway. That could have been normal for him. I feel that anybody who gets AIDS unless they have had a horrendous life-style, probably has a weak immune-type body.

Immune types will walk out in public, someone will sneeze and they are HIV-positive. I really believe that. They are susceptible to everything. Because their weakness is in their immune system, in their lymphatic system.

All cancer blotches went away and they said it's gone into remission. He was as cured — as long as he follows the program.

20.5 LAST-STAGE CASES CURED

20.5.1 *These methods have saved people who looked like they could have been a dead corpse in a wheelbarrow at a concentration camp.*

BISER: *Have you had many people who were skin and bones?*

Herbalist: Absolutely. I think probably half my patients have been skin and bones types. They took off their shirts to show me a spot, and it was like, "Put your shirt back on." They had

depressions between the ribs. You could put your fingers in the ruts between the ribs.

BISER: *T-cell counts of what?*

Herbalist: My lowest, I think I told you was 2 and 1; it fluctuated. They said they saw a count of 1. I've had numerous cases down in the 25-30 range. And I've had them where they looked like...have you ever seen the pictures right after the Americans went into the concentration camps, where they would pick up the dead bodies? They put them in wheelbarrows. Well, a lot of my patients looked like they put a vacuum inside them and it sucked everything in.

BISER: *And you pulled them out of that?*

Herbalist: Absolutely. One problem is that they are not assimilating. They are so ill. How do you cope with their problems? The first thing is a juicer. They have *got* to get a juicer.

BISER: *And they are not doing that already when they come to you?*

Herbalist: Oh, God no.

BISER: *You mean, all this wholistic information is floating around the underground, and they are not doing that?*

Herbalist: I know, it's shocking. It really is. Our rules at the clinic have always been, if you are called an incurable and if you

don't buy a juicer, we won't even see you again. I won't work with them, period. That is one of our basic criteria.

You look at a person like these Jews from the concentration camps. You think, "Well, if I tell them to eat fatty foods, it will fatten them up." But they can't assimilate it.

The only thing they are going to assimilate is the most basic food — and that's juices and herbal drinks.

BISER: *Have you seen some of those skin and bones come back all the way?*

Herbalist: Absolutely. But these people usually have diarrhea.

BISER: *How do you stop the diarrhea?*

Herbalist: Getting healthy. Sometimes we use the intestinal formula number two to solidify it just to make them feel a little bit better, and to soothe and detoxify the bowel. Basically, getting their immune system working again will fix the diarrhea.

A lot of people think, "I don't want to drink juices; I have diarrhea, and I need fat in my diet." They are eating hamburgers or something. What we have to tell them is, "Look, you are not assimilating anything."

BISER: *You can eat it, but you can't assimilate it!*

Herbalist: But you *will* assimilate these juices. Boy, do they brighten up on the juices. And then, once they are clean, and

they do some bowel cleansing or whatever, they start assimilating, and then you get them on high-fat foods like avocados, sesame tahini, nut butters, whole grain bread, and olive oil.

BISER: *But that's a long way off.*

Herbalist: Yea, it is. The juices come first.

20.6 IMPORTANCE OF COLD SHEET TREATMENT

Herbalist: All AIDS victims need this hydrotherapy. It is mandatory — not optional.

My wife, who was not ill, still claims that it was the turning point in her life because she had volunteered in class to do it. The treatment was metamorphosis for her. It was like coming out of the cocoon for her physically. But it does a lot more than that.

Everybody today has some psychological problems, maybe from their childhood, and the cold sheet treatment can release these. Emotional healing is part of the program, especially for people with AIDS. We need to do anything to liberate the immune system. So, don't underestimate what goes on during this cold sheet treatment. It's physical, emotional, spiritual, psychic, and it's powerful.

20.7 EMOTIONS NEED CLEANSING TOO

20.7.1 *A common denominator of AIDS is they hate their lives.*

Herbalist: The common denominator I found in most people with AIDS, (now, I'm not talking about the rare case of the hemophiliac — they're at a blood risk) is that they hated themselves.

They hated their lives. They thought because they were homosexual, they were going to hell and burn for eternity. I mean, you can imagine what went on in their minds. They were immune risks.

I had one patient — a man who used to go to the bath houses and have oral sex with 12-15 men in a night— swallow a pint of semen.

Let me put it this way: I have never ever seen anybody get AIDS who didn't tell me a story of their past that didn't make me just about want to vomit. Okay? I thought I was a pretty hip dude. I mean, I'm from the Woodstock generation. I thought I'd been around a little bit, and when these people come...well, it's just too much.

Most people who get AIDS have the worst, most disgusting life-styles. They stay up all night long, they use massive amounts of drugs. You know, when you have multiple

sexual partners, it's an immune risk because, you know, when you have sex with someone, whoever that someone is, you're sharing bodily fluids, and our immune system has to eat that.

And so, if you're having 12 different partners in a night, your immune system's blowing out. And you know what the bottom line is, healthy people don't get AIDS. They get sick, but they don't get AIDS.

20.8 IMMUNE SYSTEM FORMULAS

AIDS patients can also use the Supertonic immune formula, covered in my lesson on immune formulas. This was a favorite of many patients.

Sam Biser's
Save
Your Life
Collection

**A Layman's Course
in Curing Last-Stage
Diseases**

**Immune System
Formulas**

Lesson 21

Immune system formulas

You will learn about three formulas for the immune system. One of them, a simple echinacea root tincture, is part of the Save Your Life program. The other two are for when you need them.

Also included in this chapter is information on blood-building vegetable and fruit juice combinations for your immune system.

21.1 IMMUNE SYSTEM BASIC FORMULA

Let's start with echinacea root formula. The ingredients are:

9 parts fresh **Echinacea angustifolia** and
echinacea purpurea root juice.

1 part **Siberian ginseng** root

1 part **Pau d'Arco** inner bark

1 part fresh **Garlic bulb** juice

BISER: *I'm looking here at your immune formula, what do you mean echinacea root juice? Do you mean tea?*

Herbalist: No. You get the echinacea roots and you soak them in alcohol, like you were going to make a tincture. If you can get the fresh echinacea roots, it obviously works the best. What you do is to get a good fresh echinacea root and just soak it whole, or sliced against the length of the root, like you'd cut a carrot in half against the length.

And let it soak in alcohol for 2-3 days until it absorbs that alcohol. Then take it out of the alcohol, because you're not using the alcohol, and then you run the roots through a Champion juicer.

BISER: *What do you do with the alcohol you've soaked it in?*

Herbalist: You can use that as a base for an echinacea tincture if you want, but that isn't really what you need. What you're getting out basically is all the liquid that's inside that echinacea root, and that's much stronger than an echinacea tincture.

BISER: *If they can't get a Siberian ginseng, can they use American?*

Herbalist: It wouldn't be for the same exact thing. A Siberian ginseng is more of a strengthener over the long term. The American wild ginseng is more of a quick stimulant, like right away. But the Siberian ginseng plant really doesn't grow anywhere outside of Asia.

You add these to a jar in the proper proportions and tincture it. If you are missing the ginseng, or the Pau D' Arco, make the formula anyway. Even just 90% echinacea root and 10% garlic will create the greatest immune tonic.

Dosage: Two dropperfuls, four to twelve times a day.

21.2 THE SECOND IMMUNE FORMULA

21.2.1 *This turns out to be many patient's favorite formula, because of how it helped them feel.*

The second formula is the Super Tonic. This is the 1990's version of Dr. Christopher's original anti-plague formula, which I will give you later.

The Formula...

1 part fresh-chopped **White onions**,
or the hottest onions available.

1 part fresh-chopped **Garlic cloves**

1 part fresh-grated **Ginger root**

1 part fresh-grated **Horseradish root**

1 part fresh-chopped **Cayenne peppers**
or the hottest peppers available.

Fill a glass jar 3/4 of the way up full with equal parts of the above chopped and grated herbs. Then fill to the top with *raw*, unfiltered, unbleached, undistilled apple cider vinegar. Close and shake vigorously and then top off the vinegar, if necessary. Begin this formula on the NEW moon and strain and bottle on the FULL moon, approximately 14 days.

Filter the mixture through a clean piece of cotton, bottle and label. Make sure that when you are making this tonic, that you shake it every time you walk by it, a minimum of once per day.

Remember that all the herbs and vegetables should be fresh (and organic, if possible), and to use dried herbs only in an emergency. If you have a hard time finding any of these particular herbs in your local health food store or grocery, try asking the produce manager for a special order, and if this doesn't work, look for them in an ethnic area of your town, such as Asian, Indian, Southern European, South American, etc. where people use these herbs in their everyday cooking.

Dosage: 1 teaspoon 3 times daily to 1 tablespoon every 1/2 hour, depending on the patient's condition.

Herbalist: A single dose is a half to one full ounce, and I suggest an ounce. That's like a shot glass. And people say, "Isn't that a bit intense?" Well, hey, people sit at a bar and knock down shots of tequila.

You take an ounce, you gargle with it thoroughly. Get it all over the right side and the left side and the tonsils and deep in the throat. Then, you kind of just let it slide down your throat, not with really a swallow, just let it slide down your throat.

And that's an ounce of vinegar, basically, what you're taking. If someone has a real sensitive stomach, they can take a half ounce, but it's really an ounce shot, and I would suggest up to eight times a day a person could take that. So literally, they're taking 8 ounces a day, if they really need to recover from something.

21.3 DR. CHRISTOPHER'S ANTI-PLAGUE FORMULA

This is the famous formula Dr. Christopher created for fighting outbreaks of any plague, plus colds and flus and any rapid systemic infections. Dosage: Same as the dosage on the preceding formula. The ingredients are:

- 4 ounces **Black walnut** concentrate
- 4 ounces **Wormwood** concentrate
- 4 ounces **Marshmallow root** concentrate
- 4 ounces **Oak bark** concentrate
- 4 ounces **Lobelia leaf or seed** concentrate
- 4 ounces **Mullein leaf** concentrate
- 4 ounces **Skullcap leaf** concentrate
- 4 ounces **Uva ursi, Hydrangea or Gravel root** concentrate
- 8 ounces **Comfrey root** concentrate
- 32 ounces **Apple cider vinegar**
- 20 ounces **Honey** [raw, unfiltered and local is best]
- 20 ounces vegetable **Glycerine**
- 8 ounces **Garlic juice** [fresh, raw, organic]

Preparation: Each concentrate should be made individually. Start by soaking each herb for four hours or more in enough distilled water to cover them. After soaking, add more distilled water so that the total added water equals 16 oz. water per 4 oz. of herbs.

After adding the appropriate amount of distilled water to the soaked herbs, simmer on a very low heat in a covered saucepan or double boiler for 30 minutes. Strain this decoction

and place into an uncovered clean pan or uncovered double boiler and simmer it down to 1/4 the original amount, in other words, to 4 oz.

Each concentrate should be made separately and then only mixed when the entire formula is blended together. Using the amounts in this handout 120 ounces (approximately one gallon) will be made. If you desire to make less, just reduce all the proportions equally.

To make eight ounces of garlic juice takes one full pound or more of fresh garlic. Fresh garlic juice is extremely potent. That's what makes the formula work.

21.4 GARLIC JUICE FOR THE FORMULA

BISER: *How much garlic gives you how much juice?*

Herbalist: If you're going to make straight garlic juice, theoretically, you take garlic and run them right through the Champion juicer. You don't have to peel it. You just run the whole thing through. Cloves, skin and all and you're just getting the juice out of garlic. And that is incredibly POTENT. (I can't *emphasize* this enough.) Most people can't take that straight.

You can't even put that on the skin straight. It'll burn it right off. Now that's what garlic juice is, but what we do is we

add that to the tincture bases. It's like adding an essential oil; it's very concentrated.

I like to use it because it's the most active and it's the most concentrated. You can also tincture garlic and that's very strong, but it's nothing compared to when you juice garlic. You can imagine, you can juice pounds of garlic and you get 2 or 3 ounces of juice. You don't get a lot of juice out of garlic. But what you get out is...nuclear weaponry.

BISER: *So, you put it through the Champion juicer?*

Herbalist: Yes.

BISER: *OK. What about a food processor?*

Herbalist: You can, but it won't come out in a food processor.

BISER: *It'll come out like a slurry or something?*

Herbalist: It'll come out like a slurry and then you probably want to put that in a cheesecloth and really squeeze it out. But it's hard to juice garlic. It doesn't have a lot of juice in it.

Dosage: 1 teaspoon 3 times daily to 1 tablespoon every 1/2 hour, depending on the patient's condition.

21.5 UNKNOWN INFORMATION ON ECHINACEA

21.5.1 *Echinacea cures the incurables, but not the way people are using it.*

BISER: *Most people believe that herbs are mild and quite ineffective, as compared to drugs. Is that true?*

Herbalist: Not at all. In most cases, herbs are more powerful than drugs — when used with complete, full-spectrum programs, as I did in my clinic.

Now, you realize I am not talking about the garbage sold at healthfood stores. I'm talking about the stuff people can make at home, as I'll show you in a moment.

BISER: *What have you seen herbs do in your clinic?*

Herbalist: I had sixteen people with AIDS, some of them terminal, and they were cured with natural healing.

Because of the geographic area my practice was in, I saw many AIDS patients. These people usually had low T-lymphocyte blood counts. Many under 200, some in the double digits; I even had a few with 1 or 2 T-cells only.

BISER: *Only one or two?*

Herbalist: Yeah, it doesn't get worse. And some of these people had Kaposi's Sarcoma Cancer and Pneumocystic lung fibrosis,

too. I had some real sick patients. Some had less than two weeks to live.

BISER: *What happened?*

Herbalist: Almost across the board, I saw everyone's T-cell count double in a matter of days as long as they followed the full incurables program, stopped their immune-destroying chemotherapy with AZT, and took the herb echinacea at the rate of 360 drops (12 dropperfuls) a day of tincture. I also had to work on their attitude, but we'll get into that some other time. Many of these dying people had a complete return to health.

21.5.2 *Homemade echinacea jumps the T-cell count better than any drug the doctors have.*

BISER: *Echinacea! Isn't this herb just the new fad?*

Herbalist: If you call 1,000 years or more of use a new fad.

BISER: *Who's been using it that long?*

Herbalist: The American Indians used echinacea extensively for hundreds of years. They used it for all types of disorders but especially for wounds and rattlesnake bites. They knew that it increased the body's ability to recover from illness and injury, but also protected the body from poisons and toxins.

Dr. King was a famous doctor at the turn of the century whose wife was cured of cancer by taking echinacea tincture. The doctor's regular herbal medications did not help her.

BISER: *But why didn't the doctors use it?*

Herbalist: They did. It's a very interesting story. In the late 1800's, there was a man named Joseph Meyer from Pawnee City, Nebraska.

He was a peddler of various goods by wagon and he learned the virtue of a Kansas root from his Plains Indian friends. He made and bottled a tonic of alcohol from this root and sold it as a cure for everything that seemed to be.

He traveled the west in his wagon selling this tonic and became quite famous both as a healer and showman. As the story goes, he would let live rattlesnakes bite him on stage to prove the effectiveness of his tonic and it seemed he never got ill.

This is where the name snake oil peddler originated. He also claimed that his tonic would cure cancer. It seemed to, and he claimed it was good for everything from mad dog bites to the plague.

At the end of the 19th century, he decided he would like to know what this root actually was so he shipped off a case of his tonic to Professor King, one of this nation's leading doctors

at the turn of the century and author of the famous King's American Dispensatory.

Professor King laughed at this request, stuck the bottles of snake oil tonic under a bench at home and wrote Joseph Meyer back and told him what an idiot he was to think that an herb could be identified from a bottle of tonic and to send the whole plant to his laboratory if he wanted it identified.

In the meantime, Professor King's wife was dying of cancer and wasn't getting better, despite all that he was doing trying to save her. He had the best medicines of the day. His friends and colleagues, especially the Lloyd brothers of Cincinnati, Ohio made what was then, and still is considered today to be, the highest quality and most effective herbal preparations in America. But nothing helped Professor King's wife and she was slipping away.

Joseph Meyer sent off the plant and Professor King shelved it. A few months later, professor King's wife had a full recovery from cancer. He was overjoyed, of course, and questioned his wife. He told her that he was glad that his medical advice and prescriptions finally worked. He was shocked to hear that she had given up on his medical advice months ago, stopped using his prescriptions and started using snake oil.

At that time, no echinacea preparation was sold or ever heard of in medicine. In 2 years, it became one of the most widely-used tonics by doctors in America. It was only abandoned when the A.M.A. destroyed herbal medicine in this country and drove the over 20,000 practicing herbal doctors out of business.

Unfortunately, most modern herbalists I meet don't like to hear or tell stories about echinacea curing cancer.

BISER: *Why not?*

Herbalist: Because they want herbology steeped in scientific data and standardization. They want to forget about the past; they think it's embarrassing, and they never want to talk about the fact that herbs, absolutely, without a doubt, destroy tumors and cure cancer.

21.5.3 Most echinacea products in the health food stores are a bunch of watered-down useless junk. Test them and you'll see I'm right.

BISER: *Why not?*

Herbalist: It is definitely not politically correct. Today's herbalists want to downplay herbs and cancer, so they can "get along" with the power people.

Another reason a story like this is embarrassing is that most of today's echinacea tinctures on the market are so standardized (the modern lie for watered down), I can't even taste or detect any echinacea in 75% of them.

I would guarantee you that Joseph Meyer's snake oil tonic was better than any of these pharmaceutical herbal products. In fact I know that the tinctures at the turn of the century were stronger.

BISER: *How do you know?*

Herbalist: I've tasted them.

BISER: *Tasted tinctures over 50 years old?*

Herbalist: Absolutely. About 15 years ago, when Dr. Christopher was alive, he told me I should go and visit a friend of his named Nathan Pothurst because Nathan was, I believe, in his nineties at the time and Dr. Christopher didn't know how much longer he would be alive.

I traveled to visit him and had the opportunity to spend some time with a man who ran one of the last existing Botanical Pharmacies that I know of in the United States. His pharmacy was in downtown San Francisco on Ellis street amidst the skyscrapers, and I believe it had been in operation since before the first world war, maybe earlier. This man was

an endless supply of knowledge of what it was like in herbal pharmacy almost 100 years ago.

Nathan used to supply Dr. Christopher with some herbs and herbal products and he is also the man who told me the earlier Professor King story. Nathan still had some samples of tincture in his pharmacy from just after the turn of the century.

I was privileged to be able to wipe the thick dust off and sample some of them and, let me tell you, even after over 50 years, these tinctures curled my toes they were so strong. When herbal doctors reigned in this country, they didn't use the tinctures like most of what is available today. The modern watered-down garbage wouldn't have made it to the public because the pharmacists would have thrown it down the drain.

BISER: *You are kidding me! Aren't you being a little hard again?*

Herbalist: You tell me, but first, try this experiment. Go to the store, buy every echinacea extract you can find, and I guarantee you that what you can make in your kitchen in one hour will be better than any of these so-called standardized, super-potency, chelated, gold label, whole plant, quick active, fresh plant juice, hydroprocessed, German commission-E garbage.

BISER: *I did your test, you were right. It's hard to believe, but it's a bunch of garbage out there in the healthfood stores. If strawberry jam*

tastes like strawberries and lemonade like lemons, why don't any of the super duper Echinacea extracts taste like the real thing, the plant itself? What should I tell my readers to do?

Herbalist: If they can't find a reputable source, they should make their own. It's very easy.

BISER: *How?*

Herbalist: Just buy some fresh or even dried Echinacea root. Start on the new moon and soak this root in 80-proof vodka for 4 or 5 days and then put it in your blender.

Blend at low speed at first. It won't turn into total liquid but it will break down some. Pour this back into the jar and let it settle. Whatever size jar you are using, make sure that 2/3 of the jar is this settled root mash and 1/3 over that is the alcohol. On the full moon, press this out by hand through a clean and rinsed dishcloth.

If you want to make a really super-strong tincture, save this tincture until the fall and pour it over fresh Echinacea leaves and flower heads using the same procedure as above. Make it with the moons, about 14 days, strain this out and you will have the best, most potent Echinacea tincture, better than anyone makes.

BISER: *Should people grow their own?*

Herbalist: Absolutely. I suggest that anyone who has the slightest green thumb give it a try. Echinacea is in the sunflower family, looks similar to one but has bright purple flower petals. It is a beautiful plant to have around the house.

Echinacea has 9 known species and all are native only to the United States but they are now grown all over the world. The plant is in the sunflower family and the most popular species used medicinally are echinacea angustifolia, echinacea purpurea and echinacea palladia but all 9 species are medicinally competent. However, the Echinacea angustifolia is probably stronger. It was the one preferred by the plains Indians.

BISER: *All right, now tell me, what does Echinacea actually do?*

Herbalist: It seems to be more what doesn't it do. It has been found in hundreds of medical and scientific tests conducted worldwide to stimulate and boost almost every aspect of your immune system.

It helps the body create *more* immune blood cells, actually increases T-cell counts, helps increase macrophage production and activity (eating ability), stimulates production of interferon and interleukin I, and it seems to protect cells from invasion.

I have heard it is even being used in Germany as an intravenous injection for immune depression and degenerative

disease. In fact, the Germans have run tests on Echinacea showing great immune enhancement using these poor quality extracts. Just imagine the miracles when you make your own or use a great quality one.

BISER: *How do you use it?*

Herbalist: It's easy. Echinacea root must be simmered to make a decoction. Put 1 level tablespoon of the cut and sifted root or five 1 inch pieces of the root into a saucepan with 16 ounces of distilled water. Simmer slowly for 1/2 hour. Drink this 2 to 3 times daily.

For a tincture, a minimum dosage is 60 drops (2 dropperfuls) 3 times daily or 180 drops (6 dropperfuls) a day. Take this dosage for two weeks straight, rest one week and repeat, if necessary.

In serious conditions this dosage can be doubled, even quadrupled up to 2 dropperfuls every hour of the day. I have personally used one ounce per day for a super-immune blast. Echinacea and Garlic are a dynamite duo, and I highly suggest they be used together. I suggest anyone on Echinacea consume at least 3 cloves of garlic a day, also.

BISER: *What about other diseases?*

Herbalist: Echinacea is a specific for when you have a cold, flu or fever. Its also for fighting any type of infection, heat or

swelling. It is potent for any toxic bite or sting. You can also use it externally. It is famous for cancer and should be used two weeks on and one week off until health returns.

I have had many patients recover from cancer, some from AIDS and other degenerative diseases and all of them used Echinacea as a foundation part of the program.

I had a woman come into my clinic who had an infected, swollen sore throat for 3 1/2 months and the doctors had given her every drug and antibiotic under the sun; nothing worked. Her immune system was shot. She used Echinacea tincture for 2 days and it was gone and never came back.

I have had patients with chronic infections for years get almost instant results using Echinacea only for a few days.

21.5.4 *You can't build more immune cells from pizza, beer, ice cream and coffee.*

BISER: *O.K., How do we keep it strong?*

Herbalist: Well, it's a whole program. Everybody wants the fast, easy way, with a little echinacea added to a bad diet, but it doesn't work. Your body won't build immune cells from Beer, Pepperoni Pizza, Ice Cream and Coffee. In fact, junk food and sugar actually depresses your immunity.

The first step in building any blood, red or white, is a food program that will supply super amounts of nutrients (vitamins, minerals, enzymes, amino acids), this is what you build blood from, and I said a food program, not pills.

BISER: *In other words, not by taking vitamin and mineral pills.*

Herbalist: No, by using foods.

BISER: *What foods?*

Herbalist: First, juices, get a juicer. I have seen people build their blood up in hours using the juicer; it's like a blood transfusion.

BISER: *Any particular blood-building juices?*

Herbalist: The best VEGETABLE combination is:

70% carrot juice

20% beet root and beet greens

10% other dark greens

If you are not used to carrot juice, start off with 80% apple and 20% carrot. As you get used to this, start adding more carrot and less apple. This is a good way to do it for children, also. The juices must all be fresh, you must buy a juicer and juice them yourself.

The best FRUIT combination to build the blood is:

40% apple juice

40% grape juice

20% any red, blue or purple fruit (blueberry, raspberry, blackberry, cherry, prune, etc.)

The best detoxifying juice, and also blood builder, is wheatgrass juice. You can find it at most health food stores. It is strong-tasting and also strong in action. Start with 1 ounce per day only and if you can't stand the taste, mix that 1 ounce with 8 or more ounces of carrot juice.

BISER: *What else?*

Herbalist: What I call the Super Foods. These are foods and herbs that naturally occur on this planet that are the most concentrated forms of nutrition discovered. You add equal parts of each, or change ingredients to suit your taste or metabolism.

You have to supply your body with the highest quality FOOD sources of Vitamins, Minerals, Enzymes, Amino Acids etc., if you expect to build blood and a strong, powerful immune system. Then you can use herbs to wake it up.

[Note from Sam: I absolutely have not seen all these superfoods be super for all people. They are super for some people, and destructive for others. You will have to do your own testing to find out for yourself.]

21.5.5 *Echinacea stimulates the immune system, but it doesn't come close to garlic as far as an anti-infection herb.*

BISER: *What about garlic and the immune system?*

Herbalist: I know what Echinacea has done for me in the clinic. It is one of my most favorite herbs, but if I could only choose one herb for the immune system, in fact if I could only have one herb to use at in the clinic at all, it would be garlic.

BISER: *Why so much belief in garlic?*

Herbalist: It's not belief; I have seen the miracles it creates.

BISER: *What have you seen?*

Herbalist: I have seen garlic heal cancer, inside and out and I have seen it destroy all bacteria, virus, fungus, worms and parasites, everything inside, and outside too.

Garlic is the most potent killer of bacteria, virus and fungus, in fact any antigen/pathogen, stronger than any other herb. In other words, echinacea may stimulate the immune system more than garlic, at least there is more clinical proof of this, but it is not nearly as potent at directly destroying pathogens.

Garlic does enhance the immunity, but is the deadliest killer of everything that can hurt you. This is why I say echinacea and garlic are the best dynamic duo.

BISER: *Why does it work better?*

Herbalist: Pharmaceutical antibiotics are non-selective in their destruction of bacteria in your body; they just destroy it all.

This creates many problems because our body has millions of so-called friendly bacteria that we need for proper metabolic functions. This is why many people, after a course of antibiotic therapy, have digestive problems, constipation, and yeast and fungal overgrowth infections.

A worse problem is that antibiotics don't destroy 100% of a bacteria strain in your body. Usually only 99%. The remaining bacteria mutates, becomes more deadly and antibiotic-resistant. This is how very lethal, antibiotic-resistant strains of bacteria are created.

Garlic is totally selective in its bacteria destruction, only killing bacteria that's harmful to our body. What is amazing is that, at the same time, garlic actually enhances our friendly bacteria and improves our intestinal flora and digestion.

BISER: *Can you tell us some of the bacteria that garlic is proven to destroy?*

Herbalist: Garlic destroys many types of bacteria including Streptococcus, Staphylococcus, Typhoid, Diphtheria, cholera, bacterial dysentery (Traveler's diarrhea), Tuberculosis, Tetanus, Rheumatic bacteria, and many others.

But, that's not all, garlic is also a extremely potent anti-viral agent. Garlic has been tested against many viruses and is known to destroy on contact the viruses that cause Measles, Mumps, Mononucleosis (Epstein-Barr), Chicken pox, Herpes simplex #1 and #2, Herpes Zoster, Viral Hepatitis, scarlet fever, Rabies and others.

But still, that's not all. Garlic's anti-fungal ability is second to none. In the laboratory, it has proven to be more potent than any known antifungal agent including Nystatin. Garlic will regulate the overgrowth of *Candida albicans* and positively kill ringworm.

BISER: *What have you used garlic for in your clinic?*

Herbalist: Everything I mentioned above but mostly cancer. Garlic is a proven cancer remedy. About 1/3rd of all the medical research into garlic is cancer-related.

Garlic has been shown to help our white blood cells not only defend us against cancer, but also to increase our ability to destroy tumors. When the properties of garlic are present in the bloodstream, many aspects of our immunity are enhanced.

Garlic has also been found to stimulate interferon production, enhance natural killer cells, stop tumor growth, and even reduce the associated pain of cancer.

BISER: *Any particular types of cancer?*

Herbalist: Most of the research has been done on cancers of the digestive tract. In one medical university study, garlic was shown to reduce stomach cancer 10 times more effectively than the non garlic-eating group.

BISER: *How do you suggest to actually use it?*

Herbalist: Anyone who wants to start using garlic should start with one large clove a day. Each clove should be an inch to an inch and a half long.

The best way is raw; either chewed, chopped in your salad or run through your juicer with fruit or vegetable juice. When you can handle this, go to 2 cloves and work your way up to 3. Most studies show the minimum effective dosage to be 3 large cloves a day — so this is what you want to take.

“The bottom line I told my patients is that cancer smells a lot worse than garlic.”

BISER: *But everybody is afraid of the bad breath from it.*

Herbalist: There are a lot of natural breath aids. I find the best way to cover up the breath problem is a little peppermint

essential oil or tea tree oil. Just a drop or two in the mouth does the trick.

Dr. Christopher used to suck on a clove bud; that also does the trick. There is a good tea tree oil breath drop in the health food store called Tea Tree Mouth Drops by Thursday Plantation out of Australia. I used this one in my clinic, and it always did the job. They also make a tea tree oil-tooth pick.

BISER: *You also mentioned external use.*

Herbalist: Absolutely, it works great outside the body, too. Remember, GARLIC WILL BURN YOU. Garlic contains sulfuric acid and will burn through the skin. This can be helpful when you want to burn off cancers, warts, boils, anything, but make sure you are also taking it internally.

21.6 GARLIC FOR SKIN CANCERS

BISER: *How do you actually use garlic for cancer?*

Herbalist: There are two basic ways. The first is simple. If the affected area is small like a wart, tiny cancer or boil, just slice a medium-to-large garlic clove in half and tape the wet sliced garlic right on the spot.

Tape it on with some adhesive tape or a few band-aids and change the garlic 2 to 3 times daily for a fresh piece. This will usually burn what you want off in a few days.

The second way is a garlic poultice. You have to be careful with this one. Put many garlic cloves in a blender and add some apple cider vinegar and slippery elm inner bark powder. It makes a brown glop. Apply this to the area, rub in well and it will stick as it begins to dry a bit. You can add a little cayenne pepper.

Here is a formula I've used with great success. [Note: We have already covered this in the lesson on cervical cancer.]

In a blender put:

1 heaping handful of fresh, if not dried Red
Clover Blossoms

1 entire bulb of peeled garlic cloves, at least 12
large cloves.

1/4 cup of fresh grated poke root or 1/3 cup of
the dried powder

2 tablespoons of goldenseal root powder

2 tablespoons of activated charcoal

1 teaspoon of tea Tree Oil

1 Cup of Bentonite Clay

1 cup of Slippery Elm inner bark

Put this all in a blender and add enough 50/50 solution of distilled water and raw apple cider vinegar to make a paste, add at least 1 ounce of blood root tincture per 8 ounces of liquid, blend well and apply.

I have used this cancer poultice hundreds, actually thousands of times on all types of cancers, above and below the surface with great results. Poultices of this type have been used for hundreds of years on cancers and have proven very effective. Dr. Christopher used many cancer plasters that he was taught about by his teachers. The one I suggest is a very strong general purpose poultice for all types of cancer.

BISER: *What about Melanoma, skin cancer?*

Herbalist: Red Clover, one of the ingredients, is famous for skin cancer, a specific for melanoma.

I have had many patients kill and lift off melanomas like a scab, flaking off a wound that has healed.

I had one lady with a severe melanoma on her left arm. The cancer was black in color and the blood in the arm was also infected. Her arm was black and blue and the blood was not circulating. Her skin was so thin I could see right through it, it was transparent, like plastic food wrap. When I touched her arm lightly, it would start to bleed and leak blood, and sometimes pus would ooze out. One doctor even suggested

amputation in fear of this deadly cancer spreading and of gangrene.

She covered her entire arm, from the armpit to her fingertips, with the poultice every night. In the morning she would wash off the poultice during her hot and cold shower routine and then she would massage castor oil deep into the arm.

At noon, she would apply another poultice for the rest of the day, wash it off with the hot and cold again and apply another poultice before bed. She also did the complete Save Your Life program, which is the foundation; the poultice is just the specific.

In a week's time, half the cancer was gone and the arm was regaining its normal color. The cancer peeled right off like thin layers of tar. In three weeks her cancer was gone and has never returned.

21.7 FORMULA FOR IMMUNE SYSTEM STIMULATION

Here is the formula...

70% Echinacea root

10% Fresh chopped Garlic clove

10% Siberian Ginseng root

10% Pau 'd Arco inner bark. (Most of this herb sold is junk.)

Make a tincture of the above formula. For pneumonia and other conditions, use 2 dropperfuls a minimum of 3 times daily but 6 times is better. Use for 2 weeks, rest a week and use for two more weeks. Rest 1 month and do it again.

21.8 ADVICE FROM DR. JOHN CHRISTOPHER

21.8.1 *On mullein for glandular problems.*

Dr. Christopher's favorite for glandular problems was a formula of three parts mullein to one part lobelia. One 5-year old boy had crushed testicles from an accident, and they had split open. Doctors were going to castrate. The parents used a fomentation of lobelia and mullein. Within days, the testicles were back to normal size and the scrotum rejoined.

Dr. Christopher also used mullein for bleeding bowels. One man was bleeding from his bowels so much, he needed blood transfusions. ¹Dr. Christopher gave the man one ounce mullein in 1 cup of whole milk, telling him to heat the milk with the mullein till almost boiling. The man had three cups a

1. The Indians used to use the leaves of mullein as foot pads. As I mentioned, it is great for swollen glands.

day for 3 days, then one cup a day for 3 days. The bleeding stopped and the man was healed. A reader tried this and it worked. I tried it too. Great success! The milk sticks to the colon walls and holds the mullein there so it can heal.

21.8.2 *On how to cure gangrene.*

To cure gangrene, Dr. Christopher had patients make gallons of marshmallow tea. He had the person soak their leg or affected area in it for 30 minutes, having added one tablespoon of cayenne pepper to the tea that was being used for soaking. For 5 minutes, the patient put their leg in ice cold water, then back to the marshmallow tea for 30 minutes, and then continue to alternate. When the pain stopped, they used marshmallow tea as a fomentation.

A 98-year old man had bed sores for months. He had been brought home from the hospital to die. He had gangrene in both feet and ankles and doctors could not operate because of his advanced age. Dr. Christopher used the marshmallow tea soak and, also, slippery elm poultices. In 10 days, the man was standing in the living room, completely healed.

21.8.3 *Using oak bark to heal gums.*

Even when dentists are ready to pull all the teeth in cases of advanced pyorrhea, oak bark powder placed against the

gums can tighten and heal them saving the teeth. One woman avoided dentures and kept all her teeth by following this advice.

21.8.4 *Schulze formula to stop gums from rotting*

Herbalist: This is to make about 4 1/2oz formula. It's a very interesting formula. I discovered something about cayenne that no one knows. I will explain it as we go through the formula. The formula is:

2 1/2 oz. of **echinacea root tincture** (these are all tinctures or oils)

8 dropperfuls of **tea tree oil**.

1 oz. of **bayberry tincture** (make it yourself)

1/2 oz. **oak gall tincture** (make it yourself)

4 dropperfuls of **cayenne tincture** (only the hottest tincture)

20 drops of **peppermint oil** (get the best you can find.)

The echinacea tincture deadens the pain immediately — when you get it down into your gum line. It also is a surface

disinfectant and stimulates your immune system to start working against bacteria that are down in there. The bayberry is one of the stronger astringents, so it will take that gum tissue and literally tighten it right up in front of your eyes.

BISER: *They can just find gall from an oak tree, can't they?*

Herbalist: That's right! You go out to an oak tree and look where the insects have infested it, or whatever, and you will see these big swollen knots.

BISER: *And you cut that off, right?*

Herbalist: Yes, oak galls are the highest source of tannin found in nature, and so it is much stronger than oak leaves.

BISER: *And you cut the bark off?*

Herbalist: No, you can actually just pound it up. You're going to need a big hammer, if not a sledge hammer. Pound the heck out of that gall. It's like a big woody knot, and it really won't have any bark on it, or very little. Just pound that whole thing up, and tincture it. It'll take a few days for it to soften up. It may be even a week.

BISER: *And if you can't get oak gall?*

Herbalist: Then you can get oak bark instead.

BISER: *But it's not as good?*

Herbalist: Yes, the oak gall is stronger. The oak gall comes up with two to four times more tannin than the oak bark.

BISER: *So if they had to use oak bark that would be from a really good source, they'd have to use 2 to 4 times as much.*

Herbalist: That's right. Most people say oak bark is much stronger as an astringent for the gums than bayberry, because oak bark has more tannin.

All I can say is: They never tried it, because bayberry has shown me it tightens up the gums much better than oak bark or oak gall, but oak gall works well too. That's why I put double the amount of bayberry in the formula.

I put oak tincture into my mouth and it's an astringent. You put bayberry tincture into your mouth and it feels like it is going to glue your tongue to the top of your mouth. It's *much* more astringent.

Now here is an amazing thing. Normally in a 4 oz. bottle, one to four drops of a 250,000 heat unit cayenne tincture would make it very hot. About a drop an ounce is all you need of 250,000 heat-unit cayenne. Three drops an ounce, and you almost can't put it in your mouth.

I put 120 drops, or 4 dropperfuls of cayenne into this mixture. What's amazing is that tea tree oil neutralizes the taste of cayenne burning. I don't know why that is. I don't have

any explanation for it, so when you take this formula, you'll go, "Well, it's a little bit hot." With 120 drops, you should be crying on the floor for an hour. I've put as much as I think I can put in the formula without burning your mouth off.

It is amazing how the tea tree oil neutralizes the burn. It is the greatest oral disinfectant, but it also allows you to take about 100 times more cayenne pepper than you could normally handle and get it down into those gums.

The formula also contains peppermint oil, a disinfectant and circulatory stimulant. This oil helps with the blood in the mouth area. It also makes the whole formula kind of taste nice and more palatable, and it freshens your breath.

Why not do that at the same time, if we are talking about digging out food you ate three years ago from under your gums? Why have the person you live with suffer from that?

BISER: *Peppermint oil is a disinfectant? I never heard that.*

Herbalist: Oh yes, a very strong disinfectant, and it's a very strong circulatory stimulant. Dr. Christopher even listed it next to cayenne in his School of Natural Healing under circulation stimulants. Peppermint also reduces inflammation, so it's a great one for curing dental diseases.

BISER: *Where can readers find peppermint oil?*

Herbalist: Peppermint oil is available almost in most stores; herb companies sell it, and so it's available. What is impossible to get is the organic peppermint oil. I can get it for my own use, but it would be good if more companies could make this available to the public.

21.8.5 The herbalist never saw anybody go longer than 2 or 3 days with the dental formula and not have their gum bleeding stop.

BISER: *How do readers use this formula?*

Herbalist: Put it in a water pik. A water pik is the greatest way to introduce herbal extracts into your teeth and gums.

Buy a water pik, fill it with distilled water, put two, four, six, or even eight dropperfuls of this tooth and gum mixture into the water pik. Start it off on the low setting, but then work over weeks to raise it to its highest setting. Do this twice a day. Anybody who has bleeding gums: do this for two days, and your gums will stop bleeding.

Also, when you're done, rinse about 10 seconds of clear water through the water pick, because the tea tree and peppermint oil will burn out all the gaskets in the machine.

No one else will tell you that — because they have no practical experience with herbs. If you don't rinse it out in two

weeks, you won't have an \$80 machine anymore, because it's all leaking and falling apart. That's because these oils disintegrate rubber — and the gaskets in the machine are rubber.

21.9 CURING LUPUS

21.9.1 *Points to remember for a cure.*

Remember this: Chickweed or oatmeal baths to stop itching. In severe cases, peppermint oil is an excellent anti-itch compound. Chickweed can be used for exzema, in salads or tincture it.

21.9.2 *Burdock is the greatest herb for eliminating the poisons just underneath the skin.*

Herbalist: A young lady in her mid-twenties came to see me. She had chronic lupus and she had it since she was 13 or 14 years old.

The doctors had treated her with numerous medications that lupus patients already know. And it got worse. The toughest thing she experienced was no energy. She had no energy to do anything. She told me she felt absolutely disabled. She couldn't go to school, she couldn't think, she couldn't work, she had been diagnosed from wholistic

practitioners with a lot of different things, including candida overgrowth.

BISER: *They couldn't help...*

Herbalist: No, they couldn't help. I got her off of her makeup. If you want to improve someone's skin, burdock root is the greatest herb for the skin. Everything that's under the skin, it pushes right out through the surface. You will look pimply for two or three days, but when that's done, your skin will glow.

I gave her burdock root tea and I had her do hot baths in burdock tea. And you can eat burdock root. It's a staple of the Japanese diet, but Americans don't eat it. They grow it like carrots.

BISER: *Why is lupus so difficult to cure for the natural health community?*

Herbalist: Because no one gets to the bottom line. Of course, the bottom line with lupus, like any incurable disease, is you need to open up the elimination channels.

BISER: *But don't the people in natural healing know that?*

Herbalist: No. They say they do, but they really don't. I rarely find that people in natural healing do anything effective.

To show you how stupid and ignorant they are, most of my colleagues have names for my intestinal corrective formula.

They call it TNT, herbal explosive; they call it depth charges, they call it nuclear bombs, they think it's outrageous, they think that it will hurt people...I think it's outrageous that every American, if they live long enough, will have bowel disease.

BISER: *Dangerous? They think your formulas are dangerous?*

Herbalist: Yes, and that they cause herbal addiction. But they're crazy. My formulas were created in a clinic for real live people with real diseases.

Their formulas were created from reading books, and based upon the chemical analyses of herbs. But just because something *should* work based upon a 400-year-old herbal book doesn't mean it *will* work for the people living in the 1990's.

My formulas and procedures work — on lupus and everything else I treated. I know, because my patients told me, and I saw the results. Basically, with lupus, we're looking at an immune system disorder. One of the greatest for that is echinacea. [For immune system formulas with echinacea, see the lesson on Immune System Formulas.]

BISER: *But everyone knows about echinacea. That's no big deal.*

Herbalist: No, it isn't. But the echinacea most people are taking is so useless you could swallow a whole bottle and you couldn't

cure anything. The truth is, most herbalists I know wouldn't know an echinacea root if they stumbled over it.

I think it's important to get that root and boil it at home, and drink that tea. I've seen miracles happen overnight with everything from lupus to hives to blood poisoning. Unbelievable cures from it. People with lupus also need to add the blood-cleansers we discussed elsewhere.

I had a businessman come to me, in his late 30's, a very stressed-out man. He wasn't aware that he had lupus, but his wife complained that he smelled, that his breath smelled, that his skin smelled, and the harder he was working, the less energy he had.

He started feeling sick and he had all the classic symptoms of lupus as diagnosed by the doctor. This doctor was giving him medication but he didn't make any changes in the man's life, so he just got sicker and sicker and sicker, and finally he couldn't go to work. Of course, when he couldn't go to work, that created more stress. The lupus got worse and it's a real catch-22 situation. Finally, they tried holistic methods, natural methods, chiropractic adjustments, and the chiropractors were selling him vitamins, which didn't work. What he did was useless, because he didn't make any major changes in his life.

BISER: *So you got a hold of him and he started getting better?*

Herbalist: Sometimes, people who are the worst have the most immediate responses, and he did. It's not true that it always takes a long time to get well. Healers use that as an excuse when they don't know how to heal.

You'll know when you are on the right track, because you can feel better in two days. I mean, prepare yourself for a miracle, that's what I always tell my patients. And they get well. They all tell me, "I've done this before or done that before," but they have never done it this intensely, or all at once. The incurables is a tough, full-spectrum program, and the people who stay sick are the ones who dabble.

BISER: *What happened to this man?*

Herbalist: He got better in about two days. He felt dramatically better, and his energy came back. Sometimes it's hard for me to put the reins on patients, because the first thing was he wanted to go back to work. I said, "No, you need to take some time off here. Your body is responding very quickly but we need to rest."

I have to hold these patients down, sometimes, because they are feeling so good. I forced him to go through the other incurable routines. His lupus went away, he went back to work, and went back to all his old ways. Okay, the coffee drinking, the pot of coffee, the cigarettes when he got really nervous; he forgot his exercise program, he stopped the bowel cleansers, he

didn't do this, didn't do that. And the next thing, it came right back. I've seen this with cancer tumors, they come right back. I'm not saying you have to stay on the incurables program forever, but you have to stay in a good, healthy life-style.

BISER: *The lupus came right back for good?*

Herbalist: No, but it came right back, and hit him harder the second time.

He came back to me and he goes, "The lupus is back." And I said "I know why." And he goes, "Yea, I fell off the program." I said, "You didn't fall off the program, you leaped off the program." The minute he got back onto the right ways, the lupus went away. With some people, we have inherent weaknesses, meaning that we have weaker parts of our body. You will find under times of stress, these areas will disfunction. This is a sign to get back to work on your healing programs.

21.10 FROM SNAKE BITES TO POISONED BLOOD

Plantain was Dr. Christopher's favorite herb for blood poisoning. Any time there was a puncture or a wound, he would recommend a plantain poultice. Bruise leaves, mash in a blender, then put on. Can save you from bee stings, spider bites, snake bites (even deadly ones), mouth infections, gum abscesses and rotten teeth. You can put it in a juicer and use it

to purify your blood. Make plantain ointment. The demonstration of how to do it appears on the Save Your Life Collection Videotapes, Tape Number Seven.

Here is how Dr. Christopher used plantain ointment to save a boy's life: "I remember early one morning a lady was on the phone and asked me to make a house-call. Her son, about 10, was stung by a wasp. His hand was swollen and he had passed out from the pain. Before getting my bag ready to go, I stepped out onto the lawn to get some fresh plantain leaves to poultice the sting."

"It was too early in the year and the plantain had not leafed out. With no fresh herb to take, I went into the office and got a small jar of plantain ointment and put it in my bag and left."

"When I arrived, the boy was unconscious on the floor. His right hand was swollen to nearly twice its normal size. Using a spatula, I put right over the sting area enough plantain ointment to cover the size of about a silver dollar and about a quarter of an inch thick. By the time I was ready to leave, the boy had regained consciousness. The next day, I was told the boy was about playing baseball with no discomfort at all."

Sam Biser's
Save
Your Life
Collection

**A Layman's Course
in Curing Last-Stage
Diseases**

Pain

Lessons 22-23

Sam Biser's
Save
Your Life
Collection

**A Layman's Course
in Curing Last-Stage
Diseases**

Stopping Pain
Lesson 22

Stopping pain

Incurable diseases can have incurable pain. The information in this chapter can stop that pain, often in seven to ten days. Natural healing is not a therapeutic runt. It can cure pain that morphine cannot quench.

I understand from talking to readers how severe the pain can be in cases like bone cancer. I also had severe shingles, and knew then that if the pain could not be controlled, any kind of life was over.

Here are several things to consider, and some of these obviously have more pain-reducing value than others. I will not rank these in any order, because every human has a different response.

Here are several things to be aware of...

- 1) Castor oil packs for pain. Use for hours at a time. An uncanny ability to drop pain.
- 2) Three glasses of water with a pinch of salt. I learned this from Dr. F. Batmanghelidj, author of Your Body's Many Cries for Water. This is the only thing that gave me relief and allowed me to sleep when I had severe ulcerative colitis. The water has some chemical effect in the brain; it toned down the pain so I could sleep. then when the pain headed up again, I drank more. I needed the three or more glasses to get the effect. One glass does nothing.
- 3) The Save Your Life Program outlined in Lesson Two often eliminates pain and gets people off of morphine in seven to 10 days. More on this in a moment.
- 4) The herbalist described to me how when he was in India, he told some patients how to make a tincture of opium from the seed pod of the opium flower. This was the only thing that helped some patients with bone cancer. More on this in a moment. Of course, it is totally

illegal to do such a thing in this country, but I mention it for ailing customers who may live in countries where this is lawful.

5) Lobelia can take the edge of some pain. The pain is still there, but the frantic, "I am going insane" quality may disappear. This was my experience with a family member. It can work in less than a minute.

6) Hot water bottles placed over the painful area. Keep re-heating as needed. This is the other thing that allowed the stomach and intestinal spasms of ulcerative colitis to stop long enough for me to sleep. One doctor told me my case was so bad, anyone else would have recommended colon surgery. But hot water bottles, high doses of water with a small amount of salt, and other information discussed in a lesson on colitis, saved my colon.

7) Ice. The opposite of hot water bottles. This can "freeze" the area and numb it down temporarily. It may be the only thing you have available to you that works. Ice is magic, and unless you have used it in an emergency, you

don't understand what a powerful healing effect it has. In an emergency, it can suspend tissue damage, halt the burn process from accidental burns and "reconnect" the area to the body so that horrendous swelling does not occur. Every family should have 10 pounds of ice in the freezer at all times. If you lack ice in an emergency, use frozen vegetables. Ice works best when used within seconds. Put some ice cubes inside a cloth or paper towel. Run some water over the cloth to dampen it and apply.

22.1 CASTOR OIL PACKS FOR PAIN

Most people have no idea how much pain relief can come from castor oil packs. Use them as long as needed. Leave them on continuously. I don't know why they do this, but they do.

Here are a few brief comments on castor oil and pain from my conversation with naturopathic physician Dr. Dana Myatt.

Naturopathic physician: I have also used it in pancreatitis for pain relief. When the pancreas is inflamed, the digestive enzymes of the pancreas start to digest the pancreas itself. This results in major left upper quadrant pain that radiates to the

back. If you put your hand under your left breast, that's where the pain would be.

BISER: *What is the normal treatment for this?*

Naturopathic physician: Pain-killers. You just kind of put them out of their misery and watch them closely. It is a potentially-nasty circumstance. In fact, it's life-threatening. In my practice, on two occasions, I've had patients with acute pancreatitis. I got them on castor oil packs right away and neither one had to go to the hospital. The patients didn't end up on Demerol and other narcotics or on other heroic life-saving methods of care.

To get them some quick pain relief, and to see them improve fast was happy news.

22.2 CLEANSING KILLS PAIN

The basic Save Your Life Program, the juice-fasting, the cleansing, all of it, seem to reduce the stress and get many patients off of morphine in a week to ten days. The relief does not come from pain-killing herbs — but from reducing the stress on body systems.

Herbalist: It's not so much an herb for pain — it's just the general overall program.

By changing the food program, starting the cleansing and detoxification process, cleaning out that liver, and getting the

bowel working, I find the patient's need for morphine reduces dramatically.

Just cleaning and detoxifying the body and stimulating the elimination in an indirect way took the pain away. I've had that happen with hundreds of cancer patients.

Many of my patients, when they start taking the natural treatments and doing the Save Your Life Program, don't even have to use the pain medication. I've had numerous patients with cancer on morphine, who I have had off the morphine in a week's time. I've had numerous patients on morphine who didn't need it anymore. We started lowering their dosage right away.

I had one man who was in agonizing pain with his prostate cancer. This man was on morphine 3, 4, and 5 times a day. And he was off his morphine in less than a week. This is the one thing that is so powerful about the Incurables Program.

I would say 7 out of 10 of my patients in the first week are totally off the morphine. They are amazed.

The body starts to applaud your efforts. For maybe the first time in your life, you stopped doing things that you were doing that are irritating, and you've added in all these wonderful things that are helping. You have taken the pressure off.

22.3 NARCOTICS FOR PAIN

When I had shingles, the only thing that helped my pain was codeine and a narcotic spray from my doctor that I had to inject with an inhalant up my nose. Until this illness, I used to think less of people who needed pain medication. But when my pain came from shingles, pain control was all I wanted in life.

Here is what the herbalist says on herbs and narcotics for pain...

BISER: *Let's say people are in horrible pain from cancer or other diseases. Is there anything in natural healing that really helps pain, or is there nothing much to do?*

Herbalist: Lobelia can be effective, but it's more of an anti-spasmodic. St. John's wort is an effective herb toward nerve pain, and in other types of pain. Take it internally and put it externally right on the area. Of course, you have your salicylic acid plants for inflammation, like willow, meadow sweet, even wintergreen. So it really depends on the type of pain.

BISER: *I am talking about really bad pain. We're talking about incurables. They are in big trouble. I heard about one man who was in a car accident who was just screaming and yelling from pain.*

Herbalist: Lobelia relaxes the body, and it tends to ease the pain dramatically. But unfortunately, most of the good herbs for pain, which would be opium and marijuana, have been made illegal for everybody to use. So unfortunately, we are very limited in what we can use.

The ultimate pain reliever that God has provided for us is the opium poppy. It has so many alkaloids, science doesn't even know all that's in it. It includes morphine, codeine; and heroin is synthesized from it, too. A little bit of opium is wonderful for relieving the pain, but no one is going to be able to get it.

When I was in India, I showed some patients how to take the seed pod of the purple-flowered poppy — the opium poppy — and have them make a tincture of it the same way you would tincture any other herb. It worked like a dream for these patients and stopped all pain immediately. The common California poppy has some pain-control chemicals in it, but it is the purple-flowered poppy that really does the job.

Unfortunately, to do this in the United States would be completely illegal.

BISER: *You're not going to get it in the hospitals, am I right? No doctor is going to prescribe it.*

Herbalist: They are going to give you something that comes so far from opium that it can't be recognized.

I've found that in extreme pain, the only thing that works is ice. Ice gets you through it. Where tissue is missing and you have a hole in your body, ice is about the only thing you can use to virtually freeze the area. And it's limited on how much you can use it, but it will get you through it. There is no doubt about it.

So I'd suggest, stay away from prescription drugs and just use ice and ice packs to freeze the area, to cool it, to calm it down so you're not in pain. It works fine. I had fourth degree burns and ice worked fine. I didn't have to use any pain relief.

BISER: *So that works even better than St. John's wort?*

Herbalist: Yeah, it works better than anything. The ice is for when the pain is absolutely extreme.

For me, it was the only thing that would stop the pain.

BISER: *How long do you use it?*

Herbalist: Well, I would put an ice pack, not directly against the skin, but put the ice in a pack and wet it and I would put it right on the hand. It's a matter of applying it for 10 minutes, and then taking it off, and then applying it again.

But it will get you through the crisis of the pain. Some nights I used to go to sleep and leave that ice on and I would

absolutely wake up when the packs melted or fell off, and I would be in quite severe pain.

BISER: *Even with all the herbs you knew, it came down to ice.*

Herbalist: Absolutely. Normally, in another country, what you would use would be a tincture of opium, which used to be available in the United States.

In other countries, it would be cannabis. Those are the two. Opium is the drug of choice around the world. Even in many countries in Europe, you can still buy cannabis and tincture it, and that's usable as an herbal remedy for pain.

BISER: *But that helps, even in horrible pain?*

Herbalist: Yes, medical doctors in the United States are allowed to prescribe cannabis for the pain of cancer.

BISER: *But don't they normally just use morphine and not even worry about marijuana?*

Herbalist: They found that marijuana seems to work better for cancer pain, and so they actually prescribe it more for certain types of cancer. With other types of cancer, they use morphine.

Yet, in the final stages when a person has been really tortured, burned, mutilated by medicine, there is nothing that helps. There are cancer patients that lie in bed and scream until they die. They can't control the pain at all.

BISER: *In those cases, nothing helps?*

Herbalist: Nothing. But that is because of the medical intervention.

That is, obviously, not because of any natural therapies that were done. These people were burned from the radiation, and poisoned from the chemotherapy, and cut-up. Many times, unfortunately, that is the end result of working with medicine.

The relatives of those people always undergo natural healing, because they have seen their loved ones die in so much pain. Generally speaking, I find that people who undergo natural therapies have very little pain. It's the people who go under the chemotherapy and the radiation who have the real pain.

[Note from Sam: Please see Lesson 16 on Liver Cancer for more discussion on the power of liver cleansing and other basic measures to stop severe pain.]

Sam Biser's
Save
Your Life
Collection

**A Layman's Course
in Curing Last-Stage
Diseases**

Arthritis
Lesson 23

This is a cleansing routine that can cure advanced arthritis in three weeks — if you're tough enough to handle it.

Here are some points to remember:

- 1) Heavy juice-fasting with citrus juices.
- 2) Intense hot and cold therapy on ailing joints.
- 3) Make your cayenne heating oil to penetrate deep into joints.

23.1 CITRUS JUICE-FASTING

Herbalist: I've seen different natural healers cure arthritis with various juice fasting regimes, but the late Paavo Airola's arthritis people got better faster than anybody.

It's because Paavo Airola didn't mind the pain they would go through during their healing process. He fasted them on citrus juice and apple cider vinegar.

Now, the idea is that apple cider vinegar and the citrus juices are very high in organic acids and those organic acids wash and clean your joints. And there's a lot to that. They flush out the inorganic acids, the uric acids, etc. He would take people out of wheelchairs and I would see them marching in three weeks. He'd kick their ass, and they'd be crying.

BISER: *What do you mean, kick their ass?*

Herbalist: I mean, he'd kick them in the ass if they wouldn't get up to help. He said, "Now come on, we're going to march today." If they wouldn't, he'd kick them. He'd get them out of the wheelchair and throw the wheelchair down the hill. He didn't take no for an answer. He had that typical European intensity. And he'd fast them on orange juices and apple cider vinegar and you'd even hear them crying at night, some of them. They were in such pain.

BISER: *How much vinegar and how much juice?*

Herbalist: A couple of tablespoons in an 8-16 oz. glass of water 3, 4, 5 times a day. And, along with that, a citrus juice fast. He didn't always just use oranges. I mean, we're talking lemons and limes, which are stronger.

My wife will take three whole organic limes and put them in a blender and fill it with distilled water and blend it, peel and all, and we'll have that as a lime drink. And that will do it. She's a gouty-type person, and when she goes out, she gets pain in her knees from running and stuff. This takes it right away. Dr. Jensen sometimes wouldn't use citrus with arthritics because he said it's too intense. He used other juices. It worked fine. His people got better in six months. See the difference!

BISER: *And Airola got them better how fast?*

Herbalist: Three weeks. I saw the turnaround so quick, okay?

BISER: *So that's why they say citrus promotes reactions, because it's too intense.*

Herbalist: Yes, it's too intense. It hurts as these joints are cleaning. So why do the slow program? If you're going to be uncomfortable, why not be uncomfortable for 3 weeks — and then be well?

We've had a lot of people come through here. They couldn't move their hands, they couldn't hold a pen, they

couldn't hold their pen and write their name, and their hands were actually fixated claws. And we cured them using everything I've talked about, plus the deep tissue repair herbs we'll get into in a moment. But the big thing with arthritis is that people are looking for that one magic herb that will cure them.

And it's true, one or two of these herbs work, but you have to add the programs with it. That's why I say to people, Dr. Christopher called his book The School of Natural Healing — not the Great American Herbal. He used foods, cleansing, emotions, hydrotherapy — not just herbs.

BISER: *What would you do in a hopeless arthritic case?*

Herbalist: The first thing is you've got to get off of all foods that are acid-forming. Which means the mucusless diet. Which I call the purifying or health building diet.

Raw foods, raw food until the arthritis is better and juice fasting and raw foods. You can't have any animals, any dairy, any fish, any beef, anything that contains uric acid in the muscles or the fluids and that will build-up in the system. A lot of people get confused on the matter of ph. It doesn't matter what something tests as far as ph.

BISER: *You mean what it does in the body?*

Herbalist: Yes, what it does in the body. The highest acidic ph foods, like lemons and limes, are the most alkalizing for the body. It doesn't have anything to do with the ph...

BISER: *You put them on that diet?*

Herbalist: Yeah, I put them on a lot of citrus, and if you're not going to use that, apple and grape works very well. But a lot of juice fasting.

BISER: *Even for weeks at a time?*

Herbalist: Yeah, I've done two 30-day juice fasts and one 60-day juice fast.

BISER: *With whom?*

Herbalist: Myself, personally.

BISER: *What was it like?*

Herbalist: On the 28th day of my first 30-day juice fast, I kick-boxed seventeen rounds and no one could touch me. I had more energy than I've ever had in my life. So forget this stuff about not having energy or being weak or whatever. Where did I get my B-12, my protein? Who cares, who knows? I lived on juices, twice, for 30 days.

BISER: *And you didn't turn to skin and bones?*

Herbalist: I lost weight, but not a dramatic amount. You level off after awhile.

BISER: *Have you cured hopeless arthritics?*

Herbalist: Oh, absolutely.

23.2 HOT AND COLD THERAPY FOR JOINTS

BISER: *I mean what did they look like?*

Herbalist: Wheelchairs. When I taught out West, I saw people in wheelchairs. I would wheel them right next to a glacier that melted. A stream ran down, as wide as this house, of frozen water. I use to take people in their wheelchairs and wheel them right into that stream.

BISER: *What did you do that for?*

Herbalist: Just to stimulate their body. Frozen water, just to stimulate their body. It's like a hot and cold shower, but better. It's a shock. Of course, it's great if you have arthritis: ice packs, heat packs, hot and cold water. Stimulate that circulation.

BISER: *Shock treatment to the body?*

Herbalist: Oh, it was wonderful. Just wonderful, and we used to prescribe a lot of hot and cold showers. Hydrotherapy.

BISER: *You used hot and cold showers? Was it too brutal?*

Herbalist: You know, all my patients do it. I got a four-year-old kid doing the hot and cold.

BISER: *So you do the ice packs with the arthritis and then you switch to heat?*

Herbalist: Hot and cold on the joints works really well.

BISER: *When you say cold, do you mean ice cubes?*

Herbalist: Ice packs. Eight to ten minutes of ice, then hot water or hot packs, for eight to ten minutes. You can do it a long time at nights, for several hours if you need to. You still do the hot and cold shower routine. But this ice, then heat, stimulates the blood flow better than anything.

BISER: *And it doesn't cause blood vessels to burst? Because of the violence of the temperature changes?*

Herbalist: No. No, not at all. In fact, they do it on animals. You go to a race track and they are icing the legs and heating the legs of the horses all the time for better blood flow. People just don't do it anymore.

I had one orthopedic doctor suggest a contrast bath for me once in my life. I said, "What's that?" Well, he goes, "A little hot and cold". It was something orthopedic doctors used all the time, but they don't use it any more. They now regard it as medical history, not something you actually do for people.

23.3 CAYENNE HEATING OIL

BISER: *You mentioned deep tissue repair herbs for arthritis. What are they?*

Herbalist: Yes, but this is something that nobody even knows about except me. This is, you might say, a triple step beyond cayenne ointment for relieving arthritis pain.

As you know, cayenne pepper has already been proven to reduce pain and inflammation. The trouble is, traditional cayenne ointments you get in the drugstores are pathetically weak, and made of synthetic ingredients. The old-time heating and healing ointments don't exist anymore, so I'm going to show your readers how to make one.

I'll give you and your readers the formula and instructions, but first, let me tell you how I got into this. I'm not an arthritic, but I did need something for myself. When I began, I made the ointment for myself; I wasn't even thinking about what it would do for arthritics.

When I first made the cayenne ointment, I took it because I was in Karate. I spent 22 years in the martial arts. I got 3 black belts in different martial arts. I have broken and ripped everything. In 1971, I was the champion brick-breaker of New York State. So, I wanted a rub but I couldn't find one strong

enough — or one made with natural whole herbs — not chemical imitations.

All the preparations today *used* to be made from wintergreen oil, which is scientifically called methyl-salicylate, because it contains about 95% salicylic acid. They also used to be made from peppermint, which is now called menthol. Now-a-days, they don't use wintergreen anymore, they make it from boiling coal in sulfuric acid. It's phenol or carbolic acid. And the peppermint oil is also synthesized.

First of all, you don't have herbs anymore, second of all, the amounts they *are* putting in are not effective.

So I wanted one that was made the original way, with wintergreen oil, peppermint oil, and also cayenne. In Europe, they use cayenne, ginger and mustard like Dr. Christopher did, to stimulate the blood flow.

In fact, when you go skiing in the United States, they have this warm feet powder you put it in your socks. It's just cayenne pepper and mustard. Cayenne pepper, mustard, and ginger stimulate the blood flow, internally or externally.

So I soaked wintergreen and peppermint oil in there and I put in cayenne, ginger and mustard and made a heating balm. I took it to Dr. Christopher and said, "Here, Dr. Christopher, here's my heating balm."

He goes, "Great!" He opened it up, and it was a one-ounce jar and he put his finger to the bottom, and took the whole ounce and went and put it in his mouth. And I said, "Dr. Christopher, no, don't put it in your mouth." And he goes, "Why not?" And I go, "Because it's for the outside of your body." He goes, "Is there anything in this that I shouldn't be putting in my mouth?"

I knew right there it was a test. His rule was never make anything to go inside or outside that you can't put inside or vice-versa. I thought about it and I thought there isn't anything you can't eat. It's olive oil and beeswax, the base he taught me to make every ointment of. And peppermint oil, wintergreen oil, cayenne, ginger and mustard. He said, "Very good." He loved it.

You can find L.A. Dodgers pouring it on their arms. I also put pure peppermint oil and peppermint in because they are the greatest anti-irritants. So this formula stimulates blood flow to the area, and reduces swelling and pain. But now it gets even better. You add arnica, St. John's wort, and marigold, three yellow flowers which are the greatest trauma herbs for damaged, bruised, or traumatized tissues — as you have in arthritis.

The key to this is really rubbing it in. If you want, take a hot shower before, and then you put this on. It may be uncomfortable for a little bit because it's seriously hot, but what a healing! Just make sure not to get it in your eyes, or near your genitals.

23.3.1 This is a deep tissue repair formula for muscle, tendon, ligaments, cartilage, joint and bone healing. This drives the circulation better than anything you can use externally.

Here is the formula for the tissue repair oil. Every arthritic needs to know how to make it, if necessary. It not only reduces pain, but it actually heals hurting tissue.

Ingredients:

32 oz. **Wintergreen oil**

16 oz. **Olive oil** extra virgin

12 oz. **Menthol crystals**

1 cup **Arnica flowers** dried

1 cup **St. John's Wort** flowers dried

1 cup **Marigold flowers** dried

1/2 cup **Cayenne pepper**, powdered (Habeneros, i.e., the hottest you can find.)

1/2 cup **Ginger root**, grated.

This recipe produces two quarts of deep tissue repair oil.

INSTRUCTIONS: Put all these ingredients in one big jar. Let it soak for at least two weeks, then strain on the full moon two weeks later, or, if you have time, let it soak for two or three months before straining on a full moon.

A word on obtaining ingredients: 1) Regarding cayenne pepper, the hotter, the better. Use African bird peppers, or habeneros.

2) Buy your menthol crystals at either a pharmacy or a lab supply house. That one can be a little difficult, but usually a pharmacy or a lab supply house can supply it. A lot of pharmacists carry it, because it stops itching.

What they do is they distill peppermint oil to make it, then they distill it a second time and it crystallizes. These crystals are pure menthol. Menthol is one of the active principles of peppermint oil. You have peppermint leaves, which have a lot of active principles, then you have peppermint oil, which is a more concentrated form, and then you have menthol crystals, which is even more concentrated.

Make sure the menthol crystals are made from peppermint or thyme.

Chemists always know that. I get it from a chemical supply house in Los Angeles. But a lot of times, people can contact their university or school, and just ask them where they can purchase some chemicals. You need a chemical supply house that sells natural chemicals that are derived from plants.

This is at least four times stronger than anything you can buy, plus it contains trauma-healing herbs that nothing else contains. My experience with that formula is just unbelievable. I really love it.

BISER: *How do you get the menthol crystals to dissolve into the oil?*

Herbalist: The way we've been doing it recently is once you put the menthol in we set that on the floor and then we have a radiant heater that has a coil inside of it on the other side of the room. We face it in that direction, and at the end of the day, it melts the crystals. In the summer, just put the jar in the sun for a few hours, or put the jar in a double boiler.

BISER: *That dissolves it into it?*

Herbalist: Yes, it just has to be warm. You could also put it over a heat register and it would work. There's a lot of ways to do it.

23.4 EMOTIONAL ADVICE FOR ARTHRITICS

Herbalist: I have found that arthritis is a crystallized disease for crystallized people. In other words, a lot of healers feel there's a

certain mind set that goes along with arthritis — which is not being open. When your body starts freezing up, what's going on with you emotionally? Why don't you want to go forward?

Most of my arthritis patients have been pretty constipated up here in their head.

I think this is one of the reasons why people tend not to get well with their arthritis. It's like weight loss. You can take all the pills, you can eat all the Lean Cuisine, but if you don't move your ass, you don't keep the weight off. Okay?

With arthritis, you can take all the pills, you can take all the arthritis preparations, but if you don't follow the food program and stop putting inorganic minerals and acids into your body, your joints won't un-inflate.

You also have to work with healing the mind — being a more open person and a more flexible person. People with arthritis aren't flexible physically and/or emotionally. This is their challenge, physically and emotionally.

**Sam Biser's
Save
Your Life
Collection**

**A Layman's Course
in Curing Last-Stage
Diseases**

The Brain
Lessons 22-23

Sam Biser's
Save
Your Life
Collection

**A Layman's Course
in Curing Last-Stage
Diseases**

Alzheimer's and Dementia
Lesson 24

Alzheimer's and Dementia

Here are some basics you need to know for these conditions, in addition to the fundamentals given in Lesson Two.

- 1) Brain formula given in this chapter.
- 2) Heavy emphasis on colon-cleansing. See colon cleansing chapter for case history on how colon toxicity affects the brain.
- 3) Hot and cold therapy on the head.
- 4) Cayenne compresses on the skull.
- 5) Castor oil compresses on the skull.

6) Use nerve herbs and brain formula in the ears and onto the skull, and as compresses or as towels soaked in a tea of the herbs or the formula.

24.1 ALZHEIMER'S CASE

Herbalist: I had a wealthy family come to me, and their mother had Alzheimer's. I approached one of the members of the family, who was my patient, and I said, "Hey, let's work on her. We can get her well. Anybody can be well."

The family was really resistant, and I couldn't understand why they would resist her recovery. I found out later. So I went right to work, because I don't know of any incurable diseases. She hadn't spoken a word in two years, and I had her talking on the first visit.

BISER: *How did you do that?*

Herbalist: I used cayenne tincture in her mouth, and some body work, and she started talking right away.

BISER: *Deep body work, like where?*

Herbalist: On her feet. Dr. Randolph Stone, a great natural healer, and the founder of polarity, said that when you have people who have lost their mind, working their feet is the

opposite pole of their head. It takes a lot of tension out of them and it will loosen them up.

I did some deep work on her feet, and she said, "Oh my God, you're killing me." Now this is a woman who hadn't spoken in two years.

BISER: *So you beat the dickens out of her feet?*

Herbalist: Not really. What you do is grab a hold of the person's feet and apply some strong steady pressure where it's tender. If you do the deep work that's needed, it can be tremendously painful, but it doesn't hurt anyone. It heals.

Dr. Stone believed that you could cure catatonic patients by getting these toes and feet adjusted. There's a book out there called Health Building by Dr. Stone. It's been pathetically diluted over the years, but it's all that's available.

After we got that breakthrough, I started this woman on the herbal programs, the food programs, everything. Within two weeks, there was a dramatic change in her. She was responding. She was getting better. She was starting to say simple words and this screwed up everything.

BISER: *What do you mean "screwed up everything"?*

Herbalist: Well, all of a sudden, I got a call from her psychiatrist. He said, "Don't go over to the house." The family ordered me off the case.

You see, what the family had done, for tax purposes, was that when she first started showing signs of dementia, they put the controlling shares of the family business in this woman's name, and they did all kinds of estate-planning. Everything was planned on her being nuts and dying. The thought of her getting normal was terrifying.

The attorney sent me a letter. He said, "Don't even show up at that address. We'll have you arrested." The daughter came crying to me for help and said, "What do you think I should do?" And I said, "I think you should help your mother get well."

You know, that's not something I ever lose sight of. I don't give a damn about stock and controlling interests and all that. But I didn't want to get arrested, so there was nothing I could do. And that was my first case of Alzheimer's.

24.2 SOME ADVICE ON DEEP BODY WORK

BISER: *Since you've mentioned body work to help the brain, any advice for readers?*

Herbalist: For openers, they can get a hold of both sides of the foot at the heel, you'll find hot points on either side, and you grab those sensitive points as you start rotating the foot with the other hand. Those are the spots for the prostate and testes on a man and on a woman, it's the uterus and ovaries.

You can use your knuckle. You can use the flat part of your elbow to get more force. As you go really deep, you'll actually feel sediment in the tissues; it feels like grain.

The person should be sweating when you're working on their feet. They should have a slightly traumatized look on their face. If you are easy on the patient, you're not helping them; you are leaving them sick.

24.3 HOW TO CURE PEOPLE WITH DEMENTIA

Herbalist: I have had hundreds of people with dementia. Usually the relatives bring them in when they start to go. And usually it's pretty easy to deal with because the people with dementia don't have much choice. The relatives want to get them well, and the people with dementia have usually gotten to the point where they'll almost eat anything you put in front of them.

BISER: *You can give them the whole program?*

Herbalist: Oh absolutely. The relatives can be relentless. And I would suggest anybody out there who is reading this, if their relative, their wife or their husband, whatever, is starting to have senility, premature senility, the bottom line is they are not going to turn it around unless you do something dramatic.

They're slipping away on you. You're losing them, and what you have to do is absolutely turn their life around. The incurables program is just the program to do that.

BISER: *Do these people with parents with dementia play around with it?*

Herbalist: I see this all the time. They think, well, we're losing them, we don't want to make them uncomfortable. Most people with dementia don't even remember what it is they like to eat. You know what I'm saying?

BISER: *So why worry about it?*

Herbalist: That's right, why worry about it. You can say, "This is what you like to eat," and they say, "OK", and they eat it.

I find that most patients with dementia, and I don't mean to make light of this, are very easy to work with. They're so confused they don't even know what's normal. So, you can put the incurables program out in front of them and they'll eat it. They'll tolerate it. They don't make a big deal about it.

As soon as you start getting super nutrition into these people, you'll see such a change, and if I had to pick on one system of the body to clean out, it's definitely the liver and bowel. A lot of liver and bowel cleansing really helps clear these people's heads, and, of course, the brain herbs get that blood and oxygen circulated.

BISER: *I noticed the main effect from cleaning the liver was better thinking in the brain. The strongest effect in me with cleaning the liver was mental.*

Herbalist: Yes, you know the liver processes and stores glucose and that is the absolute brain food. That's what our brain runs on, it's the sugar that our brain runs on. Our liver helps process that and puts it into our blood stream.

Our liver also cleans that blood of waste. The brain manufactures a tremendous amount of waste when it's going through its processes. The bottom line is that there is a direct liver-to-brain connection.

When you clean that liver out, it's going to be like the fog has lifted. You know, I've had patients explain it to me and they say, "Gosh, it's like the fog lifted. I can think better, my memory is better, I can think clearer and sharper." If you have a dirty liver, you just can't think right. You know, Dr. Jensen used to say "You can't have sweet thoughts on a sour stomach."

And it's so true, when your digestion is off, you don't have any focus or any concentration.

BISER: *Now, you've handled cases that would have been considered Alzheimer's?*

Herbalist: I've had people so bad they were howling like wolves. I had that woman who hadn't spoken a word in two years. She howled like a wolf.

BISER: *You mean like a looney?*

Herbalist: Oh, gone! In fact, with some of these people, the doctors tried surgery on them; they have shunts in their head draining excess brain fluid. You can see the shunt going down their shoulder under their skin and it goes into their stomach, and drains excess brain fluids into their stomach. You wouldn't believe some of the horrors I've seen that medicine has performed. It's like Frankenstein.

BISER: *Have you ever seen people in diapers and wheelchairs?*

Herbalist: Oh, absolutely. They can't move, they're fidgeting, and having neurological disorders where their hands are shaking and they're howling like wild animals.

BISER: *You mean, you've seen more than one person like this?*

Herbalist: Oh absolutely.

BISER: *Why do they howl?*

Herbalist: It's a good question. I think it's just because they've lost all touch with reality. They've turned basically into animals. Their brain has gone.

One thing is amazing: I've seen people who hadn't talked in 2 or 3 years talk in a matter of weeks, start putting words and sentences together when you turn around their program — especially when you get the nutrition in. The nervous system works off of nutrition.

You start getting these juices going — things like superfood, and herbs like alfalfa, and nutrition into the body. It's unbelievable. And, of course the bowel is an absolute key, too. A lot of these people with dementia don't have good bowel habits.

A big problem is if they are being taken care of by nurses, the nurses don't want them to have good bowel habits. The more their bowels work, the bigger pain in the ass that is to the nurses. They don't want to deal with this.

They'd rather the patient have that one bowel movement a week that's big as a softball and hard as granite. That's what they want, because it makes their job easier. They don't want to sit there wiping this person who's got a messy bowel

movement all over him 3 or 4 times a day and then have to give him a bath.

One of the first things I say to people is, get rid of those nurses if they're like that, and get some nurses in there who are not afraid to work, because getting healthy gets a little bit messy. But you get that juicer going, you get the herbs in, the bowel and liver cleaned out and those brain herbs in — my God, it's really unbelievable.

The relatives just thought there was absolutely no hope, you know, "Let's make them a little bit more comfortable," and the first thing you know is, they're talking. It really is dramatic. In fact, many times, I've seen it where the relatives get mad because they never thought this person was going to get better. Did you ever see the movie called "Awakenings"?

BISER: *Yes I did.*

Herbalist: Robin Williams was in it, and it's a true story of the doctor who started bringing people out of comas...who have been in comas for 20-30 years using a drug called L-dopamine. What happened was that the relatives got mad. They said basically, "How dare you? My son went to sleep when he was 15 years and now he's a 40 yr.-old man, and you're bringing him back?"

It was too painful for the relatives. The bottom line in the end was that everybody wanted to put these people back to sleep. And this is what I see in Alzheimer's disease. It's too painful for a lot of people to see their relatives slip away, but it's almost more painful to see them come back and heal. Not everybody wants their relatives to get well. They've already written them off.

BISER: *You mean emotionally they can't take it?*

Herbalist: Right. So you know, don't start cleaning this person's bowel or liver if you are not ready for them to come back, because they'll come back. I've seen it. Hundreds of them come back.

BISER: *Alzheimer's is not incurable?*

Herbalist: Oh, absolutely not. And again, I've been down to the Robert French Hospital in Orange County in Costa Mesa that's the headquarters of the world for Alzheimer's disease. I've taken a tour of their facility, I've talked with the doctors. It's a bunch of crap.

All it is, is putting everybody who has premature dementia or senility together. They're lumping them all into one category. They're getting millions of dollars worth of research money and the bottom line is you have hundreds of people in there with hundreds of different things wrong with them.

Oh yeah, sometimes there's brain toxicity and this is why we need to do our cleansing, because a lot of these people have toxic levels of metals in their body; and this is where the bowel cleansing comes in, especially like fruit pectin and the intestinal formula #2 to draw those metals out of the body. I've seen so many cases of people who were losing it, and then came back.

BISER: *So you're warning the people, if you don't want your loved ones back, don't start the program.*

Herbalist: Yes, if you're not ready. Don't think you're going to make them a little more comfortable, because the next thing you know, they're going to be walking, talking, asking questions and ready to lead a normal healthy life again. And, can *you* handle it?

BISER: *One doctor in Long Beach, a Dr. Ward, told me that many of his Alzheimer's patients seemed to be committing emotional suicide. Have you ever seen that?*

Herbalist: Oh yes. I had a patient who had a premature senility; she was almost catatonic. They diagnosed her with Alzheimer's Disease. Interestingly enough, the daughter found letters when they were going through her stuff. It appears that she developed the disease within four months of discovering that her husband was having an affair. I have had a lot of patients where I think it wasn't a disease; it was that life became too intolerable for them,

and they withdrew from life, and into insanity is where they decided to go.

Going inward or nuts was easier than dealing with life because their whole life was shattered. I found that with many of these people, their life was shattered and they couldn't deal with it. They didn't know what to do. They had a nervous breakdown.

If you are going to get them well, you just have to be prepared to deal with that. Because that's going to come right back to the surface again. So they might need psychotherapy and not just nutritional help.

BISER: *So you're saying it's not just a brain problem?*

Herbalist: Oh no, not at all. Even the former schoolteacher I discussed earlier, who came out of it by cleansing his bowel. Well, when he came out of it, he was horribly depressed about his financial situation.

And then, everybody remembered that before he went into clinical depression and chronic depression, he was having financial trouble for the first time in his life. Whenever the brain is involved, there is always a lot of emotional stuff. Does that make sense?

If it's true senility, it's a lack of blood flow, oxygen and nutrients to the brain. We've had a lot of people with senility

who back right out of it. And it's just simple things. Two categories; toxemia and lack of blood flow, oxygen and nutrients to the brain. Sometimes the body gets so toxic it just starts depositing this stuff in the brain the same way it would in any organ. Your blood, you know, dumps.

BISER: *I heard of one case there was a man who lived in an apartment for years and he was just nuts about mothballs, always wanted to kill all the moths. And you walked in there and it just.....*

Herbalist: That's a killer.

BISER: *Well, now he's got Alzheimer's. Any relation?*

Herbalist: Yes. He just poisoned himself. Mothballs are classic poison. That's why they don't use them anymore. And so he just needs a lot of detoxification. He's just got brain shutdown.

If you've gone senile before you're 70 years old, they call that Alzheimer's, you know. You just get lumped into that category and there's a hundred different reasons for it.

Some people are there because they are toxically poisoned from the outside. Some people are toxically poisoned from the inside. It isn't getting out. Or it's from emotional strain they couldn't deal with. Some from metal poisonings like aluminum. I've met people who were just overdosed with aluminum from the fluorides to the antacids to aluminum pots and pans.

So I think you have to take each case individually. This is true with every person who is sick with any disease. There's no such thing as Alzheimer's Disease, that's what I've discovered. Every person has a different story, from mothballs to aluminum, to "I couldn't handle my life because my husband was cheating on me".

And they are all lumped into this category and this hospital is making billions of dollars in research money. So, what you have to do is you have to take the case history in each patient individually and just start working with them.

But we've had numerous people diagnosed with Alzheimer's who got better; they just came out of it; they are living normal lives today. And then, of course, what the doctors say is that it's not Alzheimer's. You run into that Catch-22 all the time. They say, well, it was probably just a temporary premature dementia, and they write-off the recovery to preserve their ignorance.

24.4 BRAIN FORMULA FOR DEMENTIA PATIENTS.

Make this formula yourself at home as a tincture or tea. The ingredients are:

15 parts **Ginkgo leaf**

1 part **Gotu kola herb**

1 part **Calamus root**

1 part **Rosemary flowers**

1 part **Kola nut**

1 part **Cayenne pepper**, the hottest you can get.

Use 2 dropperfuls of tincture three times a day, up to double this dosage. As tea, use 6 cups per day, one teaspoon of herbs to a cup of tea. See information on making tinctures in the chapter on tinctures. Please note: I (Sam Biser) have discovered that I cannot take this formula with the kola nuts in it, and I mention it because there may be others like me.)

Sam Biser's
Save
Your Life
Collection

**A Layman's Course
in Curing Last-Stage
Diseases**

Strokes and Head Injuries
Lesson 25

Strokes and head injuries

Here are the basics you need to know. If you use them intensely, you can have recoveries from damages that Medicine considers permanent. Such cases you will learn about include a person whose skull was crushed in a motorcycle accident and who recovered from the brain damage, a woman paralyzed and blinded in one eye by a stroke, and what you need to know to pull people out of comas.

- 1) You use two different nerve formulas, one is Dr. Christopher's B and B tincture, and the other is a nerve formula made by one of his students. You use these formulas as teas, as tinctures, and

as compresses at the base of the skull, in the ear, and on top of the head.

2) The use of Bentonite clay compresses to draw poisons out of the skull and brain.

3) Two main herbs for stimulating nerve regrowth, skullcap and oats. Use as tea, compresses on the skull and tinctures.

4) Use Dr. Christopher's B, F and C formula given in a later lesson.

5) Use the only cranial therapy strong enough to change the shape of the skull, and the only one I recommend. Covered in a later lesson.

6) Use heavy doses of cayenne and ginger for brain circulation.

25.1 HALF OF BODY DEAD

Herbalist: In many cases, there's no life in half that body.

It's what I call beyond paralysis. This is a major stroke. I've seen all those people come back. I think the thing we have to acknowledge is that the brain does regenerate itself. It just needs help.

You know, you don't get a stroke. You earn a stroke. It isn't something that just happens to anybody. They've done everything from stress to high-salt diets, to high-fat diets, cigarette smoking; so a big part of it is to stop doing that immediately and get onto these healthier programs. But I have seen everybody come back from strokes.

I had one guy who worked for Kodak. He had a major stroke. Some people will get a paralysis where they can't move very well. This guy, half of his body was dead. He couldn't move it at all. He lost most of his memory...didn't even know who he was.

His blood pressure went so high, he not only had a stroke, but he also did damage to his kidneys. He was on dialysis when his family brought him to see me. At this point, he couldn't do anything.

You have to imagine, here's a guy with half of his body that's absolutely dead; he can't move it. He can't talk; he can't swallow very well. His one kidney has failed, and he basically can't even think of much. So it's not like I have a cooperative patient here.

But his family was supportive. They put him on the full Incurables program. I think it was in about a year's time that he was speaking fine, swallowing OK, slight limp; and in about a year and a half he had a full recovery.

And he was one of the worst cases I have ever seen, and again, he couldn't even do the incurables program, he had to have his family do it for him.

25.2 WOMAN PARALYZED/BLINDED IN ONE EYE

Herbalist: I had a young woman in her forties, about my age. She had a stroke and she was paralyzed in her arm. She could barely move it. But she went blind in one eye because the stroke burst a blood vessel in her retina, which is not that uncommon.

Your blood pressure builds up so high, and then wherever you have the weakest pipe, it's going to burst. So she was blind in one eye.

We treated the eye with eye-wash, and we also worked on her paralyzed arm and in six months, her eye was OK, and she had full vision back and her paralysis was gone.

In the old days, medicine used to always say that brain cells don't regenerate. You know, all the new medical studies now show that the entire brain, in every molecule, every cell, will rebuild itself in about a year or less. Of course, that's what I've seen with all my stroke patients. In fact, most of them, in six months or less, are better. But, if it's been absolutely severe, they have taken around a year.

25.3 BRAIN DAMAGE IN 30-YEAR-OLD MAN HIT BY CAR

Herbalist: I've had lots of patients with brain damage, too. I had a young man who was about 30 years old, who was hit by a car when he was riding a bicycle. The car knocked him down and it drove right into his head.

They removed part of his brain; they put a steel plate in his skull. He had paralysis, slurred speech, brain damage, not from a stroke, but actually from an injury. He was 90% back within six months and they said, once they put the plate on his brain, because they had removed brain tissue, he could have some speech therapy but nothing's going to get better.

But in six months, I'd say he was about 90% better and he was so excited he didn't want to do any more work. He just quit at that point. He had a little bit of slurred speech, but that didn't bother him and his paralysis was almost gone.

25.4 HITCHHIKER HAD BRAIN CRUSHED BY A CAR

Herbalist: I even had a younger guy who was hit hitch-hiking and had a similar situation where part of his brain was removed. He was hit by a car, and the driver was drunk and just drove over him and crushed part of his skull. I remember seeing him very soon after he got out of the hospital. He could barely talk, barely move his arm and...

BISER: *Did his skull look like it was crushed?*

Herbalist: Well, they had to cut a piece of his skull out, remove the part of the brain that was demolished underneath, put a metal plate in his head and put it all back together.

And he, again, had severe problems: paralysis on his right side, couldn't hold anything in his hands, couldn't walk at all; and he had a complete recovery. In fact, he's a professional drummer now.

He plays the drums and obviously you can't play the drums with paralysis in your right leg and your right hand. These are major components needed for playing drums. And he had 100% recovery, even though the doctors said he was going to have paralysis all his life.

So, it's the same type of problem as strokes, only worse.

25.5 CAYENNE/GINGER FOR STROKES & BRAIN DAMAGE

BISER: *What do you do for them other than the straight incurables?*

Herbalist: If I could have one thing, it would be cayenne pepper. Because cayenne pepper and/or ginger stimulate the cerebral circulation.

BISER: *How much cayenne?*

Herbalist: This is a first-aid for stroke, because cayenne immediately reduces the blood pressure and stimulates the circulation. I've had patients I got to within hours of having a stroke. I immediately administered cayenne. I would say a tablespoon three times a day at least for the first couple of days. Then you can stay on a teaspoon three or four times a day. Cayenne pepper is the first thing you want to think of, and ginger. Ginger is also very effective.

BISER: *How much ginger?*

Herbalist: The same amount — as much as the person can tolerate.

BISER: *What does the ginger do that the cayenne doesn't?*

Herbalist: Well, it's felt that ginger goes to the smaller blood vessels and capillaries and increases your peripheral circulation, and that cayenne goes to the heart more.

I would suggest for readers to grow their own cayenne peppers. It's very easy. The best thing that everybody can do, it's very easy, you just go to your garden shop.

You ask for some cayenne pepper plants, some hot chili peppers, any kind of hot chili peppers will work. If you can get the plants already started, you can have chili peppers in 30-40 days. Then you can just chop them up and make your own tincture; dry them, powder them after they're dried, then you

can have a whole year's worth of cayenne pepper off 3 or 4 chili plants. You can buy them for about a buck apiece in a nursery.

Yes, the second herb would be ginkgo. Ginkgo is becoming famous for increasing blood and circulation for the head.

BISER: *Well, everybody's heard about ginkgo, and if they hear you say it, they'll say, "Oh yes, we've heard of that." What are you doing with it that they're not doing?*

Herbalist: Well, basically, just taking larger doses. I would suggest to use a ginkgo tincture or extract, and I would suggest using about 60 drops 5 times a day. Ginkgo is not an herb that you can take too much of or overdose on, so again, most people are just pussyfooting around.

BISER: *What kinds of doses are most people doing?*

Herbalist: Most herbal doses of tinctures that I see people suggest are 5-15 drops, two to three times a day. I mean, that's not enough to do anything. I'm talking about 60 drops 5 times a day. We're talking about 5-10 times the dosage these people are suggesting. The biggest problem is that people pussyfoot around with these herbs. We're talking about a stroke here...brain damage. Of course, we're not even figuring that most of the tinctures available are almost useless — even the ones that claim to be scientifically tested and super-potent.

I suggest making your own.

BISER: *One reader told me that he had a blood pressure reading throughout his life of 120 over 80, but he started using cayenne pepper and it went to 140 over 90. He stopped the cayenne but the higher reading persists.*

Herbalist: I've never heard of that. I would suggest that he needs to take a look at his life and see what else he was doing.

When people start taking herbs and something goes wrong, or when something generally goes wrong with their life-style, they usually blame the best thing it is they do.

You know, I would take a look at all the other things that cause hypertension such as nicotine, not only from smoking cigarettes, but from other people's cigarettes. That's one of the most powerful constrictors for arteries.

BISER: *But he was saying that it raised his blood pressure and now it won't go down.*

Herbalist: That's ridiculous. The cayenne is the best thing he's doing. He'd better take a look at the second-hand smoke, the coffee, the tea, the animal food, or even the stress.

BISER: *Well, how come it wasn't raising it until he took the cayenne?*

Herbalist: It was just coincidence, and again, when something like that happens, they always look at the best they're doing and blame it on that. How about stress?

Stress releases epinephrine out of the adrenal glands, and that constricts your arteries and raises your blood pressure better than anything.

25.5.1 Most people take too little cayenne to cure themselves.

BISER: *What do you do for heavy cases of strokes?*

Herbalist: I would suggest at least two capsules 6-8-10 times a day. You can take a couple of capsules every hour on the onset of a stroke or damage like that to stimulate the circulation. See my comments in the incurables section regarding cayenne pepper and how weak most commercial cayenne is in healthfood stores.

25.6 STROKE CASES NEED TO THIN THEIR BLOOD

BISER: *OK, what do you do for paralysis?*

Herbalist: Garlic and red clover both contain chemicals that stop the red blood cells from sticking together and actually thin the blood right down. In fact, garlic is a specific drug in Japan and many other countries of the world for hypertension.

The person not only needs to become a vegan immediately, they need to go onto juices.

Go on a juice and water and potassium broth fast for about the first two weeks, and of course, for the incurables, it would be at least 30 days. That's going to dramatically reduce the blood pressure and the fat level. I would also have them do what I've always done, which is, hydrotherapies to the head and also to the paralyzed areas. Getting that hot and cold right on there.

BISER: *Would most people go out and not make it hot or cold enough?*

Herbalist: Oh, absolutely. When I say hot and cold, I mean, when you get into that shower, you want the hot so hot it feels like it's going to burn your skin, and then, I'm talking about turning that hot all the way off and you've got full cold going up in the area. Of course, you can use good sense and get into this slowly with warm and cool water, but, in the long run, you can't pamper the body or you will stay sick.

BISER: *What else?*

Herbalist: I like the deep tissue repair oil we explained in the chapter on arthritis. Put it all over the areas that are paralyzed to bring the blood back there, and also to heal the nerves.

25.7 A WARNING ON STROKE CASES

Herbalist: You've just got to be careful around the beginning, once you've just had the stroke, to **not do anything too extreme for the first couple of days** that will raise the blood pressure up really high.

Of course, a hot bath can do that very quickly, or doing any extreme, like slanting your head down. You wouldn't want to use gravity boots. That's too extreme. Too much blood to the head. You've got to let that area repair.

For the first few days, just do cayenne and juices before you add hot and cold showers and slanting. Live on cayenne pepper and fresh juices.

BISER: *Would you do hot and cold for the first few days?*

Herbalist: Well, you can do hot and cold, but take it easy with it. But a hot bath can be more damaging.

Hot and cold is fine because it just increases the circulation and flushes. I'd watch too hot a bath, and also you want to start slanting immediately, but you don't want to use something like gravity boots.

For the first week, you've got to take it easy. Not too extreme of a push. But the main thing is to stop eating all food. Just stop eating all food and get onto those juices.

25.8 WOMAN GETS OFF DILANTIN

Herbalist: She was thrown through the window of a car and bounced on the pavement for about 100 feet. I saw her 6 years later, and, since that injury, she had been on Dilantin, the anti-seizure drug, and phenobarbital.

Every time she went off it, she had a seizure. The injury damaged something in her brain; doctors didn't know exactly what. Doctors said, "Hey, stay on Dilantin and phenobarbital for the rest of your life." Well, she didn't want to do that, but every time she tried to stop, she got ill. So, we used the works.

We used not only hot and cold to the head, we used the brain oxygen-stimulating herbs, and we did put poultices in, and fomentations in the base of her skull and her head.

BISER: *What kind of fomentations to the base of her head?*

Herbalist: You use two different nerve formulas. You use them as a tea to drink, and to bathe in, and to use as fomentations on the sick areas.

Here are the two formulas. The first is my version of Dr. Christopher's B and B tincture. The formula is:

One part of each of the following herbs: **black cohosh, blue cohosh, blue vervain, skullcap, lobelia, and skunk cabbage, one of the greatest anti-spasmodic herbs.**

The second formula is my Nerve regenerating formula, for nerve stimulation and repair.

- 4 parts **Skullcap herb**
- 4 parts **Oat seed**
- 2 parts **St. Johns wort flower**
- 1 part **Celery seed**
- 1 part **Lavender**
- 1 part **Coffee bean**
- 1 part **Kola nut**
- 1 part **Ephedra** (*optional*)

You can use these herbs as a tea, a teaspoon of herb mixture to a cup of hot water. You can use them as a tincture, using the methods for making tinctures discussed in an earlier chapter.

And, you can use these herb formulas as a fomentation. To do that, you add a heaping handful of either herbal mixture to a gallon of water and heat. You put the fomentations on the afflicted area, and you can also apply a tincture of these formulas around and in the ears, and take them, internally, 2 dropperfuls, 6 or more times a day.

BISER: *How do you make a fomentation with those herbs?*

Herbalist: What you do is you have a short sleeve T-shirt and you just make a very strong herbal tea of the herbs you would use.

Like two quarts or more, very strong, of the Dr. Christopher B, F and C, if that's what you were going to use, or whatever herbs that you want. I like skullcap and oats for stimulating the nerves...

I also like kola nut, which is a caffeine herb, but it has an affinity to stimulate the brain more than it does anything else. And, again, these caffeine herbs are good when they are used as medicine, not when they are used as a daily food. So I use kola nut.

Then you dump the T-shirt in this thing, and you take the sleeves of a short sleeve T-shirt and you just tie them behind the head.

BISER: *Oh, and that's it, then it covers you?*

Herbalist: Now, you're sitting here with a soaking T-shirt covering your head. This goes all the way down to your back.

BISER: *All the way around, it looks like an Arabian thing!*

Herbalist: Absolutely.

BISER: *Let's go back to the woman who got thrown out of the car.*

Herbalist: Oh yes, we got off-track. Well, we put the nerve herbs in her ears, put them in her mouth, she drank them as tea, and made them as fomentations. I weaned her off Dilantin and her phenobarbital.

Thirty days later, she had one seizure and I said, "Hey, you know, your body might have needed to have one; I mean, the body has a seizure for a reason". We have to remember that. It's like a circuit breaker blowing. It might be important in healing.

But, after that, she never had a seizure again. Okay, so we weaned her off the drugs. Doctors said that she had swelling of the brain, and so we used the whole incurables program.

What's fascinating is that glass came out of her forehead. Years later, we were putting some drawing poultices on her head, and right out through her skin came a hunk of windshield glass from six years earlier.

BISER: *Oh my God, this is hard to believe! Drawing herbs like what?*

Herbalist: Bentonite clay is one of my favorite drawing compounds. Out through the forehead came a piece of glass from being thrown through the windshield.

The clay stimulates blood circulation. If I were to put a clay mask on you tonight, within a half hour you would feel

like, “Baa-boom, baa-boom.” I mean, your face is pounding from the blood that is being drawn to the surface.

25.9 BRAIN TUMORS AND BENTONITE CLAY

BISER: *Have you ever done that in brain tumor patients?*

Herbalist: Absolutely. We use a lot of clay poultices around here. I try to think of any way that I can ignite this person. You know, light them up. Make more blood flow *to* the area, and make more flow *out* of the area.

25.10 MARSHMALLOW ROOT FOR GANGRENE

BISER: *How long do they soak the gangrenous limb in marshmallow?*

Herbalist: At least a half hour in very, very hot water. Dr. Christopher was very specific about making sure that water was really cooked.

BISER: *It's not going to burn tissue, is it?*

Herbalist: No, when you put those extremities in incredibly hot water, of course they turn bright red, and that is what you want to do. We have to get blood to that area. Dr. Christopher was very fanatic about making that water as hot as you could stand it. Always add cayenne and ginger.

25.11 ADVICE FOR COMA CASES


You can feed the person through a stomach tube, but be sure not to clog up the tube. You can take the colon formulas out of the capsules, because they are not going to taste anything.

You can do all the procedures on a coma patient, and they are not going to fight you. It makes it easy to work on them, so you can go at it with full intensity. You can do the hot and cold, bodywork, even cold sheet treatments, if you can get them in tubs.

These people do one of three things. Sometimes they do not come out of their coma. Sometimes they come in and out. And sometimes they come out of it for good.

Never stop doing the program. Don't back off. It is not for you to make those decisions. Ask God for advice. And talk positively to the person. Their soul can hear everything you are saying. The soul never dies or sleeps. It hears you.


There is no length of time where you can say a person has been in a coma too long and they can't be helped. Just do the program real hard for at least three months and see what happens.




One man had a stroke and was in a coma for a long time. He was in the nursing home. He was not awake. His wife brought him back doing everything. This man had been in a coma for years.

He was in his 80's. He was just vegetating. His body had atrophy. He had no more calf muscles, no more thigh muscles. He was pretty much gone. This woman and her daughter did all these programs at full blast and he became conscious again.

25.12 USE STRONG DOSES OF CAYENNE



It's amazing to see what cayenne pepper does in someone who's unconscious. Their face gets red. Even when they're in a coma, you see a dramatic response in their circulation.



**Sam Biser's
Save
Your Life
Collection**

**A Layman's Course
in Curing Last-Stage
Diseases**

Regenerating Tissues
Lessons 26-27

**Sam Biser's
Save
Your Life
Collection**

**A Layman's Course
in Curing Last-Stage
Diseases**

**Regenerating Bones,
Nerves and Muscles,
Part I**

Lesson 26

Regenerating bones, muscle and nerves. Part I

Natural healing can regenerate tissues that are damaged or missing. Medicine cannot do this.

Natural healing supplies the body with its needs, and these organs and tissues regrow. Medicine creates artificial body parts. The body contains all the instructions for growing tissues, you just have to use the proper natural healing procedures to activate them.

In this lesson, I introduce methods for regenerating tissues. Learn how to re-create body tissue where there is none. It is more than knowing about a formula. I need to give you basic principles for regrowing damaged or lost body tissues. In the following lesson, Number Twenty-seven, I will give you

Dr. Christopher's formula for regenerating tissues that have been obliterated or deformed.

26.1 BASIC PRINCIPLES OF REGENERATION

26.1.1 When your body is in trouble, you stop eating food. You juice fast immediately.

Herbalist: When your body is really hurting, whether it's a degenerative disease or whether you've had a massive trauma, you need all the energy that your body has, to heal.

So, you're not going to be eating big meals. The first thing I did after I burned my hand was I juice fasted for the first two weeks. Now, people say that you need a lot of nutrition to heal.

Yes, but you don't need it from potatoes; you don't need it from heavy grain dishes that take you six hours to digest. All that blood and energy is going to your digestive tract. That's why you use the Incurables Program with any trauma.

BISER: *Even trauma? That's not a disease.*

Herbalist: Even trauma; just stop eating food.

If you get appendicitis, stop eating food; you burn yourself badly, stop eating food; you break your leg, stop eating food.

When in doubt, stop eating. When you're not well, stop eating. You just stop the food coming in and you go to juices.

So the first two weeks, I juice fasted. That's the greatest way to get nutrients in because you're flooding yourself. I use carrot juices, fruit juices, vegetable juices, wheat grass juice, etc.

BISER: *What about the pain?*

Herbalist: The first thing you've got to know about burns is that for the first couple of days you don't feel anything. You think, "Oh, I can deal with this." But then, in about two to four days, a pain will come on that you can't get away from.

Now the problem with using narcotics is that they will constipate you. Codeine is one of the ones that are prescribed and it will constipate you. It slows all the functions of your body down. So it slows down your healing.

A real helper is ice. We used a ton of ice. In fact, I used to go to bed with an ice pack, but on and off, on and off. Ice works wonderfully on burns.

BISER: *You couldn't use lobelia for the pain?*

Herbalist: No, not for this type of pain. Just use ice and ice packs to freeze the area, to cool it, to calm it down, so you're not in pain and it works fine. I had fourth degree burns and ice worked fine. I didn't have to use any pain relief.

BISER: *If you did nothing, what would your hand have been?*

Herbalist: I shudder to even think about it.

BISER: *Would you have been able to use the hand?*

Herbalist: Oh, I don't think so. I think I would have had to have skin grafts if I did nothing. That's what they said. When this spot finally came off, I could see the bone. They said I would have limited usage; that this finger wouldn't work properly. I healed it all.

Now, as I said, fasting was important, but so was keeping those bowels cleaned out. I didn't have a bowel movement on my own for about 7 days, because when you are traumatized, your bowel shuts down.

26.1.2 *You must cleanse the channels of elimination to regrow lost tissue.*

BISER: *You had to do an enema?*

Herbalist: Absolutely. My bowel wouldn't work. I was so terrified, my bowel wouldn't work on its own. So you have to make sure that the elimination channels are working.

Then, what did I put on my burn? Okay, Dr. Christopher's burn paste is good. There's no doubt about it.

BISER: *Is that what you used?*

Herbalist: Part of the time. It contains comfrey, wheat germ oil and honey. The problem is that the wheat germ oil nowadays is

a little bit rancid. It's hard to get good quality wheat germ oil. *[Note from Sam: Easy to obtain at healthfood stores. A good brand name is Spectrum Naturals.]* And honey probably isn't as good as it used to be, but it's a good formula. It works really well. I used that, along with about 20 other things, and that's what I'll cover right here.

One of the first things I did is, whenever I made carrot juice, if I made carrot juice, I took the carrot pulp of a little carrot juice, and I put it on the hand. So I not only drank it, but I put it on the hand. Why? Carrots are high in vitamin A. Vitamin A is a great healing vitamin and it's anti-infective, and carrot juice is loaded with calcium.

When I made wheat grass juice and drank it, I put the wheat grass pulp on my hand. In fact, almost every juice I made, I soaked my hand in that same juice.

I think one of the greatest things beyond the burn paste is aloe vera. I think it's even better. The reason we like comfrey is because comfrey has allantoin in it, but aloe vera has more.

Okay, that's the bottom line. Plus, aloe vera is a gel, and it's proven to be more effective for burns. You can't use the stuff that's in the stores. The stuff that's in the stores is like Dippity-doo hair setting gel. I mean, it's junk. You have to use the fresh cactus. I had holes in my finger and I took that gel

and just laid it over, and wrapped gauze around it, and it's like, "Ahh."

I would wake up in the morning, and there wouldn't be anything there. It was all absorbed right into my body. This gel goes right into your body. Your body soaks it in. Aloe vera has got to be one of the greatest things I know of for burns.

26.1.3 There will be no infection if you use only the right natural foods as you heal.

BISER: *Didn't all these things you put on cause infection? You're putting on foods.*

Herbalist: The doctors said that the burn was bad, but the infection I was going to get was going to be even worse.

They said that you have to get some sulfa creams on there, your skin has been compromised. Your immune system is going to be attacked directly. They also suggested I take constant antibiotics for weeks.

I never had any infection, not one pin drop of pus. I am so convinced infection comes from the inside. Plus, when you have things on there like honey, honey is a great anti-bacterial. It's hard to get an infection with aloe vera. I was consuming probably six cloves of garlic a day, keeping my garlic up. Also, I

was not eating foods that were laden with bacteria like animal products.

I never had a drop of infection. And of course, apples and grapes have pectin, and pectin is incredibly healing to the skin. Then I used various oils. Sometimes I just soaked my hand in olive oil — just pure olive oil.

Exercise was very important. I went out every day and did my exercise. Sometimes, when I was running, my hand would be bleeding through the sling, and I just had to put more gauze on it. I just kept up my exercise, because you need that circulation. Within a week, I was doing hot and cold on it. Right from the shower — hot water, cold water.

BISER: *Hot water directly? But it wasn't washing into the bone?*

Herbalist: One thing I learned is, don't worry about the stuff coming off. The meat. If you have a severe burn, everything that's burned is going to come off eventually. I saw parts of my hand come off and it scared me to death. Like I said, my thumb casing eventually came off.

My hand swelled up. It looked like a catcher's mitt; and then one day the skin split, and liquids came out. Eventually it gets to where so much material comes off, it doesn't look like you are going to have a hand left. But then it starts healing.

Then a point came where I started getting this gelatin stuff filling in. It looked almost like a jelly substance filling in, and then it almost looked a little cottage-cheesy. It was lower layers of skin that just all grew right back.

BISER: *Sounds like a miracle.*

Herbalist: It was. All my nails came off, you know I lost my nails. But they grew back, too.

26.1.4 *Scar tissue is the body's way of reinforcing the weakness in a damaged area.*

BISER: *The hand healed perfectly. You did everything right. Why is it still damaged?*

Herbalist: A lot of people would say, "If you had used aloe vera, there wouldn't be any scarring."

First of all, if you break a bone, you can't break it again in that same place. The body not only repairs it, but it lays down an extra 25% bone tissue. The body doesn't skimp when it comes to healing. I think that part of scarred tissue is that you have tougher skin in that area.

I think that scar tissue is necessary. It's the way the body heals. I used so much fresh aloe vera cactus, I was swimming in it. I drank a pint of it some days and put it on my hand. It's not true that aloe will stop all scars. The body naturally creates

scars. If we're talking about a cut, okay, I agree. I've had people who had severe lacerations and we healed them naturally. They don't have a scar.

But there wasn't anything here for the body to work with. The body had to put something back there. In different parts of my hand, it looks different. And in some areas, it looks just like my original skin. This hole, that's my bone. It went right down to the bone. And the bone was white. It had charred spots on it. There was a hole there and that hole filled in. That's now the most perfect skin.

Now I'm a burn specialist. I'm an absolute burn specialist. But people won't do this, they are too frightened. They are too fearful. They are not believers. That's what Dr. Christopher was. He knew he was a believer. He was a believer in God, a believer in nature...

BISER: *People do believe in the medical way, even though it's barbaric.*

Herbalist: I would have had a skin graft.

BISER: *A skin graft couldn't put muscle tissue together.*

Herbalist: Absolutely not. They said that I would have problems for the rest of my life working this hand.

BISER: *How could you avoid problems with no muscles?*

Herbalist: You couldn't. Doctors suggested taking some ligament material out of cadavers and putting them in my finger. That's when I thought, "This is sounding more like Frankenstein every second. I'm getting out of here."

26.2 HOW BLOWN-APART KNEECAP WAS RESTORED WITH NATURAL HEALING PROCEDURES

BISER: *Dead ligaments from cadavers and put it in your hand?*

Herbalist: Yes, they said my ligaments were gone.

I not only healed my hand, but I put my knee back together. I got into skiing, I did the races. I was going downhill as fast as a human could go, and I turned the corner, and it was sheer ice. It was the end of the day, and the bottom of the mountain froze. I was doing my last bamboo pole, and my knee was like this when I heard a pop.

BISER: *What was that?*

Herbalist: I tumbled into a snowball.

BISER: *So your knee was toast?*

Herbalist: Yes, they said that all my medial lateral ligaments on the inside of my knee were ripped in half. There was about a five-inch space between the broken part and the rest of the

knee. I also tore my anterior cruciate ligaments. My cartilage was torn and my meniscus was separated.

They said that I needed surgery, so I went to see a friend of mine who's an orthopedic doctor. He looked at me and he said, "I want to heal this naturally, but there are some things that you cannot do." He said, "These ligaments are five inches from where they need to be. They need to be reattached."

He said, "If you even walk on this leg, you'll tear up your cartilage." He said, "You need arthroscopic surgery. It's not a big deal. We just give you a light sedative, and I go in there with the needle. Then I can see in your knee, and I do everything right in there. This is not a big deal."

And I said, "I am going to heal myself naturally." So I went to my bodyworker friends. I even talked to physical therapists, conservative physical therapists, and they said, "Those ligaments will reattach to each other. They know how to find each other". We did a lot of deep tissue repair oil, bodywork every day, massage, hot pack, cold packs, the works. A lot of herbs.

I went from juice fasting to stretching. It got to where I could start moving my knee, then I put some weights on it. It was some of my own physical therapy. The long and short of this story is, I went back to my physical therapist in about 40

days, walking with a slight limp. I walked in and he said, "This is unbelievable. This is amazing."

There was a man lying in the bed in the hospital, in the physical therapy room right there, and as I'm waiting for my physical therapist, he said to me, "Whoa, what happened to you?" We got to talking and he said, "I did the arthroscopic surgery." He goes, "I got a staph infection from it, and I went into intensive care for 17 days with an infection in my knee that went through my whole body."

I rest my case on that one. That's what they wanted me to do. I don't have any limp at all. They said I would always have a limp. They said the cartilage would be destroyed in my knee because it was going to grind on itself, since I don't have any anterior ligaments. Well, they grew back. That's all I can say.

26.3 SIMPLE FORMULA FOR TRAUMATIZED TISSUES

BISER: *What compress did you put on that causes regrowth?*

Herbalist: As you know, I don't use a lot of B,F&C. It was probably one of the great formulas of Dr. Christopher, and I've heard the testimonies from it, but it seemed a little too complicated for me.

BISER: *What's your simplified regrowth formula?*

Herbalist: I'm a big fan of the trauma herbs. I use the deep tissue repair oil we covered in our arthritis chapter. This contains arnica, St. John's wort, and marigold. Again, when you look into the old herbals, the herb of choice for bruises and bangs was arnica.

BISER: *This is more than bruises and bangs, these are fractures of bone and ripped tissue.*

Herbalist: Arnica was considered the greatest external trauma healer, even for broken bones.

BISER: *Today it has a reputation for a soothing herb, but not a healing herb.*

Herbalist: Arnica, marigold, and St. John's wort, for some reason, have a reputation for being lightweight. But I have seen traditional people in Spain use arnica after they set the bones, wrapping the area in fomentations of arnica.

Throughout history and throughout the world, it's considered very powerful for healing bones and tissue, and soft tissue and cartilage. But for some reason, it's gone out of vogue. As I said, people think it is lightweight.

This is how a lot of herbs are looked at today. Unfortunately, herbs such as slippery elm, peppermint, and a lot of others are very powerful. These herbs are looked at as lightweights, but they are very powerful.

BISER: *They are looked at as stomach soothers.*

Herbalist: Yes, exactly. But again, I have had a patient who recovered from malignant cancer with large doses of peppermint tea. You can't underestimate what these herbs can do.

26.4 USE ALOE VERA AS A SUBSTITUTE FOR COMFREY

BISER: *Could somebody use this tissue repair and either mix it with aloe or put the aloe juice on first and then put this on?*

Herbalist: Absolutely. Use aloe in any way that you want. They could also just add one part comfrey root and leaf in there with the St. John's wort, the marigold and the arnica. My patients mix and match a lot of things. They could mix it with some comfrey ointment, or they could whip it up with aloe in the blender. I prefer aloe.

Both comfrey and aloe contain the same substance, allantoin. This accelerates cell repair by five or ten times.

I put fresh aloe in the blender and put the deep tissue repair oil in there and whip it all together. My own experiences with many patients is that you don't need anything beyond the tissue repair oil.

BISER: *Do you ever have them take aloe and chop it up and eat it?*

Herbalist: Absolutely. It's great in blender drinks. It's a little bit mucilaginous, but you don't notice it in a smoothie.

I like aloe vera better than the comfrey. I'm not saying comfrey is a bad herb; I've seen hundreds of people healed by it. I just didn't feel a lot of energy with comfrey, and yet it was one of Dr. Christopher's first herbs. It seemed prickly to me, and I'd put it on open wounds, and it would irritate them. Comfrey can be very irritating to an open wound. However, his formula will heal in spite of that.

However, aloe is soothing in an open wound, so aloe just became my favorite instead.

Sam Biser's
Save
Your Life
Collection

**A Layman's Course
in Curing Last-Stage
Diseases**

**Regenerating Bones,
Nerves and Muscles,
Part II**

Lesson 27

Regenerating bones, muscle and nerves. Part II

This was one of the most amazing formulas Dr. John Christopher ever created. I have personally watched it work. One woman I knew smashed her kneecap as a result of a fall. It was always deformed after that. Within two months of using this tea, her deformed kneecap looked like the good one. I remember watching it change shape. It was like science fiction — only it happened before me.

I have never seen anything in all of natural healing regenerate tissue like this formula. Here are some cases and the, explanations, and the information you need on how to use it. Dr. Christopher called it “B, F and C” tea, for bone, flesh and cartilage. I call it regeneration tea.

27.1 KNEE CAP GROWS BACK

Vee Hull reported the following amazing story to us:

“On November 30, 1975, my husband and I were traveling to Utah in a blizzard. We were driving a Jeep Wagoneer. At a treacherous ‘Y’ intersection, we were hit by a large semi-truck. Our jeep was totaled and so was my knee ...

“I was pinned in for 45 minutes. My leg was doubled back with the surface flattened. My head was full of glass and I had multiple fractures of the ribs. After surgery I was told that the knee cap was shattered. Three-quarters of it was gone! What was left was only a small deformed knee. I lacked free action of the knee joint.

“They ordinarily would have removed the remaining one-quarter of the knee. But my husband told them that due to my position as a designer, the cosmetics of my knee would be important. They therefore decided to save the largest piece of bone and attach the tendon which had been shortened when it was ripped off. Because of the tendon having been torn loose and damaged, the leg had to be in a cast for six weeks. This caused adhesions to form and the leg became entirely stiff.

“At the time the cast was removed, my husband asked the surgeon when therapy could be started so I could get my leg

bending again. My knee cap was shattered and the doctors wanted to remove it. The surgeon looked at us and said, "That leg will never bend adequately."

"But I couldn't stand the thought of hopping around for the rest of my life. Nor could I stand the thought of living with a deformed knee.

"So I decided to treat the knee on my own. At the time, I had heard of the herbalist, Dr. John Christopher. I had read in one of his books about his famous "Regeneration Tea." It was supposedly able to heal both the bone and the cartilage. Since I had nothing to lose, I gave it a try.

"I used the tea as a nightly compress on my knee. Within three weeks, both the therapist and the doctor noticed a change in the size of the knee cap. X-rays were taken and the doctor outlined the new bone growth.

"I had been told my knee would look flat and that I would not like the look of it when it was bent. But the more I used Dr. Christopher's Regenerating Tea as a compress, the difference between the two knees became less and less noticeable. The knee cap just kept on growing.

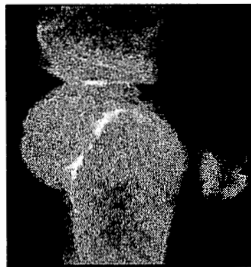
"The other benefit was that the strength of the knee and tendon increased.



*"One therapist saw my new knee cap
and just about passed out!" —Vee
Hull*

"Now I have excellent strength in my leg. I can bend it enough to walk without any sign of a limp. The stiffness that has remained has not hindered me in most things.

"I have even been able to hike up steep mountains and continue my gardening. I have a full work load at a company I helped found."



*The section at the tip of the arrow
shows new bone growth.*

What you just read was a true story. We talked to Vee Hull many times concerning the regeneration of her knee cap. We have extensive medical records on her which document what she presented to us by phone and letter.

In one letter, the medical doctor wrote, "A knee catastrophe is being turned into a good functional knee." Vee Hull told us that one therapist saw her knee six months after it was injured and "just about passed out!" She couldn't believe how much the knee had healed.

Dr. Christopher told us this story about Vee Hull's "new" knee. "One day, while eating at a restaurant in Orem, Utah, Vee saw me and came over to the table where I was eating. She asked me if I saw any difference in her two knees. I could not tell which had been the badly deformed knee from the other. They were both perfect and healthy looking.

"I knew of course that she had used the Regeneration Tea as a fomentation over the injured knee area six days a week, week after week. The knee cap grew back — as unbelievable as this may seem to others."

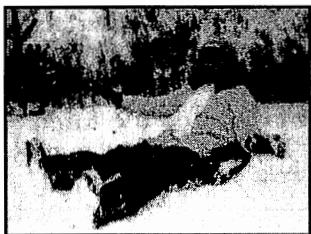
If you yourself just suffered from a broken bone or an accident, you may not have to suffer for the rest of your life with an awkward limp or a deformity. You may not have to walk along on crutches or live a sedentary life in a wheel chair.

If you ever dreamed of getting well after science has written off your case as "hopeless", Dr. Christopher's Regeneration Tea may offer you hope. Of course we cannot guarantee that this tea will work for you as well as it did for Vee Hull. No one can guarantee that.

Here are a few more stories we have investigated...

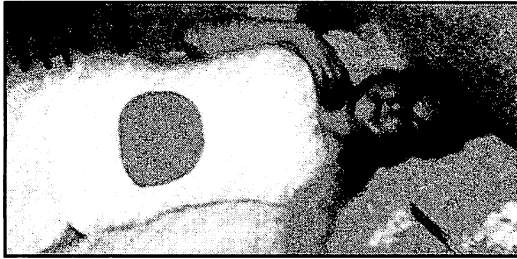
27.2 REGENERATION TEA HELPS HEAL BROKEN BACK

The facts behind Janet's amazing recovery. In February 1972, Janet Christopher (the daughter of Dr. John R. Christopher) broke her back "tire tubing" down a Utah mountain. (Tire tubing is when you take an inner tube from a tire, blow it up and then ride down a steep, snowy incline. Tire tubing is still a popular sport in many Western states.)



Twenty-year-old Janet Christopher breaks back "tire tubing" down a Utah mountainside. She was not supposed to walk again.

When the medical doctor x-rayed Janet, he told Mrs. Christopher that her daughter had suffered a compressed fracture of the lower back. Janet asked the doctor if she would still be able to dance. He replied, "Don't worry about ever dancing again." Then he said something to the effect that she would be lucky just to walk again.



Medical doctors put Janet in a cast. Diagnosis: Compressed fracture of the lower back. One doctor said, "She will be lucky if she ever walks again."

The day after the accident, Janet's mother began secretly bringing the Regeneration Tea into the hospital for her to drink. A cast was put on Janet's back and after a brief stay in the hospital, she went home.



Mrs. Christopher used compress of Regeneration Tea on Janet's back and fed her 2 quarts of the tea every day.

Four months after the accident, Janet resumed her professional dancing career.

For the next five weeks, her mother continued to give her the tea.

Mrs. Christopher said she “poured the tea down her constantly.” It amounted to almost two whole quarts a day.

The doctor was shocked when he could hardly see the fracture line in the x-ray.

Then Janet returned to the hospital by ambulance to have her cast checked. They took x-rays. The doctor took one look and “his lower jaw dropped so low, it looked like it was going to hit his feet.” He was shocked. He could hardly see where the original fracture line was.

Janet said, “He looked at me like there was something wrong with me.” He couldn’t believe his eyes. The doctor had no alternative but to take her cast off and put her in a brace.

So Janet left her cast in the hospital and went home with the back brace after only six weeks. Normally, any person with a similar condition would have had to keep the cast on for up to six months.

Her mother now was able to put the Regeneration Tea on the spine as a compress. In addition, Janet continued to drink the tea.

After another five weeks, she took off the brace and never wore it again. (Normally, an injury of this type would require that the brace be work for about six months.)

Four months after the accident, Janet was able not only to walk again, but she was also able to continue her dancing career. To this day, Janet continues to dance. A close friend of hers broke his neck in a similar accident. But he never fully recovered. He never danced again. (He never took the Regeneration Tea.)



*Janet resumes her
regular horseback riding.*

27.3 FIVE-YEAR-OLD BOY REGROWS THREE OF HIS SEVERED FINGERTIPS

Dr. Christopher's grandnephew had reason to be excited. The severed tips of three of his fingers had actually grown back. This is the story about Dr. Christopher's grand-nephew, Robbie. Dr. Christopher told us this story many years before he passed on. Dr. Christopher was "Uncle Ray" to Robbie.



"Uncle Ray, Uncle Ray, look at my hand!" —Robbie

As Dr. Christopher told us, "Robbie was traveling with his mother in a convertible. The mother had a bad accident and the car rolled over on its side with the little boy underneath.

"When they finally got him out of the wreck, they found that two of his fingers were severed at the knuckle line and one finger was severed past the knuckle.



"Robbie's hand looked like it was pulverized."—Dr. John Christopher

I happened to be in town when this happened and I saw the boy's hand. It was awful. The hand looked like it was pulverized. Flesh and tendons were missing all along the arm.

“I immediately prescribed a natural program of comfrey and other herbs and had the mother apply them as a fomentation right on the wounds.

After a number of months the hand actually started to heal. The fingers started to grow back again. Even the knuckles started to grow. Eventually, his entire hand came back — including the nails on his fingers.

“He came up to our house once yelling, “Uncle Ray, Uncle Ray, look at my hand!” He was so excited because his hand had almost completely healed. Today if you could see his hand, you could hardly tell he was in an accident.”

[Note from Sam: The herbal compress which Dr. Christopher used on Robbie’s hand consisted of comfrey and lobelia. These are the two main herbs in the Regeneration Tea. It shows how tremendously powerful the Regeneration formula is. If only two of the ingredients were used and they helped to heal the tips of the fingers, the whole formula would logically be even more powerful.]

27.4 OTHER RECOVERIES FROM REGENERATION TEA

We can’t confirm any of these stories, but we have included them here anyway. Some of them we heard directly from Dr. Christopher. Others we heard from our own readers.

Fractured Hip — An 80-year-old woman fractured her hip. After taking the Regeneration Tea as a compress on her hip and internally for six months, the fractured bones completely healed. The woman was able to walk again.

Bone Spur — One of our readers had a large bone spur on her left hand. After five months of using the Regeneration Tea as a compress, the bone spur was finally reduced to where it was unnoticeable.

Severely Curved Spine — A small boy with a severe case of lordosis was able to completely straighten his spine with the help of the Regeneration Tea.

Severed Finger — A woman was able to regrow 1/4 inch of her finger after it was accidentally cut off.

Crushed Toe — One reader in British Columbia dropped a #10 size industrial can on his toe. It never healed properly and set wrong. He applied the Regeneration Tea as a compress. The toe became “floppy” and it became hard again. Now the toe was normal.

27.5 SPINAL VERTEBRAE REGENERATES

Dr. Christopher told us this story. A woman had cancer that had settled in her bones. One and a half vertebrae were already destroyed.

One woman in her middle fifties had bone cancer. It had spread throughout her entire body. More than one vertebrae were already destroyed. The X-rays showed that the vertebrae above and below the lumbar area were perforated with cancer. Doctors couldn't fuse the missing vertebrae to give her support.

She had to lie in bed helpless with her children running around. She couldn't even sit up. She was lying in bed waiting for death.

She had a maid help in the home. This woman also had to manage a China shop, so she couldn't spend all of her time in the home. So she called Dr. Christopher and explained the woman's case to him.

Dr. Christopher said the herbs could do nothing but good and that the woman might even be healed.

The woman started on the full program. She cleansed her bowels. She purified her bloodstream. She strengthened her liver and her kidneys. then she started concentrating on the spine.

Dr. Christopher had prepared for her a special compress made out of this Regeneration Tea. She applied this down her entire spine from the medulla at the base of the skull to the bottom of the tailbone. The application was about four to five inches wide. They applied plastic over this to keep it in place. She did this six nights a week — week after week, month after month.

Six months later she was feeling so good she went back to her physician for an X-ray. The doctor was astounded.

He said that originally where the bone had been eaten away there was now soft cartilage. The cartilage had formed vertebrae to replace the ones which were eaten away from cancer. These gave her enough support so she could get up and take care of her family.

By the end of the year, the soft cartilage had turned to solid bone. She had a complete spine from top to bottom. Dr. Christopher said she had a spine as perfect as a teenager's.

Dr. Christopher said the doctor had before and after X-rays of the woman's case. But he was afraid to speak out because he did not want to be ridiculed by his colleagues.

I believe this story, because I have witnessed the regeneration of smashed bones two separate times. I didn't hear the cases — I *watched* them happen in a dear friend.

27.6 HOW DR. CHRISTOPHER CREATED REGENERATION TEA

Here is Dr. Christopher's own description of how he discovered his famous Regeneration Tea.

"One day a lady came into my office in a frantic state of near hysteria. She told me that her fourteen-year old daughter was at home and some neighbor ladies were with her, to keep her from doing harm to herself. That morning the mother had stopped her daughter from committing suicide.

"The girl, for several years, had a severe dermatitis that had baffled the family physician, dermatologists and allergy specialists.

"The skin problem was from the knees down to her feet, the arms from elbows down over the hands, and her neck and face were also covered with this dermatitis condition.

"The dermatologists said it was different from psoriasis, eczema, etc., and had no name for this thick, heavy scaling from which the girl was suffering. This young girl had become a recluse, refusing to go to school, church, parties, etc. Because of this terrible condition which was called "incurable." She was eating herself into an extremely oversized individual.

"The despair she was suffering was pushing her into a suicidal frame of mind.

“I had never had such a case presented to me before and my ‘back was up against the wall.’ This was an emergency and I did not have the time to sit in a laboratory and figure out a combination to try on her.

“I offered a quick silent prayer for help and a formula came immediately to my mind. As it came I had the lady and her companion write it down. I told them to go to an herb shop or health food store and get the various herbs mix them, and make a fomentation.

“She was to foment the legs, arms, neck and face areas, and also to have the daughter drink some of the tea. I felt confident enough to promise good results!

“It was on a Tuesday morning that the mother had come to see me. On Friday the reply came back that the scabs and scales had left the afflicted areas and the girl’s skin had a good ‘healing glow’ to it.

“The next message I received was six months later. The girl was now a choir leader at the school she had returned to, and she was again busy in church and social activities.”

27.7 DR. CHRISTOPHER'S REGENERATION TEA

Here are the nine different herbs in Regeneration Tea. All of the herbs are relatively easy to purchase. You will be able to make this yourself if you want to. Here is the formula:

Comfrey root, 6 parts

Oak Bark, 6 parts

Gravel root, 3 parts

Mullein, 3 parts

Lobelia, 1 part

Wormwood, 2 parts

Marshmallow Root, 3 parts

Scullcap, 1 part

Walnut Bark, 3 parts

27.8 COMFREY IS ALSO KNOWN AS "KNIT BONE"

1. Comfrey root. This is perhaps one of the most important herbs in the Regeneration Tea formula. Comfrey is such a powerful herb that by itself it will do much to heal a broken bone. The scientific name for comfrey is "symphytum."

this comes from the Greek word “Syumphuo” which means, “to make grow together.”

Also, another common name for comfrey is “knit-bone.” No doubt this name came into being because comfrey was known to help “knit” a broken bone together.

So just going by the historical development of the names, there seems to be something very special about comfrey. But there is more.

There is a substantial amount of scientific evidence that comfrey root is exceedingly high in a substance called “allantoin.” “Allantoin” is a substance in nature which is a cell proliferant. This means it helps cells to grow and multiply. This would explain why the comfrey root is so beneficial for broken bones. The allantoin helps the healing cells in the bone to multiply and “knit” the bone back together.

Another place in nature in which allantoin is found is mother’s milk. The allantoin in the milk plays a vital role in the growth and development of the baby.

A medical doctor called Charles MacAllister did a great deal of work with comfrey in England. He actually isolated the allantoin from the comfrey. For those who are interested, you can read about his pioneering research in the January 6 and September 21, 1912 issues of the *British Medical Journal*.

Just a few last notes about comfrey. We have read that this herb contains such high levels of available calcium and protein that you could actually live on it. It should be no wonder that comfrey is so helpful in healing broken bones.

2. Oak Bark. Oak Bark is an excellent source of “readily available calcium.” Hard as it may seem, most people actually have too much calcium in their bodies. But the calcium is not in their bones; it is packed into their tissues and is not easily accessible.

Apparently, when a bone is broken, the body needs extra calcium to heal the break. But unless calcium is available, the body will not be able to heal the fracture or break.

The oak bark is high in “available calcium” and this is why it would be excellent for broken bones. The oak bark also acts as an astringent. In many cases when a bone is broken, there will be a great deal of swelling around the wound. This oak bark will help reduce the swelling.

3. Gravel root. This is one herb which will defy anything you may have learned about health, especially if you are medically-oriented.

The gravel root is a “natural solvent.” It will actually dissolve unwanted and unneeded minerals in the body and bone area which may prevent proper healing.

Remember the example we just told you about — the toe which was “reset?” The gravel root was the herb which was largely responsible for this. It dissolved the calcium in the toe which was causing the toe to be crooked and deformed.

How did the gravel root “know” exactly which calcium to dissolve and which calcium leave? We don’t have an answer to that question.

4. Mullein. This is one herb Dr. Christopher puts in many of his formulas. Dr. Christopher said that “mullein is a special food for the glandular system.” He said that he has had amazing success using it to treat injured testicles and swollen ovaries. It is also excellent for the thyroid gland.

Unless the glands of the body are working properly, it would be very difficult for the body to heal a broken bone.

5. Wormwood. Wormwood is an excellent herb to help relieve pain in the body. So you can certainly see why it would be beneficial to use in the case of a broken bone.

Another purpose of the wormwood is to destroy and remove parasites and worms from the body. Exactly how it does this, we don’t know. Maybe it is the bitterness of the wormwood that accomplishes this. It is one of the most bitter herbs in the plant kingdom.

Marshmallow root is excellent for gangrene.

6. Marshmallow root. This herb is excellent for helping to rebuild muscles. Don't forget, Regeneration Tea is not just for rebuilding bones. It also will rebuild muscle and cartilage. When people fracture a bone, very often there is damage to the surrounding tissue.

We have read that the marshmallow root contains a "live," highly assimilable protein for muscle rebuilding.

Marshmallow root is also excellent to prevent any "decaying of body tissue." This was the one herb Dr. Christopher would recommend for gangrene. According to Dr. Christopher, "The power of marshmallow root for arresting mortification and putrefaction has been so great that it has been popularly called, 'mortification root.'"

For many he said, "It was a blessing from heaven."

7. Scullcap. This herb is specially for the nervous system. One herbal encyclopedia says that scullcap is one of the best "nervine agents" that may be damage to the nerve tissue. In this situation, the scullcap would be very helpful.

8. Black Walnut. Dr. Christopher recommended this herb mainly to help get rid of infections and fungi in the body. Infections can easily set in after a tissue is damaged.

9. Lobelia. This herb can make the formula three times as effective. It was highly recommended by Dr. Christopher.

Lobelia is what Dr. Christopher referred to as a “thinking” herb. He said this herb acted as a catalyst to unite the other herbs in working efficiently and quickly.

Some people have reported that lobelia is an herb that should not be used. Dr. Christopher believed that when properly used, Lobelia was one of the most important herbs available. Used in combination with other herbs, such as it is in this formula, he said it was perfectly safe.

27.9 HOW TO USE THE REGENERATION TEA

If you have fractured a bone, Dr. Christopher recommended that you should take the tea both internally and externally.

When Janet Christopher broke her back, her mother gave her as much as two quarts of the tea a day.

It is hard to expect much from the tea if you take just one cup of it a day. In this case, the more you take, the better it will probably work. But since each person is different, you will have to see for yourself.

The tea does not taste good at all. It’s wicked stuff! You can try adding honey or lemon to improve the taste, but we can tell you right now that it probably won’t help. This is one formula that will never become a national beverage!

If Tom Sawyer's aunt gave him this tea, he surely would have poured most of it through the cracks in the floor. But, if you want your bones to heal, you have got to get it down — somehow! When we take it, we just gulp it down as quickly as we can. Listen — however bad it tastes, it's a small price to pay for healing your bones. Would you rather limp the rest of your life? Do you cherish spending six months in a cast?

27.10 HOW TO USE REGENERATION TEA EXTERNALLY

Depending on your case, you may be able to use the Regeneration Tea externally as well. If you just broke a bone and you are not yet in a cast, you should take this rare opportunity to soak the particular fracture in the tea.

The more time your fracture is soaking, the better.

There are a number of ways to use the tea externally. The first way is to soak a fracture in the tea. This would be appropriate if you damaged either your hand or your foot.

Another way to use the tea externally is to soak cotton towels or cheesecloth in the tea. Then, simply apply the cloth to your wound and wrap in plastic. This will keep the tea where it belongs, and it will also keep your sheets clean. You will have to use your imagination a bit. Each case is different.

27.11 A TIP FROM VEE HULL ON USING THE REGENERATION TEA

On each weekend, I would make a quantity of the Regeneration Tea to last the week. Each night I mixed some of the liquid with clay.

I wetted some cheesecloth with this solution and packed the moist substance on the knee area. I also applied the compress all the way around the leg and onto the area below and to the side of the knee where the circulation was torn apart. (The vascular area of the damage was as severe as the bone damage.)

I then wrapped the leg with light plastic and wrapped a towel around this. I slept each night, except Sunday, with this and washed it off each morning. This method took the swelling out of the leg from the day's therapy. I developed this method to contain the liquid so it would not run onto the bed sheets as would a cloth dipped in the formula.

27.12 HOW TO PREPARE THE REGENERATION TEA

Here are the directions for preparing the tea.

Use a large stainless steel pot. NEVER use aluminum. We can't prove it, but we believe that an aluminum pot can actually negate much of the potency of the tea.

Use distilled water. It is best to buy it in a glass bottle, not a plastic bottle. Don't use tap water. The fluoride and chloride which are in most water supplies are not the best things to stimulate bone growth.

Put one gallon of the distilled water in the pot.

Add the herbs that you have pre-mixed separately. [At the end of this Layman's Course is a section on Sources for herbs you need.]

Mix the tea in the water. Let this mixture set in the water overnight in the refrigerator. You can even let it set for a few days. The longer you let it set, the stronger it will be.

Heat the tea, but NOT to a boil. Let the tea simmer for twenty minutes. After twenty minutes of simmering, strain the tea.

IMPORTANT: Do not simmer the tea any longer. If you do, the herbal extracts in the solution will go back into the herbs. Make sure you use a stainless steel strainer. Don't use an aluminum strainer.

After you have strained the herbs, pour the tea back into the heating pot. Simmer this solution down to one-half of its

original volume. The tea can really smell up a house, so you should open a window near the stove if you have one.

The tea is now ready for use. Be sure to store the tea in the refrigerator in a glass bottle. Do not use plastic.

27.13 ADVICE FROM DR. JOHN CHRISTOPHER

27.13.1 *Using comfrey to heal dangerous burns.*

Dr. Christopher's famous formula for healing burns was equal parts honey, wheat germ oil, and comfrey.

A couple brought in a boy with bandaged hands. He and his friend had been playing with matches and the resulting fire had roasted their hands. Doctors said either amputate or have skin grafts. The skin grafts would leave the hands as useless claws.

Dr. Christopher told the first boy's parents to use honey, wheat germ oil, and comfrey as a paste; apply it over the entire area and don't pull it off as it dries, but apply more. In months, the boy's hands were healed and as good as new.

The other boy, who went to the hospital, had hands that became claws. He always wore gloves and became a recluse.

In another case, an engine block fell and crushed the pelvis of an 8-year old girl. The parents used comfrey poultices on the

entire area and she was healed. Comfrey also caused almost overnight healing in a little girl who fell and split her head open on a stone fireplace. Comfrey paste not only heals, but causes bleeding to stop immediately.

27.14 ON THE POWER OF SLIPPERY ELM...

One boy was emaciated from chest to feet. He was sent home from the hospital, dying from dehydration and malnutrition. He could not assimilate any food and could not even drink water without vomiting. His hip bone was sticking through his flesh and he had bed sores on his back where his spine was sticking out.

Dr. Christopher used a gruel of slippery elm and water, a half teaspoon at a time. He also used slippery elm as a poultice one inch thick on the spine, and on the hip area. Hot wet towels were placed over the paste to keep it moist. In a matter of months, the skin had healed, the boy had filled out, gained weight, and was playing in the yard.

Also remember that in cases of extreme emaciation and inability to assimilate, Dr. Christopher fed the patient through the skin with alternating massages with olive oil for two days, then wheat germ oil for two days, then castor oil for two days,

then repeat. People have done this on their scalp and actually regrown hair.

27.15 COPPER AND BONES

Please note that the mineral copper is essential for the retention of calcium in bones. If this mineral is low, or is being blocked in its activity by other minerals, such as excess zinc or iron, or if copper is being depleted by too much vitamin C, then bone formation and growth may be hampered. See the lessons on mineral therapy.

**Sam Biser's
Save
Your Life
Collection**

**A Layman's Course
in Curing Last-Stage
Diseases**

Degenerative Diseases
Lessons 28-32

**Sam Biser's
Save
Your Life
Collection**

**A Layman's Course
in Curing Last-Stage
Diseases**

Diabetes
Lesson 28

This lesson gives you the herbal and natural foods information. Later in this Layman's Course, I will give you other viewpoints on diabetes.

I have seen this program work for my readers. One of them was a diabetic friend who only followed bits and pieces of the advice and lowered his blood sugar from 340 to 160. Another was a reader named Arthur Livingston. I want to tell you what happened to him to give you courage and confidence.

28.1 A READER'S STORY

Here is what Mr. Livingston wrote me:

"I am 63 years old. Five years ago I was diagnosed with Type 1 Insulin Dependent Diabetes and on 85 units of insulin a day. After 3 weeks in the hospital, my foot was purple with gangrene and the doctors were sharpening their saws. I had retina and nerve disease and I was looking forward to a bleak future filled with limb amputations, blindness and kidney and heart failures.

"I quit smoking my two packs of cigarettes a day, lost 40 lbs., but was making very slow progress and 4 years later still needed 45 units of insulin a day.

In March, 1995, my wife bought the Save Your Life Video Collection and I said, "O.K., I have an Incurable disease; I can't get off insulin, so I will do Dr. Schulze's Incurables Program. My wife said "Let's Do It." Dr. Schulze was so powerful on the tapes, he talked me into taking the steps to heal myself.

April 2nd, I started the program. Each day, I had to lower my dosage, and in only 24 days I was totally off insulin, zero units! In the last 11 months, I haven't used a drop of insulin. I consider this a miracle.

I now fit into jeans I haven't worn for 25 years, but better yet, my medical doctor said I regenerated my pancreas. Thank

you for providing me with the material to prompt me to take this huge healing. — Arthur Livingston, N.Y., N.Y

I called Mr. Livingston. He is not only alive, but healthy, and he *did* have a story to tell. Now there was a voice connected to that letter, a real live human being who was telling me he could have died one day of diabetes if it were not for that video collection. His advice for readers was two words, “DO IT.” At that exact moment, the transformed man said, “I want to run the New York City Marathon.” and I know he will.

28.2 SAVED FROM AMPUTATION

Herbalist: I had a lady named Helen come to see me. Her family actually brought her in. She was a hairdresser.

She had diabetes, she was using insulin intravenously for years and the only reason they came to see me was because the doctors were going to amputate her legs.

The circulation in her legs had degenerated to a point where she already had gangrene in one of her legs, and the doctors just wanted to cut her legs off — which is something that happens in advanced stages of diabetes. I have had lots of people come to me but she was about as far gone as they get. In fact, they said she might not even survive the surgery because her blood sugar was so out of control.

We've talked about things that we can do for blood sugar and one of the major things is stop eating sugar. A lot of people don't get that, and they don't think of all the things that they're eating that have refined sugars or sweeteners in them.

It's a great healing herb for people who have diabetes. It's an herb that a lot of people overlook. This woman took loads of fresh garlic, because the incurables program contains at least three cloves of fresh garlic every day.

She used a lot more than that. We also treated her legs with hot and cold therapy; body work and fomentations of cayenne and ginger tea to increase the circulation and get the blood flowing again in those legs, especially some of the areas that were turning dark purple to black — because they were just dead. The blood flow had stopped.

For the tea used in this treatment, use two quarts water and one-half cup cayenne (again, the hottest you can find — not the 40,000 H.U. stuff) and one-half cup fresh, chopped ginger.

BISER: *You mean her leg was going to gangrene?*

Herbalist: Oh absolutely. The doctors had actually used the term gangrene. It had started in her right leg, lower calf and her ankle, and they suggested that it wouldn't get any better and her

Garlic has been proven in university studies to not only reduce your blood sugar, but it also increases your own insulin production.

diabetes was so out of control that they wanted to save her by just cutting her legs off.

And, at that point, she woke up. It's amazing. Some people have to go a ways down the road before they wake and go "Wait a minute, I don't think I'm going to do that." And so she decided that she would do anything before she had the doctors take a saw to her legs.

And she did the incurables treatment. She mainly did it just to heal her legs. This is another example where people don't think they can fix the real problem, the diabetes. I said, "No, you have to monitor your blood sugar every day, and you're going to be taking less and less insulin." Sure enough, even during the first 30 days, I think she reduced her insulin intake by one third, at least.

BISER: *What did she want to do?*

Herbalist: All she wanted to do was mainly just increase the circulation in her legs, because the doctors were threatening her with amputation of her legs. One of them was going to gangrene and the circulation was bad, so the family just brought her to me to increase the circulation in her legs so they wouldn't be cut off. They never thought that she could get over her diabetes.

We got the circulation in the legs increased and that purplish-black area of gangrene went back to nice pink tissue. We got the blood to flow, of course, with cayenne and ginger internally.

BISER: *How much cayenne and ginger with her?*

Herbalist: Oh gosh, we dumped a lot into her. I would say she was consuming a quarter cup of cayenne every day, which is a pretty good amount, but she really liked it and we also had her on a good dose of ginger, a good circulation stimulant. We also put her leg in a cayenne bath of very hot water with a lot of cayenne and ginger, handfuls of it, and she would put it in that and soak it for a few minutes and then take it out and plunge it into a tub of water filled with ice. And we went back and forth on that.

And I'll tell you, it was only days. Of course, that burns a lot, and she did some screaming and yelling because that cayenne gets very hot. But along with a little bit of body work, some skin-brushing and doing that hot and cold bath three times a day, that skin, the tissue was back in about 3 or 4 days. It was quite amazing. You know, gangrene, come on, no gangrene in the world is going to hang in when you're doing hot cayenne baths with ice plunges afterwards. I mean, it just isn't going to happen.

You're going to stimulate that circulation. You'll watch that area come back to life. I'm going to say that in 2-3-4 days, that area will come back to life. This does not take a long time. So she was thrilled, but I told her to hang in there and keep with it and she stayed on the incurables program.

The first 30 days, I think she knocked her insulin needs down by a third and she was off it in 3-4 months. This was someone who had been a diabetic for 15 years on intravenous insulin and was going downhill.

28.2.1 Garlic is powerful for anyone with diabetes, but you have to use enough.

BISER: *Is garlic that powerful for diabetes?*

Herbalist: Absolutely. But you have to use enough. The incurables program calls for 3 large raw cloves minimum a day, and we could double that for someone with diabetes.

BISER: *Does garlic actually lower sugar substantially?*

Herbalist: Absolutely. It works two ways. It directly lowers your blood sugar without doing anything. It lowers the amount of sugar in your blood, but then it also stimulates the pancreas to produce more insulin, and of course, that's why you're shooting insulin because the pancreas isn't doing its job, so it's a good pancreatic stimulant, it also reduces your blood sugar level and

it's a good one, obviously, for pancreatic cancer. Garlic is a brilliant herb.

BISER: *But nobody talks about it, Richard.*

Herbalist: Oh, I know. And I've seen numerous medical reports for garlic, for diabetes. I would say I've seen 50-60 reports out of medical schools from universities where they've used garlic on diabetic patients. But then again, you're never going to see that anywhere because there's no money in selling garlic.

BISER: *Now, does garlic have a mild blood sugar-lowering action, or a strong one?*

Herbalist: I think it's incredibly strong. Of course, when you're testing for your blood sugar, you can test every day, and I've seen people reduce their insulin by half in a week. Really went at it with the juices and the garlic. Oh, it's very strong.

BISER: *Richard, if it's in the medical literature, why wouldn't they use it? I know it's a dumb question.*

Herbalist: I know! I would say about a tenth of the research has been with diabetes. It's a very effective treatment for diabetics. But you know what it is too? It's too easy. Getting well with natural methods is simple. That would be the best way to describe it.

BISER: *Richard, I have a friend who's got diabetes, but he says he gets diarrhea every time he eats garlic.*

Herbalist: Well, you know he may have a compound problem. He might have colitis or inflammation of the bowel, so a little bit of garlic goes a long way with him. You know, the best thing to do with him would be to find out what's going on with his bowel.

Maybe get his bowel soothed and detoxified with intestinal formula number two (given in the colon chapter) and then go in there with the garlic treatment, because it works very well for diabetes.

He might have an irritated or spastic colon or digestion, and so he needs to start out with a little bit of garlic. Just a little bit, until he can tolerate that, then increase his dosage slowly.

28.3 CAYENNE AND BLOOD SUGAR

BISER: *Does cayenne have any effect on sugar?*

Herbalist: Yes, just by stimulating the circulation, making your blood flow better. One of the things that happens with diabetics is that the circulation of their blood gets horrible. Sometimes, they even have their extremities amputated in serious cases.

So, sure, cayenne's a brilliant herb, and it is part of the program. Whether or not it absolutely lowers blood sugar, I don't know, but when your blood is circulating more efficiently, you don't need as much of the chemicals that your body produces in your blood. A little goes a long way. That's definitely to be part of the program. But garlic specifically, yes.

When you have better circulation, you have better hormonal communication between your endocrine organs, such as the pancreas. If your blood is thick, it takes longer for your organs to get the chemical feedback messages they depend on. One of the greatest herbs in the world for female hormonal balancing, Dong Quai, just happens to increase circulation. It is no accident why it works.

28.4 CEDAR BERRIES AND BLOOD SUGAR

BISER: *Dr. Christopher always mentioned that cedar berry would help the pancreas, but is that true, or only for a few people?*

Herbalist: It's a Dr. Christopher original only. I have talked with people world-wide and nobody else does that. Now Dr. Christopher swore by it. I won't argue against his case histories.

My own feeling is that the pancreas is an endocrine organ like the liver, and any organ can wear out. Usually, when the

endocrine organs aren't working well, it's a sign of whole endocrine system dysfunction.

To simplify this a little bit, I've never seen anyone with diabetes who wasn't living a horrifying life-style eating program. I don't meet people with diabetes who are vegetarian that don't drink Coca-Cola. I was in a video store last night and I had my son Arthur in my hands and there was a lady with a 2-year-old kid, and she was pouring Pepsi into his bottle.

BISER: *A 2-year-old kid with Pepsi!*

Herbalist: Yea, you know what I'm saying? You can't live like this, and then go looking for an herb to control diabetes.

When it comes to children, or adults too, if they are going to consume fruit juice, they dilute it. Easy on the fruit juices. I always find that diabetics who come to me they are sugar addicts, they are eating sweets, they are drinking a little Coca-cola, and so on. I've never had a diabetic come to me on insulin that was living a healthy life, ever.

There are pancreatic types, people predisposed for that pancreas to self-destruct. You have an unhealthy diet, and it self-destructs. Then you get termed a diabetic. And what it is, is that's just your weak organ.

BISER: *They don't need to do anything for that organ, do they?*

Herbalist: I've never had to do anything special. I've played with a lot of diabetic or blood-sugar herbs. But my feeling is that the whole program did more than the herbs. You know, Dr. Christopher used the cedar berries, but that was his icing on the cake of the program.

BISER: *I'm sure the way they promote it now is, "Forget the program, take the cedar berries."*

Herbalist: Absolutely. I use a few different herbs here that I played with, but to be quite honest, my feeling is that everybody likes to talk about an herb that is good for regulating blood-sugar. My feeling is the best thing to regulate blood-sugar is don't drink Coca-Cola. There's too much sugar in all that stuff, and it runs down the pancreas.

Most of these people who come to me...well, everybody wants to skip the work.

But I've seen many people turn themselves around with diabetes. Again, the real key is to stop eating sugar, because your pancreas is getting worn out.

Get into more raw food. Your pancreas has to make a lot of enzymes when you eat cooked food. Anybody who's diabetic really needs to move onto raw foods and get away from cooked foods. And, of course, that's the Incurables program.

28.5 HORMONE FORMULA MAY LOWER BLOOD SUGAR

The hormone formula we have discussed in the section on cervical cancer can also lower blood sugar quite a bit. It is not a female formula. It is a hormone balancing formula. It will balance the testosterone levels and improve the communication between the pituitary, the hypothalamus and the testicles.

A friend of mine used this formula to reduce his blood sugar from 360 to 130. But by it may not work for everyone, and you still need a whole program, not an herbal fix-it. As Dr. Schulze told me...

Herbalist: You get men when their hormones are down and they start getting depressed and they don't know what to do about their life or their career. And, here's a great thing — I have had hundreds of men take the female formula and say that it brought them back together.

This is the problem with even naming something herbal because these herbs have so many chemicals and can do so many things. Let's just look at it. The female formula doesn't contain estrogen. Its job is to create a better communication between the hypothalamus and the pituitary and the ovaries. And between all endocrine organs.

So, I've had numerous men take the female formula. They just saw it on their wives dresser and they weren't feeling right and they decided to take it. Many of them were embarrassed even to tell me this story.

In fact, I've had many diabetics receive great results with it because it balances the chemicals between the hypothalamus, the pituitary and the pancreas. It could easily be called a male hormone balancer, and insulin balancer and thyroid balancer.

BISER: *Weren't you surprised at first when the men said, "I'm better."*

Herbalist: Yes I was. What I designed my herbal formulas to do is 5% of their usage. 95% of the usage came from my patients daring to pioneer other uses. I've had people, by accident, gargle with something that was supposed to go up the butt, and it worked. I came up with one or two uses for a formula and my patients came up with a thousand or two thousand.

Hundreds of men said, "I feel more like a man." It's something I never expected.

28.6 DR. CHRISTOPHER AND CEDAR BERRIES

Dr. Christopher used cedar berries (*Juniperus monosperma*) for both hypoglycemia and diabetes. It grows wild in the U.S., especially in the southwestern states. Gather

the berries at the end of the growing season when they are ripe. Use the berries for tea or tincture. Dr. Christopher said that he had patients get off insulin by using it. I have no direct experience with this herb, except that I have found everything Dr. Christopher told me regarding what herbs to use to be true.

28.7 GANGRENE, ANOTHER ANSWER

28.7.1 Dr. Christopher used a different method on this case and I thought you should know it.

This case did not involve diabetes. A man ran a pitchfork into his foot. He was so busy, he went to work anyway. By the time he got to a doctor, the foot was so infected, the doctor warned he might not even be alive another day if he didn't take care of it.

First, Dr. Christopher told him to pack his foot with five pounds each of onions and salt as a drawing poultice for four hours. Then he was instructed to use comfrey and marshmallow root as a poultice. By noon the next day, the swelling had completely subsided and the only soreness was where the pitchfork had punctured the foot. In a case where no drawing herbs are available, copious amounts of honey on the

area will cause a drawing. You may soak the injured part on hot cayenne tea.

Please note: The first and second year marshmallow roots, prior to branching, are more potent than the older ones. Gather late in autumn.

Sam Biser's
Save
Your Life
Collection

**A Layman's Course
in Curing Last-Stage
Diseases**

Appendicitis
Lesson 29

Appendicitis

Appendicitis is basically advanced constipation. The appendix is a collection of lymph tissue. It is designed to excrete immune system material into the bowel. It detects if there is bacteria and/or fungus in the bowel. It detects something in the bowel, and it will excrete white blood cells and immune cells to destroy that infection.

When you cut out that appendix, that's like if your hand hurts, cut it off. It doesn't make any sense. We need to save these appendices. In fact, modern immune studies out of UCLA Medical School textbooks say that when your appendix is removed, other parts of your immune system don't work as well.

They have even done studies showing that your spleen won't work as well when your appendix is out of there.

29.1 RULES FOR CURING APPENDICITIS

29.1.1 *Stop all food. Do a high enema immediately.*

BISER: *What do you do in a case of severe appendicitis?*

Herbalist: When someone has appendicitis, the first thing you do is you stop eating — because appendicitis is caused by constipation and your fecal matter being pushed into the orifice of the appendix. It inflames and it hurts, and it can get so infected it will leak pus, and, of course, that is very dangerous.

No more food, go only to juices. Drink a large amount like a gallon a day of apple juice and/or add some prune juice to it, too. Do the high enemas we discussed earlier. In fact, you wouldn't want to do a colonic — you don't want any pressure in there. You just do that high enema and get that constipation out of there.

At least do a rectal enema. If that goes okay, then you go on to a high enema. Basically, what you are doing is stopping any food from going in, and getting out what is in there.

BISER: *You use this even in life-threatening cases?*

Herbalist: Absolutely.

BISER: *What if it's hours away from rupture?*

Herbalist: That's what happened to a friend of mine in Florida. He was freaked. He was ready to take his daughter to the hospital because she had a 103 degree fever.

29.1.2 *What to do if perforation has already occurred.*

BISER: *What do you do with the fact that it's swelling up?*

Herbalist: The thing is that appendicitis usually happens after the person has had some bout with constipation, or over-eating or something like that. The minute you stop eating and you give a high enema, it takes the pressure off. And, of course, if you flood yourself with gallons of juices, then you don't have to worry about the fever.

If you feel you have an infection, then load yourself up with garlic and echinacea. That is in case there has been some perforation, or if there is some pus. If you have a fever, there has been some perforation. So take a lot of garlic and echinacea. Echinacea, you can take a ton of, like two dropperfuls of tincture every hour for the next couple of days. Half a bottle a day.

BISER: *How much garlic should you take?*

Herbalist: Six cloves. That would be over the course of a day.

You can go more, but you'd better take it easy, because some people throw up on that. Then you can also do a liver flush immediately. Flush that bile, get that oil in; oil is wonderful. Get some intestinal formula #1 in (see the bowel chapter) and get that bowel working. Then you have gone in and done all the enemas, so you have relieved it from upper and lower — meaning, no food from the mouth, and all wastes out of the colon.

29.1.3 *Use castor oil packs 24 hours a day over the appendix.*

BISER: *What do you do right on top of the area?*

Herbalist: Castor oil fomentation. Definitely. They are a must. I heard one woman who just had it with her son who did it continuously. They did it 24 hours a day.

And why not! You are talking about a situation in which most people are hospitalized and have surgery. That's exactly right. Castor oil packs 24 hours a day. I also like to do light massage over the appendix — even though medical doctors say to never touch the area.

BISER: *Don't touch it, it's inflamed?*

Herbalist: I like to do light massage, and you are doing massage from the hip bone towards the navel or the groin. You are going from your lower right hand side up towards your center, and from your pubic bone area up towards your center. You can actually drain it a little bit. Just lightly, with the palm of your hand.

BISER: *It doesn't cause a rupture?*

Herbalist: Again, you have to use your consciousness. If it hurts tremendously when you are doing it, ease up a little bit. But you are trying to work that pus and fecal matter out of the appendix. I've never ruptured one doing that. I don't know a natural healer who will even do that. I've had a lot of people on my table with full-blown appendicitis and I've done it and it has helped.

BISER: *You mean the swelling goes down?*

Herbalist: That's what happens. I had one interesting story I'll tell you. I was needing some money to do some traveling and I didn't have it. Some woman called Dr. Christopher and said, "My husband has appendicitis and is in the hospital." She said, "There are two surgeons there and they want to do surgery immediately." Dr. Christopher gave her my phone number.

She called me and brought her husband over, and we worked on him for about four hours until he was relieved. Then I gave him a program for two or three days, and he got

better. She was a very influential person and sent me probably a hundred clients in the next three weeks. The long and short of it was I got the money to go on my trip. I've never had a person who had to be cut open.

You know, when my friend from Florida called me, she was pretty far gone. She was really sweating bullets. Her daughter had full-blown appendicitis, 103 degree fever.

BISER: *What was she doing for it?*

Herbalist: She was doing some stuff, but she didn't turn the volume up enough. She was doing a little of this and a little of that. She said her daughter didn't want to.

BISER: *Didn't want to what?*

Herbalist: I don't know...drink something. I said, "Julia, there is no time. I said, "Either you do this, or you go to the hospital." She had considered the hospital, and hey, I can understand it. I have a son now too. It's a scary situation. I said, "If you take her to the hospital, and then you don't want to do what they say, you are stuck because they can take her away from you."

Any hospital in the United States— if you take your kid in with appendicitis and you say, "I want to take him out; I don't want to operate," then they will arrest you for endangering the

welfare of a child. She got so scared, she decided to get on with what I told her.

BISER: *The little girl could end up not being her daughter anymore.*

Herbalist: Exactly. They could take all her kids away if she had pulled some stunt like that. That scared her enough to go to work intensely. And sure enough, in 24 hours, her little girl, Maxine, was fine.

**Sam Biser's
Save
Your Life
Collection**

**A Layman's Course
in Curing Last-Stage
Diseases**

Eye Diseases
Lesson 30

Eye Diseases

This lesson will teach you about a formula that has corrected vision problems such as cataracts, glaucoma, cloudy vision and other visual degenerations.

You will also learn about improvements to Dr. Christopher's original eye formula, and you'll find out why people are getting such erratic results with it.

30.1 LACK OF READER RESULTS

BISER: *Why have my readers got such disappointing results with Dr. Christopher's eye formula?*

Herbalist: The first reason goes to what we talked about earlier; poor quality commercial-grade herbs. You want to make sure the

herbs are organically grown or wild-crafted. You cannot trust where commercial herbs were grown, and how they were treated when they were imported into the U.S. Why would you want to use a formula to remove toxins from your eyes, and then use herbs with poisons in them?

On top of that, people are getting the herbs in powdered form. I think there is hardly any of the volatile oils and potency left in the herbs they're using.

The second problem is that people are not using the formula enough, because it's been too difficult to use. Most people will not go through the trouble of making the eye tea every two days, straining it and heating it after taking it out of the refrigerator, and then making sure they don't heat it too much, and then repeating this whole process six times a day. As I'll explain later, I've made the whole thing much easier.

The third reason people aren't getting results with their eyes is that, again, this is a dedicated program.

Whatever results the patient gets are dramatically reflected by the amount of work that they put into the program. If someone just uses the eyewash by itself, they can expect some differences. If they use it six times a day, they can expect better differences. But if they use it six times a day along with having that juicer going, and juicing themselves three glasses of carrot

juice a day, and getting all that vitamin A in their system, then it's even better.

If they use it along with brain herbs like ginkgo biloba and cayenne and rosemary to stimulate more blood and oxygen to the brain, then it's better still.

And if they use it along with getting on their slant board, or slant couch once or twice a day, now we are talking about seeing dramatic results. People just tend to do one thing and expect it to create a miracle, and you really have to put the whole program together.

I might say that over the years, too much emphasis has been put on just the herb formula — and not enough on the *other* things that Dr. Christopher said and talked about.

30.2 DON'T RELY ON EYE HERBS

BISER: *Over the years, people took out of his teachings what they felt like.*

Herbalist: They just took the herbs. Basically, it's just the herbs.

And if you read Dr. Christopher's writings; if you look at his books, Dr. Christopher would spend hours telling people about what he called the "mucusless" diet. It's a high-fat diet that causes eye disorders, cataracts, and cholesterol deposits in the eyes.

You can't expect to clean the mucus and bacteria out of your eyes and get your eyes clean if you are packing it in just as fast with your food program, and if your liver is clogged and dirty and your blood is filthy.

Dr. Christopher created all of these programs that were full- spectrum. The herbs were just to accentuate all the work that you are also doing on these programs. And somehow over the years this has been lost to where they think, "Well, to fix your eyes, you use Dr. Christopher's eyewash."

BISER: *And to fix your kidneys, you do this herb, and to fix your this, you do that, and so on.*

Herbalist: That's what happened. As I just said, the foundation of all of Dr. Christopher's programs was the mucusless diet. He was a fanatic about eating a clean food program that cleaned your body, fed you with supernutrition and also promoted better elimination of the poisons from your systems.

And, of course, that was his diet of fruits, vegetables, nuts, seeds and grains. And people out there will stay on their diet of Budweiser, pepperoni pizza, and constipation, use the eyewash and say, "It didn't work for me." Well, that wasn't the whole program.

BISER: *So you saw the results that he used to talk about.*

Herbalist: Absolutely. I saw hundreds of patients who had tremendous results with all his programs. But again, Dr. Christopher used a whole spectrum of natural healing programs. Yet, so many people today, out of their laziness, are so stuck with their current life-style that they only use the herbs. And what is amazing is that, many times, it works. I'm always amazed at the power of herbs, when people just use them on their own.

BISER: *And it works when they don't do the rest, but they can't count on it.*

Herbalist: Absolutely. But you can't ever count on it. And where the power of these programs really comes through is when, as a foundation, you use the vegetarian food program; you add to that your bowel cleansing, which is the beginning.

Of course, Dr. Christopher was strong with everybody about cleaning the bowel, but he was just as strong about cleaning the liver.

Everybody who worked with Dr. Christopher got a good food program and the liver and bowel cleansing, even if it was just to work towards doing that eyewash. Unfortunately, over the years people have kind of picked and chose what they wanted to from the Dr. Christopher routines. That's one big reason why people aren't seeing the cures he talked about.

BISER: *So they say it didn't work, he was just telling big stories.*

Herbalist: He didn't make any of these results up. It's the people who have watered down his programs, and who have substituted commercial-grade herbs for the fresh herbs he got from around the state of Utah, or wherever he lived at the time.

BISER: *What is the formula and what have you done to improve it?*

Herbalist: Dr. Christopher's original formula is equal parts of eyebright herb, bayberry bark, red raspberry, and goldenseal, and one-eighth part cayenne. What I do is increase the amount of cayenne in the formula. I've even made the formula with 800 times as much cayenne as Dr. Christopher did.

BISER: *800 times? Wouldn't that burn someone's eye out?*

Herbalist: No. Not at all. We put a hundred parts cayenne, so that's 800 times his original recipe. You put it in once and you have involuntary eye closure, it burns the students' eyes. They can't believe it. They are all standing around blind; nobody can walk anywhere. It's like a Chinese fire drill in the kitchen, but in three minutes, they open their eyes and they see better than they ever remember seeing and they are amazed that they can still have eyesight.

In five minutes, their eyes are clear and sparkling and they are amazed. You know what that does?

BISER: *What?*

Herbalist: It makes nobody afraid of an eighth part cayenne. And I do it on purpose.

BISER: *What do you recommend our readers do?*

Herbalist: Start with Dr. Christopher's portion of one-eighth part, and then when you are comfortable with that, which usually doesn't take very long, you can go to one-quarter part, one-half part, but you can take it up even beyond that to 2 parts, 3 parts, 4 parts, and beyond.

Another thing I recommend, instead of preparing eyewash tea and then double straining it and making it lukewarm, is to skip all that and do a tincture. We've covered how to make tinctures in an earlier chapter.

One of the great advantages about having it in a liquid extract is you can literally wash your eyes out 6 times a day. It's very simple. You take out the eye cup, you put 5-10 drops of the formula in an extract in that cup, fill it up with lukewarm distilled water, tip back and wash your eye.

You can wash both eyes out twice in less than 5 minutes. Roll your eyes in both directions. Do X's, and get the eyewash into all corners of the eyes. Some patients add a dropperful or two of cayenne tincture to each bottle of homemade eyewash tincture to get more results.

30.3 HUNDREDS OF PATIENTS CURE CATARACTS

BISER: *How long for really severe eye problems? How often a day should they wash it?*

Herbalist: Five or six times a day. Some patients make a dilute solution of the tincture to carry with them to wash out their eyes during the day.

BISER: *Most people are not doing that, what are they doing?*

Herbalist: Two to three times a day with the tea.

BISER: *I doubt if they even do that.*

Herbalist: I doubt it, too. Most people just aren't dedicated. But my patients who have been dedicated with it have had dramatic results. I've had many patients lessen their prescription on their glasses and eventually throw their glasses away. I've had many patients with glaucoma recover.

BISER: *Dr. Christopher said that cataracts used to flop off, is that true?*

Herbalist: I haven't seen it quite like that. But I have seen a lot of people with cataracts do the eyewash for 1 day, 2 days, 3 days and then I will get a call from a horrified person.

They wake up in the morning and their eyes are absolutely stuck shut. They can't get their eyes open, and they are actually calling me on the telephone with their eyes glued shut.

Of course, it's no big panic. I have them take hot washcloths with water and put them on the eyes. And what it is that during the night after doing all this eyewashing, their eyes eliminate poisons, toxins, pus, and bacteria from the tear ducts and so on. All this has glued their eyes shut during the night. That is not an uncommon thing to happen, especially with people who are using the routine for cataracts.

BISER: *What about infection coming out of the eyes? Have you ever seen people whose eyes supposedly got infected from this? I've heard people say it caused a serious eye infection.*

Herbalist: Yes, but that's not true. Of course, your doctor may say that. But what's happened is these herbs are drawing mucus and pus out of the tear ducts and out of the eye.

So what appears to be that you got an infection after two or three days of using the eyewash is just the purification process. If you keep going with it in another day or two it will be over.

I've seen the same thing with his vaginal bolus routine. I've seen women do it, and then all of a sudden they develop a discharge and have an irritation and discharge vaginally. And

certainly if you go to your OB/GYN and say I've been putting herbs up my vagina —

BISER: *They will say that you contaminated your vagina.*

Herbalist: Absolutely. But the bottom line is it's drawing this material out. If you continue the program, it will come out and stay out.

BISER: *What happens if it comes out in their eyes; how do they deal with it? All of a sudden, they think there is a raging infection.*

Herbalist: It's not that bad, and of course, one thing that is in the formula is goldenseal. Goldenseal is a great anti-bacterial to the mucous membranes and especially the eyes.

So it is not a problem, you just use more eyewash the minute you notice that coming out. It's not uncommon in cases of serious eye disease. Once you are using the eyewash for 2-3 days or even a week, all of a sudden your tear ducts start opening up. Of course, this is one of the things that the eyewash does.

BISER: *Have you ever had any infection get out of control?*

Herbalist: No, never. I just have people that have their eyes stuck. A hot washcloth is all that is needed to do the trick, and then you wash the eyes out again. I've never had anybody have a

real problem with it except being a little startled from waking up with their eyes stuck shut.

BISER: *How much cayenne do you recommend for maximum results?*

Herbalist: We put in 40 times more than Dr. Christopher. Instead of one-eighth part cayenne, we put in about 5 parts cayenne.

BISER: *And it's causing pussing in one hour.*

Herbalist: In one hour, we had one of the girls bringing like a strand of mucus out of the corner of the eye.

BISER: *It's doing cleansing that my readers aren't getting in months of taking junk herbs.*

Herbalist: That's for sure. And there is the thing, too, that your readers and other healers get stuck on — the irrational fear of cayenne pepper.

I think it's normal human nature to be afraid. But you always have to weigh out the alternatives. If I don't push my patients far enough, if I don't dare to put 50 times the cayenne in Dr. Christopher's eyewash — these people are going to have laser surgery on their eyes.

And in my mind, laser surgery is worse than a little temporary discomfort from cayenne pepper.

BISER: *Have you ever had people who were almost blind?*

Herbalist: Absolutely. I've had people who couldn't see anything. They describe it as though they are looking through vaseline. I've had patients like that.

BISER: *And you got them cured?*

Herbalist: Absolutely.


BISER: *What happens when it comes off, what do they tell you?*

Herbalist: They just start seeing clearer and clearer. Then their eyesight regains itself. But it doesn't just happen with drinking a couple of cups of eyebright tea.

It just isn't going to happen. We are using 50 times the cayenne, you work up to that, but we *are* using 50 times the cayenne. We are also using the other herbs to stimulate circulation to the brain, and we are taking large doses of cayenne pepper orally.


And it just begins there. People just aren't turning up the volume on these programs enough. What are they afraid of? I'd be terrified of having laser surgery on my eyes. I find that my colleagues out there are letting their own fear get in the way. They don't consider that the patient is backed up against the wall — so, they never take natural healing anywhere close to what it can do.

30.4 ADVICE ON BLINDNESS




For this, Dr. Christopher used his famous B and B tincture, which is given in the chapter on nerve regeneration. In one case, a young totally blind boy was given the eyewash formula (given in the eye chapter), plus the B and B tincture for the optic nerve, and months later, Dr. Christopher saw the boy chasing colored marbles across the floor.

30.5 READER QUESTION: CAN I USE THE EYEWASH IF I HAVE A LENS IMPLANT?



Herbalist: Yes, there is no problem with the lens implant. The eyewash mainly creates circulation for the eye. With any type of eye surgery, as long as you don't have an open wound on the eye, and I would still do it then, but you will get hell from your eye doctor, because he won't understand.

30.6 BLINDNESS CURED



If someone was blind, you'd say that herbs would be useless, but *you'd be wrong*. I remember Dr. Christopher telling me the story of the little boy who was totally blind from birth -- no vision, not even an optic nerve had formed. But after following the same advice given on this lesson, and after using

the nerve herbs orally and in the ear, the precious child grew an optic nerve and regained his sight.

Sam Biser's
Save
Your Life
Collection

**A Layman's Course
in Curing Last-Stage
Diseases**

Heart Disease

Lesson 31

Heart disease

You can cleanse your clogged arteries without drugs, surgery or massive doses of vitamins. You won't need anything but natural foods and herbs. Your circulatory system can be transformed in 30 days, but it takes hard healing work to make that happen. And you will be doing things you have never learn from anyone else. Here is how to do it.

First, some things to remember...

- 1) Use hawthorn and cayenne in the correct forms (not capsules of either) and in big enough doses to reverse the pathology. Make homemade hawthorn syrup and hawthorn jam and tea. Always presoak the berries before you make the

tea. Soak overnight if you can, but at least for fifteen minutes. Use cayenne in homemade powdered form. Make your own strong tincture.

2) Use heart poultices of cayenne, mustard and ginger.

3) Use hot and cold on the chest to open up the circulation and elimination. However, go easy on critical cases before you do an intense measures on them until their “pilot” light has increased.

4) Don't forget how powerful juice-fasting is in cleansing the arteries. Nothing gives the body a rest and an enzyme-blast like juice-fasting. But, in my opinion, be leary of sweet juices, even when they are raw and unpasteurized. Too much fruit sugar (fructose) interferes with copper metabolism and can damage the heart in some people.

5) Thin your blood with high levels of fluids like water. Ten to twelve glasses a day or more, with a pinch of good salt in each if you doctor approves. Sodium is essential for regenerating cells. For every glass of fluid with caffeine in it, like tea or coffee, add an extra glass of water to compensate.

31.1 BASIC PRINCIPLES FOR LAST-STAGE CASES

BISER: *Richard, did you ever have people who should have had a heart bypass — and didn't, because of you?*

Herbalist: Oh, absolutely. I've had patients who a famous heart researcher threw out. He said they were too far gone. In fact, I've had numerous patients from a major heart center. One of the people who works at the center is a friend of mine, and she's a nurse there.

People came in with severe artery blockage, and this was before the days of Dean Ornish. Dean Ornish is the first medical doctor to recently prove, via angiograms and CAT scans, that natural healing cleans out arteries. Dr. Christopher was talking about that back in the 30's.

A certain number of people would go to a famous heart clinic, and the clinic was afraid to put them on an exercise program and diet, because their arteries were so clogged — we'll say 80% or more clogged. These clinics were afraid the patients would die on the treadmill. They didn't want to be sued.

And so, they would suggest they have coronary bypass surgery, and then come back. Well, this isn't what some of those people wanted to hear. This nurse used to refer them to me, unbeknownst to the clinic, for people who were willing...

You know, she'd do a little interview with them, and if they said, "Hey look, I'll do anything," then she'd send them to me. Of course, what we would do was the 30-day juice fast or raw food program. But definitely, for the rest of their life, vegetarianism.

This clinic still served chicken and fish in the cafeteria there. This clinic believed that chicken had less cholesterol than beef, and it doesn't. It has the exact same amount. Now, they were small portions, but the bottom line is, "Why screw around when you're ready to vapor-lock?" Why put any more fat into the body? Even Dean Ornish's program still includes dairy products. So, I had numerous patients from the heart clinics, and we'd go total vegetarian. We'd get that cholesterol level down, as I said on the videotapes.

BISER: *Weren't some of them so bad the doctor said, "We've got to do a transplant."*

Herbalist: Yes, transplants and coronary bypass surgery.

BISER: *If they need a transplant, is it too gone for natural healing?*

Herbalist: Absolutely not. If I was still in practice, I would love to have lots of patients awaiting transplants.

From what I've already seen, I know natural healing would save lives. I've saved numerous people whose arteries were so blocked that they had daily pain down their left arm.

It was just killing them from the angina and the pain in their heart. The angiograms showed massive artery blockage. And, of course, doctors believed in those days, and this was especially in the 80's, that there was no reversal of this. But we had reversal with everybody who followed the program.

BISER: *Everybody?*

Herbalist: Yeah. You know, Dr. Christopher even used to say that alfalfa would clean the arteries. And, of course, nowadays they know that not only does alfalfa do it, but garlic does it, and so do many herbs and natural routines.

But even exercise alone has been shown to clean the arteries. It's just that Dr. Christopher was doing this program when Dean Ornish was in diapers, but nobody listened to it until Dean Ornish stated it — because he is an M.D. And now they still don't listen to it. Dean Ornish was shocked that the world wasn't going to sit up and take notice with what natural healers had been saying for 50 years.

BISER: *He couldn't believe they wouldn't listen?*

Herbalist: That's right. I saw it when he presented it live to the American Heart Association. They turned him down flat.

He said, "I can't believe it. I've got a program here that's proven, that's reduced coronary plaque in the arteries, with angiograms and CAT scans to back it up." And they said, the

average American was not going to adapt to a vegetarian food program.

They felt that the average American would opt for coronary bypass surgery. I couldn't believe it when they said that. That's what stupid morons the American Heart Association thinks that Americans are.

They think we're so stupid, so constipated, and so stuck in our ways that we'd rather have a Skill saw cut through our sternum, cutting our veins out of our legs, stripping them out, cutting arteries out of our heart and replacing them. We would rather do that and be in Intensive Care for a week and a half and have a keloid scar from our throat down to our bellybutton.

If that isn't horrible enough, there's severe pain when you come out of the operation. They've cut your rib cage in half.

And, as Americans, we would rather do that, knowing that in ten years maximum we're going to be right back in the same place and knowing that every other artery in our body is still clogged. We'd rather do that than change our diet. I don't believe that.

My experience has been that the average American *would rather* change their diet and their ways. The American Heart

Association has to be working hand-in-hand with the surgeons and medical doctors. They love each other.

31.2 HEART POULTICES FOR CLOGGED ARTERIES

BISER: *When patients had severe clogged arteries, what did you do?*

Herbalist: We did the castor oil packs right over the center of the sternum.

The best place is about a steering-wheel size castor oil poultice right over the center of your chest.

There is a part where two lower ribs come to the center. There is a little piece of cartilage called the xiphoid process. You can start it about an inch below that and take it almost right up to above your breast. And put it in that whole area around the breast bone.

And then you can also work with fomentations in that area, of cayenne and ginger. Depending on the person's pilot light, you've got to be careful, because that is pretty fiery. What is even a little stronger is you can do the hot, really hot, water there in the shower, and then turn it down to the cold right over that area.

I've had people do all three of these, especially the cayenne and ginger fomentation; also the hot and cold and have it

relieve their angina immediately at the same time that you are doing the cayenne.

BISER: *How much cayenne? What kind?*

Herbalist: When I was ill with heart disease, I took five or six tablespoons of extra hot cayenne pepper a day. At least two capsules, that would be minimum but I like a level teaspoon. I prefer three to six teaspoons a day of cayenne pepper. The cayenne pepper, as I said earlier, should be at least 100,000 H.U. By comparison, the stuff in the healthfood stores is only 40,000 H.U.

You take that internally, and then apply some cayenne and ginger fomentation.

BISER: *How much on the fomentation? How strong is it?*

Herbalist: Into 2 quarts of water, you would put a couple of heaping tablespoons of cayenne pepper, and a couple of heaping tablespoons of fresh, grated ginger. That will do the trick.

BISER: *You said in some cases you even used mustard?*

Herbalist: Yes, mustard is quite a famous plaster, but it's just not as available to a lot of people now. A lot of the mustard today is...it's very interesting, the American mustard you taste has very little to it. Come over to Europe, and the French and English mustard is very strong.

Our seeds are hybridized, so they are wimpy mustard. Mustard in World War I was used to kill people. It's a very strong plant.

BISER: *So, in other words, if they are going to get mustard, they need to get the strong stuff.*

Herbalist: Yes. You want some good strong mustard.

BISER: *What does it do, provide heat to that area?*

Herbalist: It's the same thing as the cayenne and the ginger. It's a counter-irritant. It goes into the pores, it warms; it burns and it brings blood; it moves the blood, especially if you have congestive heart failure.

BISER: *So this goes right in if they have clogged coronary arteries.*

Herbalist: Absolutely, it goes right in.

BISER: *Would they do it once a day, twice a day... depends how bad?*

Herbalist: Once or twice a day, depending on the severity. And it's really offered a lot of help to some of my patients. You can feel it right away, if you have angina. You take the cayenne internally and then put the poultice on. If you have angina pains, they will go right away.

BISER: *Do you remember any really bad heart cases where you used this?*

Herbalist: Yes, I've had a lot of people who were pretty immobile, in wheelchairs. They couldn't do much — but anybody can take the fomentation. Anybody can take the castor oil pack. And then use the cayenne, internally. Then when they are up to it, they can go to the hot and cold.

BISER: *How bad were some of the cases? How bad were their hearts?*

Herbalist: I've had people sent to me who were told they had eighty and ninety percent artery closure. And this was from their doctors.

They don't even do angioplasty with that much blockage because it's so much closure. If it were less, they would go in and either use the balloon device, or sometimes they escape with an angioplasty. But when it's that bad, it's cardiac bypass surgery. Doctors don't even fool around with it anymore. They just cut out the coronary artery.

BISER: *If it's that bad, what is it like for the patient? What is their life like when it's that bad?*

Herbalist: Usually they have a horrible lack of circulation in their extremities. Cold hands and feet, probably have varicose veins in various areas. They might have pain in their extremities from the lack of blood flow. Other symptoms were gangrene, lung and kidney failure, and being mentally delirious.

BISER: *But when it's 80-90% blockage, are they getting edema from a lack of blood flow?*

Herbalist: Yes, they are. There is not enough blood going to the kidneys, so they usually have swelling. I had a lot of people like that with very swollen ankles — swollen from their calf down to their heel. There is no indentation. In other words, it looks as big as the calf all the way down.

BISER: *The only thing they give them medically is what? Digitalis?*

Herbalist: Yes, usually they don't do much. It depends. If they have a regular heartbeat, they will give them beta blockers. Nowadays, they are giving beta blockers even for hypertension.

They will give some diuretics, hopefully that helps. But they, pretty much, schedule them for cutting, because even though it's been proven that in the coronary arteries the plaque reverses, and although doctors acknowledge that, they really don't believe that the patient's body is capable of doing it.

BISER: *Have you ever, in your career, talked to a cardiologist on the golf course or anywhere and told them what you were doing?*

Herbalist: Absolutely. I'll put it this way: I had a patient in my office, I think I might have told you this, who had two heart attacks, and he was wealthy. He went to five top cardiologists in

Los Angeles at Cedar Sinai, St. John's, UCLA and USC and Kaiser-Permanente.

He sat in my office and I said, "What did they tell you, any of them, about your diet?" And he looked at his wife, and she looked back at him and she goes, "They didn't say nothing." This is five top cardiac specialists. This guy has had two heart attacks, and he has severe artery blockage, and nobody suggested a dietary change. I find this shocking. That just goes to show you how much into the cut-and-replace syndrome they are.

BISER: *Has any doctor ever told you, "This is nuts, what you are doing?" Or do they say, "It's good stuff, but we can't do it?"*

Herbalist: No, they do acknowledge it. Almost every medical doctor in medical school learns about a contrast bath, which is the application of hot and cold to increase circulation — which reduces swelling and congestion.

And they are taught this, but it's the history of medicine. Even most orthopedic doctors around ten-fifteen years ago would suggest for all types of injuries, a contrast bath. But you never hear about it today.

Nowadays, it's like, "Why fool around when you can put Mr. Jones in the hospital for two weeks, throw him in intensive

care, strip the veins out of his leg, cut his coronary arteries out and sew them in. And then he is back in action.”

So those people are told to have new plumbing and go off and enjoy their lives all over again. Of course, they are not told that the best they are going to get is ten years, and also about all the other arteries that are clogged in their body that nothing was done about. These people are ready to explode.

When I tell this to cardiologists, I haven't had much of a scream as you would get, say, from an internist talking about diverticulitis or something. Cardiologists are usually pretty open to it and they go, “Well sure, if people would eat better...” They have no argument.

They even say today that most cardiologists don't have any argument that you can remove the plaque. About half of them I talk to are, like, “Oh yea, but that's an extreme situation.” What *they* consider extreme (dietary changes) is what we consider normal. What *we* consider extreme (cardiac by-pass surgery) — they think is no big deal.

BISER: *It seems like they just don't get it.*

Herbalist: Absolutely. What is unfortunate is that they think the average American is an absolute wimp.

BISER: *They think we prefer to be diced up like Chinese food?*

Herbalist: My feeling is, "Let's, at least, give the people the choice." Doctors say there is nothing that can be done.

They go, "Let's just cut them out." They don't say, "Well, if you went on a vegetarian food program for thirty days, your cholesterol level and blood pressure would normalize. It would take the pressure off the system, and then if you used some cayenne pepper and fomentations and began on an exercise program and became a loving person..."

I find that most cardiologists I talk to don't discount this anymore. Especially after Dr. Dean Ornish blew the lid off. So they can't say it's not true anymore. Especially after the American Heart Association won't put their little heart on a menu anymore next to anything that is animal products. It's just that they don't give the patient the option.

31.3 JUICE-FASTING FOR CLOGGED ARTERIES

BISER: *Have you ever had people with the heart disease so bad, the family didn't think they were going to make it?*

Herbalist: Yes. I even had one man where the doctors didn't even want to do the by-pass surgery. They said that he had to get stronger before they would do the surgery. And he was a bit puzzled as to how he was supposed to do that.

And that is where this type of work is beneficial. The first thing, the absolute first aspect is, "Stop eating all animals."

You've got to thin your blood and reduce your cholesterol level. Juice-fasting is excellent for people with heart problems. It takes all the pressure off. Even a full stomach puts pressure on the heart. And you don't need pressure anymore. So juice-fasting is amazing. It's amazing what you will see in a heart patient two weeks after juice-fasting.

BISER: *What do you see?*

Herbalist: Reduction of blood pressure, reductions of blood cholesterol levels, the blood is thinner and easier to pump, and they have more energy. You have a totally transformed person.

31.4 SAVED FROM CONGESTIVE HEART FAILURE

BISER: *As you mentioned on the videotapes, this fireman was near imminent death when he came to you.*

Herbalist: Yes. And he took longer to recover. I'm going to say it was about a year before he was back up to full-on exercise. You know, he had been debilitated for some time. I think probably 10 years prior to my seeing him, he hadn't moved his body much.

He was a fireman, but he was very overweight. He lived on a diet of....just horrible food, junk food, white bread, refined

flours, lots of meat. And he was, I'm going to say, 100 lbs. overweight.

And so we got him on the juices, and he lost some weight there. I'd say that 50% of his turnaround came in the first month or two on juice-fasting and a lot of garlic, cayenne and hawthorn.

And then I think the other 50% came in the second six months with his aerobic exercise and his workouts. At first, we thinned his blood, cleaned his arteries, got him stabilized, and actually in really good shape.

But then, once he started being able to get up and move around without blood pressure episodes and all of that, and started exercising, that's when he started really building his strength up.

BISER: *But he was your typical congestive heart failure case?*

Herbalist: Oh, God, yeah. He was dead. He had so much cholesterol in his body, too. It was coming out his eyes. I could see yellow—the snotty yellow hunks coming out the corner of his eyes. It was actually coming out his tear ducts — fat.

BISER: *That happens?*

Herbalist: Oh, yeah, it was disgusting.

BISER: *But the medical label for him was congestive heart failure?*

Herbalist: Yeah, congestive heart failure, although he had high blood pressure, high cholesterol level, all of that. His kidneys were not at 100% and probably never were.

So, the kidney-stimulating was helpful to thin his blood and to also get his kidneys working more. A lot of times, with congestive heart failure, you don't even have a heart that's that bad, but you have kidneys that aren't working.

You need tremendous quantities of fluids to thin the blood. Most doctors use diuretics to get rid of fluid, but the patients actually need plenty more fluids to flush the body out. Starving the patient of fluids endangers the person.

BISER: *This is exactly what F. Batmanghelidj, M.D. says. He says that the body hoards water when it is dehydrated. To get rid of the edema, the patients need plenty of fresh water, with 1/4 to 1/2 teaspoon of natural salt for each 8 glasses of water drunk. Readers who need more information on this can get Dr. Batmanghelidj's book, "Your Body's Many Cries for Water."*

31.5 USING HAWTHORN RIGHT

BISER: *How much hawthorn did you eat when you had your own case?*

Herbalist: A lot. I was having 6 cups of tea — a strong decoction every day. I used it in a tea form.

BISER: *What do you mean, decoction?*

Herbalist: I boiled it. I'd let the berries sit in the water all night long, and then in the morning, bring it up to a good simmer for 15 minutes and make a real strong cup. Plus, I was eating the berries just like — I'd drink the tea, and then I'd just eat the berries, too.

BISER: *So, how much tea to how much water?*

Herbalist: Generally, I was putting in about a quart of water and, oh, a good rounded handful of hawthorn berries, which is more than what anybody would tell you. They'll tell you a teaspoon — a rounded tablespoon maybe — to the pint.

BISER: *You just did a handful?*

Herbalist: Yeah, I did a handful. And then I would eat the berries too. I didn't strain it. I just ate the berries too. But I would suggest that people do that. Just eat the hawthorn berries.

Now you add daily doses of cayenne to that, and you add your hawthorn berries. Hawthorn berries I look at more as, like, they are strengthening to the heart and they are protecting to the heart. The cayenne is more to deal with the circulation. The hawthorn is more of a food for the heart — but it should not be underestimated.

BISER: *Everybody in America in the herbal movement talks about hawthorn, but I don't think they are using it like you.*

Herbalist: No. I think they are playing with it. They don't use enough. They will use a few drops of the tincture. I think some of the hawthorn tinctures out there say to use fifteen drops three times a day. That type of thing.

BISER: *And you will do what?*

Herbalist: When anybody has a problem, I think a minimum beginning point is eight dropperfuls which would be....

BISER: *Eight times thirty.*

Herbalist: Yes, eight times thirty-thirty five. At least 250 drops a day, instead of this 15 drops 3 times a day.

BISER: *So they are doing 45-50 drops, and you are doing 250. And for you that is a start point. How high do you go up to in "life-or-death?"*

Herbalist: If it's really bad, we could double that. We could go up to 500 drops a day. And I will have them take 10 strong cups or more of hawthorn tea a day in addition.

The one thing good about hawthorn is that hawthorn is a food. Cayenne is a food. You can't overdose on hawthorn because there are chemicals in it that are like flavonoids; they

are like vitamins, but they happen to protect the heart muscle from damage and cause the heart to be stronger.

BISER: *Not only are they using one-fifth the dosage that you do, but their tinctures are like water, and they use commercial berries.*

Herbalist: Absolutely. You have to make your own strong tinctures, and make them with organically grown or wildcrafted berries.

All you have to do is crack the berries in a food processor or blender, soak them overnight, put them in your blender with 80 to 100-proof vodka, blend all this into a mash, let stand in a covered jar for two weeks to two months, harvest and squeeze out on the full moon, and you have heart medicine.

Anybody with a heart problem should just order 25 pounds of hawthorn berries and use them any way and every way they can. Make a good strong tea every day with their hawthorn berries, put them in their food, put them in their smoothie drinks, learn to know that plant well. You could plant a hawthorn tree in your garden.

BISER: *That's a good idea.*

Herbalist: Yes, they grow well in almost every climate.

BISER: *What species would it be to grow in the garden?*

Herbalist: The classic hawthorn is called *crataegus oxyacantha*.

BISER: *And they can get that plant and grow it?*

Herbalist: Absolutely. It's all over the place. All over Europe, all over the United States. And then there are local types of hawthorn that have the same effect. If you think some of these juniper berries are bad, you should see the hawthorn berries out there.

I didn't even recognize them. The best way to describe it: Have you ever bought one of those peanuts, it's like a caramel sugar-coated peanut, it's a reddish brown with sugar on it? That is what the hawthorn berries look like that I see on the market.

A hawthorn berry should look like a holly berry, bright red and succulent and loaded with pectin. You don't even have to put pectin in it for jam. It just jams up on its own. That is what a hawthorn berry should be like. Get your hawthorn berries organically grown.

The berries grow on the western coast and all over. It's amazing, these herbs grow everywhere.

Hawthorn binds to your heart cells and makes you require less oxygen and blood. So, if you have a condition, a heart condition like blocked coronary arteries, angina pectoris, whatever, get that hawthorn in and it will buy you time.

The way I like to think of it is that it buys time for a person who's a heart risk. It lets your heart survive on less blood and oxygen; so, if you have a severe heart disease, get that hawthorn in and while you become a vegetarian, use your other herbs and clean your blood, and you're not going to have a heart attack.

Secondly, if you do have a heart attack, all tests show that your heart cells repair themselves much quicker and are less damaged when you have hawthorn in your blood stream. So it's an amazing plant. It's like milk thistle for the liver, hawthorn for the heart. Protects and repairs.

One thing that's very interesting is that it grows in many areas of the world and we used to think you only used the berries, but modern science is telling us that the leaves and the flowers are also very potent in the chemical properties that are heart protectors.

31.5.1 Hawthorn won't work if your diet is junk.

Herbalist: People go out and enjoy themselves. Then they're shocked when they have a heart attack on hawthorn. Well, these herbs are very powerful, but they're more powerful when you add to them a healthy life-style and environment.

The bottom line is: if you still keep smoking 3 packs of cigarettes a day, nothing might keep you alive. So the modern herbalist is very lazy, and they don't get you to do your other homework.

31.5.2 *Hawthorn Syrup Recipe.*

Soak whole hawthorn berries in distilled water.

Use approximately 2-1/2 pounds of berries. Fill distilled water up to one inch above the berries. Put this in blender or food processor to crack the berries, then soak for a day. If you have no blender or food processor, you can put the berries in a cheesecloth, and pound with a hammer until they are crushed.

Using medium heat, bring berries and water (do not change the water, use original soaking water) up to boiling — but do not let it boil hard. Just a slow simmer for 30 minutes on low heat. Then turn off stove and let them steep for 30 minutes.

Strain hawthorn berries, saving the precious fluid. Set this fluid aside and refrigerate when cooled.

Using a blender, crush the hawthorn berries a little at-a-time. Use water (distilled) with the berries in the blender — so that, when crushed, it makes a mushy consistency.

When you've done this to the whole batch, you should have a big potful of the "mushy" hawthorn mixture. Again, bring this up to boiling point — but, at no time let it come to a hard boil — just a simmer. Simmer on low heat for 30 minutes — then let it steep for 30 minutes.

Using the strainer, try to separate the solid pieces from the liquid (syrup). This is the hard part. It is often necessary to use a fine but strong cheesecloth bag to put this mixture in so that you can manually squeeze the juice from the solid matter. It is important to extract as much of the juice as you can from this hawthorn "mush" because this is the juice that actually makes the hawthorn syrup. I have been using an hydraulic press that comes with the Norwalk juicer. This does a fine job.

When you have all the juice extracted, combine with the strained water from the first simmering. Now measure the total volume of both batches. Let this simmer on low heat down to 1/4 of the original volume.

When mixture is down to 1/4 volume, measure again and determine the quantity of 1/4 of this volume. For example, if mixture amounts to 4 cups, then add 1/4 cup of that — one cup — of the following two ingredients: brandy and pure vegetable glycerine.

Generally speaking, the rule is, with a quart of hawthorn concentrate, you'd want to add eight ounces of vegetable glycerine. And then brandy about the same. The brandy should not be cheap brandy. It's your heart. Put in the best brandy you can afford.

This is your final hawthorn syrup! Pack in sterilized bottles and refrigerate. This syrup should keep indefinitely. Use six to twelve tablespoons per day.

31.6 HEART TONIC RECIPE

31.6.1 You can use this as a base for the following heart tonic.

Dr. Christopher's remedy is the hawthorn berry syrup. Here is herbalist Schulze's heart concentrate formula...

8 ounces Hawthorn berry syrup (as above)

1 ounce Motherwort tincture

1 ounce Ginger root tincture

1 ounce Cactus grandifloras tincture

1 ounce Cayenne pepper tincture

All the herbs we talked about, except for the hawthorn berry syrup, are tincture form. The hawthorn berry is in a syrup form.

Fill half of a two-ounce bottle with the hawthorn berry syrup. Then mix the other tinctures separately. Finally, add the mixture of tinctures to the hawthorn berry syrup, and stir together. Dosage: Use 1 teaspoon 3 to 8 times daily.

Sam Biser's
Save
Your Life
Collection

**A Layman's Course
in Curing Last-Stage
Diseases**

**Nervous System
Degeneration**
Lesson 32

Nervous System Degeneration

Nerve disorders can be cured — but it takes total, dedicated natural programs to do it.

In this lesson, you will read about people with various nervous system diseases who were cured. Doctors may say these people were in remission, but between you and me, they were cured.

There is no wonder substance or “herb in a capsule” that will correct these disorders. I can’t believe people are so ignorant as to believe that drugs can cure these diseases, or that they ever will.

Nervous disorders are total system breakdowns. To think you can cure them with a drug is as nuts as believing that some

gasoline additive can “cure” a car whose motor is worn out. If you have one of these diseases, you need a complete overhaul. You need the whole Incurables Program. Do not be tempted to pick some herbs from this lesson and try them first. Do the whole program, or don’t waste everyone’s time.

That means the cold sheet treatment, the hot and cold showers, the juice fasting — all of it.

First, we will go into a long discussion of the various factors that are specific to curing these diseases. Then, we will discuss several cases in detail so that you can see how these principles are applied.

Now, here is a review of the basic points:

- 1) Most people take the *wrong* nerve herbs for neurological conditions. They take the nerve sedatives and anti-spasmodic herbs when they should be taking the nerve stimulators to heal their nerves, and then switch to nerve sedatives temporarily when the stimulators become too much to take, then go back on them.

The nerve sedatives that can make these cases worse are herbs like valerian, passionflower and hops. The nerve stimulators are herbs like oats (taken in the unripe milky stage in spring), St.

John's Wort, skullcap, celery seed, and cola nut. Also, please note that lavender is a top herb for sedation and pain relief, although it has the reputation of being almost useless. Can be used in a humidifier as a tranquilizing spray, and patients in England who are treated this way need much less medication. You can stuff pillows with lavender for a better sleep. You can also use it for the pain from broken bones and bruises.

- 2) Most patients do not take large enough doses of nerve herbs to cure their condition.
- 3) Lobelia tea is outstanding as a compress on sick body parts, but don't simmer the lobelia. Just put it in boiling water and then turn it off.
- 4) B-vitamins in natural form are a cure for many with neurological disorders when taken in the form of yeasts. My personal experience — not with neurological patients — is that not all people can tolerate the same kind of food yeasts. You may have to find the one that suits you.
- 5) Cleansing the bowel affects the nervous system function, even though it might seem to have no relation to neurological disorders. Many

have big changes when accumulated bowel contents are dumped out.

6) Body work is important, according to herbalist Schulze, although I think that the right cranial work can be even more important. Also, not known to many, but known to me, Sam Biser, is that much bodywork can de-stabilize the body and skull and in the long-run, make various conditions worse, even though the short-term effect is a benefit. See my lesson on structural healing coming later.

7) Baths in nerve herbs are important, herbs like lobelia, blue and black cohosh, blue vervain, skullcap, and skunk cabbage.

8) These people need to rest and learn to laugh. Rest does not mean even reading. It means doing almost nothing — watching grass grow. I highly recommend as a step toward regular rest that the person take a Sabbath once a week, and on this do *no* shopping, *no* running around, *no* errands — just rest. Total sleep if necessary. If possible, make it one day a week with no responsibilities.

32.1 IMMUNE SYSTEM AND NEUROLOGICAL BREAKDOWNS

Herbalist: I'll give you just a little bit of background here. With all of these diseases, the cause is unknown. You'll look in any medical book and it will say 'cause unknown.' The most recent 1993-94 medical books say "neuromuscular disease. Cause unknown."

But — they all say "immune abnormalities are suggested and revealed." In other words, they're starting to look at multiple sclerosis, myasthenia gravis and what are called neuromuscular diseases as immune system diseases, and that's important.

That's one of the ways we've treated them in natural healing forever. Your average medical doctor isn't even going to know this. But medicine is just starting to say, "Yes, we're noticing under multiple sclerosis, it'll say 'immune abnormality is suggested'".

This means they find increases of certain immune cells in the body — knowing that there's an attack. They also go on to say that the infection is probably caused by a slow, latent virus.

So, nowadays, neuromuscular diseases are being looked at more and more as immune system weakeners, also as probably viral, maybe even bacterial, maybe even parasitical in nature.

We know that the immune system isn't working, and it's being attacked. And that's considered the new cause of neuromuscular diseases.

Also, the immune system may be attacking you. These are being called auto-immune diseases, such as multiple sclerosis and myasthenia gravis. Now muscular dystrophy; I think the only reason they won't say this about muscular dystrophy is because there's so much money being spent on research by the Muscular Dystrophy Foundation. So they say the same thing "cause unknown, no therapy". They don't talk immune system with muscular dystrophy that much yet. But, there's a few people suggesting it.

Obviously, when anybody has any neuromuscular disease, multiple sclerosis, muscular dystrophy, myasthenia gravis or others, it is the Save Your Life Program. That's where everybody has to start.

32.2 TWO KEY HERB FORMULAS

32.2.1 *Mistakes people make.*

Herbalist: Besides the Save Your Life Program, there are two key herb formulas. One is the nerve stimulator, which would be the oat seed, the celery seed, the skullcap, etc., what I call the

nerve restore formula. [This formula is given in the lesson on strokes and head injuries.]

BISER: *Right, like a nerve builder.*

Herbalist: Yes, the nerve builder, the nerve stimulator. It wakes up the nervous system and sends an electrical charge down there. That's the big herb formula.

The second one is the immune stimulators, because we've always used those as part of the Save your Life Program. The second thing is high doses of the immune stimulator, specifically echinacea or an echinacea-immune combination, because there's some attack going on.

A lot of people make a mistake here, and use what we might call the anti-spasmodic and nervine herbs, and that's not the way to go.

BISER: *That's not the cure for these diseases?*

Herbalist: No. In fact, that could even make them worse. People with these diseases don't need to slow down or sedate, they need to wake up their nerves and move them.

BISER: *So we don't need valerian....what kind of herbs are they taking?*

Herbalist: Valerian, passionflower, hops, wood botany; your classic nervine herbs are not indicated. We want the nerve

repair, and stimulators, like oats, or St. John's wort, skullcap. celery seed and kola nut. These are the nervous system stimulators.

BISER: *What are high doses for people with these kinds of disorders?*

Herbalist: The average dose for a tincture for a normal person is one-to-two dropperfuls three times a day. In the Save Your Life Program, you could triple that, where we're talking about one-to-two dropperfuls nine or ten times a day.

Basically, every hour or every other hour you are awake, you are taking what would be considered a dose of tincture, one or two dropperfuls. A constant barrage of these.

32.3 MOST DOSES ARE TOO SMALL TO CURE

BISER: *Now your other herbalists, if they heard that, would they all go blow-out some fuse?*

Herbalist: Oh, absolutely. Even if you corner them, they'll tell you that there are no toxic doses for these herbs and you can't take too much, but all of them use minuscule dosages.

I think one of the reasons they use minuscule dosages here in this country is because of sales and costs. In other words, they're charging \$15 for this bottle of herbs, and they think that it would be too outrageous for someone to take that entire bottle in a period of one or two days.

So they set you up on a dosage that'll last for two weeks.

BISER: *That problem is in their heads. Patients don't care.*

Herbalist: Yes, patients don't care. You know, most people who are incurable need to take a bottle every other day.

BISER: *In order for me to feel anything on your liver formula, I have to take half a bottle a day, and I know it's already strong.*

Herbalist: Exactly. Now that's what we would call a therapeutic, 'incurable' dose. The average person who has a little history of some gallbladder stuff and is doing some liver flushes, and wants to do a cleanse of the liver, that's fine. But you are kind of like me. You want to feel some therapy right away, and you also have a long-term chronic problem that you're dealing with, so you're using a high-therapeutic dosage.

We look at it, okay, a \$15 bottle of herbs every other day or \$7 a day. My God, you could spend that in antibiotics alone. This is not a lot of money. The old-style doctors would put bottles of this stuff down people.

You know, when you look at tonics; if you bought tonics around the turn of the century, they were large bottles. They were eight-ounce bottles, and you'd use that in a week. Now, everything is in one or two ounces, and that's supposed to be for two weeks. It doesn't make any sense.

32.4 NERVE STIMULATORS VERSUS NERVE SEDATIVES

BISER: *OK. First, they're using the wrong nerve herbs, and then when they do use the right ones, they don't use enough.*

Herbalist: Yes, most people, if they buy a nerve formula, it's going to be the nervine sedative herbs. They need to use the nerve stimulators, the nerve repairers. And a lot of times, you know, most herbal formulas that I see out there obviously aren't made by an herbalist because they just put any herb in that they think is for the nerves. It's kind of like mumbo-jumbo.

32.5 USE OF B-VITAMINS IN NEUROLOGICAL CASES

Herbalist: Then, the third thing to consider is B vitamins.

You know, when you look at myasthenia gravis, it says that the immune system is eating up the acetylcholine receptors. Acetylcholine is a B vitamin. It's called a neuro-transmitter, and it's a B vitamin complex.

The vitamins that will absolutely reduce stress and give us more energy and make the nerves work better are the B vitamins.

The B-vitamin diseases, like beri-beri and other B vitamin diseases, were discovered because they're neuro diseases.

They're diseases of the nervous system in the brain, and they're what happens when you run out of B vitamins.

The main thing that a person with any neuromuscular disease has to remember is that they can't afford to run out of B vitamins. In fact, they should have two or three times the B vitamins in their system at all times, so their body can draw on whatever it needs.

BISER: *But you don't mean pills?*

Herbalist: No. Never. What you want to use is food. Dr. Jensen used rice-bran syrup; and old-time doctors used to use molasses, a high-B vitamin liquid. And they're good, but they're also very sugary. They're sugar-sweet, and sugar is not a good food for the nervous system.

In fact, it can be detrimental. So that's why, for years, I've been using nutritional yeast, and I have seen unbelievable changes in people with multiple sclerosis and muscular dystrophy on this food.

It actually makes their speech better and makes their twitches go away. I can't underplay the nutritional aspect of this, too. A lot of these people, because of the stress they're under, when you put B vitamins into their system from a natural source, I've seen where it's almost gone away.

Oh, I've had patients who have had numerous diseases for ten or twelve years take three or four doses of that superfood mixture I gave you the recipe for, and they're 80% better in a couple of days, just by getting the food they need.

Nutritional yeast is a single-cell plant, which means that it goes into your blood stream predigested. Spirulina is the highest source of natural vitamin B12 on the market. There's no higher source of B-12, and the second highest is nutritional yeast; that's why I use them both.

They both go into your body before they even hit your stomach, because they're single-cell plants, which means you don't have to digest them. It's just like whales sucking plankton; they don't have to digest it. It just goes right into their blood stream. So this is a key factor.

A lot of people who have these diseases just don't have good digestion. The cranial and thoracic nerves are affected and these are the nerves that affect the digestion. So if they take a B-vitamin tablet, they're just going to poop it right back out.

BISER: *The old-time herbalists had rice syrup and molasses, and that was it?*

Herbalist: Yes, that's what they used. And I'll tell you, it's really good, but you've got to consume a lot of it.

BISER: *I remember Dr. Henry Bieler, the old healer, used to use baking yeast for people.*

Herbalist: Yes, and it works. The only problem is, you know, in the 60's you'd go in the health food stores and they called it Brewer's yeast. And that is the yeast people make beer from. It's very high in B vitamins but, of course, it can also give you diarrhea.

Theoretically, if you have candida, it can affect you adversely.

Now, an interesting side-note is that in Europe, they think that it cures candida. In this country, they think it's the death food. I tend to believe the Europeans. You go to Germany and they believe that the live yeast is very healthy in building up your system. I think they're right.

BISER: *You think that the old-time healers used to use yeast, even before they knew about B vitamins?*

Herbalist: Oh yes, they used to use Brewer's or baking yeast. And the only problem is because it's live, it can give you the bloats. I mean, you take a good dose of brewers yeast, and the next thing you know, you have to take your belt off. But, nowadays, they make specific yeast, just for nutritional consumption, that is non-fermenting.

32.5.1 *Healing results from nutritional yeast.*

BISER: *So you've seen results, in how long did you say?*

Herbalist: A day. Twenty four hours. I mean, it's unbelievable. Take myasthenia gravis, for instance. The immune system is eating up the acetylcholine. The acetylcholine is the nerve transmitter. A nerve can't fire without it.

It's like the gasoline for your nervous system. Acetylcholine is also called a B-vitamin complex nutrient. In other words, it's in rice bran syrup, molasses, and very high in the new nutritional yeast. You give that to a person with myasthenia gravis, and the nerves are going to fire.

It's unbelievable how fast you can get a response. Immediately, in 12 to 24 hours. I've seen people improve from 80% all the way to 100%, to where they didn't even know they had the disease anymore.

BISER: *What kinds of diseases?*

Herbalist: Myasthenia gravis and multiple sclerosis. Again, when I say B-vitamins, I'm never talking about vitamin tablets. It's unfortunate, because vitamins got a bad name. That's why I call it super-food. That's not vitamins. It's super-food.

BISER: *What you're talking about is bringing back another neglected form of healing?*

Herbalist: Sure, and molasses is a very old form. You know, what they would do in India? They would take sugar cane, they juiced that on the street corner and you'd drink sugar cane juice. You're not only drinking sugar, but you're drinking the highest sources of B vitamins. Ok, that's a B vitamin blast.

But then what they do is, they manufacture it and take out the B vitamins and make refined sugar.

So, cane was used. I remember when I was a kid, my mother used to give me a dose of molasses for B vitamins. This is what the old healers used, molasses and even sugar cane, sugar beets, high B-vitamin foods, even yeast. European tradition was to use lots of yeast. They would give you all types of yeast products. [See Lesson Two on the Basic Program.]

32.6 BOWEL CLEANSING AND NEUROMUSCULAR DISEASE

BISER: *What's the next thing on your list that they need to do?*

Herbalist: The key a lot of people forget, and I have seen dramatic results with this, is cleaning out the bowels.

You know, it's part of the Incurables, but a lot of people think that cleansing the bowels is too messy for people who are crippled. They can't walk very quickly, so they all originally resist cleaning out their bowels. They say, "If I have to go, I

won't be able to get to the bathroom in time." OK, who cares? I couldn't care less. I mean, that's not my worry.

BISER: *So go to a bed pan!*

Herbalist: Absolutely. But I've heard this from the relatives, and from the patients themselves. The ones who have worked on their bowels, with intestinal #1 and intestinal #2. It's part of the Incurables Program. The people who have done that have, absolutely, seen results.

In fact, I've seen these people get better just after getting their bowel good and cleaned out. I mean, a week of good strong bowel cleansing where they're using a whole bottle of the #2. I've seen one group of people who have the various diseases respond just from that.

When you put these all together, the nerve stimulators, the B vitamins and the bowel cleansing, and the Incurables, the results are staggering. But you can't listen to the patient's complaining about how hard the program is. I'm a butt-kicker and proud of it.

You know, these old German and European nature cure doctors didn't take no for an answer. Nowadays, everyone's responding to the patient's whining.

BISER: *So the whining determines the treatment?*

Herbalist: Oh God, I hear this all the time from people with neuro-muscular disease. "If I use the bowel cleansers, I might not make it to the bathroom." You know what happens? If they poop in their pants, who cares? Clean it. It'll give them something to do. It's part of the program. You've got to get this bowel cleaned out.

And I'll tell you something. I had a couple of people with cases of multiple sclerosis, who couldn't even walk. When they cleaned their bowels out for a week, my God, the stuff that came out of them was E-N-O-R-M-O-U--S.

A lot of these diseases, like multiple sclerosis, affect the pelvic girdle. In other words, these people don't walk well because the pelvis gets a little frozen. The nerves going to the pelvis are being eaten up. Well, my God, those are the nerves that are making the peristaltic action also; so these people become very constipated, and who's to say which comes first, the chicken or the egg? Which came first, the constipation or the neuromuscular disease?

In fact, the fecal matter can press on those nerves. You get that bowel cleaned out, and that alone improves them, I would say, 50-75% in a week.

BISER: *Now, when you say cleaned out for those kinds of people, are you talking 8 ounces of intestinal formula #2, or do you mean several?*

Herbalist: Well, I would say for a start, working up to whatever their dosage is with intestinal #1. Then, at least 8 ounces of the #2 formula in five days, or a pound in ten days.

BISER: *What about someone who is really dedicated. They don't want to screw around?*

Herbalist: Oh, like last night, myself. I took my one evening dose. I took a couple of tablespoons, and my stomach hurt a little bit. I mean, I'm like you. But that's about it, I mean that's a lot. If a person will do at least a couple of ounces per day, it's a good dose.

32.7 BODYWORK AND NEUROMUSCULAR DISEASES

Herbalist: One of the classic things for neuromuscular problems was Swedish massage. That was in the beginning. But everybody knew this. John Harvey Kellogg used massages and skin brushing for neuro-muscular diseases; and all the clinics in Europe used bodywork and hydrotherapy to stimulate that nerve circulation.

BISER: *But over here, they don't even touch bodies?*

Herbalist: Oh God, they just let you lie in a bed. You know, I've been in health spas in Europe, where they put you in a steam room for all your pores to open, like a Turkish sauna, and then whip you with stinging nettles. You know, most people who

have brushed with stinging nettles, it burns so much it'll make you cry. They open your pores and they whip you with stinging nettles.

BISER: *What, does it make you bleed?*

Herbalist: No, but it feels like a burn over your whole body. It doesn't do any damage, but it would be kind of like going into a Turkish bath, and then going into a hot cayenne bath.

BISER: *Everybody here is kind of wimpish. They're thinking of potential lawsuits.*

Herbalist: No, no. I'm not talking about having someone smear oil on your body. No, we're talking about someone purging the lymph, moving the blood. Imagine...we used to have the idea that a Swedish massage was a 300-lb lady, who would throw you on a table and beat the hell out of you. That was what a Swedish massage *used* to mean.

BISER: *Of course, today, what does a Swedish massage mean?*

Herbalist: Today, a Swedish massage means putting oil on your body and rubbing it around. It's a treatment for nurturing the skin.

BISER: *What did it used to be?*

Herbalist: It used to be like World Wrestling Federation. They'd throw you in the ring with the Incredible Hulk.

I mean, that's what you felt like. You felt good when it was done because they had stopped. That's what bodywork used to be.

They also skin-brushed. In Turkey, they'd put you on a marble slab, throw a bucket of hot water over you and scrub you with a brush that looked like it would take gum off of a tile floor. I mean, they're not fooling around; they're taking the top of your skin off, but they're also moving your lymph and your blood. So, hydrotherapy and massage is a very necessary part of this.

BISER: *It looks as though we've abandoned almost all of the old-world views.*

Herbalist: Oh God, yes. I've been to some of these clinics, and I've seen them dropping ice water from 30 feet above the room, and seen the pressure of that. I mean, they're not fooling around.

BISER: *It looks as if we've got wimpy treatments everywhere!*

Herbalist: Oh, all across the board. You know, one of my good friends is an OB/GYN and he says that whenever he delivers, the first thought on his mind is, "Am I going to be sued?" So it's rampant, not only in medicine, but even among alternative practitioners.

All herbalists in our country focus on how to be good little boys and girls. The good bodyworkers I know are all underground.

BISER: *But this is the kind of person who our readers have to seek out when they're that sick?*

Herbalist: You know, it's not someone who comes and puts an amethyst crystal near your ear, and puts some nicely scented oil on your body, and smears it around as a good emollient for your skin. This is relaxing, even beneficial, but not therapeutic.

We go through massage therapists here like water. We're just: next, next, next, and try to find anyone who's even mildly acceptable. So, that's the next key. These people need to get their muscles working.

32.8 EXCESS STRESS AND NEUROMUSCULAR DISEASES

Herbalist: And the final thing is, these people need to reduce their stress. This is probably one of the major factors in getting their diseases.

BISER: *But as soon as they hear this, they're going to say "I know that".*

Herbalist: They can say they know that — but they don't know how to do it.

I think anybody with these diseases doesn't even know the meaning of relaxation. This is one thing we've seen across the board; they don't know how to relax. And they say, "Oh, I used to play golf." Golf is not relaxation. You don't know relaxation, Sam, and neither do I.

When I go on vacation, we go down to Costa Rica. We go down to the ocean. We're in the middle of nowhere and my wife pulls all her clothes off and lays in the sand for eight hours where the waves break. Can you do that? I can't do that. I can't do that for 15 minutes.

These neuromuscular people, they don't know the meaning of it. So when I say they're going to have to work on it for the rest of their lives, they really have to *work* on relaxation. In other words, doing nothing. Having some meditation, or some time when they absolutely chill out and stop.

BISER: *It's not a cliché, they really are stressed-out?*

Herbalist: Oh, it's unbelievable. Even if they seem relaxed, you don't know what's going on inside, their inner dialogue...what's happening there. I've found that all my people with neuromuscular diseases are over stressed, just absolutely over stressed. They're the type of person who would usually try to do too much, take on too many commitments, that type of thing.

So, these are some of the things across the board...and a lot of people say, "Oh yeah, I know, I know, clean out the bowel." But yet, when you tell these people to clean out the bowel, they don't want to.

BISER: *What happens when you tell them they've got to calm down the stress?*

Herbalist: When you say that to a person with a neuromuscular disease, it's like trying to describe the color purple to a blind person who's never seen. There's nothing there.

So, just telling them that won't do it. You have to give them specifics. You have to give them little projects to do, that type of thing, as I described on the videotapes.

Those are just some of the general things that I wanted to tell about. I know that these are all part of the Incurables, but I wanted to accentuate them with the neuromuscular diseases.

32.9 OLD HEALERS USED FULL-SPECTRUM PROGRAMS

Herbalist: The biggest thing I learned from Dr. Christopher and Dr. Jensen is that their approach is what we could call full-spectrum. Everybody else I studied from, said, "For this disease you do this, and for this disease you do this."

But with Dr. Jensen and Dr. Christopher, it was like a Claymore mine blew off. I mean, it wiped out everything. Everything from one end to the next.

You had tubes going in your butt, juices going in your mouth, skin brushing; and this is why it works. All these things people might say, "Well gosh, I've done that." But they've never done it all at once and in the dosages we suggest.

These programs work, without a doubt, but you know what you find? Half-way towards doing all of these things, and at this intensity, the person or the practitioner will wimp out.

And only the boldest practitioners and the gutsiest patients will take it the other 50%; and the next thing you know, they're well.

BISER: *At what point do they wimp out? What causes them to wimp out?*

Herbalist: I would say most of them right at the beginning (laugh), before they have to do anything. I mean, it's horrifying, it's so quick. I find that one of the hard parts is bowel cleaning. Because some of these people have already lost feeling in their bowel.

Now, you think that would have been a sign because they go, "Well gosh, I don't know when I have to have a bowel movement, and I've almost had accidents." And so they go, "I

don't want to do anything that's going to increase that." And that's their biggest gripe, and what you've got to do, you've got to get that bowel cleaned out.

32.10 A WOMAN WITH MYASTHENIA GRAVIS IS CURED

Herbalist: When she came to me, she had noticed that her vision was blurring, her coordination was off, and she was starting to notice her facial muscles drooping, and she had a problem with swallowing.

She went to the medical doctors and after a couple of diagnoses, they finally diagnosed her with myasthenia gravis, which is basically a neuromuscular disease.

BISER: *And it gets hard to swallow?*

Herbalist: Yes. In fact, what it is, it's a multiple sclerosis, but it only affects the face and the nerves for the eye. From the eye to the throat to the face. So, the person starts going blind.

They said she would eventually go blind. She was already seeing so double that she couldn't even walk. By the time I saw her, her vision had doubled, and the doctor had even made these special glasses for her that were supposed to correct that, and they didn't work.

BISER: *Would you say they could breathe? Do they choke to death?*

Herbalist: She was having problems breathing, problems swallowing and her facial muscles were drooping. In other words, they just hang, so her face looked pretty distorted. And the doctors basically said she had an auto-immune neuromuscular disease, myasthenia gravis.

It was going to kill her. She was going to go blind and eventually choke or suffocate to death, but they could prolong it by taking out her thymus. And of course, your thymus is one of your main immune organs. It's where your T-cells are "educated" by the body.

At that point, the patient and her family were totally horrified. That's when they walked into my office.

We did all the things that I talked to you about. I think in two days her father called me and said they had a miracle.

And one thing I find is that these diseases usually have an initial response that is quite dramatic. Because the body is really starving to death for the B vitamins, for the immune system to be stimulated, and for the nerve stimulators. In two days her vision had normalized, and they said, for all intents and purposes, most signs of the disease were gone.

They couldn't believe it, because the doctors had said again and again and again, "You're going to die. We'll take your

thymus out, but you're going to go blind and choke to death or stop breathing." You know, the classic medical nightmare.

She had some ups and down after that.

They kept worrying about going back to the doctor, and they'd go back to the doctor and he said, "Oh, it's normal to have positive lapses", and he said, "This will go away, and you'll get worse". And as soon as he said that, it did! You know what I'm saying? He scared her into getting worse.

They would come back here, and I would get her better again, but the long and short of it is, it was an uphill climb, and I would say in a matter of three or four months, ending about last Christmas, she was cured.

BISER: *What did she say when she was cured? What did she tell you?*

Herbalist: Just absolutely amazed, but really I had to talk to her. One thing I have to do with neuromuscular disorders, is really counsel the people on not going back to their old way of life. Because I am convinced...you know what they'd call this in the old days?

BISER: *No.*

Herbalist: A nervous breakdown. It's exactly what myasthenia gravis and all multiple sclerosis is. It's a nervous breakdown.

BISER: *I think that's what Richard Pryor got — a nervous breakdown.*

Herbalist: That's right. Absolutely. It's too much stress. I have to tell these people they have to learn how to say the word "No". Cut their commitments down. These are the types of people that you'll call, "Can you help me out?" And they go, "Yeah", even though they don't have any time in their life; it's overloaded. I have to talk to these people about that, and reducing their stress. I mean, it's absolutely a gigantic factor.

But I have had many other cases of myasthenia gravis, and the worse thing, of course, a person can do, I mean imagine, is have a thymusectomy. The standard medical procedure for myasthenia gravis is to remove the thymus glands, which are a major immune component. Once the person has those glands removed, they no longer have the immune strength they used to. It's just a nightmare.

I've had numerous people come to me with myasthenia gravis who have recovered, but it's that classic old situation. You reverse what you've done to make yourself sick, and you get in your new programs and you get better.

32.11 DANGER OF NEGATIVE BELIEFS

Herbalist: When they tell someone, you know, “This is it,” people believe them. And especially when the doctor says you have multiple sclerosis. All that does is make you weaker.

And, I’ve had many patients come to me who couldn’t get beyond that doctor’s death sentence.

BISER: *You mean, you couldn’t get them better?*

Herbalist: No. They just didn’t believe they could get better. Every visit they’d go, “But I can’t believe I can get better.” And if you can’t believe it, you won’t. Nothing will happen, if you don’t believe it.

BISER: *So, were they doing the program or just a little?*

Herbalist: No, not really.

BISER: *Because they believed they couldn’t.*

Herbalist: They believed they couldn’t. They believed it was a waste of time. So why would anybody have, say, the energy to do the Incurables, if they believed that it isn’t going to work. Who’s going to go with all that bother? I would say that some of my worst belief patients were ones with neuromuscular disease.

On the other hand, there are the dedicated ones who get well. There are those who have walked in the doors, limping on one leg and waddling, and hardly able to get up the steps. I

used to watch one guy park his car a half-hour early. And you know how short it is from the street to my clinic.

BISER: *It's nothing!*

Herbalist: Half an hour, it took him. I'd see him park, and I'd see him straining, and I didn't go out and help him. These people have to be ready to kick their own butt, if they want to get better. I would watch and it would take him a half hour to get to my door. And then another five minutes to get into my bathroom. That's the first thing he'd have to do is get to the bathroom.

But he believed. Because he was going to another healer who had helped him to a degree, and they said that I had helped people totally recover from multiple sclerosis. And he believed it, and he worked his butt off, and he did everything that we said, and of course, the bowel movements were a problem. You can imagine, it takes people like this ten minutes to get to the bathroom. They're afraid that if they clean out their bowels, they won't make it in time.

Who cares! This is the point that they have to get to and he got to that point. And he had a few accidents. OK, what's so bad about that?

BISER: *He had MS, right?*

Herbalist: Yes. You haven't lived till you've pooped in your pants a few times. My God, we're talking about getting healed from multiple sclerosis here. So you have a few bowel movements in your pants. If that's the worst-case scenario, my God. So he did! He pooped in the bed a few times, and pooped in his pants a few times.

But the first thing that he started noticing was that his gait got better. He could walk up to the house.

Anybody who has muscular dystrophy or multiple sclerosis or myasthenia gravis, or any neuromuscular disease has to realize they've had a nervous breakdown. Literally, their nervous system has broken down. It's not transmitting. These are called diseases of neuromuscular transmission. OK. So they've had a nervous breakdown. The circuit breakers have popped up. They're not transmitting positive nerve force to their nervous system, so they need to reduce their stress.

But that doesn't mean not doing anything or not moving. They need to reduce their stress level dramatically, but they also need to keep moving. They need to keep moving their body. Even though they walk funny, keep walking. Even though they can't see well, keep reading and focusing.

BISER: *Just don't compete, though.*

Herbalist: Yes, exactly. There's a big difference there. A lot of my neuromuscular disease people got there because of too much competition. Whether it was in school or taking too many courses. You know, I've had people come to me because they are taking a year and a half's worth of college in a year, trying to graduate early. A lot of these people, across the board, have had tremendous family stress, job stress, and school stress put on them.

I see more and more college-age people with these diseases than ever before in history. And it's because, I think, college students today have more stress on them than ever. All students do! My God, they do testing in the first grade now.

We never had tests in the first grade. We just tried not to poop on ourselves or throw up too much. Nowadays, they're having tests in the first grade, so, all the way across I think we're destroying the youth of our country because of so much stress and pressure.

And I think it's one of the reasons why we're having so many nervous breakdowns and neurological diseases than ever before.

BISER: *OK. What do you use more on these people, the nerve regenerator formula or the B & B tincture of Dr. Christopher?*

Herbalist: The nerve stimulating formula. The B & B's kind of a strange formula. You know, I used a lot of it when Dr. Christopher was alive; but you know, he's been dead now for thirteen years, and I would say that the knowledge of nervine herbs has grown considerably.

And in the B & B he had black and blue cohosh, which are definitely anti-spasmodic herbs, and he had lobelia which is definitely an anti-spasmodic herb, and then he had skullcap which is kind of a nerve-stimulating herb. So it was a mixture going in both directions.

The B & B is still an OK formula, but I would put that in the anti-spasmodic category. So I look at that as a better formula for people with epilepsy.

When I look at people with multiple sclerosis, muscular dystrophy, myasthenia gravis, and neural transmission diseases, I look more at the nerve stimulators. I think these people would even do better with a cup of coffee, which is a great nerve stimulating herb.

Herbs with caffeine can help these diseases.

BISER: *Yes, my wife Sandy has found that if she has, like, a small cup once a day, overall, she's better.*

Herbalist: Yes, it's a great tonic. It's kind of like echinacea. You want to take a break from it. You don't want to be on it everyday

for the rest of your life. You want to take some weeks off, here and there.

But there's no doubt about it, it's a tonic. Cocaine is a tonic, used by the Indians. They chew the coca leaves. Kava Kava in the South Pacific, is a tonic. These are herbs that stimulate our nervous system and they're good.

Especially important for Sandy is to use coffee along with the B vitamins. The worst case scenario is to have it stimulate your nervous system, but not have the food it needs. But if she's piling in the super-food recipe and then has a cup of coffee every once in a while, that's a good nervous system stimulant routine. And there's nothing wrong with that at all. It's when people have ten cups a day that we get problems.

BISER: *Have you ever had the people on the nerve breakdowns have a little coffee?*

Herbalist: No, but I have them use the caffeine herbs that are in the nerve stimulator formula.

BISER: *How are they using the nerve formula. In the ear?*

Herbalist: No, just internally. Now, with myasthenia gravis, yes, then I go on the face and in the ear. But with the others, muscular dystrophy, multiple sclerosis, just internally is fine.

BISER: *Do they do any compresses of nerve herbs?*

Herbalist: No, not unless they have a real localized area, but many times the MD and MS people don't have an area that you can put your finger on and say, "It's right here."

You know, it's just an overall muscular problem, just over their whole body. Sometimes if it's localized around the hips, or the knees, or the shoulders, (it seems to be those three areas), then you can work specifically on those areas. If you can find a place you can put your finger on, then you can apply it.

BISER: *If you can find a place, what do you do with it?*

Herbalist: Well, they can use the nerve stimulators right on that area.

BISER: *And if they didn't have one herb, they can use another?*

Herbalist: Oh, absolutely. And the hot and cold applications right on that area. And then bodywork.

BISER: *Does castor oil have any effect on these people?*

Herbalist: I always use castor oil as an external fomentation. It's one of the greatest, so why not? Then bodywork, too. These people really respond well to bodywork and exercise. They are two very important parts of the program. With a lot of people, the minute that body starts shaking, they stop exercising, which is the worst thing they could do.

BISER: *So, this guy got better?*

Herbalist: Oh, absolutely. Occasionally, he has a little, kind of a set-back. But I think it's more emotional than physical. But, he's done 10 kilometer races here in Los Angeles.

I'm going to say he is 48 or 49 years old. It started when he was about 40 years of age, and he never knew what was going on for about the first year, until he was diagnosed. He's doing great.

32.12 MUSCULAR DYSTROPHY

Herbalist: The other disease in the group would be muscular dystrophy, which is again a progressive muscular disease. This one has less known about it than anything. There's no known cause, no known therapy, and they just lump people into this category.

I have had probably more people with muscular dystrophy come here than multiple sclerosis and myasthenia gravis put together. It's the biggest group.

If you have any senility these days, you get lumped into Alzheimer's disease. This is a big group of people. They're all very different. I would highly suggest that people, if they get diagnosed with this, to ignore the diagnosis. It's just that they're lumping everybody into this group of muscular disorders.

BISER: *And they just need the Incurables Program?*

Herbalist: That's right. Absolutely. Because I've had so many different people with muscular dystrophy over the years.

BISER: *Were you able to cure them or just help them?*

Herbalist: Well, you know, it goes away. They don't have any symptoms of the disease anymore.

I was teaching a course for a couple of days and there was a woman who came up there to get healed with muscular dystrophy. I had her walking better in 24 hours, because I told her what a bunch of rubbish it was. And she was feeling better and walking better.

Of course, we put massive herbs into her. And I'll tell you, every other therapist who had been up there was frightened to death by her. They wouldn't suggest anything. And she was the first one I latched onto. God, please give me the crippled. I want something I can sink my teeth into.

So I started working with her right away, and she was doing some hot and cold showers, large doses of the nervine herbs and I gave her a gigantic attitude adjustment, and the next day, she was walking better in class, already.

So many of these people become crippled in the mind after what they go through, because the doctors tell them they

have a progressive muscular disorder, and that they're going to waste away.

BISER: *What's the largest dosage you've ever had to use of the nerve herbs?*

Herbalist: I would say about an ounce a day, an ounce bottle a day. That's about five dropperfuls seven to nine times a day. And there's nothing wrong with doing that.

The only down-side to the nerve stimulators, is, of course, you get a little bit stimulated from them, ok? The only down-side to the anti-spasmodic herbs is that you can throw up.

So if you throw up on the antispasmodic herbs, mainly because of the lobelia, I'd just back off a little bit, or enjoy your vomit. (laughs) And if you get overstimulated with the nerve-stimulating herbs, just stop taking them that late at night. You know, try and cut the dosage down after about 6 o'clock.

I may go through a period where I stop the stimulating herbs, and put them on some nervine herbs and antispasmodic herbs for a couple of weeks for them to get relaxed.

The sedative herbs just take the edge off and allow your system to expand, but the stimulating herbs tighten it back up again. You need that. It's like hot and cold showers. That's the way Samuel Thompson used lobelia and cayenne, because you

can call cayenne a nerve stimulator in a way, and I put it in the nerve restorer, and then he used lobelia as the anti-spasmodic.

BISER: *Is lavender one of the sedative herbs?*

Herbalist: Yes, and lobelia's a great one. Lobelia can almost be thrown in either formula. It is an anti-spasmodic, but it can almost be used with either the nerve sedatives or the nerve stimulators. There's no real side effects to these herbs. Like I said, vomiting with the lobelia, over stimulation with the other ones. Probably the biggest problem is that people just aren't taking enough.

All in all, many of my patients have been in remission for years. Twelve years and more.

BISER: *That's not the cycle where they go in and out of it?*

Herbalist: Oh, the cycle where they go in and out of it may be a week, two weeks. On the long end, maybe a month. Then you're going to get hit again hard. It's usually like a two-week to a 30-day thing.

BISER: *So doctors can't say your recoveries are a temporary cycle?*

Herbalist: Yeah, well, they just say, "You're one of those lucky ones that you've gone into remission."

But you know, if you look at it from that standpoint, and I've mentioned this before with you, then I'm in remission with

my heart disease. Doctors will never say to a cancer patient. "You're cured."

BISER: *So you're in remission?*

Herbalist: Yeah, exactly. I'm in remission, you're in remission, we're all in remission, according to doctors.

I'll tell you; 3, 4, or 6 months go by of their remission and they're absolutely blissed-out, and that brings power. The more time goes by, the more they throw the doctor's ideas away, and they grow right out of it.

32.13 PARKINSON'S CASE

Herbalist: When he was in my office, I thought he was hammering something. I realized that it was the combination of his knee hitting the top of the desk and his foot bouncing on the floor. He was pretty uptight, but he couldn't stop, and his right hand was shaking.

BISER: *What did you do for the shaking?*

Herbalist: I think the thing that we did different for him would be the nervine herbs; but we did a lot of hot and cold, which really helped.

I had him get a lot of body work down the spine, and on that arm, and on that leg to free up any muscles that could be

tight. We all have tight muscles that pinch our nerves. We also did the herbs externally, also, we did a lot of the anti-spasmodic herbs like lobelia fomentation.

BISER: *You did lobelia fomentations?*

Herbalist: On the leg, on the arm. We cooked a big pot of strong lobelia tea. I would say a quart pot — we probably had a handful of fresh lobelia. What we did is bring that pot to a boil, put the lobelia in, and shut it off, because you don't want to simmer lobelia. You just want to put it in boiling water and let it go.

BISER: *Did you soak towels in it?*

Herbalist: Yes, we soaked towels in it and that gave him great relief. He was actually having pain on the nerves. He also had herpes zoster shingles. That was quite painful, and the lobelia really helped with that. Then, we also started adding in black cohosh, skullcap, and we used these herbs internally, too.

BISER: *Why black cohosh?*

Herbalist: Black cohosh works very well internally for any type of nervous disease or spasm.

I've used black cohosh and I've seen epilepsy go away, where a person doesn't have any attacks due to brain injury or brain tumor.

With him, he felt relief even though, the next time he came, I didn't detect much of a difference. But he said there *was* a tremendous difference. He said he noticed a 50% difference. Maybe it was just when he was sitting in my office, you know, and I wasn't used to seeing someone banging their leg so much and moving their hands.

I would say with him it was about 30 days into it when I started noticing it. By the third time, I was noticing that he could breath, relax, let his muscles relax, and there would be vibration. But it wasn't like smashing the floor and the desk in my office.

We had him on large doses of black and blue cohosh, blue vervain, skullcap, lobelia, skunk cabbage, wild yam, the B&B tincture, separate doses of lobelia, a lot of juices for him. He also did some deep bodywork on the spine.

BISER: *Did you put the fomentations along the spine?*

Herbalist: He did them on his whole body. He really got into it. He was even taking baths in these herbs.

BISER: *Oh, so people can do that?*

Herbalist: Absolutely. If you've got a lot of areas to cover. He would fill up a bathtub about halfway and put in some salts and things, and then toss in that whole pot with the lobelia, cohosh

roots — the whole thing right into the bathtub — and take an herbal tea soak.

BISER: *Blue vervain or just the cohosh?*

Herbalist: We used them all. We used the whole B&B formula. The key four are black cohosh, the lobelia, wild yam and skunk cabbage.

They are real miracle workers. ¹Blue vervain and the blue cohosh. I don't use blue cohosh that much, except for women. ²It is a really good one right before they are going to have a baby. It does have a great history, but the black cohosh, the lobelia, are just wonderful for the spasms. And, of course, his thing was he was a horrible eater. This guy had horrible digestion — and constipation.

BISER: *You took care of all that.*

Herbalist: You know, it's amazing. To get your system to function this badly, you must have had years of minor dysfunctions that were ignored. He had hemorrhoids from

1. Blue Vervain is an herb not much used today. Dr. Christopher put it in his famous, divinely-inspired B and B tincture, which he said produced so many miracles in regenerating damaged nerves, or causing nerves to grow.

2. Indians called Blue Cohosh "Squaw Root," because it relaxed contractions and made for an easier birth. At time of birth, it had the opposite effect: causing the uterus to contract and pushing out the baby quickly.

constipation. Instead of doing something about it, he had the hemorrhoid operation.

BISER: *Did he ever get cured?*

Herbalist: Yes, absolutely. No doctor ever said, “you don’t have it anymore,” but he got to where he had no tremors at all. No tremors in his leg. No tremors in his arm. He was thrilled about it because he didn’t want to retire, but he couldn’t write anymore. When he tried to write, it looked like an electroencephalogram across the piece of paper.

BISER: *But he got to where he could write?*

Herbalist: He got to where he could write, walk, and had no twitching.

BISER: *How long? Over a year?*

Herbalist: I’m going to say in less than that. I’m going to say 6-8 months to where it was gone, but then occasionally, at night, he would be sitting in his chair and the tremors would come back.

It was up and down, but it was all going downward. I think in about 6 or 8 months he had no tremors at all. They would come back once a week, then once every 10 days.

I’m sure by the end of a year he wasn’t having anything. He again had some relapses. Of course, it was when he had gone

to someone's house for his birthday, or whatever, and eaten some horrible food and gotten a little constipated. I always see this.

One thing that's great is when your body gets this ill, you can get it better. But if you get too far off track, the same thing just comes back. But what's amazing about it is when the patient sees that.

BISER: *They get the point, huh?*

Herbalist: They get the point really good.

32.14 MAN CURED OF LOU GEHRIG'S DISEASE

BISER: *This is one man you mentioned on the videotapes.*

Herbalist: That's right. He couldn't speak when he first came to see me. That is what the person who brought him said. But I got him talking. It was like "awwawwwaww". He just didn't want to speak. And he was absolutely convinced that he was going to die.

I can't remember; for some reason, I think he was a dentist. But whether he was a dentist or a doctor, he practiced, I believe, at UCLA, so he knew that once you're diagnosed with ALS (amyotrophic lateral sclerosis), you get worse and you die. And he had it, I think, 3 years before I saw him.

BISER: *Why did he come to you if he knew he was going to die?*

Herbalist: Relatives. Relatives pushed him to come. He didn't want to. He didn't believe in it. As many times along the treatment as he started getting better, he would say, "Well, it's just a temporary remission."

One day, I finally just threw him out of my office. I said, "You know what, you're getting better. Everybody around you knows you're getting better. Your symptoms are reduced. But, you know, you're such a non-believer." I said, "Get the hell out of my office."

And he said, "What are you talking about?" And I remember I grabbed him right by the back of the jacket, and threw him out my front door, and shut the door.

About 5 minutes later, I heard a knock on my door and I opened the door, and he said, "I want to come back." And I go, "Why? You don't believe you can be well." And he goes, "Well, no." And I said, "Get out," and I shut the door again.

We did this about 5 times until he finally said, "Okay, okay." He came in and sat down. And I said, "Look, there's only so much the herbs and the foods and all this is going to do." I said, "If you don't believe that you can be well because of your stupid medical training, you're refusing to look at the symptoms that you have."

I said, "You're getting better. Your speech is better, your facial muscles are better, the strength in your arms is better, you're walking normally." And I said, "You're just refusing to look at this." He finally started looking at it. His big thing was he couldn't abandon everything he had spent a hundred thousand dollars and 10 years to learn. It was too much....

BISER: *So what resolution did you and he come to?*

Herbalist: We came to a resolution that he could keep everything he's learned in medicine, except the fact that maybe you can get better from this one disease. I said, "You can believe everything else you want from medicine, but maybe there's one area where they're wrong." And so he said, "Okay, maybe you're right."

32.15 QUADRIPLLEGICS & PARAPLEGICS

BISER: *Richard, have you ever had quadriplegics paralyzed from the neck down, or is that really hopeless?*

Herbalist: Let me put it this way, we'll have to go back to what Dr. Christopher said. He said "There's no incurable disease, just incurable people."

I don't meet them immediately. I meet them after years and years of being in this situation; and every doctor, every

neurologist, every neurospecialist they've met has told them that they'll never move for the rest of their life.

And so that "food" is hard to go against. I mean, they've digested it and they've assimilated it, and it's like, even with people with multiple sclerosis or muscular dystrophy, or any of these where the doctors have said, "There's no cure, you're going to get worse and die..."

You know, quadriplegics and paraplegics have been given a heavy sentence of paralysis from the doctors, from the so-called specialists, and they don't believe a cure is possible.

When you're moving a muscle, an arm, a leg, or a foot that is cut off from its nerve supply, you can't imagine how hard that is. It goes beyond thought.

You have to psych yourself up. I relate this to the martial arts, because I was the 1971 brick-breaking champion of New York State, and you can't put your fist through a dozen concrete blocks with just strength any more.

It has to come from somewhere much deeper. The Japanese call it "ki", the Chinese call it "chi", the Indians "prana". You have to go inside and find this internal energy or God, but you can't just do it from fear.

BISER: *So, you've never had such a case that's recovered?*

Herbalist: Yes, I have, but it's rare, because those people have had so much bad programming. You know, I've seen even some quick results. I think I told you about this kid, I'm going to guess he was about 12, in Utah. I wheeled him in his wheelchair right into the stream, and we gave him big doses of the nerve restorer, and within 12 hours he had a twitch in his leg.

BISER: *Was he a paraplegic?*

Herbalist: Yes, a paraplegic, paralyzed from the mid-thoracic vertebrae down; no movement in his legs.

BISER: *So within 12 hours after nerve herbs and cold water...*

Herbalist: Yes, and he had been paralyzed since he was about 2 months old and he was now 12. But, now, we're dealing with a kid. This kid looked at me and I said "This can happen" and he believed it, but when you're dealing with a 30-40 year old, it's different.

BISER: *So even though you've never done it, you believe it can happen?*

Herbalist: Oh absolutely, absolutely. In fact, I've met people that it's happened to.

BISER: *Oh, you did? You mean they've told you, "I was a paraplegic"?*

Herbalist: Oh, absolutely. One of the greatest things about being a teacher is in my travels where I teach, people come to me to tell me what they've done. I'm going to say dozens of people recovered who were not supposed to walk again, usually with spinal injuries, who were paralyzed from, let's say, the navel down.

32.15.1 *A man recovers from total paralysis from the neck down.*

BISER: *Have you ever met anyone who recovered from paralysis from the neck down?*

Herbalist: You know, there was a surfer in California. I don't have all the pieces to this story, but he drove his head right into the sand, broke his neck and was paralyzed.

He was a quadriplegic. He had some massive internal injuries, too, and I remember hearing on the street that he was up and about. And he said that he had basically broken his neck, but he believed he could be well and put himself back together.

BISER: *Did he use herbs?*

Herbalist: Yes, but nothing like what we would talk about. He used mainly things internal. This was actually in Solana Beach, down in the north county of San Diego, and he was a big

believer. I met him in a juice bar down there, and he was a big believer in juice therapy, but he had done nothing much beyond that. Oh, and a lot of bodywork.

BISER: *And his nerves in his neck regenerated?*

Herbalist: Yes, and he got everything back. He was paralyzed. He limped. At first, he had nothing from the neck down, but then he worked himself into moving arms, moving legs, getting lots of bodywork, and I think he juice-fastened for something like half a year, and put himself totally back together. But that's quite rare. I don't mean it's rare to be able to do it, I just think it's rare to find someone.

BISER: *Anybody who can fight that hard?*

Herbalist: Yes. But I'm going to say a couple of dozen, with paralysis from the mid-navel down, who have brought it back. I think the biggest factor is that you really have to work at it.

I mean, I've had some injuries, and I couldn't move the area, and it doesn't matter how much you think and how much you want to, it's hard to imagine. It's like you're frozen. It's like a dream. And those people just need to put out 110%, and of course, you have every doctor saying it can't happen.

32.16 FOR DEAFNESS AND HEARING LOSS

Dr. Christopher used his B and B tincture in the ear, washing out the ear once a week with lukewarm water mixed half and half with some apple cider vinegar. He cured cases of total deafness by doing this. Plug the ears with cotton to keep the tincture in at night. This is an updated formula for the famous B and B tincture: Equal parts of **black cohosh, blue cohosh, blue vervain, skullcap, lobelia, and skunk cabbage**, one of the greatest anti-spasmodic herbs.

**Sam Biser's
Save
Your Life
Collection**

**A Layman's Course
in Curing Last-Stage
Diseases**

Making herbal preparations
Lessons 33-34

**Sam Biser's
Save
Your Life
Collection**

**A Layman's Course
in Curing Last-Stage
Diseases**

**Making Herbal
Preparations, Part I**
Lesson 33

Making herbal preparations, by Dr. Richard Schulze

I wrote the following information on how to make herbal preparations over 20 years ago and used it for teaching students. This is the first time it has ever been available to the public. I have updated it and simplified it for the lay person.

If I could give you one word of advice it would be not to be afraid to make some herbal preparations. Whether you make every herbal preparation you need, or a few, or just play with it as a hobby it doesn't matter. You will probably find that even your mistakes are better than what is commercially available. And if, God forbid, the day ever arises that you can't get what you need, this information could save your life.

The vast majority of what you need to know is covered on the video tapes; this is just to clarify a few points and give you some specific measurements and formulae.

33.1 HERBAL SNUFFS FOR NASAL DRAINING

Herbal Snuffs for nasal congestion have been used for hundreds of years. They are, basically, herbs in a finely powdered state which sometimes have an essential oil added. Most of the snuffs I made and used in the clinic over the years were for decongesting and draining of the sinus cavity.

One of my favorites was goldenseal root powder and bayberry bark powder, with a tiny bit of cayenne pepper and garlic added. This snuff disinfects and decongests the sinus cavities.

Take a small jar and put into it seven tablespoons of finely powdered goldenseal root and 7 tablespoons of finely powdered bayberry bark. The cayenne and garlic add intensity to the formula and the amounts should be judged by your ability to tolerate it. The amounts I added in the clinic were one tablespoon of 150,000 H.U. cayenne powder and one tablespoon of garlic powder. Although this amount may seem a bit extreme, for some it works! Shake the jar and mix the powder well.

33.2 INFUSIONS

When we speak of infusions we mean making a common tea. Take an amount of herb, pour boiling water over it, and let it steep. An infusion can be made with cold water, as a sun tea, or by using boiling water.

A basic formula for making an infusion is to use one teaspoonful of dried herb or two teaspoons of fresh herb to the cup of water. Pour the boiling water into a cup with the herbs (a tea ball may be used), cover, and let steep for 15-30 minutes. When making a cold infusion or sun tea, let the herbs remain in the water 1 to 4 hours before straining.

We use infusions with herb parts out of which the medicinal qualities are easy to extract, such as leaves and flowers (example: peppermint leaves or chamomile flowers). If we were to simmer or boil these sensitive parts of herbs, we would have their valuable healing chemicals in the air of our kitchen, but not in our cup of tea.

When we want to make a tea out of the harder parts of plants, such as the twigs, branches, barks and roots, then we make a decoction.

33.3 DECOCTIONS

A decoction is also an herbal tea, but it is designed for the harder parts of herbs such as the barks, roots, twigs, berries, fruit, nuts, etc. With these parts of herbs, an infusion may not extract all the medicinal properties; they are *locked into* the harder parts of the plants. Therefore, we need to apply more heat for a longer period of time.

A basic decoction is made by adding 1/2 to 1 ounce (1 to 4 tablespoons) of dried herb to 1 1/2 pints of cold water (the extra 1/2 pint covers the evaporation in boiling). It is best to let the herbs soak and re-hydrate in the water up to 12 hours, if you have the time, and then slowly bring it up to a boil. Let it simmer between 10 and 30 minutes.

For infusions, decoctions, and any other herbal preparations you make that require water, it is best to use the *emptiest* water. Your first choice would be distilled water; a very close second would be reverse osmosis, and then filtered. Mineral and spring waters are very saturated (full) with minerals and, therefore, dissolve less plant chemicals than the *empty* waters.

33.4 FOMENTATIONS (COMPRESSES)

A fomentation is basically an herbal infusion or decoction applied externally using a piece of cloth, gauze, or towel, always using natural fibers such as cotton or wool.

Fomentations can be made with any liquid at any temperature but generally we use a hot herbal tea made with water. Other possibilities are to make the fomentation with various oils (castor oil is one of my favorites), apple cider vinegar, diluted essential oil, or fresh fruit or vegetable juices; use your imagination.

To make an herbal tea fomentation, you first make an infusion or decoction as previously described. Then, dip a piece of cloth in the solution; the size of the cloth should be in proportion to the area of the body you want to cover. Wring out the excess liquid and apply this cloth to the affected area of the body. You may wish to keep the tea hot in order to keep dipping the cloth back in it and reapplying it when the cloth gets cool; this can be done every few minutes. Also, a heavy towel placed over the fomentation will help it retain its heat.

A nice way to increase circulation to an area is to place an ice cold wet cloth or ice pack on the area for 2 to 8 minutes followed with an application of the hot fomentation for 5 to 10 minutes.

You may decide at some point to leave the fomentation on for a longer period of time (like overnight). In this case, you may want to cover it with other towels or even plastic to keep the area warm and wet. Even a hot water bottle can be applied over the fomentation to keep it warm. Over the years my patients have come up with thousands of ways to keep poultices on all night from ski caps on the head to elastic ace bandages. Use your imagination.

Fomentations are wonderful hydrotherapy and with using different water temperatures you have a wonderful aid for increasing blood flow and circulation. Fomentations can be used for stiff or torn muscles, burns, cuts, bruises, scrapes, broken and cracked bones, internal organs, glandular areas, general pain, etc.

Castor oil fomentations are great eliminative routines. Oil-soaked cloth, usually hot, can be placed over the liver, kidneys, intestines, appendix, lungs, etc., and will assist in elimination.

Using hot water or liquids in a fomentation relaxes tight muscles, draws blood to the surface of the skin, increases circulation in that area, and opens up congestion. Heat is also drawing and aids in pulling impurities from the body. One of my favorites to use is cayenne and ginger with other herbs to really increase the blood flow to an area.

A cold fomentation constricts the blood flow and circulation to the area and drives the blood deep below the surface. It can soothe discomforts caused by too much heat (burns, sunburns, inflammation, etc.) and also increase circulation to reduce unwanted swelling and pain.

33.5 POULTICES

A poultice differs from a fomentation in that, instead of applying the herbal tea, oil, or juice to the body, we apply the actual herb itself. This could be in a very simple way, by just “bruising” an herb leaf and applying it to the skin. The American Indians and primitive cultures all over the world simply chew herbs up into a wet pulp and apply this to various parts of the body.

The most common way is to mix dried herbs together, in a finely cut or powdered state, add water, apple cider vinegar, or some other liquid to it to form a paste; then applying this to the skin. I have found that adding 1/4 to 1/3 of a mucilaginous herb powder, such as slippery elm inner bark powder, makes a much nicer consistency and will also adhere better.

Poultices are great for just about any problem but are mostly used for wounds. When using a poultice on a “hole” in the body or a deep wound, not only would you want to have cleaned and disinfected the area before applying the poultice,

but also have added some anti-infection herbs to the poultice such as goldenseal, or, my favorite, garlic (it does burn a bit) or tea tree oil.

Another general rule of thumb on a wound is that, once the poultice is dried, it may look like some of it is gone or has been absorbed into the body; don't clean the remaining poultice off unless you absolutely need to recheck the wound. Just add a new poultice over the old one and keep "feeding" the area.

There are other types of poultices, especially a drawing one like my Black Super Draw Poultice, that you will want to change frequently. A drawing poultice removes impurities and poisons out of the body and can be more effective if changed 1 to 3 times a day.

But generally, once a poultice has dried on a wound, I consider it a part of the body, just like a scab. It will come off when it's time.

A good example is, many years ago, I was with someone who cut the tip of their finger entirely off. The finger was bleeding profusely, so I dumped a handful of cayenne pepper and just stuck it to the rest of the finger.

I covered the whole area with an herbal poultice mainly made up of comfrey leaf and root, garlic, slippery elm and a

few other herbs. After adding more poultice in the next few hours, I finally wrapped gauze around the whole area. The next morning we realized that the poultice had dried hard with the gauze and this person now had a rock hard herbal cast on their finger. I said not to worry; in about 3 days it worked itself off and we found a beautifully healed finger.

The finger tip was reconnected with the finger. Only a slight redness was around the cut area, but we could see lots of cayenne pepper under the new skin between the finger tip and the finger. I assured the person that the body would just *digest* the cayenne pepper and it did. A month later there was not even a scar.

Other poultices that are wonderful are those for itching and irritated skin, for drawing the poisons out of stings and bites, to heat an area (the famous mustard plaster), and for glandular infections or congestion. You can put a poultice on just about anything you can come up with. A poultice can also be applied between two layers of gauze or light cotton if, for some reason, you don't want the actual herbs to touch the skin.

As a poultice dries, it becomes more and more pulling. To increase the pulling power you can add drawing herbs and even bentonite clay. One of my favorite additions to an herbal poultice is fresh aloe vera leaf gel; it adds soothing and healing

qualities, helping your body repair itself 2 to 10 times faster than normal.

Besides herbal poultices, vegetable poultices have also been used widely over the years with potatoes, onions, carrots, beets, garlic, cucumbers, and a wide variety of greens. Cayenne, ginger, mustard and horseradish have all been popular for use in heating and stimulating poultices.

Healing and soothing poultices made from slippery elm, marshmallow, aloes, calendula, lobelia, and mullein have had extensive use. Seed and grain poultices have also been used over the years (oats, barley, flax, etc.) with very soothing effects.

Let's not forget fruit poultices. Bananas, figs, apples, papayas and melons all make excellent poultices. Last but not least is plantain. It grows in most people's yards and is a classic for everything from bites and stings to blood poisoning.

33.6 SUPPOSITORIES, BOLUSES AND PESSARIES

Suppositories, boluses, and pessaries are basically herbal poultices used internally. They are generally made with a mucilaginous herb base like slippery elm or an oil base like coconut oil or cocoa butter. They are inserted into body openings (vagina, rectum, nasal opening, ears, mouth, etc.) to distribute their herbal power to internal areas.

In making your bolus, you will want your herbs FINELY powdered so the bolus will be as smooth as possible. You will want to add something to the mixture to give it a slippery consistency.

A soft bolus can be made by adding slippery elm bark powder to your herbal mixture. Slippery elm is very mucilaginous when mixed with water and is a great soothing, healing, and nutritional agent. If you desire a harder bolus, as is sometimes preferred in the rectal and vaginal areas, coconut oil works the best.

Take a jar of coconut oil and place the jar in a bowl of hot water. In a short time the oil will melt; Depending on your air temperature, it may already be in a liquid state.

Mix the melted coconut oil with the finely powdered herbs you choose into a dry pie dough consistency. Shape and form the herb mixture into the size and shape of the suppository you desire. (This can vary greatly depending on the area in which they are to be used and the size of the individual.)

Place the individual boluses on a piece of wax paper, stainless steel, or glass plate and refrigerate them. Refrigeration will make them hard. When you want to use one, take it out of the refrigerator, hold it between your fingers for just a few seconds (the coconut oil will begin to melt) and insert the bolus. Use some olive oil to lubricate the area of insertion first.

When the bolus is inside of the body, the body temperature will cause the coconut oil to melt rapidly and the herbs will be dispersed.

Suppositories are commonly used for rectal cleansing, hemorrhoids, vaginal infections, irritation, inflammation, and problems with the whole reproductive area.

33.7 DOUCHES AND ENEMAS

Douches and enemas are liquid injections into the vagina and rectum, usually in the form of infusion or decoction, vegetable, nut and seed oils, or aloe vera gel.

These injections can be used to wash out a bolus, to cleanse the area, and to supply the area with herbal, medicinal, and nutritional properties.

Rectal injections can be extremely important. In some cases, when a person cannot accept liquids, food, and medicinal agents orally, they can be fed through a bowel injection.

33.8 HERBAL SYRUPS

A syrup is basically an infusion or a decoction and, sometimes, a tincture to which maple syrup, vegetable glycerine, honey, or sugar has been added. These substances are

added mainly to preserve the solution, but also give the liquid a thicker, stickier, and more coating consistency and make it much more palatable to children. I prefer maple syrup over the others and used it successfully in my clinic for years. If you use glycerin, make sure it is vegetable, *not animal or petroleum derived*.

Usually, adding maple syrup (1/4 to 1/2 of the volume) will work perfectly. I can get most children to swallow any herbal tincture just by adding 1/2 or 50% maple syrup.

You can make a very strong syrup by simmering down your decoction to less than its original amount before adding the syrup. If you “slowly” simmer your decoction down to 1/2 its original amount, you have what used to be referred to as a 3 power decoction. If you simmer your 3 power decoction down to 1/2 this amount you will have a 7 power decoction. By adding maple syrup to this you have 3 & 7 power syrup. Always try to find organic maple syrup; it must be 100% pure maple syrup.

33.9 HERBAL OILS

What I will explain here is the extraction of oil from herbs. I prefer to use olive oil; almond works well, too. A common oil extraction is oil of garlic. There are many other types of oil extractions you can make in a similar way. It is most important

that your herbs are either dried or that, when fresh, the liquid in the herbs mixes well with oil. Water in your oil will be a sure way to have spoilage and problems.

In making a garlic oil, you peel, cut, and chop many cloves of garlic; then cover the bottom of a bowl with at least 1 inch of cloves. I use glass or Pyrex bowls. Don't use any container the solution can react badly with, like aluminum.

Cover the garlic with your oil and set it in a warm place for 1 to 3 days. Cover with gauze or cheesecloth to keep bugs out. You can place it in a warm oven that is turned off or over a heat register, as long as it doesn't get too hot.

Occasionally, I like to mash the garlic with a potato masher to squeeze out all the "goodness." When you feel the oil is right, strain your mixture through cheesecloth or cotton and bottle. If you refrigerate this, it will keep longer.

Oils can be made from any herb bark, stem, leaf, root, etc. With some herbs, you will definitely want to heat the oil to a higher temperature for varying amounts of time but never above 120 degrees. Generally you will want to steep your herbs in your oil for 14 days with the moons, the same way as described in detail in the tincture section.

Oils are great remedies for internal use and wonderful for external applications (wounds, infections, skin problems,

massage, etc.). Making a good oil takes time and practice. When you turn out a good one, your time and patience are rewarded.

Commercial essential oils such as lavender, eucalyptus, and thousands of others are usually made by steam distillation. It can take hundreds of pounds of herbs to make only a few ounces. For the most part you are better off buying good quality essential oils. They make nice additions to the herbal oils you make. A few drops added to your oils is a nice finishing touch.

33.10 HERBAL TINCTURES

Herbal Tinctures are technically fluid extract of herbs. Where we use water to extract in an infusion or decoction, we add alcohol to the water or apple cider vinegar, when making a tincture.

There are many advantages of tinctures over infusions and decoctions. One is that there are many medicinal properties in herbs that are not water soluble. While many of the chemical properties of herbs do dissolve in water, there are also some important properties that do not. In fact, many essential oils, resins, alkaloids, steroids, etc., dissolve better in a water/alcohol base and some don't dissolve in water at all.

Like infusions and decoctions, the medicinal properties in tinctures can be digested and assimilated easier than consuming herbal capsules or the raw herbs, especially if a person's digestion is bad. The medicinal properties of herbs in a tincture get into the bloodstream the fastest, almost instantly. Unlike infusions and decoctions, tinctures are quick; they are already made up and on hand. This makes them invaluable for first aid kits and emergency applications.

Tinctures are also much more concentrated than teas. As little as 2-3 drops of good tincture can equal and excel the medicinal properties of a whole cup of tea. Tinctures made with an alcohol base are also good antiseptics for open wounds.

The alcohol we use to make tinctures is grain alcohol. This means it is distilled from a fermented grain "mash." Denatured, isopropyl (rubbing alcohol), or methyl (wood alcohol) are never used because they are poisonous.

Although all herbal medicinal chemicals are best extracted in various percentages of alcohol, the standard tincture solvent solution (base) is 50% grain alcohol and 50% water. 50% alcohol is equal to 100 proof. (Alcohol % x 2 equals the proof or proof divided by 2 equals the alcohol %.)

Many people have used 80 proof (40%) alcohol solutions successfully throughout the years and for most herbs this will make a great tincture. Dr. Christopher always said to use 90 proof (45%) alcohol or better. When your end cost per ounce will be so little anyway, I suggest using 100 proof vodka which is a 50/50 solution of grain alcohol and water.

For people who have an emotional aversion to consuming alcohol, I will make the following statements...

Grain alcohol dissolves and extracts certain important phytochemicals (plant chemicals) better than just water alone. For example, the diosgenin in *discorea villousa* is only soluble in alcohol, not in water. Alcohol also preserves tinctures and gives them an almost indefinite shelf life, at least over 5 years.

The actual amount of alcohol per dosage of 30 to 60 drops is so small that there is more in some mouthwashes. This dosage has been tested on people who are alcohol sensitive with no adverse reactions. It is also a safe amount for anyone in a 12 step program or Alcoholics Anonymous.

Vodka, by law, can be nothing more than grain alcohol and water; this is the reason why it is the choice of most herbalists. It is obviously a very safe alcohol also, because it is specifically designed for human consumption.

Other whiskeys may contain the correct amount of alcohol but also contain impurities, colorings, flavorings, preservatives,

and toxic substances. Gin is grain alcohol flavored with juniper, but also may contain other additives. Dr. Christopher used to suggest brandy (distilled grape wine). Although it has been used for hundreds of years for tinctures, modern brandies usually contain many additives (colors, preservatives, flavors, etc.).

So, vodka is our best and purest grain alcohol base. Everclear, or pure grain spirits, is available in some areas of the United States. It can range from 150 to 190 proof (75-95% alcohol). It can be used straight or diluted with distilled water to make tinctures.

Some herbal properties, such as gums and resins, will release properties better at this higher alcohol content.

Pure apple cider vinegar (acetic acid) is also a good tincture base for certain herbs, especially *lobelia inflata*. It is not as strong a solvent as grain alcohol. Tinctures made with vinegar are less drying to the skin; they can be nice for liniments, and are slightly antiseptic.

Always use a health food store brand of pure apple cider vinegar. Naturally aged, unfiltered and raw, organic, and not distilled, if possible. One main problem I have with apple cider vinegar tinctures, especially my Super Tonic (garlic, cayenne, ginger root, onion and horseradish) is that they taste so

delicious that I drink them all and “eat” my profits. Also, the people who buy them from me don’t have colds; they just know a good salad dressing when they taste one.

In most cases, the best way to make a tincture is using fresh herbs. This can be simply done by putting fresh herbs in a blender, adding your water/alcohol solution, and then just turning the blender on. By turning your herbs and solution into this herbal “applesauce,” more alcohol solution will reach individual cells of the plant and make a stronger tincture than if you jut dropped a whole root in a jar and covered it with alcohol.

If you have dried herbs and want to powder them, an inexpensive way to do this is with an electric coffee grinder or a mortar and pestle. If you use an electric type of grinder be careful not to “cook” your herbs in the grinding process. You could brake the blades off with hard roots.

If you are going to be making many tinctures, you are best off making them all separately. Specifically, you are better off making separate lobelia, valerian root, skullcap, wild lettuce, hops and cayenne tinctures, than putting them all together in one jar. If you make them all together, you have a nice antispasmodic, nervine formula; but, if you make them separately, you could have just a straight emetic formula (lobelia), a stimulant formula (cayenne), a pain formula (wild

lettuce and valerian root), an insomnia formula (hops and valerian) or any number of different combinations.


33.10.1 *Making the tincture.*

The first thing to remember is that making a tincture is fun. You are going to put your love and “good energy” into making this preparation. If you are all “nerved up” and in a bad mood, your tincture will taste like it.

Most proportion rules in the past have been 4 ounces of dried herb to one pint (16 ounces) of alcohol or 8 ounces of herb to a quart (32 ounces). Herbs have many varying weights and densities, which makes this type of formula ridiculous. What I have found to work best over the years is simply my half to full rule. Blend your herbs with your alcohol and then pour the solution into a big glass jar.


I let it settle for a day to see where the herbs end and the liquid starts. You want the herbs to settle at least halfway up to the top of the jar. If they settle to less, add more herbs.

If you want a stronger tincture, then make sure the herbs settle to 3/4 of the way to the top; a really strong tincture could be all pulp, like applesauce. This rule has worked better for me in my pharmacy over the years than all the rules in every herb book I have read.




You need to use your common sense when putting a tincture together. Eight ounces of mullein or red raspberry leaf may not even fit into a quart jar, so you have to use your best judgment. Follow my 1/2 to full method and you will never fail.

Common, inexpensive tincture jars are one (1) quart canning jars. A clear glass jar lets you observe the tincture as it's "working" and is okay to use as long as you keep it in a dark place, out of sunlight. Do not use plastic, metal, or any other type of container that your base (alcohol) may react with undesirably.



Pour your solvent over the herbs and seal the jar. It should be shaken vigorously for several minutes to make sure there are no clumps of herb that have stuck together.

At this point you can open the jar and usually add more alcohol or herbs. Once your jar is fully packed, it is NOT to be reopened until the tincture is done. From this point on until it is finished, it should be shaken at least three (3) times daily or, as Dr. Christopher said, "every time you walk by it."



The tincture is left in the jar for two weeks. Start the tincture on the new moon and squeeze it out on the full moon (Many tests have been done by Dr. Christopher and myself as to the strength and potency of tinctures in relationship to the time they "brewed" and the phases of the moon; in all cases,

those made in accordance with the phases of the moon made the strongest tincture.) Obviously, most manufacturers of commercial tinctures nowadays, who use a 3 or 4 day “special process” and ignore the moon phases, are making a highly inferior product.

There are many astrological books and almanacs that give the times of the New Moon and Full Moon, although you may have to calibrate these times to your local area.

Most herbalists don't get too critical on the time, but go just by the day of the Full Moon. It is nice to keep a record of your tinctures as well as your other herbal preparations. I record the amounts of herbs, where I got them, the amount of base and % of alcohol, the date, and any other pertinent information. This logging of information could lead you to making fairly consistent tinctures.

The big complaint the A.M.A. and F.D.A. have of herbal preparations is that they are not standardized.

Even if you make a preparation the same exact way each time, you can't rely on the herbal medicinal properties being in the same quantity from one bunch of herbs to another. How Wonderful!!! This is nature's beautiful way of adjusting not only the chemical properties of herbs from season to season,

but also the chemical properties to the local area for the local people.

We are not all living in the same climate, doing the same things, eating the same foods, etc. Personally, I would rather experiment with a dosage of a natural remedy than take any of the poisonous, isolated, synthesized chemicals the pharmaceutical industry has to offer.

You will first want to filter your tincture well through a natural fiber like cotton or through paper coffee filters (brown unbleached ones only.) Laboratory grade filters work well, too. Let's not forget the old cotton diaper cloth — it works great. If you use a funnel, use a glass one, not plastic or metal.

Bottle your tinctures in amber glass jars with tight lids. Laboratory polyseal are good airtight, leakproof tops. I usually put my tinctures in 16 oz. or 32 oz. amber glass jars and then pour or mix them into 1 or 2 oz. amber bottles with glass droppers as needed. A glass dropper is necessary. You don't want a plastic dropper sitting in your tinctures or you will end up with a nice tincture of plastic.

Always label your tincture preparation jar, your tincture storage jars, and your 1 oz. or 2 oz. dosage jars to identify the type of tincture in them. I also include the base used, % of alcohol, and the date of bottling. An unlabeled tincture is dangerous and can be an unpleasant "surprise."

33.11 HERBAL SALVES, OINTMENTS AND BALMS

In the 1970's, the California State Department of Health (and I'm sure this will be followed by the U. S. Department of Health and the Food and Drug Administration) decided that the words "salve," "ointment," "unguent," and probably "balm" indicate a medicinal substance and can be used only in a pharmaceutical preparation. You will notice in the herbal industry ointments and salves generally have odd and creative names such as herbal savvy, green goo, and unpetroleum jelly.

Herbal salves, ointments, and balms are the most often used of the herbal preparations. With the oil soluble medicinal properties of the herbs, suspended into the preparations, we have a multi-versatile product.

A general purpose herb salve could be used for cuts, bruises, scrapes, burns, sunburn, insect bites and stings, plant irritations, sore or rough skin, and dry skin. We can also make salves to draw out poisons, vapor salves for the nose, salves for eczema and dermatitis, lip salves — the possibilities are endless! Like tinctures, salves are great for herbal first-aid kits and first-aid applications.

33.11.1 *The base for herbal salves.*

The best base of all that I have used is olive oil and beeswax. Olive oil supplies the medium for the herbal medicinal properties to be placed in and beeswax provides the hardening agent to the olive oil.

Although olive oil is the most generally used oil, although other types of vegetable, nut, and seed oils can be used. Olive oil is high in mono-unsaturated fats and so it has a good shelf life and is naturally healing and soothing to the skin. It also contains many vitamins, including A, D, E, and K, as well as many minerals. Olive oil just by itself is a great medicinal agent for the skin and a nutritious food for the body. Some other oils that are acceptable are almond and sesame.

Petroleum oils and mineral oils are in many commercial “name brand” preparations (for example; Vaseline Petroleum Jelly). In my opinion, they’re wonderful for lubricating car engines and packing wheel bearings but who would want to put this garbage on their skin?

Coconut oil and cocoa butter can also be used for salves, but melting and softening them at room temperature makes your salve very unstable and on a hot day your ointment turns into an herbal soup. To make a creamier salve you can replace some of your beeswax with these products.

Beeswax, which is most commonly used as the hardening agent for the base, is available in different forms. Generally you can get it white (bleached) or brown (unbleached). I suggest the brown — unbleached, which is in its natural state and not chemically altered. It also still contains naturally occurring medicinal ingredients such as propolis.

The general base formula I use is one quart (32 fluid ounces) of olive oil to between 1/4 pound (4 ounces weight) of beeswax. If you want a real creamy ointment, like petroleum jelly, use the 4 ounces of beeswax. If you want harder ointment, add the 8 ounces.

The temperature of the area where you live will also come into play. I make my heating balm formula fairly creamy for California. In upstate New York, in the winter, its consistency gets very hard; and during my trip to India this Spring, with temperatures in the 120 degree range, it turned into soup.

33.11.2 *Herbs in salves.*

Use dried herbs. Fresh herbs can be used, but since they contain water, this can encourage mold and bacterial growth — just what you don't want in your salve. This can be somewhat controlled by adding natural preservatives and keeping your salve refrigerated, but it's a big problem.

Basically, cut your herbs finely like described in the tincture section so that the oil can reach maximum plant cells. It is best to use dried, finely cut or powdered herbs.

33.11.3 *Some of the most common salves made are...*

- * General purpose herbal salves with comfrey, mullein, chickweed, marshmallow, marigold, arnica, saint johnswort, etc.
- * Infection salves with goldenseal root & myrrh gum is an old time favorite. Add essential oils like tea tree oil.
- * Skin cleansing and drawing salves with plantain, chaparral, red clover blossoms, and poke root.
- * Vapor balms with essential oils of peppermint, spearmint, eucalyptus, etc.

33.12 HOW TO MAKE OINTMENTS

Some herbalists prefer the old cast iron pots, others prefer stainless steel double boilers. Some use a crock pot plugged into a light dimmer switch which gives me a variable control on the temperature. Whichever vessel you choose, it is helpful

to have a food thermometer that ranges from at least 80 degrees to 160 degrees F. You can get one in almost any grocery store that ranges from 0 degrees to 220 degrees F.

Let's assume that your herbs have been brewing in your oil in a jar for the last two weeks; you started on the new moon and it is now the full moon. Strain your oil through a cotton cloth and a stainless strainer. You may want to do this a few times because usually you don't want a "gritty" salve. At this point you have a decision to make.

Dr. Christopher frequently talks of single power, 3 power and 7 power ointments. To make a 3 power ointment, strain the oil and herb mixture when it's done, and then add more dried herb to this solution and let it "brew" all over again. When you strain this solution, you have a 3 power ointment, which is much stronger medicinally than your regular ointment.

To make a 7 power ointment, repeat the process with your 3 power oil and strain. Now you have a 7 power solution. Whichever you choose to make, always strain your oil well, pressing and squeezing the oil saturated herbs because the rich properties can cling to the herbs.

Next, put the amount of beeswax you are going to use into a separate, small pan and heat until it is melted, being careful

not to overheat or burn it. Some beeswax takes up to 140 degrees to melt.

In the meantime, warm the herbal oil that you pressed out to about 120 degrees and then slowly pour in the melted beeswax and stir during this process. Many try to melt the beeswax in the herbal oil. This works but you have to heat the oil way too hot so the 2 pan method works much better.

You definitely want to make a test pouring, which could save you a lot of time and mess. Take a sample of your solution and pour into it a small container or just drip some on the counter top and it will harden quickly. See if it's the consistency that you want. You can always add more beeswax but you can't go the other way.

33.12.1 *Putting ointments into jars.*

When you feel your consistency is right, ladle or pour your solution (a glass laboratory pipette works well) into your containers. A glass turkey baster works just as well. 1/4 oz., 1 oz., 2 oz., or 6 oz. wide mouth jelly jars — use any container that suits your needs. Don't move or mess with your jars after you have poured your ointment or it will crack and puddle. Leave the clean up for later. Leave the tops off until the ointment is hard.

Seal your containers tightly. Dr. Christopher has always suggested that with ointments, tinctures, syrups, or any herbal preparation you want to store for a long time to seal with paraffin wax. You can do this by heating up a vessel of paraffin wax and dipping your sealed jar or bottle upside down into the hot wax. This makes a long lasting air tight seal.

Making an essential oil ointment is very easy. You can either add the essential oils before you add the beeswax or after. That's all. When making your first ointment, an essential oil "Vapor Balm" is a good one to start with.

33.13 SUPPLIERS

To obtain Brown Bottles, you can get small 2 oz bottles from the grocery chain, Whole Foods. For larger brown bottles, I am still researching and will let you know in my newsletter, the Sam Biser Health Report. One supplier of bottles I listed for years is no longer available.

To obtain Essential Oils, Aroma Vera, 15901 Rodeo Rd., Los Angeles, CA 90016, phone (310) 280-0407

To obtain Beeswax, go to your local honey supplier and ask for unbleached beeswax. It should be yellow to golden brown.

**Sam Biser's
Save
Your Life
Collection**

**A Layman's Course
in Curing Last-Stage
Diseases**

**Making Herbal
Tinctures**

Lesson 34

Making herbal tinctures by Sam Biser

Make your own herbal tinctures at home — and throw out the stuff you bought from the stores. You'll be a lot healthier for doing this. To make your tinctures, do the following...

- 1) Get fresh herbs.
- 2) Put them in a blender in the proper proportions. You can mix them in a bowl first if it fills more than the blender can hold.
- 3) Add just enough 80 to 100-proof vodka to cover the herbs. For herbs that are resinous like

chaparral, use pure grain alcohol, which is called Everclear and is not sold in all states.

4) You will now have an herbal vodka sauce. Pour this into a jar to let it steep from two weeks to many months.

5) Put a lid on the jar. Shake several times a day. If you can, start the tincture on the day of the new moon. Then, let your tincture sit a minimum of 14 days till the full moon, and press through some cheesecloth into a bowl, and then pour into jars and keep in the dark.

Incidentally, there are some ingredients in herbs that have to come out in alcohol, and which may not come out in an herbal tea.

For example, one of Dr. Christopher's teachers, Dr. Shook, noticed that a water tea of black cohosh didn't have the same effect, or anywhere near the same effect, on epilepsy. But he discovered that an alcohol tincture of black cohosh worked very dramatically. Herbs contain thousands of chemicals, and some come out in water, others with boiling water, and many more of them extract with alcohol.

If the alcohol in a tincture is of concern to you, put the dosage of tincture in a cup, pour boiling water over it and the alcohol is gone in a second.

By the way, you may also extract herbs in oil. Garlic is done in this fashion. So is lavender and many other plants. A plant extraction in oil may not be as strong, but for the skin, it can be more soothing. Also, sometimes, as in the case of peppermint or lavender, an oil is what you are usually trying to extract.

34.1 PUT FRESH HERB JUICE INTO TINCTURES TO MAKE THEM STRONGER

BISER: *I have seen you add fresh herbal juice to some of your tinctures. Why is that?*

Herbalist: There is no question it makes it stronger. You definitely get more chemicals from the herbs run through a juicer than you get if you just make a straight tincture.

BISER: *Okay, how much juice could you add to the tincture?*

Herbalist: You wouldn't want to put more than half and half. In other words, in a quart bottle of final preparation, you would have two cups of your alcohol tincture, plus two cups of the herbal juice.

If you were using 40% alcohol, like 80 proof vodka, you wouldn't want to put more than half parsley juice in there in a

parsley tincture for your kidneys and bladder. You don't want to get below 25% in alcohol.

But, 10% added juice makes a great tincture, better than any you could buy. Just check it once in a while. I've had a few tinctures go off because I put too much juice in it, but you'll know.

BISER: *They smell funny.*

Herbalist: Yeah, they smell funny and they grow mold sometimes.

BISER: *Is that because you've put too much juice in?*

Herbalist: It just has too much water in it and not enough preservative. So, you want to keep your alcohol 25% and above.

34.2 PRESS OUT YOUR TINCTURE ON THE DAY OF THE FULL MOON

Richard Schulze says that Dr. Christopher, and he, found that tinctures were stronger when made this way. Dr. Christopher said you could smell the tincture NOT pressed on the full moon and they weren't as strong. It makes sense, because planting crops is done with the phases of the moon. And different crops are harvested according to the moon. The

tides change with the moon. So why would herbs not be affected by something that strong?

Also, please note: Letting your herbs soak in alcohol for fourteen days is an absolute *minimum*. Richard Schulze usually lets his tinctures stand for two to three months before straining. He has one false unicorn tincture (for women who are threatening miscarriage) that has been sitting since the early 1980's. He dips into it occasionally when he needs some, adds more alcohol if it needs it, and lets it continue to soak.

Some of Richard's students make a double-potency tincture. They first make a regular tincture. Then, before using it, they add fresh herbs into the tincture as if it were clear alcohol, and then they let that continue to soak. When that is pressed, you have gone through two soakings with two different batches of fresh herbs. What a brew!

34.2.1 Please do not believe herb company advertising about their superior tinctures.

As I have said elsewhere, the only thing high-potency about these products is their advertising and their labels.

I have seen labels that say, "double or triple-extracted"; others say: "made with organically grown and wild-crafted herbs", and in spite of what they say, you can make a far stronger tincture in your own kitchen.

Here is what appears to me that the herb companies are doing wrong: *They are not using enough herbs, and they are not letting the herbs soak long enough.* Both of these measures, herbs and time, cost money. You can always make more money if you use less herbs, especially at \$22 per pound, and if you cut the time down to 3 days.

Herb companies say they are formulating their tinctures to something called the national formulary standard, and that more than a certain amount of herbs, usually one part herbs and 4 parts alcohol, is not necessary, because the alcohol becomes saturated.

According to Richard Schulze, "This is supposed to be scientific because the alcohol is supposedly saturated and can't possibly pull out any more."

"You know what, someone with cancer doesn't give a sh-- about saturation point. All they want to know is I'm giving them what will give them their best chance. So what's the worst case scenario? I'm wasting herbs. Well, there's no shortage. And I figure the more I buy, the better."

"But if theirs is fully saturated, how come the way I recommend is more potent? Everybody is doing three-day tinctures, and with small amounts of herbs. I don't know anybody who does tinctures according to the lunar cycles."

I have to agree with Richard. These skimpy procedures are pathetic — and people can die because of useless herbal products. If these lazy manufacturers are correct, how come tinctures made with more herbs, and made longer, have a full-spectrum “knock-you-out” flavor *not* present in commercial tinctures? When you taste a great tincture, it is almost like you put a handful of the herb in your mouth. You should taste the barkiness or the rootiness. It shouldn’t taste like colored alcohol and a little bit of herb.

34.2.2 Another problem is that the companies may not be harvesting the herbs at their peak of potency.

For example, I got one bag of blood-cleansing tea from a nationally known company. The red clover blossoms in it are brown. They should be violet, the color they have when harvested at their peak. If you don’t catch red clover, or any other herb at its peak, the power of the plant goes back into the root.

Then, the effect you want, the blood-cleansing or immune effect, will be weaker — or hardly present at all.

Another problem is that herb companies use the weaker parts of the plant, which saves them money. For example, black walnut is a potent anti-fungal herb. The most potent part of

the black walnut is the gooey substance around the nut. Yet most companies harvest and use black walnut leaf or bark, which is far less potent.

Tip from Sam: You want to harvest the black walnuts when they are almost brown and ready to fall — or have fallen.

Another example is wild oat seed. Now, the oat straw goes for \$2.59 a pound. But to get the oat seed at its milky stage will cost you \$13.75 per pound. Cayenne pepper is \$2.20 per pound. But Richard Schulze had one man grow Mexican hot pepper organically for him and it cost him \$40 to \$50 per pound. Herb companies never see you — so they suffer no bad effects if you never get well.

Get your own herbs, as fresh as you can get them, then prepare what you need at home. Tinctures last almost forever. Richard tasted some tinctures made in 1919 and they were so strong, they curled his toes. A tincture goes into your bloodstream in seconds. Forget capsules of dried, ground-up herbs. The colon formula mentioned earlier is the only one you should make or get in capsules. For everything else, make fresh tea, or tincture the herbs at their peak.

34.2.3 Stop trusting your life to any herb company. Make your own tinctures.

I can't tell you this loud enough or enough times.

Make your own tinctures. Make your own tinctures. The worst, biggest, and stupidest mistake you can make is not to do your own tinctures at home. If you saw the difference it makes in health, you would become a fanatic on herb quality too. He told me,

"When you run a clinic," says herbalist Schulze, "you know what the end result will be. I'm going to have everybody from the two-year-old kids who are blue and rattling so loud because they can't breathe, and parents can't sleep. If the lobelia doesn't work, the asthmatics don't breathe, the people with nervous disorders don't stop twitching, you know what I'm saying? If I don't have good lobelia, it isn't going to dilate those bronchials. I always have that focus on what's at the end of the road. Who cares how much we throw away? We throw 75% of it away and this is from the organic growers, the "wildcrafters."

If you think I am exaggerating on herb quality, go to the store and buy the top brands of echinacea tincture, even the ones marked organically-grown. Then, get some echinacea root and make yourself a tincture of it with even one hour's

soaking. Use plenty of echinacea root. Or, use the whole plant, if you wish. Prepare as instructed at the beginning of this chapter. Then taste it and compare.

You should have a strong, tingling feeling in your tongue and whole mouth from your own echinacea tincture. The other tinctures will barely do this. You will see for yourself, the other tinctures will be so weak that you will be disgusted. You could drink a whole bottle of these top brands and feel nothing — and have nothing happen for your health.

Another example: Richard took one pod, one single seed pod, of a fresh lobelia plant, and in twenty minutes, he was dripping sweat, peeing, pooping and puking at the same time. He gave one pod of this to students and it made their heads spin.

Yet, at other times, he took 3 bottles of commercial lobelia tincture and one student drank all three and didn't throw up. Nothing happened. These people are selling you junk that, at best, is okay, but it is never great — and it is never the quality you should be giving to your spouse or to your children if they were dying.

I asked Richard Schulze to rate the herb tinctures on the market today, and he said on a scale of zero to one hundred, most are between a 0 and a 20.

An important note on dosage: Many times, when you start taking a new herb or formula, you may need 2, 3 or 4 times the normal dosage on the first day to get the effect. It's like you are opening up your organ system and you need to blast through. After that, you can reduce the dosage. Richard and I are the kind of people who like to feel the earth move when we take something. I always use enough of an herb or formula until I can feel something happening — even if the dose is 10 times anyone else's.

34.3 HOW TO MAKE GINSENG TEA

BISER: *How much ginseng do you use when you make tea? You don't want to waste it, it's so expensive.*

Herbalist: You can use the whole root.

You'll want to toss it in a pot with about a quart of water. Let it sit for a couple of days. The roots will be softer. Then, break them up or chop them up or cut them up. Use pruning shears; you know the ones that you cut roses with. They work really well to cut the ginseng up. That's what I've used for years to cut up herbs, because it's the only thing that will go through them. They kind of fly around the room, but that's what I use. Nothing else will cut through it.

Then, let the roots soak in about a quart of water for a day or two. Then, bring it up to a simmer for about an hour and you'll have a nice, really strong ginseng tea that you can drink over a couple of days.

34.4 THE POWER OF A GREAT TINCTURE

34.4.1 The horses were dying from fungus, but this fresh black walnut tincture cured them.

Let me give you this herbal horse story in Richard's own words, as he told it to me:

"One thing about horse stories, horses can't imagine themselves well. Or they can't do positive affirmations, you know what I mean. When you get a horse well, you know you've got something that worked.

"Now, the Los Angeles equestrian center is the biggest equestrian center in L.A. and they have thousands of horses there. About 12 years ago, they had an epidemic of ringworm, which is a fungus, run rampant throughout the barn.

"Now, the ringworm was so bad that you could grab a hold of the horses and pull out clumps of their hair in your hand, and it would be pussy and wet, and you could just pull the hair off. They even had horses die from the secondary infections.

The veterinarians were treating these horses with betadine solution, inorganic iodine, and it was burning their skin; they even had a couple of horses die.

“One of the owners of these horses said to me, “Look, will you treat my horse, the veterinarians are killing them?” I said, “Fine.” I went there and treated the horse and within a couple of days it was better.

“The owner of the equestrian center saw that, and called me up on the phone. He goes, “We have 150 horses here with severe fungus, it’s an epidemic running through the barn, could you help them?”

“I said, “Yes.” And he said, “Could you come over here and help them?” And I said, “Now?” He wanted me the next day. Now, I’ve got 150 horses that need black walnut and I hardly have any in the clinic. Luckily, this was September, it almost worked out perfectly, and I knew where all the black walnut trees are in Los Angeles. We went and gathered all night long. We made up gallons of tincture that had probably 8 hours only in them. Dr. Christopher always said, if it’s a one-minute tincture, it’s a one-minute tincture. So we had an 8-hour black walnut tincture.

“We went over to the barn and washed 150 horses twice a day for a week with black walnut tincture, and then we also fed

them black walnut with red clover, and other good blood cleansers and they loved it.

“The owner then fired 12 veterinarians who were working full-time there, and took them off the cases of these horses. This had been going on two months. In 8 days after I came, there wasn’t a horse in that barn with fungus.

“Nowadays, when you get black walnut, usually leaf powder, that’s the weakest part of the plant. It may not even work very well. If you’re lucky, you get black walnut bark, which is a little better, but what the Doc used himself was the inner hull of the black walnut.

“When you look at a black walnut growing on a tree, it’s a green ball about the size of a cue ball in pool and it’s green. At the end of the year, it starts getting brown spots on it, and then, once it goes almost totally brown, it will drop off.

“You want it when the brown spots have developed and when you grab it, and it’s soft and kind of rotten, and you just crack it open in your hands, and inside that green skin is dark black/brown goo.

“It’s wettish, fibrous, material and if you smell it, it smells like iodine. Pure organic iodine. Inside that goo is what we know as a walnut. The shell and inside the nut. When a walnut

grows, it doesn't grow like that. Outside is this goo and outside that is this green skin.

“Dr. Christopher used that goo and you just take that, you don't use the walnut, and you just take that skin off and you put it in jars and you tincture that, or make a tea, and that's the strongest part of the black walnut tree.”

34.4.2 Black walnut tincture for fungus on scalp.

Herbalist: Dr. Christopher had a patient who, all his life, had a crust that would develop on the top of his head. Dr. Christopher said that in some areas it even became an inch thick.

And it was like a ringworm in some ways, but like a fungus in other ways. He talked about it even being cradle cap, you know. Every doctor in the Army had treated him and they weren't successful (it kept coming back), so they would give Dr. Christopher the incurable cases when he was in the military, because he was a conscientious objector in World War II.

So he used the black walnut and he bandaged this guy's head and just kept soaking the black walnut into it. And I forget the period of time, but he said that about in two weeks,

he decided to lift it off, and not only did this cold bandage come off, but a whole helmet of crust came off. He said the guy had all pink skin underneath and never had the problem again. That was one of his black walnut stories.

Dr. Christopher wasn't using the weak black walnut tinctures sold today. He even went and dug the black walnuts from under the snow, because he knew where the black walnut tree was. It was in the dead of winter, so under the snow he dug and found those frozen old rotty black walnuts and he used those.

You know, that's the whole key. You've got to know your area, you've got to know what's there and when to get it and so many people just have so much in their area. If they only knew what was out there. Your readers have *got* to stop relying on health food stores.

34.5 A NOTE ON OINTMENTS

34.5.1 *When you make ointments, don't use pig lard as Dr. Christopher suggested.*

Dr. Christopher used pig lard as a base for his black ointment. That was because lard was excellent for absorbing poisons from the body. In Dr. Christopher's day, the pig was a barnyard animal. But today, it is a feedlot animal full of

hormones and antibiotics. It's not exactly what you want for absorbing poisons, when it's full of poisons itself.

Herbalist Schulze uses sun-dried Bentonite clay to absorb toxins. He also has a new concept in ointments. Why use inert ingredients that take up space from herbs? Therefore, he uses only herbs and oils — no filler. For example, in the deep tissue repair oil, there is no petroleum — only wintergreen oil, and herbs that have been extracted in olive oil instead of alcohol. *(See more about this formula in my Lesson on arthritis.)*

In his version of Dr. Christopher's famous anti-cancer black ointment, the ingredients are bentonite clay, slippery elm (to hold it together) — an excellent base for any poultice, garlic, goldenseal, activated willow charcoal — another great substance to absorb poison, and other herbs. [Covered in more detail in the Lesson on Breast Cancer.]

Whenever you need a mixture to put on your skin, you can always throw herbs in a blender, throw in some slippery elm, some garlic, some vinegar, some cayenne for circulation, and some poke root which absorbs cancerous poisons. Use whatever is available, and between your food processor and your blender, and some fresh herbs, you can cure a lot of serious disorders. More specifics in other lessons.

**Sam Biser's
Save
Your Life
Collection**

**A Layman's Course
in Curing Last-Stage
Diseases**

Questions and Answers
Lesson 35

**Sam Biser's
Save
Your Life
Collection**

**A Layman's Course
in Curing Last-Stage
Diseases**

**Questions from
Customers**
Lesson 35

Questions and answers

Here are some of the most common or most important questions sent in by readers — with the answers. I realize there are an infinite number of questions and they can never all be answers, but this covers the basic areas of confusion.

35.1 MOST COMMON OR CRITICAL QUESTIONS

35.1.1 *How can the program be implemented for persons who are on oxygen 24 hours a day?*

Herbalist: They can do all the programs.

BISER: *Does that mean they can't drink teas?*

Herbalist: No, they would just have an oxygen tube going up their nose, probably meaning they can't do extreme physical therapy. They can still do the hot and cold and everything else.

BISER: *How? Maybe they can't get out of bed if they are hooked up.*

Herbalist: They should be able to, because the tanks are on wheels. People fly in airplanes with those tanks. So, they need to get the mobile tank and they can do the hot and cold. They can do everything. They can even go outside for a walk. You see people walking around at the airport carrying those little carts with an oxygen tank on it and the tubes that go out from it. I have had many patients do the full Incurables Program, all of it, while connected to oxygen.

BISER: *If they can't move, Richard, could they have a person wash the effected part with hot and cold?*

Herbalist: Absolutely. Someone applies hot and cold to the area. You lie down and they put ice packs and steamy hot towels on you. Also, if they can't move, do bodywork. Someone needs to massage them; move that limb and move that blood. I would think that would be for all the people on oxygen; you really need to force them to get the idea that they need to move their bodies.

35.1.2 *Is the program safe for someone who had a massive heart attack?*

Herbalist: Yes. The key with a massive heart attack is making sure they wouldn't have another. They stop eating all animal food and get on garlic and red clover right away. That thins the blood. They only had a heart attack because the heart got blocked off by fatty, thick blood. So, once the blood is thinned and they're juice fasting for a week, they are out of most of the danger.

I would say hold up on doing the heavy duty hot and cold and exercise while they juice fast for a week and take lots of garlic and red clover. The blood will be thin by then and they can safely do the hot and cold and exercise.

BISER: *So, use intuition?*

Herbalist: That's right. If it doesn't feel right, don't do it. Don't do it because the manual says do it. Do it because you feel it is right.

35.1.3 *How do you do hot and cold treatment if you have a device in your body that administers chemotherapy?*

Herbalist: What about steamy hot towels or ice packs? With chemo, what you want to do is cover that device with plastic so

you make sure it doesn't get wet. Then apply ice bags. You can put ice in a towel and wet it. I mean make a real cold ice pack and apply that to the body, then apply steamy hot towels.

There's even something on the market called hydrocolators. these are sand bags which you put in boiling water. They retain heat incredibly well. You put that on the body, or just put hot towels on the body, then ice packs, then hot towels, then ice packs. Get your feet in hot and cold towels and hot water/cold water.

35.1.4 *Hot castor oil packs are tough to use, as well as poultices. How do you keep it attached to the body all night?*

BISER: *Why are they tough to use?*

Herbalist: I don't know. I don't know what they are talking about. I mean I don't know why the poultices are hard. If they make the poultices right and they use slippery elm or clay, you can't shake it off the body. It sticks to the body.

Bentonite clay or slippery elm should be 1/3-1/2 of the poultice formula. That's the base — 1/3 minimum to 1/2 maximum. It is slippery. Then you put in the other 50% of the herbs you want — chopped fresh garlic, whatever. If you do

that and don't mix a lot of water with it — often people make it too wet and slippery — it should be like gluey mud.

You put that on. It is also important to press it into the body. When you put it on, you work it in. If you just set it there, it might fall off. Work it into the skin. Work it onto the body. Eventually, the glue is stuck so hard to your body you won't be able to get it off. But, don't be afraid to use gauze and tape if you need it.

BISER: *So why can't people just put plastic over the area and wrap it?*

Herbalist: If it's a large breast area, put a large bra on over it. If it's on your leg, wrap plastic around it. Use a big plastic garbage bag

Cut it so it's a big sheet. Wrap it around you and use pieces of tape and gauze. The castor oil packs are definitely slippery. But, just cover it with gauze or an Ace bandage. Ace bandages work great. Just put castor oil flannel on and wrap an Ace bandage around it a couple of times.

35.1.5 Some people with diabetes claim to be getting poor results from the program, even though they are doing everything correctly and even doubling the dosage for the formula specific

to diabetes. Any advice, or something that could be overlooked?

Herbalist: I know exactly who is writing. There are two people who have written me and have also written Save your Life Videos. One man who has been a diabetic for 20 years wrote in and said he is very disappointed with the Incurables program because, after the 30 days, he only had a 20% reduction in his insulin.

Hallelujah! 20% — that means he is taking 20% less or 1/5 less insulin than he took before and he's been a diabetic for 20 years. What did he expect, to turn into Superman after 30 days on the Incurables program?

Come on. This is the Incurables program. Thirty days and he's got a 20% reduction in insulin and he's been a diabetic most of his life.

He thought that was disappointing. That's his problem right there. It's his attitude. I think it's thrilling; if he did the Incurables program every other month and continued on a 20% reduction, in a year's time or less than a year's time, he would be off insulin. He's disappointed with that? What did he want? A three-day turn around?

Another guy called up and had a 15% reduction in insulin intake and he was thrilled. That just goes to show you the

difference of where people's heads are at with their reduction. I think that's terrific.

I think people have the wrong impression. They think that after 30 days of the Incurables program, after 40 years of disease and hurting their body, they are going to turn into a perfect individual. It's a step, okay? It's a step in the right direction. Some people will be totally healed, but I guarantee everybody will have a dramatic improvement.

I think a 20% reduction in insulin intake for a 20-year diabetic is a dramatic improvement. You don't get that with taking cedar berries on their own. I've never seen it. I think that's a dramatic improvement, so what people want is medical treatment. Cut this out and it's over. The Incurables program works. All right, next question.

(Sam's Note: In our revised section on diabetes, Dr. Schulze discusses a hormone formula he uses that also lowers blood sugar. A friend of mine used it to lower his blood sugar from 360 to 130.)

35.1.6 Do any of the formulas contain any gluten? We know some people's colons are intolerant to gluten.

Herbalist: No.

35.1.7 *How long do I have to stay in the cold sheet?*

Herbalist: Try to stay in the cold sheet at least an hour, if not all night long; as much as you can handle, depending on how sick a person is. The minimum time to do the whole cold sheet treatment is 2 1/2 to 3 hours.

35.1.8 *What kind of echinacea is good to use?*

Herbalist: They all work fine. Angustifolia is the American standard. Purpurea is the European standard. Either one works great. In the clinic, I used Echinacea Angustifolia root with Echinacea Purpurea seeds.

35.1.9 *A person wants to soak his feet in cayenne for circulation, but has ulcers on his feet. Can he still do this?*

Herbalist: Yes. And it will be great for the ulcers.

BISER: *It won't burn or make the ulcers worse?*

Herbalist: No. Not cayenne. Garlic would. Cayenne won't. It'll just bring blood there. If they have any fear, just put a little olive oil on the ulcer. Buffer them a little bit. You can soak your feet. Now, when they're saying cayenne, I'm assuming they mean hot

water with a little cayenne in it. Not putting their feet in a bag of cayenne.

We're talking about a handful of cayenne to two gallons of hot water. Their feet will get very hot but it will not burn the flesh. But, most important, with any leg or foot ulcer, keep cleansing the bowel. Use Intestinal Formula #1 *and* #2 until the ulcers are gone.

35.1.10 *Can you make wintergreen oil at home?*

Herbalist: Not likely. Wintergreen oil is an essential oil. The oil from wintergreen or birch is distilled out of the leaves and bark and is a very concentrated, essential oil.

For the most part, people can't make an essential oil at home. It is something that is steam distilled. They take thousands and thousands of pounds of eucalyptus leaves, put them in a big contained still and steam off drops of oil. That's why essential oil is very, very concentrated and sometimes expensive.

You can make essential oil of garlic at home; we talked about that. For the most part, you can't make an essential oil at home.

35.1.11 *People cannot find instructions on how to administer the lobelia, apple cider vinegar, and alcohol formula for Parkinson's.*

Herbalist: We'll cover two things here: how to make a lobelia tonic and how to administer it.

BISER: *And you use this for Parkinson's?*

Herbalist: Oh, yes, you can use it for everything. Lobelia is the greatest anti-spasmodic. To make the lobelia tincture, your base liquid, instead of just being 40% alcohol or 80 proof vodka is 2/3 80 proof vodka and 1/3 Spectrum brand organic raw apple cider vinegar. So it's 2/3 40% alcohol to 1/3 vinegar. That's your base for the lobelia tincture. And you use the same measurements that we always use for making tinctures, as far as how much to put in. Now, if you can get...

BISER: *You mean jam in as much as you can.*

Herbalist: If you use the seeds and pods, it will be at least 3/4 of the full weight in the jar. You put your lobelia, whether it's stalks, leaves, root, pods, whatever, in a blender with alcohol and vinegar, blend it up, and pour that into your canning jar.

The solid matter should settle no lower than 3/4 of the way. That's your powerful tincture. So that's how you make the lobelia tincture.

How do you administer the lobelia tincture? 5-10 drops at your first administration. See how that feels. It should itch the back of your throat. That's the good sign of lobelia. And, if you can handle that, you can go upwards of a whole bottle. I've seen people take an entire one-ounce bottle of lobelia tincture without any detrimental side effects.

BISER: *Without puking their guts out? Why did they take the bottleful? What kind of emergency were they having?*

Herbalist: For breathing problems. To dilate the bronchials. Of course, it did dilate the bronchials. They breathed much better. For an asthma attack. For people that are very sensitive, you can take two dropperfuls and puke your guts out. So, you have to find your own individual tolerance. I have to point out that vomiting with lobelia is good and will bring up dead and infected material from the lungs.

BISER: *What kind of effect have you seen in Parkinson's relief?*

Herbalist: It stops all muscular spasms. If you're working with someone with Parkinson's disease, the key is getting the B vitamins. In the Parkinson's chapter, we mentioned getting the nutritional yeast in, so you have the B vitamin foods. We talked about stimulating immunity, also.

35.1.12 *Is the B, F & C the formula for double hernia, or do they use something else?*

Herbalist: To be quite honest, I look at a hernia like a wound. A gunshot wound. With a hernia, you have a tear through the muscles of your abdomen, your intestines are coming out. I suggest people go to the doctor and have it stitched up. I really do.

You've ripped the muscle wall of your abdomen. If you strangulate your intestines, you can kill yourself in a few days. I mean, this to me is like a car accident. I know there are people out there who say they can heal hernias naturally and you can go to them. But this is one of the few times I recommend going to a doctor.

BISER: *Okay, once they get back from the doctor, what can they do?*

Herbalist: Then, you put on any general purpose herbal salve. Make yourself a B, F & C salve by following the B, F and C formula given in the Manual. Or they could make the B, F & C fomentation if they want. My favorite is aloe vera and hot and cold.

35.1.13 *How to use the herbal heating oil formula for muscle, tendons, ligaments, cartilage, joint and bone healing?*

Herbalist: Put it on and rub it in. It is an oil. You put it on the area. The key is to rub it in for 5-15 minutes. Give yourself a real good massage in that area. If you want to accentuate it, take a hot shower or bath. Then put a hot towel in the area. Open those pores and put it on. Then, it's very — I have to caution people — very intense. Take it out of the bottle and rub it in.

BISER: *Could you put some on a hot cloth and use it as a compress?*

Herbalist: Absolutely. You can even put plastic over it. But most people are sorry they did, it is too hot.

BISER: *Did it burn?*

Herbalist: It's very intense, depending on the area you put it; especially don't get it near your eyes or your genitals, but, it will not burn the skin.

BISER: *What would it do if you accidentally did?*

Herbalist: It won't hurt you. It will just make you wish you didn't do it. You'll have some agony for a few hours, but it won't burn the skin or cause any disruption.

BISER: *How many times a day can they use it if they are really sore?*

Herbalist: All day long. Rub it in every hour — keep rubbing it in.

35.1.14 *For myasthenia gravis, people are confused if they are to use the skull cap, oats, blue cohosh, black cohosh, lobelia formula in liquid or ointment form.*

Herbalist: A liquid. The answer is a liquid.

35.1.15 *Another question I have on nerve diseases. For myasthenia gravis or Parkinson's, are there any herbs that you specifically emphasize for one of those nerve diseases?*

Herbalist: No, because science is lumping them all into a great category now. They are calling almost all of them autoimmune diseases.

In other words, the immune system is eating up the nervous system. The body is working improperly. They all need B vitamins. They all need nerve-stimulating herbs. They can also use the anti-spasmodic herbs like the black and blue cohosh formula and the immune boosting herbs like echinacea. See the chapter in the manual.

BISER: *He says, "I have looked for formulas in the manual but could not find one." Well, there are two formulas.*

Herbalist: The skull cap, oats and celery seed formula is my nerve stimulator. This is the formula that should be used to stimulate the nervous system. Use two parts skull cap, two parts oat seed, two parts celery seed, one part St. John's wort, one part lavender, one part coffee, or you could use kola nut, either one. That's to wake the nervous system up.

For a nerve sedative, make a formula with valerian root, lobelia, passion flower, black cohosh, catnip, camomile; you can use equal parts of those. But I would use two parts of the valerian, two of lobelia, two parts of passion flower and one part of each of the rest. That's a nervine sedative formula.

The third formula I call Nervine Anti-Spasmodic. It is for spasm. That could be for epilepsy, spasms caused by brain tumors, nervous twitches. This is based on Dr. Christopher's black and blue cohosh formula. I put in equal parts of black cohosh, blue cohosh, blue vervain, skull cap, and lobelia. But, I also add one part each of skunk cabbage root and wild yam which are great anti-spasmodics.

You can use all three of these for the same disease, depending on what you want to do.

For myasthenia gravis or Parkinson's disease, you might decide to use the nerve stimulator all day long and then the nervine sedative and the anti-spasmodic to go to sleep at night.

BISER: *Can the herbs be used individually? You said you have people take baths in different herbs.*

Herbalist: Oh, yes. Sure, sure.

BISER: *If you were going to use herbs individually, what would you pick?*

Herbalist: Well, for sedation the valerian is the greatest. For all around usage, lobelia, because it is anti-spasmodic. It is a sedative and it also stimulates the nervous system.

BISER: *So they can take a bath in lobelia tincture?*

Herbalist: Yes.

BISER: *How much lobelia in the bath water?*

Herbalist: Oh, a little lobelia goes a long way. You could start out with five to ten dropperfuls of lobelia in a bathtub.

One thing that's great about lobelia is, when I used to do body work, I would put lobelia tincture on a muscle that's been spasming and body work it right in. It will stop the spasm right in the muscle. So you can use it. If someone has sensitive skin, always put a little on and try it first.

You can take lobelia and mix it in any type of liniment as a tincture base. For spasms and muscles, you could put lobelia on first and then the herbal heating oil. Lobelia works internally and externally. So, some key herbs for the nervous system are;

valerian to relax, lobelia as an anti-spasmodic, and skull cap to stimulate the nervous system. Those would be the three.

BISER: *Did you ever use wild oats in the bath?*

Herbalist: Yes, oats is quite a famous bath. It's used mostly for hives; people think it's because it helps with the rashes. It does, but it's also a nervine herb. It stimulates.

BISER: *So you use baths of wild oat tincture?*

Herbalist: Yes, you can use a wild oat tincture or just take oats and put them right in the bath.

BISER: *But that's not oatmeal that's been ground up?*

Herbalist: They are whole oats.

Also, a great one is lavender. Lavender baths are famous around the world because the smell and the physical action of the lavender going into you is relaxing to the nervous system. Oats is more of a stimulating bath. Oats is a stimulating bath because it is a stimulating herb tonic.

BISER: *How much oats in the water?*

Herbalist: A good amount is 2-4 cups of oats; flattened oat seeds or oatmeal, as long as the oatmeal is the whole or rolled oat seeds.

35.1.16 *What is a simple instruction on how to make a plantain ointment?*

Herbalist: It's real easy. This is for blood poisoning, insect and bee stings, and similar toxic blood conditions. First of all, plantain grows in almost everybody's back yard or front yard. The best way to make a plantain tincture, which you can use internally and/or externally is just pick the fresh plantain leaves, fill your blender with them, pour in your alcohol, blend it up and make a tincture.

It's great. You can use it immediately, but if you let it sit for 14 days and use it with the moon's phase, it is better.

To make a plantain ointment, you have to use dried plantain leaves. You can't use fresh leaves to make any ointment. Use very dry plantain leaves and follow our general ointment instructions.

BISER: *What are they?*

Herbalist: Basically, you take your dried plantain leaves, take a 1-quart canning jar and fill it with dried plantain leaves up to about 3/4 of the way. Pour in olive oil until it covers those leaves and fills right up to the top of the canning jar. Shake it every day. The oil content may go down a little bit. Top it off with fresh oil. Shake it and keep it in there for 14 days.

After 14 days, put that oil through a clean dishcloth and strain it out; you'll have a very dark green olive oil that has the plantain properties in it. You take 16 oz. of that olive oil and add four ounces of beeswax; that's how you make your ointment. Four ounces of bees wax to 16 ounces of olive oil.

BISER: *Melt the beeswax?*

Herbalist: Melt the beeswax in a sauce pan on the side. Get it melted and bring your olive oil and plantain up to about 120 degrees and then slowly pour in your melted bees wax.

Stir it real well to make sure it's mixed thoroughly and pour it off into jars and let it cool. That's how you make your plantain ointment. You can use either tincture internally and externally, and the ointment externally.

35.1.17 We have a letter from a man who has a son with a cholesterol level of 996 and triglycerides of 4310; these numbers were checked in June 1994. He says his son has been on Dr. Schulze's program for seven months, yet the cholesterol has only come down 100 points. He also says his son is eating all the "good stuff."

Herbalist: He's not following the video, because I said to drop this cholesterol, you needed the Incurables Program, a juice-fasting program. You fast on juices for 30 days. Sandwiches are

not juices. It has to be 100% animal free. I guarantee he is not following the program.

Secondly, the biggest step in lowering cholesterol is the liver flush. You have to do the liver flush for two full alternating weeks in the Incurables program. We are very specific about that. For 14 days you have to do the liver flush. The program is to do the liver flush for 7 days, then the kidney/bladder flush for 7 days, then the liver flush again for 7 days; the bottom line is he hasn't done the Incurables program.

He can lower his cholesterol to 175 in one month, through the Incurables program, I guarantee he is not even doing the program one-half of the way.

35.1.18 *I have cirrhosis of the Liver. Can I use African Bird Peppers?*

Herbalist: Yes, a person who has cirrhosis of the liver can use bird pepper, cayenne pepper. Absolutely. But also make sure they are doing the liver flush, taking the liver herbs, eating the bitter greens and doing everything for the liver. The Liver Tonic formula given earlier with milk thistle is the best protector for their liver.

35.1.19 *Can the poultices in the bone cancer section be used for chronic osteomyelitis?*

Herbalist: Yes. You want to get inside the body and that's when you really want to deal with the immune-boosting herbs. Basically, you're talking about having inflammation of the bone marrow. We're talking about the organ we call the bone marrow that manufactures all blood cells.

When you talk about osteomyelitis, my first thoughts are to build that blood. Get the juicer out. 80% carrot juice, 10% beets and beet greens, 10% regular greens.

Build that blood with the Superfoods and the immune formulas. We are talking about inflammation of the bone marrow. You can use poultices, but you want to go inside with osteomyelitis.

35.1.20 *Dr. Christopher's formula called for glycerin. Dr. Schulze's formula calls for vegetable glycerin. Is the type of glycerin important?*

Herbalist: Yes. Nowadays, all you want to use is vegetable glycerin. There are only three sources of glycerin.

One is made from melted down goat esophaguses and horse hoofs. That is called animal glycerin. You don't want to use it. It is toxic.

There's mineral glycerin which is just like mineral oil and there is vegetable glycerin, which is the fat removed from vegetables in the soap manufacturing business.

You want to use the vegetable glycerin. It is the non-toxic one. But you can also use a great replacement anywhere you use glycerin. Maple syrup would be the primary one. You are looking for a sweetener and also a preservative. Second to maple syrup, I would use honey. I would suggest everyone use maple syrup or honey. They are much better for you than vegetable glycerin.

Nowadays, you can get vegetable glycerin in the health food stores, but the quality is less than that of organic honey or maple syrup, so I'd always go to those first.

BISER: *So you wouldn't even use the glycerin?*

Herbalist: Only as a last resort.

35.1.21 *Somebody told me that cayenne pepper should not be used with hypertension.*

Herbalist: Wrong. That's just erroneous. Cayenne pepper is the greatest thing for high blood pressure, but the #1 herb, of course, is garlic. Cayenne is great. It's in Dr. Christopher's blood pressure formula. It's in my blood pressure formula. You eat

enough cayenne pepper, and you won't have to go to your doctor, because you won't have a blood pressure problem.

BISER: *Some people have written in, Richard, that just taking cayenne has raised their blood pressure. For those people, why don't they just get on a cleansing program? Maybe the blood is moving, but the colon and everything is clogged up?*

Herbalist: Yes; the blood has the viscosity of mud and it's fatty. I've never seen cayenne raise blood pressure.

In order to determine your blood pressure, you have to take it at least three times a day. For example, at 10, 2, and 7 and in the same position; record that in a log over a period of 2-3 weeks and then tell me what cayenne is doing to your blood pressure — if they are just doing cayenne pepper.

BISER: *Yes, these people use cayenne like a medicine and do not go on a cleansing program.*

Herbalist: Cayenne is not the cure for high blood pressure. There are a couple of reasons for high blood pressure. One is because your blood is too thick. The answer is thinning your blood.

You can use red clover to do that and garlic to do that, but still that's not going to help if you are filling your face with Big Macs.

You have to cut your animal and dairy products intake in half. That will immediately start thinning your blood.

You have to flush. Do the liver flushes and clean out the liver. Then, use your herbs on top of it. You will see dramatic change.

35.1.22 A reader wants to grow some hawthorn, but is confused over which kind to use.

Herbalist: All of them are fine. Any of the hawthorns are fine. There are certain herbs that grow in only a particular country. Hawthorn grows all over the world, different species of it, and they are all good. The latin genus is *Crateagus*

35.1.23 I have had my gall bladder removed. What can I do in place of the Intestinal and Anti-Parasite Formulas? Are there any other formulas I should be wary of taking?

Herbalist: A person with their gall bladder removed can do all of the cleansing and building programs as normal. Their gall bladder was removed usually because it was packed full (constipated) with fat, cholesterol and stones and the doctors, instead of showing the patient how to clean it out (liver-gallbladder flushes), cut it out.

This person should do all the bowel cleansing first, ICF#1 and #2 and then do the 5 day cleanse with the liver/gall bladder flushing, the liver gall bladder tonic, and the detox tea. They should just cut all the liver and gall bladder dosages in half to start and then work their way up to normal.

The gall bladder is like the rectum of the liver. Fats and other wastes that are processed by the liver are deposited in the gall bladder. Then, when it is full, the gall bladder contracts and empties the contents, via the bile duct, into the stomach/small intestine (duodenum).

When the gall bladder has been removed, it is a sure sign that it has been congested and possible liver disease is around the corner. It is still possible to flush the liver via the bile ducts, although it should be done with a lesser intensity (start with 1/2 dosages and work up to full) and over a longer period of time (two weeks instead of one week) and more frequently (4 to 6 times a year instead of 2 to 3 times a year).

35.1.24 I am pregnant. Will any of the formulas or herbs harm my unborn child?

Herbalist: No herbal formulae will harm an unborn child, but like anything else, when you are pregnant, use moderation. Dr. Christopher believed and practiced that a healthy, clean mother

was better than a toxic one. He did all the cleansing programs with his expecting moms.

Suggestions:

Keep the bowels open. If they get stuck, don't do a dramatic bowel purge. It can bring on labor in the end of the last trimester.

Fasting and cleansing for a few days is good for mom and baby.

SuperFood is a must; double up a.m. and p.m.

Watch your weight gain. This causes more problems in the last trimester than anything else. Optimum weight gain is between 28 and 35 pounds total during the entire pregnancy.

Keep moving up until the last day. Moms that stay physically active, not marathons but working, have much easier deliveries and healthier babies.

Get a midwife, have your baby at home, and avoid ob's and pediatricians like the plague.

35.1.25 *In the SYL, you mentioned White Oak Bark for regrowing teeth, however, no formula was given. What is it and how is it taken?*

Herbalist: I have rarely seen anyone regrow teeth. If they do, it is the final result of years of cleansing, building, and a great

healthy lifestyle. I have never seen anyone just rub a little oak bark on their teeth and, then, the tooth fairy brings new ones.

White oak bark contains high amounts of tannins, a naturally occurring astringent phytochemical. It will tighten loose gums and save loose teeth. Bayberry bark and cranesbill root are also very good for this purpose.

To stimulate blood to the gums for new growth, cayenne is the best. For teeth and gum infections, Tea Tree oil and garlic are the dynamic duo.

35.1.26 Would the cleansing programs be dangerous for someone on anti-seizure medication?

Herbalist: No, not generally. I have worked with many patients on Dilantin and other anti-seizure drugs because of brain tumors and unknown causes. Many who were good patients got entirely off their medications. Occasionally, a seizure will happen during an EXTREME cleansing program (incurables) but not with a little bowel, liver, or 5 day cleanse.

The best replacement herbal formula for anti-seizure drugs, the nerve anti-spasmodic given earlier in this appendix, is a miracle formula.

35.1.27 In the SYL, you mention a patient with Leukemia, but little to no instruction is given. Could you outline a program for people with Leukemia?

Herbalist: It would be the Incurables Program, with extra emphasis on blood cleansing, detox-regeneration, immune stimulating herbs. Do the blood building; use superfood, eat iron-rich fruits and vegetables. It is the same basic program.

35.1.28 When on the cleansing program, is it possible to become depleted of needed nutrients because it causes so much elimination?

Herbalist: Rarely; and if you use a superfood mixture, never.

You can become dehydrated. With the looser stools created by bowl cleansing, more water is leaving your system. Remember a better name for a cleanse would be a FLUSH. Make sure you are drinking a GALLON (128 ounces) of juice, water, and/or herb tea a day.

35.1.29 Reader has advanced melanoma and used the poultice formula on a large purplish-red lesion on her hip. Soon after she started using poultice, her skin and tumor turned even more purple and became sensitive. She continued to use the poultice until the tumor puffed up and the small node around it became more sensitive. She finally went to the hospital where they feel the tumor is not getting better. She feels that the poultice caused this.

Herbalist: I believe this lady did not do the incurables program; she just tried to pull a tumor out with the black poultice. She could be feeding it with a faulty lifestyle and no cleansing while she is trying to remove it. This is like trying to bail out the water of a sinking ship while the water is still pouring in a hole on the other side.

35.1.30 Customer has had a colostomy due to rectal cancer. She is unsure about doing the SYL program because, with the colostomy, she is unable to keep the formulas in the bowels. How would she do the program?

Herbalist: A person with a colostomy can do all of the SYL programs except the complete bowel cleanse. They can experiment with the #1 bowel formula, but probably will not be able to use it unless most of their bowel is still intact.

If their stools are already liquid, say an ileostomy or a colostomy in the cecum, ascending or transverse colon, they should just use the #2 bowel formula to deep clean the parts left, and assure them of no future disease. They should start with a quarter dose and work up slowly.

35.1.31 *What about genital rashes from doing a cleansing program?*

Herbalist: When you start eliminating a lot out of the bowels and then you wipe, the fecal matter that gets on your skin can be loaded with hydrochloric acid and bile salts, which are very acidic and high alkaline substances.

Normally, you are used to your bowel material sitting in your bowel for days; now it's coming out within hours and those very alkaline and/or acidic substances can burn the skin, your rectum, the skin around your rectum, your butt. It can be very burning and it can even burn into the genitals if it gets up there.

One of the best things, of course, is to wash very thoroughly and use a mild soap. And you will notice that when you wash, it will burn. You are actually washing a burn. And the second best thing is put a 9% solution of tea tree oil, mixed in a base of jojoba oil on the area. And you can use that from little babies with diaper rash all the way to adults.

BISER: *What would be a good proportion...what to what?*

Herbalist: Nine percent of tea tree oil and 91% jojoba oil. It's great, soothing and disinfecting, so it will destroy bacteria and fungus but it's also very soothing to irritated skin. And it's a great thing.

Of course there are also aloe. Whenever you think of burns or skin irritations, aloe are also very soothing.

35.1.32 *What different dosages do you recommend of cayenne tincture vs. cayenne powder.*

Herbalist: Some people are more sensitive to cayenne than others. If there is no hurry, I suggest people start with a small amount of the powder, 2 or 3 times a day and work themselves up to 1/2 to 1 teaspoon, 3 times a day. Or, up to 15 to 30 drops of good tincture.

If they are using a strong tincture, use only 5 to 10 drops maximum. People who are sensitive to it can start with as little as 1/8 teaspoon of powder or just a few drops of tincture once or twice a day.

For heart attacks: take a heaping tablespoon of powder in a glass of warm water, or 5 to 10 dropperfuls of tincture.

35.1.33 Please explain the expansion or gelling of the hawthorn berries in the hawthorn berry syrup.

Herbalist: Hawthorn berries have a large amount of pectin in them, similar to other fruits. When making the hawthorn berry syrup, the amount of water to hawthorn berries can vary greatly, depending on the time of year you get the berries. Are they dried or fresh? What is their pectin content? The formula is just a basic guideline.

Sometimes, when I have made the syrup, the berries are a bit watery. Other times I have a big pot of jello. The best answer I can give, would be to quote Dr. John Christopher, one of my teachers and the man who gave us the recipe;

“In making any herbal preparation there is no replacement for good judgement, common sense and careful observations.”

Get as much hawthorn as you can into the formula, it will be a thick paste. If a person is in doubt, try a strong hawthorn berry tincture first. Personally, I believe the tincture is more medicinally powerful anyway.

35.1.34 Can the detox tea be used the following day or should different batches be made for each day?

Herbalist: This should be made fresh each day.

35.1.35 If fresh organic grapes can't be found what should be used?

Herbalist: Use non-organic grapes, but wash and scrub them thoroughly. Organic, bottled grape juice can be used.

35.1.36 If a terminal patient feels too weak to do just juice fasting, what should be done?

Herbalist: Use a vegetarian, non-dairy, diet. The reason for the juices is that your body will spend less time digesting the juice and more time healing. Juices are an essential part of the program., so still drink as much juice as possible.

35.1.37 Are there any problems consuming the alcohol in tinctures?

Herbalist: Occasionally a few people have an emotional or spiritual aversion to consuming alcohol. On this I will make the following statements:

The base of the majority of my formulas are mostly distilled water — but it does have a pure grain alcohol content.

Grain alcohol dissolves and extracts certain important phytochemicals, plant chemicals that are necessary for the different formulae to be effective. Therefore, it is better than just water alone.

For example, the diosgenin in *Discorea villousa* (Wild Yam) is only soluble in alcohol and not in water. The alcohol also helps the herbs assimilate quickly into your body — within one to two minutes — and preserves the formula, which gives it an almost indefinite shelf life (5 to 75 years). Tinctures are very concentrated so very little is needed, we usually suggest 1 or 2 dropperfuls, (30 to 60 drops), 3 times daily to start.

The actual amount of alcohol per dosage is so small that there is more in some mouthwashes. This dosage has been tested on people who are alcohol sensitive with no adverse reactions. It is also a safe amount for anyone in a 12-step program or Alcoholics Anonymous.

If you want to avoid the alcohol in tinctures, just put the amount of tincture you want in the bottom of a teacup, then pour boiling water over it. Since alcohol has a lower boiling point than water, it will evaporate first, and go into the air, thus leaving the tincture.

35.1.38 *Which organs should be cleaned first, second and third?*

Herbalist: There's no second — first is the colon. You clean the colon out. Never an exception to that rule.

Then if you were going to pick second, you pick either the liver or kidney. You use your own intuition on that, which way you think you want to go. But you clean the bowel first, always.

35.1.39 *What can I do with raw juices when I can't stand the taste?*

Herbalist: My three thoughts are: first, dilute fifty-fifty. Juices are very concentrated and for most people I always suggest fifty percent juice, fifty percent distilled water.

The second thought, and this is a common question, use *more* of the juice that you think you're going to be able to handle, and *less* of the ones that you don't, and then work your way into it.

Sometimes I tell people to take four glasses of carrot juice a day. Well, at first that might have to be ninety percent apple and ten percent carrot, until you acquire a taste. Then eighty percent apple and twenty percent carrot. And that's the same way you do it with kids.

My third thought is, medical therapy is a lot worse than juices. Drink the juice and shut up.

Allergy to cayenne pepper?

Reader's Question: Can anything be used in place of cayenne pepper? I am allergic to it.

Herbalist: Second best would be ginger, and black pepper, if we're talking about circulation enhancement. But it's almost impossible to get any good black pepper that isn't horribly tainted, so ginger's really the best choice.

Also, some people have a metabolism that doesn't agree with cayenne. They run too hot and cayenne makes them hotter. This is not an allergy, but a constitutional reaction. I am one of those people and I use cayenne only when I have to.

35.1.40 *I've done a simplified liver flush several times, it makes me nauseous. What helps?*

Herbalist: If they're having a lot of problems with nausea, cut down on the olive oil, make it one tablespoon or even a half a tablespoon of the olive oil. Increase the ginger, and then they can drink their detox tea or their digestive tea afterwards sooner, like right after the liver flush. Drink the liver flush down and then the tea to push it through. And one or all of those three things will stop the nausea.

35.1.41 *Can the liver cleansing be done while on chemotherapy?*

Herbalist: I'd rather be doing chemotherapy with the liver flushing than without it. If you're going to take toxic, killer, poisonous chemicals into your body, you might as well help your liver in getting them back out.

35.1.42 *I've been running finished tinctures through my juicer and the end result is a puree of sorts. Is this a good idea?*

Herbalist: You know, Doctor Christopher did have this kind of belief that you should get most of the big sediment out, because he thought that during the opposite phase of the moon some of the properties might go back into the herb residue.

I think that, if we're dealing with a lot of residue, yes, — filter it out. But if we're dealing with more like a sediment, fine. People are highly filtering tinctures today, and it's very worrisome, because you can literally filter a tincture back to water.

Any good tincture, if it sets for a while, you get a layer at the bottom. That layer at the bottom should only be, maybe a half inch to an inch, not four inches. Four inches means you need to filter your tincture a little more.

By the way, if you get your herbs in fresh, and don't have time to puree them in a blender, just cover them in alcohol in a jar until you are ready.

35.1.43 *Can you say anything about Addison's Disease, which is adrenal collapse?*

Herbalist: This person needs a lot of calmness, a lot of rest.

BISER: *But wouldn't these people already be resting, because they're so exhausted they can't work?*

Herbalist: A lot of times they *think* they're relaxing when they're watching soap operas, or doing housework, or whatever. What we're talking about is what they did in the old days of Europe, where they would put these people in nature farms. All they would have is sun and air baths and water baths. That's how they would rest someone with Addison's disease in Germany. Air bathing, sun bathing, air therapy, and hydrotherapy. It wouldn't be TV, cooking, and talking on the telephone.

BISER: *So what a lot of people would consider resting the adrenals isn't resting them?*

Herbalist: The average American has no idea what the word rest means. They think relaxation is a golf game. They have no idea what shutting down the system meant to the old healers.

Shutting down the system means: No TV, no telephone, no newspaper, no magazines, no vacuum cleaner, no washing windows. A lot of people think if they just stay home from work, that's rest.

Rest means do nothing. Nothing. That's how you regenerate.

35.1.44 *Any other suggestions for scar tissue in the lungs?*

Herbalist: The best compress for general use is castor oil, because it breaks up congestions and brings out impurities, and then of course, hot and cold if you want to stimulate blood flow and even lymph flow.

But that question could be the same for: "I've cut my arm; how do I get rid of the scar tissue?" Use all your general things. Having hurt lungs is no different from having a hurt elsewhere.

If they felt they were still having congestion in the lungs, I would go with the garlic and onion poultices, because that's going to disinfect.

If they needed to breathe more, you've got to go with the oils like eucalyptus and peppermint. To help heal scar tissue, you can use cayenne internally and in poultices, because it forces more blood to the lungs.

And remember the cold sheet treatment. That is a great one for working the lungs. And put extra mustard and cayenne in that water, and it'll cause tremendous expectoration.

And then the one thing you used to see with the old healers that you don't see anymore is deep breathing. Everybody talks about it, but no one does it.

You know, Dr. Jensen used to take me out every morning for what he called his Chicago policeman's power walk. It's like a fast march. The best way I can describe it is extreme huffing and puffing. You force air in and you force air out.

You can put all the herbs you want on your chest, but if you're not really pumping air in and out. So, just like we do exercise for the heart, or exercise for our fat, we need to do exercise for our lungs. These people need to do breathing exercises three times a day for fifteen minutes each.

35.1.45 *What do you recommend for irregular heartbeat?*

Herbalist: Of course, there are the beat regulators, like hawthorn, motherwort, and cayenne. But, again, in the clinic, what I found is that most people just needed to stop the beat irregularators, which are so common out there.

A lot of times the person is taking medications like beta-blockers that are causing it, and no one is asking questions. A person has to eliminate all the alkaloids like caffeine, nicotine, and ephedrine. You could find these in everything from chocolate to soft drinks, to cigarettes, to coffee, to tea, and to sinus preparations. All of these cause speeded-up and irregular heartbeat.

The vast majority of the time, you just have to take these people off of what's hurting them or causing this irregular heartbeat. And if they really do have a problem, then the herbs come to the rescue.

35.1.46 *What do you recommend for genital herpes?*

Herbalist: Topically, the best thing I've ever used in the clinic is garlic oil. Now it's very intense, but we do know that garlic is one of our most potent antiviral agents.

In fact, of all the research I've read, I have never seen anybody say there was a more potent herb, and in the clinic, of all the herbs I've used, nothing compared to it. Garlic is the strongest antiviral. And what you do is just make a garlic oil and you take, you just chop up your garlic, put it in a bowl, pour olive oil over it, let it sit for 3 or 4 days, and then squeeze it out through cheesecloth. And you make yourself a nice garlic

oil, and you dip a Q-tip in that garlic oil and actually scrub it into the herpes blister. Just kind of abraise the herpes blister and put that garlic oil in.

Now, breathe, for the next 5 minutes you are on a ride there. I mean, herpes blisters, being a virus of the nerves, hurt like hell anyway. But when you start scraping a little garlic oil in there with a Q-tip, now you are in for some pain. But, I've had people with chronic, debilitating, painful herpes come in with it on their penises and on their anuses, and women with it on their vagina and anuses. That's herpes simplex number 2. And of course, with herpes simplex number 1, people have it all over their face. And within 2 or 3 days, those lesions will be gone.

BISER: *Wouldn't they be gone anyway?*

Herbalist: Not necessarily. I've had patients, you know when you get a bad herpes outbreak, they don't ever go away. They are there. They go into, a less painful remission and come right back out again. I've had people that had 8, 10, 12 months of continual herpes right in the same place, not going away. And that, of course, is a sign of a depressed immunity, and also, that person needs a lot of work.

The herpes that we hear about most generally are ones that, you know, are there for a couple days and then they go

away. But I've seen many where they don't go away. Where they are just there and there and there. Or they go, they come for 10 or 12 days, go away for one, and come back for 10 or 12 days. So it's almost a constant barrage of...

BISER: *And the garlic oil will stop that?*

Herbalist: Yes

BISER: *How do they make the garlic oil?*

Herbalist: The best way, is to just take a shallow pie plate, like a glass or pyrex type of pie plate, and take a dozen whole bulbs of garlic. You can do this in a couple of ways. The easiest way is just put them in the blender, you don't even have to peel them. Put the them in the blender, skin and all, everything. This is the easy, simple way. Then just put enough oil in for it to make an applesauce-like consistency. Pour that in a pie plate and then add more olive oil, to where that olive oil clearly covers all of the garlic, applesauce...

BISER: *And then let that set?*

Herbalist: Yes, just let it set for 2 or 3 days. I mean it can go with the moons for 14.

BISER: *Or for months but you won't have that much time.*

Herbalist: But, it will work right away too. For an easy strainer, you just finely chop garlic and fill a bowl with it, then pour on

can just take that garlic oil and put it on. This is a great garlic oil. You can even use it in your ears for ear infections...

BISER: *Will this all be as good as what they can buy in the health food stores?*

Herbalist: There is nothing that you can buy in a health food that would come to, one-fiftieth the strength of what you can make. It's very, very strong. I used to just take it in the clinic and use Q-tips. Because my patients, if I told them to do this after their first application, might not. I just used to take my patients, take a look at their herpes lesions, and take that Q-tip, have them lie on my table, do a little breathing, or maybe a little body work, and then scrub the lesions with this garlic oil. And like I said it's quite painful. I've had a lot of tears in my clinic doing this.

BISER: *But it cures it?*

Herbalist: Absolutely. Two or three days go by, and I'm talking about...

BISER: *How often do they do this application?*

Herbalist: Four times a day, 3 or 4 times a day. And then, another thing that can be used that's very, very good. People claim that tea tree oil is an antibacterial and antifungal, it's also very effective as an antiviral. So a little tea tree oil over that area

afterwards is a little more soothing and anti-inflammatory and that works very nice too. You can scrub that in, also.

35.2.47 Can these programs help genetic diseases like cystic fibrosis?

Herbalist: Yes, they sure can. I regard all of these serious diseases as having a genetic trigger, so there is no reason to single out one disease and ask if these programs can help.

Your disease may be genetic, but you can *stop* the expression of those genes by the work you do on the Incurables programs. All the thousands of people I saved were suffering from diseases that their weak genes allowed them to get — and they got cured, in spite of the bad genes.

Take sickle cell anemia for example. This is a genetic disorder. It causes the body to manufacture blood cells which have a sickle shape and cannot carry oxygen.

You would think herbs and nutrition would have no effect, but they do. I've had patients that were dying with sickle cell anemia, but I increased their nutrition and their oxygen, and they didn't notice they had any problem at all. You get the 50% of the cells that are normal working 100% better than they did before, and it's like you are normal again.

The genes are still there, but you're healthy. I had one patient with sickle cell anemia who after a few years on the

programs in the Save-Your-Life Collection, they couldn't find any sickle cells. The body ate up these deformed cells. Now, with almost any genetic disease, you have to keep doing the programs because every 120 days, the sickle cells are dead, but then the defective genes create new ones. In this one person, the body began creating all normal blood cells. Three doctors just confirmed they had seen the same thing in patients on the program.

My experience in natural healing is: I don't care if you have sickle cell anemia — which means that you have a genetic deformity of your blood cells.

I don't care if you've got the gene for multiple sclerosis (MS) or whatever. We have all seen all those people get well. I have had people that have the gene for M.S. Some of these people when they got well no longer could be found the gene for M.S. I have other people that when they got well, they still had the gene for M.S. — but they weren't showing any symptoms.

It's the same for every disease that is genetic in nature. Some of my patients with AIDS got so well they didn't test HIV positive any more. Just because you have the gene for something doesn't mean anything. It doesn't mean that you're going to get it.

As I said, I have patients with M.S. and some of them got very well. You could not tell they had M.S. The question is, did they cure M.S.? Or are they just living their life in such a healthy way that the M.S. becomes unnoticeable?

In other words, the way you're affected by all neuromuscular diseases is how much B-Vitamins you have in your body. How much of a supply of a acetylcholine is there at the nerve synapse points? Well, if you flood your body with a acetylcholine and eat super nutritious food, you're going to be affected less by the M.S.

Is my own genetically-defective heart healed, or is it in remission? Well, the X-rays say it's healed. But I and you know that if I started smoking cigarettes, boozing it, eating wrong and not exercising, I'll probably have a heart attack in five years.

Just because you have been "blessed" with a genetic disease makes no difference at all on whether or not you can be well. The point is: if you are brought in with a deck of cards of a genetic disease, you just have to find out what will keep you and prevent you from getting that disease and what will make you strong with that and you won't notice you have it. You might still have the genetic factors to carry it, but you'll never get it and your kids won't even have the genetic factors. And that's the blessing.

You can pass through disease and genetic weakness and genetic diseases — but you can also pass on health with future generations. If the parents and grandparents do their work, the kids won't have these genetic imprints.

Dr. Christopher always said these diseases are sins of the parents and grandparents. In other words, what we're now seeing is genetic diseases based on too many years of not being health conscious. We start to get back into living a healthy, loving, Godly-spiritual lifestyle — and we're going to see these genetic markers go away — no doubt about it.

I saw a patient just a couple of weeks ago that had M.S. that could barely drag themselves in my clinic. I just saw him a couple of weeks ago and. You can't even tell that he's got a limp or light dragging or anything. When he first came to see me, he was in the final stages of neuro-atrophy — he was having all sorts of problems with the complications of the disease.

He turned himself around to where, for a long time, you could only notice he was dragging a leg. I saw him recently, you couldn't tell he had anything at all.

35.2.48 *Is there a danger of a person losing too much weight on the juice-fasting programs?*

Herbalist: If a person is losing too much weight, they need to *stop* for a few days or whatever to rebuild and renourish. But this

hardly ever happens. Most people in America, even if they think they are normal, are overweight, and this overweight will disappear on the juice-fasting programs.

35.2.49 How do you know when it is too late to put a person on the program? No time left?

Herbalist: You cannot make that decision for people. Only God can make that. In my clinic, twice I was guilty of thinking it was too late for the people that came to see me. And God's way of teaching me the right answer to this was both of those people recovered 100 percent.

I had decided it was too late, they were too far gone, I didn't tell them this but in my mind, I thought, okay, we can do the programs. They were supposed to be dead months before. One of them was the bone cancer patient I called the invisible man. I mean, he was "dead" — just barely on this earth. I thought there was no way in hell, heaven or anywhere in between that any herb, natural healing, drugs, surgery, anything was going to put Humpty Dumpty back together again. And I in my mind believed that he was dead.

I put him on the programs anyway and he got 100 percent well and healed himself. That happened to me twice and it was God's way of teaching me.

You should never, ever pass that judgment.

They can look so bad, you want to give them a gun. You want to give them a gun and a handful of bullets, and say, you know, why don't you go out back of the clinic and pray and put this in your mouth. Everybody passed judgment on Dr. Kevorkian. Well, let me tell you 20 years in a clinic, you wouldn't pass judgment on him. Because I've seen people that were so sick they were worse than dead. I had made a judgment that they couldn't make it and they *made* it.

In the clinic, sometimes you see people and it's worse than any horror movie you've seen. I had a kid that they brought him to me — he had a tumor on the base of his spine. The kid was about three years old. He was about two feet high. But I never saw him standing up because he was lying down and he had a tumor on the base of his spine somewhere between the size of a softball and a football. The kid just cried.

He was in tremendous pain. It just devastated me. I thought, how could they wait so long and the medical didn't work and the kid was poisoned with drugs and chemotherapy and radiation. And this kid was crying just all the time in pain. With this gigantic tumor, I mean it's so frightening and scary and horrible. I had thought, "Why should we torture this kid? The kid's dead." I mean, you want to call 1-800-Kevorkian. But the kid got better.

He got well. Got rid of his tumor, up and is walking and is still alive today. I remember still seeing that kid lying in this bed with this pussy, horrendous alien thing attached to the base of his spine. I could barely talk to the parents, I was broken. It broke me. The visual sight of it broke me. In my mind, I decided this kid was dead.

And it was a big mistake — because this kid was very alive. So I learned my lesson. Nobody has the right and nobody knows. When my patients would come to me themselves and say, “I’m dying, I don’t want to live anymore, it’s over,” I would respect that. But no one else has the right to make that decision for a person.

35.2.50 What about fatty tumors?

Herbalist: Whenever there are fatty tumors, you have to look to the liver. Emphasize the liver and gallbladder flushes, and the liver formula. Also, do a lot of hot and cold applications over the area, plus all the programs you would do for everything else. Also use the pokeroor poultices we have discussed elsewhere. Fatty tumors will disappear, just like other tumors.

35.2.51 *What if a person cannot eat at all. How can you nourish them?*

Answer: Dr. Christopher used to feed patients when necessary through the skin with what he called a 3-oil massage, which was 2 days on olive oil, 2 days on castor oil (for cleansing), and 2 days for wheat germ oil. There is no reason you cannot use other nutritious oils to feed the person transdermally.

Make sure you keep skin-brushing the person to keep the channels of elimination and absorption open. Of course, if you can feed a person through a stomach tube, it is easier.

35.2.52 *What if a person is on the drug coumadin for blood clotting. Can they eat green leafy vegetables, or would that stop the drug from working?*

Herbalist: I've never seen anybody have a drug not work because of that. If you're on coumadin, you can eat all the vegetables you want. You can even drink vegetable juices. The second thing is that there is no reason to be on coumadin.

I would immediately start weaning off of coumadin and getting on two herbs. [Note: Get your doctor's permission. Do not endanger your life by ignoring your doctor's advice.]

One is red clover and one is garlic. Red clover stops your body from utilizing your Vitamin K so it immediately thins

your blood. So red clover contains a chemical which is what they modify or manufacture synthesized coumadin from. So you get on a daily dose of red clover. You can make the tea, you can take the tincture.

Also take garlic. Garlic thins both your red and white blood cells, keeps your blood platelets from aggregating or sticking together. Coumadin is one of those drugs that if a person saw me for more than 30 days, I would not tolerate them taking it. I would have them safely weaned off it by then.

[Once again, do not wean off any drug without your doctor's approval.]

35.2.53 Why can't a person just use these methods with medical methods? You know, use surgery to cut out the tumor and then do the programs so that it never comes back again.

Answer: The only way you know if you have changed your body's tendency to create tumors is to eliminate the one you have with these programs. The tumor is the feedback mechanism. It is like the monitor on your computer. Cutting out the tumor is like turning off your monitor and then you have no idea how effective your natural healing was, or if you need to seriously step up the natural programs to change your body chemistry.

Cutting out the tumor gives you a false sense of security. Then, as often happens, the tumor will be back, only this time, it will be somewhere else — and it will be much *worse* the second time. Don't get conned by the "We got it all" argument. So many women who believed that thought they were cured, then saw a breast cancer reappear later in the other breast, or in the jawbone — or go into the brain.

Many tumors can be eliminated in 8 weeks or less, if you put yourself through a natural healing war against the cancer. Unless you go all out to kill the tumor naturally, you will never really know if your tumor-producing body pattern has been changed. Work like crazy and kill the tumor yourself — and then live in peace that it is really gone, from one site and from all body tissues.

Sam Biser's
Save
Your Life
Collection

**A Layman's Course
in Curing Last-Stage
Diseases**

Pets
Lesson 36

Sam Biser's
Save
Your Life
Collection

**A Layman's Course
in Curing Last-Stage
Diseases**

Pets

Lesson 36

Curing sick pets

I cannot imagine a life without an animal to love. I used to be embarrassed at how much my wife and I loved our Scottish Terriers, Jimmy Love and Princess Suzi. But no more. I have met so many people who regard their pets as their 'sons' and 'daughters', like we do, that I am proud today to speak of our relationships with our animal family.

There is some information today on helping pets with natural methods, but nothing on curing pets naturally who may be terminally-ill — without your help. This Lesson extends the principles in this Layman's Course to animals. It is *more* than adjusting dosages for their weight, but let us begin there.

Regarding dosage, you place the animal's weight over 150 pounds and get a fraction. For example, if your dog is 25 pounds, place that over 150, divide and you get $\frac{1}{6}$. Multiple that by the human dosage and that gives you an idea. But it is only a rough idea. When our Jimmy Love was ill, we used three dropperfuls per day of some tinctures, which is only half the human dosage, and Jimmy was under 25 pounds.

You can do many of the same programs in this Collection for your pets; poultices, hot and cold treatments, liver flushes, and I have heard of some people using juice-fasting for short periods. Just talk to your animals and explain what you are doing. They may fight you on what feels uncomfortable to them, but they understand every word of your love.

Read this entire lesson, even the sections on animals you may not have, whether it is cats or horses. There are principles on treating animals that are displayed, and you can learn and gather fortitude from all the case histories given here.

In this lesson, I have given you the best I know as of now. Please correspond with me so that I can help other pet owners. The letter you send me can save another pet. The letter I receive from another may give advice that will save *your* pet. I plan on releasing upgrades to the SAVE-YOUR-LIFE

Collection to all my customers. The information in these upgrades depends on your help.

Let me hear of your progress.

Now let us begin. And before we do, let me mention one thing: Always pray for guidance when treating your pet. You will learn things that no writing of mine could ever tell you.

36.1 LESSONS FROM THE FIRING LINE

Herbalist: Most animals get sick because of the way we take care of them. We are doing something wrong. For example...

Not enough exercise kills animals. Most animals get sick because they just don't get outside enough; they are too cooped up. They don't get fresh air.

BISER: *I just heard this morning, Richard, that this groomer we took the dogs to goes to a lot of houses where the dogs never go outside. I have never heard of this in my life. They put them down in the basement. They have paper on the floor, the dog pees and poops, then they pick it up, bleach the floor, put new paper down, but the dog never goes out — ever.*

Herbalist: I had a patient whose dog was dying. It had never in its life been out of the house; they used diapers (the kind you would buy for adults with incontinence) for the dog.

They would put those on the floor, diapers and bed pads, and that's where the dog peed and pooped its whole life.

That dog got very ill and the vets couldn't save it; the only thing I suggested was to let it outside, which caused great fear in them, but they finally did it, and it recovered. From just getting outside.

This is one of the biggest ways we kill pets. I mean, get your dogs outside and let them run; if you don't have a yard, take them to the park, take them anywhere, take them to a parking lot at K-Mart, but get them outside — they need the fresh air.

You know, these are animals. They run, they jump. The fastest way to make your animal sick is to keep it cooped up.

BISER: *Or don't exercise it enough. You walk it around a small block and you think you've walked it.*

Herbalist: Yes, exactly. Because *you* are sick and unhealthy, you make your *dog* be sick and unhealthy; if you can't run fast, you can't make your dog do that.

Get the animals out. Get them fresh air. Even what Dr. Christopher said about getting rid of the static electricity in your body, goes for animals; let the animals touch the planet. I think the biggest physical and emotional healing for any animal is to get them outside.

BISER: *You are saying a lot of patients didn't know that?*

Herbalist: Oh, absolutely. Especially since many people who have animals live in big cities. The majority of the people in the United States live in big cities, and in big cities, there are dogs and cats that live on the 37th floor of an apartment building. The only thing they touch is a nylon carpet. The only air they breath comes out of an air conditioner. This will shorten a pet's life. They get a lot more diseases and it effects their sanity.

You will find that animals start going nuts. I mean cats need to chase butterflies and shadows of leaves and dogs need to get out and bark and bite and run around. That is the fastest way to kill larger animals: put them in pens, which is one of the main things that is done.

36.1.1 *Don't try to make your dog or cat into a vegetarian. They are genetically carnivores.*

Herbalist: The first error I think of is exercise and the second one is food. Granted, when we talk about dogs and cats, they really aren't wild animals anymore. They are some where in-between wild and domesticated. But, we still need to follow as closely as we can, what would be the natural order for their exercise and food program, the same way we do for ourselves.

One of the ways we got into our health crisis as humans is by losing sight of our natural medicine and our natural foods: the plants that grow outside.

We have done that with animals. We have tried to domesticate them. The first thing you have to look at is that, if we are talking about dogs and cats, we are talking about carnivores.

Carnivores have a very short digestive tract. The fastest way to kill a carnivore is to feed them people food. Dogs and cats get the scraps; the owners think it is cute and they laugh and the animals end up with digestive problems, cancer, gas, worms, and parasites throughout their bodies.

Even if you buy professional foods, a lot of them are still horrible because many of them are ground-up animals that have been fed other ground-up animals; that's the way the Mad Cow disease was first seen in dogs.

The dogs had been fed food which was called animal by-products (everybody has to look out for that term — animal by-products) which, many times, means animals like cows that have eaten other cows that have eaten other cows; even in chicken feed now they have other chickens and this has caused disease to run rampant through these animals. Then people give their dogs or cats by-products from these animals.

I think the first thing we have to look at is their food program. They are carnivores; they *do* need to eat meat. Don't try to turn animals into vegetarians. I don't think that is a good idea.

The normal diet for a carnivore in the wild is basically small animals, rodents, reptiles, even insects.

BISER: *I have seen veterinarians recommend one particular dog food. The first ingredient is corn, second ingredient is wheat. Dogs don't forage for corn or oats.*

Herbalist: That is why we have to go back and ask "What is natural here?" You look at most dog food and it looks good for us. It is a grain vegetable array, avocados, it goes on and on. It looks like pretty good stuff. This is a big problem.

The animals, especially dogs and cats, being carnivores, have very quick, very high-acid, short digestive tracts. The biggest problem is we fill them up with grains and things that are really for herbivores which cause all types of digestive problems, fermentation, and stool problems with these animals. Their diet generally, naturally, is one of raw meat. I think another thing is that carnivores in nature always fast.

You watch carnivores in nature and they don't eat three meals a day. When they eat, they pig out — especially the cats.

Look at lions or wild dogs. They pig out, they eat a lot of food, and then rest for a day or two.

So, not only getting the diet straight with dogs and cats, but I found that it is really helpful to fast them once in a while. Shut a dog or cat off from food for a day, or even a half of day. That rests their digestive tract. One of the problems with the food of dogs and cats is that, not only do we give them people food instead of animal food, but we feed them too much. We over feed them and we feed them too often. Most carnivores need to eat and rest.

36.1.2 Make your own pet food with super nutritious foods. Don't feed them commercial products.

BISER: *What does this boil down to in practical suggestions?*

Herbalist: Well, I think that people should make their own dog and cat food. I know I have seen you do that Sam, and I think that is the best thing. It is probably cheaper in the long run and for most pets you can even buy meat scraps. You can feed them some raw and some cooked.

BISER: *Actually, some of the meats that are cheaper (because they are fattier) are better for dogs.*

Herbalist: Absolutely; we have to remember again, they are carnivores. They have very short digestive tracts. You can give them a high fat diet and they are not going to sit down and have a heart attack like we will. They process fat and cholesterol very differently. It goes through them very quickly. With us, it builds up in our arteries and our liver and kills us, but with them it won't. So absolutely, they can eat that kind of meat.

BISER: *I have seen people, thinking that they are making the dog healthy, put them on vegetable diets, a lot of grain. Even though they make it themselves, the dog ends up run down, exhausted, with dry skin.*

Herbalist: I see that in California a lot. Many of my patients have tried to make carnivore animals into vegetarians.

BISER: *That is a heck of a genetic change in one generation.*

Herbalist: If you do that, maybe over twenty or thirty generations, you could probably accomplish it to some degree.

BISER: *Although a high proportion of your pets would die off in the evolutionary selection process.*

Herbalist: We need to look at the basics and that is the diet.

BISER: *Ok, how often per day should they feed them, or does that depend on the breed?*

Herbalist: Well, it does depend on the breed and their amount of domestication. Some dogs or cats you'll look at and say, "Well, they haven't changed much in thirty or forty generations."

An example would be cats: you look at some cats and they want to be outside, they want to eat a rat and leave it's head on your doorstep. You look at other cats and they want to be a little puffy, furry ball and lie under the dresser or on the television all day.

BISER: *Are you saying they shouldn't go so far as cutting the feeding frequency?*

Herbalist: You have to take that into consideration. If your cat is an old house, sleepy, television cat and it has been fed three meals a day, you can't change it drastically. It wouldn't hurt to skip a day or a meal once in a while. If it is an outside cat, it is probably doing that naturally itself.

The same with dogs. If dogs are outside a lot, and they are very active, its okay to go ahead and not feed them for a day.

BISER: *The dogs will whine and complain...*

Herbalist: They will at first, then they will go about their way; the next day, you might want to feed them a little bit more. They will scarf it down and swallow it without chewing.

36.1.3 *Feeding a dog too frequently can weaken its survival instinct, its will to fight and live.*

BISER: *What you are saying is that this will even work on sick dogs, it makes them feel better?*

Herbalist: Yes it will. The only animals you don't want to fast are grazing animals like horses (we will talk about that in a few minutes). But, fasting is really good for carnivores. It can really perk them up, really wake them up. You know the great differences I have seen is when people, just one day a week or one day a month, gave their dog or cat less food or gave it no food at all. It makes them want to survive more because this is the way it is in nature. It is survival.

BISER: *O.K., so you are saying it doesn't hurt the dog at all.*

Herbalist: No, it brings up some survival mechanisms.

BISER: *Which are hormones and the will to live...*

Herbalist: Otherwise, their mouths are at the other end of the kitchen conveyor belt that we have built... there is no survival instinct needed. We are just pumping food into them.

BISER: *You are actually weakening their will to live, to fight?*

Herbalist: Absolutely! By not feeding them and fasting them a day, you are waking up that natural survival mechanism. It strengthens them.

36.1.4 The vet wanted to put the arthritic dog to sleep. But two weeks after following my suggestions, it was humping another dog.

BISER: *So you are talking sick dogs, too?*

Herbalist: Yeah, and I've got a couple dog and cat stories I could go into...Okay.

The first one I remember is a woman I had never seen before she came walking up the sidewalk to my first clinic, carrying a dog that was absolutely slumped. It looked like it had been shot; it looked dead. This was some kind of a collie; it weighed about eighty pounds and I thought, "Why is this woman bringing a dead dog into my clinic?"

She was crying; she was a lead actress on a soap opera (I actually remember recognizing her) because she had done a lot of commercials on television as well.

She was hysterically crying. I asked what was wrong and she said "I am so and so, and I just went to the vet; my dog is fifteen years old and the vet said he wanted to put my dog to sleep." I asked what was wrong and she said that her dog had arthritis which had gotten so bad he didn't even want to move anymore. He was in so much pain.

Of course the vet's answer to this was to kill it and I thought that there are a lot of things I could think of to do. I

have had a lot of patients with arthritis. So we started a program; there are a lot of people out there who have older dogs with arthritis.

Think about it: if we had a person, we would think about some hot and cold applications. Well, you can do that to a dog; you can put an ice pack on a dog's hip or a dog's spine. Dogs love it. You can give them a hot and cold bath; dogs love the attention.

Also, we would think of a massage if it were a person. Why not get on that dog and massage those joints and get some blood in there? Also, we have pain herbs. I mean a little pain relief for the dog could just give it enough relaxation to reduce the inflammation. I had patients that, when the vet's said to kill their dog or cat, — all they did was give their dog or cat aspirin — and the animal got better.

I am not necessarily suggesting aspirin, but I would rather take aspirin than be killed.

BISER: *Pain herbs like what?*

Herbalist: I think one of the best ones is valerian; in fact, in Germany, you will find that veterinary medicine is almost purely herbal, especially with horses. They use valerian, but hops are a great sedative and pain herbs for pets, also.

36.1.5 *I have always found that herbs work better for pets than for humans, because animals live closer to nature.*

Herbalist: They are more in tune with nature; they haven't had as many drugs and for some reason I find that pets respond to herbs even faster than people do. So the pain and relaxing herbs work really well and also, if you have an old dog, put him on a lighter diet.

If they have arthritis, they might be a little overweight, which hurts the joints, so lighten their food up a little bit, maybe even fast them. That will wake them up a little bit. That will bring them around from the dead.

But, the funny thing was that this lady started doing some hot and cold, some massage, she got the pain herbs out, I think she even used a couple of aspirin, she lightened his diet; in a couple of weeks she called me to complain that her dog was mounting the neighbor's dog.

I'll never forget that. I said, "Don't worry about it." I mean, I didn't know what to do. This was a dog the vet was going to kill!

If I had a buck for every time I heard that the vet wanted to kill the animal and the patient did barely anything and the next thing we knew the animal is running around... animals

respond quickly, come back to life so quickly. I have seen this so many times.

36.1.6 *Just a side note here: if you want to really make your animals sick, send them to a kennel.*

Herbalist: I think that if I look at the amount of cats and dogs that have come to my clinic because they were sick I would say that for over half of them, it was after a stay in the kennel. This breaks down into a couple of things.

I think first of all, animals don't have the same sense of reason that we do. You drop them off at a kennel, they think they are going to become pet food. I think it is the most depressing thing that you can do to an animal.

BISER: *We have found locally, that there are people (they are not easy to find) who will take care of pets for about the same cost as a kennel.*

SCHULZE: That is what I always suggest.

Most people nowadays, they don't want to leave their house alone so they get a house sitter anyway. Well, get the house sitter to watch the pets and feed them. I guarantee you, people will say, "Oh won't it be lonely?" Yeah, sure it is going to be lonely, but I guarantee you that your pet would rather sleep

it its bed, at home, not even getting its meals on a regular basis, than be put into a kennel.

The second thing is the diseases in kennels. Now we might get letters from people that have alternative kennels, but I rarely see them. They are usually filthy places. Your dog is going to be exposed to the other excrement of other dogs.

Everything isn't sterilized the way it should be. Let's face it, you walk into a kennel and it looks like a concentration camp from the 1940's. They are horrible places. They smell like dog vomit and dog poop; almost every time that I remember seeing a really sick pet, I ask what has it done in the last month and the owners say, "Well, we went out of town on holiday and we had to put the dog or the cat in the kennel."

In California, we are having a big problem with feline AIDS and it is being spread in the kennels. I have treated a lot of cats with feline AIDS. Now that the vets have said that it is spreading in kennels, it is just a bad idea to put an animal there.

I look at a kennel like a hospital. It's a bad place to go, there is a lot of disease, so stay out of there. I just wanted to make that warning: I think it is a real bad idea. Take the pet to a relative's house, take it with you on vacation, whatever, but keep it out of the kennel.

Just some general things, as we finish carnivores, one of the biggest things that happens to animals is that they get worms. They are exposed to a lot of parasites. Dogs even sometimes sniff or eat their own fecal matter or other dogs' fecal matter. They are exposed to a lot of worms.

The best way to worm your animal is with garlic. Garlic is the classic wormer. I have used garlic with all my patient's pets and with my own pets and never had a problem; it works better than any of the toxic material or deadly poison given by the vets.

36.1.7 Garlic is a tonic for tired animals.

BISER: *We noticed with our dog who passed away, Jimmy, the Scottish Terrier, that it acted like a tonic for him. He was an older dog, a little sluggish. Giving him garlic almost seemed like a vitamin pill for the dog.*

Herbalist: It absolutely is. In fact, if you go into pet food stores today, their foods include garlic or their supplements include garlic.

You must remember that garlic, first and foremost, is probably a strength builder. It has been used from the slaves to build the pyramid to the Spartan warriors of Greece to the Roman warriors. When they thought about building strength, it wasn't Siberian ginseng, it was garlic.

BISER: *Raw garlic though?*

Herbalist: That's right, raw garlic — everybody thought of garlic to build strength. Second to that, it works as an antibiotic, antibacterial, antifungal, antiviral, and is one of the few things that not only kills parasites, but expels them from the body.

BISER: *Is it okay for dogs or cats?*

Herbalist: Oh, it is great. The way that you do it, in case anybody doesn't know, is that you just cut a piece of a fresh clove of garlic, about the size your animal could swallow whole, because that is what they are going to do. You just open their mouth, put the clove on their tongue, shove it with your finger back as far as you can get it into their mouth, hold their mouth shut, and pet their neck in a downward fashion. They can't help but swallow it.

BISER: *Now some dogs are very touchy; they will not let you do that. Do we need to put it into a little bit of meat?*

Herbalist: That is the second way to do it; chop it up real fine and mix it with their favorite food. I can't remember a case where we could not get garlic down an animal in one of those two ways.

We hear the stories that we are suppose to chew two hundred times? Dogs and cats eat so fast, they don't chew. I mean they rip and swallow, and the garlic will not bother them. You will notice the smell of garlic on them. It will expel parasites, it will give them strength.

What I suggest with people, is once a month, fast the dog or cat for a day, then they can either use the garlic before they fast it, or after they fast it. The day before or the day after. Then get two or three servings of garlic down the animal.

BISER: *Oh. Especially when they are sick?*

Herbalist: Yeah, some people say, "Don't irritate its digestive tract." You can't irritate a dog or cat's digestive tract.

BISER: *Well, what about this dog I told you about that has colitis?*

Herbalist: That would be an extreme example. If it already has something that hurt it's digestive tract and it's got inflammation or irritation, then easy on the amount of garlic. But, generally, the colitis is probably caused by a long history of improper food, improper exercise and maybe even drugs. Those are quite hard on animals' digestive tracts.

BISER: *Could they do that slippery elm mixed with water into a gruel?*

Herbalist: Absolutely. Remember the general rule is: when in doubt with your animal, do exactly the same herbal...

BISER: *That you would in a human. I would use slippery elm.*

Herbalist: That's right — that is the best thing

BISER: *Or aloe?*

Herbalist: That's right. Aloe vera you can cut up (the gel) and put it into their food.

BISER: *How about licorice?*

Herbalist: Licorice and slippery elm are the best soothers and healers for the digestive tract.

BISER: *Have you ever used the intestinal cleansing formula in the animals to make their bowels move?*

Herbalist: No, the intestinal formula No.1 is a rare one to use with carnivores, but the intestinal No. 2 formula would be very good. It would be very soothing and cleansing to their digestive tract. It would even coagulate their poop; it is good for poisoning and diarrhea.

You know what is really unfortunate is that a lot of people who live in a more rural area or even an area of the city where they have grass, put out poisons to kill gophers and other rodents.

Many of those poisons are strychnine and if your dog gets into it there is nobody that is going to keep it alive, I guarantee that. By the time you get it to the vet, the vet is going to say

that there is nothing he can do. I have seen dogs die because of strychnine poisoning. The antidote to that is the intestinal formula No. 2.

Unfortunately, I hate to bring this up, but it happens in the city, you have a lot of angry, sick people that poison animals, too.

BISER: *So, even if they don't have the formula, people should keep charcoal on hand.*

Herbalist: Absolutely. Charcoal draws the poisons out of the digestive tract. Since animals, especially the carnivores, have a very quick digestive tract, they absorb and assimilate things very quickly.

BISER: *Which can be bad.*

Herbalist: Yeah, so you gotta move fast in these situations. If you see someone with a gopher or mole problem and they have been poisoning them, you probably want to talk to that person and suggest other ways that they handle their gopher problem.

What they don't realize is that they put that poison into the ground, it kills the gopher, but then your dog or cat or the wild birds are going to eat that. One thing about strychnine and poisons like that is that they don't break down. In other words, the animal that eats the gopher dies, the animals that

eat the dead animal dies, and when the poop goes into the water, the fish die.

BISER: *A pet owner should always have on hand powdered charcoal.*

Herbalist: That's right. Look out if all of a sudden their pet is feeling weird or is looking weird.

Animals tell you real quickly when they are not well. If you are suspect that they either have some type of food poisoning or other type of poisoning, stop the food, get some garlic down them, get some charcoal down them, some intestinal formula No.2 and get them cleaned out.

I have seen some animals survive from a strychnine poisoning when they have used charcoal or the intestinal formula #2.

BISER: *After their vet said they were gone?*

Herbalist: Oh absolutely. I have never seen vets really do anything at that point cause it is such a lethal poison. But remember, charcoal will absorb anything.

36.1.8 *How to prepare a dog or cat meal.*

BISER: *Now, to wrap up a loose end...How should they prepare a dog or cat meal? What should they do when they go to the store to get the right things?*

Herbalist: I think one of the best things to do is to take a look at your meat as far as whether it has any steroids in it. We talked earlier about the problems with steroids. Well, try to stay away from commercial grade. You can probably find some non-commercial grade; most cities have it now, or they say no steroids or whatever.

Try to find your healthiest, cleanest meat; it doesn't have to be prime cuts. You can get the scraps.

A lot of times, if you talk to your butcher, become friendly with him, even if it is a super market, they will give you bags of stuff that they don't sell for people but works good for animals. If your animal is very domesticated, which many breeds are, I'd suggest that it is lightly cooked. But you can try raw meat.

Shocking animals is not a good idea. Just start this as a supplementation and then work it up from there.

BISER: *What would you mix it with for their meal?*

Herbalist: Well, a lot of people mix it with nothing. Other people do mix it with some grains; rice seems to be a real popular one.

BISER: *Rice and barley seem to be the best of dog grains.*

Herbalist: Yes, they are.

BISER: *Dogs and cats?*

Herbalist: Yes, absolutely. Dogs tend to like it. Basically, you can cook it or lightly cook it, boil it; but again, remember, the steady diet of cats and dogs in nature is a mono diet of animal. Occasionally, you will see them grazing on grass, but it is a mono-diet.

BISER: *Is it okay to add wheat germ oil or things like that?*

Herbalist: Sure. In fact, you know the best things are garlic, and then your super type foods. Anything that you are taking, that you are doing for your nutrition, get animals on it, too.

Believe me, animals love it and that's the biggest way I have seen them boost it. I have worked with a lot of cats with AIDS. The main things to remember are the super nutritional supplements that they can assimilate. Now, there is a good source of vitamins and minerals that you can blast their system with, and this is the superfood mixture you use yourself. You can prepare it at home.

BISER: *So you definitely don't recommend the pellet diet?*

Herbalist: No, not at all. Then getting some garlic into them, taking a look at the food, and getting them outside. In 99% of the cases, that will take care of them.

36.1.9 *Taking care of your cat.*

BISER: *You haven't mentioned a cat story...*

Herbalist: Okay, the two main things that I see with cats is urinary tract infections (a lot of cystitis, inflammation of the urinary tract) and also stones (kidney stones).

First of all, they have linked it to preservatives put into the cat food, like nitrites. They are loaded with those. This is the problem.

Again, it goes back to our basics; it's either the animal didn't get enough exercise or it is what we are feeding it. Those are really feeding problems with a cat. I would have thousands of those.

The first thing you have to do is get the right food going into the animal. Stop all commercial food and get immediately on your own food program.

Get it on some super nutrition and of course garlic is the greatest antibiotic for the urinary tract. It stops the infection

that the cat probably has and then go to your urinary tract herbs.

Dogs and cats will also drink herb tea. If you have a lot of urinary tract inflammation with a cat, you can get it into the marshmallow type tea.

If you want to get it to pee more, used your diuretic herbs like uva ursi. If it's only a little infection, you can use chopped-up juniper berries. You can have them eat the raw herb. You know, I find that cats like it. If they don't, mix a little bit of catnip in it. Cats love catnip and you can mix catnip in with any dried herb powder and they will go for it.

BISER: *So marshmallow root is for inflammation?*

Herbalist: It is a good soother for the urinary tract. If you want them to pee more, go to the uva ursi.

BISER: *What about parsley? Will parsley root work for them?*

Herbalist: Sure. Parsley root and leaf will make them pee more and is good for the infection. Just go with all the same herbal treatments that you would for a person.

The other thing I have seen a lot of recently is more immune system disorders.

BISER: *Leukemia?*

Herbalist: Like the feline AIDS, there is a lot of it going around. Also, what we might call, in a human, like a post viral fatigue syndrome or...

BISER: *Inflamed musculature?*

Herbalist: Yes, Epstein-Barr, that type of thing. We are seeing a lot with cats. Very depressed immune systems and diseases based on that. One of the greatest immune boosters outside of garlic is echinacea, but there is a warning that goes with it...

BISER: *Okay...*

Herbalist: My first experience with giving animals echinacea was with a cat who flipped and flopped and foamed at the mouth. It screamed for fifteen minutes while I tried to convince the lady I did not kill her cat.

36.1.10 *Echinacea is a great one for dogs and cats, but you have to dilute it.*

Herbalist: It makes them foam at the mouth, which the owners don't understand and it freaks them out. Then you let your foaming at the mouth animal outside and worry the neighbors, too. So...

BISER: *Dilute it how much?*

Herbalist: Take your good echinacea and dilute it about four parts water to one part echinacea. If you have to make it a little candyish, you can even add a little maple syrup to it.

BISER: *Do you use it as drinking water or do you squirt it down their throats?*

Herbalist: You squirt it right into their mouth. You take dropperfulls and you squirt it into their mouth.

BISER: *How many dropperfulls?*

SCHULZE: Just figure the dosage based on weight. Dilute it down so they can tolerate it and then try to get the same amount you'd give to a human, but based on the same weight...

36.1.11 *Congestive heart failure in a dog cured with cayenne pepper and homemade hawthorn syrup.*

BISER: *Take into account your dilution?*

Herbalist: Absolutely. I had a dog that had congestive heart failure. His heart was swollen. We fixed it with capsules of cayenne pepper.

BISER: *Putting it into ground beef or something?*

Herbalist: No, we just put the capsules right down its throat. We made cayenne capsules.

Remember, too, if people say “Well, my dog or cat is small — where can I get small capsules?” Usually, you can get them at the pharmacy and you can definitely get them at your veterinarian.

Veterinarians carry capsules for the different sizes of animals that they deal with and so if you have a cat or dog veterinarian, they will have little tiny capsules. If you go to a horse veterinarian, they will have capsules three inches long and as big around as three fingers put together.

So anyway, the vet suggested we put it down. It was starting to have secondary diseases because it couldn’t move and was having a hard time breathing; it was panting and it was very sick.

We reduced its diet in fat tremendously. Remember that dogs assimilate fat the same way we do; when anybody has congestive heart failure, even a dog, reduce its fat, reduce its food. We fasted it and pumped it with garlic, which thins the blood.

BISER: *How much garlic did you give it?*

Herbalist: We gave it about three pills' worth a day (pills that were about the size appropriate for the dog, about a single 0 capsule size). We also gave the dog super spirulina type foods.

BISER: *And what kind of cayenne?*

Herbalist: Your hot cayenne is fine and you can even...

BISER: *You mean that was the hot, hot cayenne?*

Herbalist: Absolutely, capsulated, and put it right down their throat.

BISER: *Now was that with food or on an empty stomach?*

Herbalist: Both, but it doesn't matter as much with a carnivore, because their digestive tract moves very quickly and it is very high in acid.

BISER: *How much cayenne a day?*

Herbalist: Three times a day we did that and then three times a day with the hawthorn berry tonic. The dog didn't have a problem with the hawthorn berry tonic; we just poured it into a bowl and the dog licked it right up. Dogs and cats, especially dogs, will go for sweet more. In thirty days, the dog was fine.

BISER: *The disease was gone?*

Herbalist: Yes, we cut it's food intake in half and made its food more natural, got it off the processed food. We had it on

hawthorn, garlic and cayenne pepper three times a day and had it on the super foods.

The big thing we want to mention is the 50% nutritional yeast you can put in a superfood mixture. Nutritional yeast is a big one for dogs, cats and horses, any animal. It is high in B-vitamins.

It is a major tonic formula and that is why you see a lot of these supplements containing brewer's yeast and garlic. The problem is that the brewer's yeast that they use here is garbage yeast. It is bitter brewing yeast.

So the best yeast you can get is the same yeast that we have always talked about, that people would use for themselves as well as the same super nutritional foods like spirulina, chlorella, alfalfa, barley, wheat grass...

And then there is seaweeds. You know, animals love this stuff. You can take a teaspoon to a tablespoon of it.

What I make for animals a lot is a health ball; you can make it with ground turkey, for instance, and mix that up with the nutritional yeast and the super foods into a ball, add some chopped garlic into it and they will beg, they will dance for this stuff.

Have the refrigerator full of those and have that as something you would give your dog constantly as a treat. They

are going to be getting turkey, half of it will be your super foods and chopped garlic and they love it. It is the greatest thing you can do and get into your pet, and that is what really builds these animals up.

BISER: *So this was a dog with classical congestive heart failure?*

Herbalist: Yes, and we treated it the same way as we would a human.

I never set out to treat animals. My patients forced it upon me but I had no idea of how to treat animals, so all I did was to treat them like I would a human and lo and behold it works. It is the same thing.

If you think about it, even though their anatomy and physiology are different, it is not alien. Dogs and cats have livers, intestines, they have hearts and those animals respond. The horror, if you think about it, is most of the testing of herbs around the world, has been done on animals.

In fact, the best statistics I have on how hawthorn will bind the heart cells, protect those cells and keep your heart working better, longer and more efficiently and even protect you from heart attacks, was all done on dogs in China.

The horrible torture that they did to the animals! We probably know more about how herbs work with animals as far

as clinical testing than even people. Don't hesitate, just because you think the herbs are for people; they probably have been clinically proven on animals.

36.1.12 *Recipe for dog and cat food.*

BISER: *We talked about proportions. Let's say dogs, cats, they have meat, and the owners cook it up, they have some rice. What proportions of meat to rice, or meat to barley are used?*

Herbalist: I always like to go into the 75% meat range, 25% grains. If the dog or cat isn't use to it, or is used to more canned food, you can go more half and half. If it is a wilder animal, you can go more like 90% meat, ten grain. Seventy-five meat and twenty-five grain is a good average.

BISER: *Okay, now I know that the owners themselves, or their vets, will say they are not getting their balance of nutrients the way they would get from a prepared commercial food and the dog will end up with malnutrition.*

Herbalist: You want a story? There is a major pet food manufacturing company that I walk by once a week.

If you want to see a filthy, disgusting, rodent-filled, rat-filled, bug crawling, hell hole, you go to a place that is manufacturing animal food. Believe me, people say, "Gosh, I don't eat baloney, why?" Because baloney is made from the parts of the meat that they don't sell, like the esophagi and the

testicles. What do you think they put into animal food? That is ten grades down from pepperoni. I mean, come on.

BISER: *What you are saying is they call these "balanced pellets?"*

Herbalist: Oh Yes, these balanced pellets and these balanced diets...take a look at the list of ingredients and then watch a national geographic special and tell me when was the last time you saw a wild dog or cat eating that kind of food?

BISER: *Eating the pellets?*

Herbalist: Eating the pellets, or eating the ingredients of the pellets. It is horrifying when you start reading what this stuff is made out of. Get your animals off it...

BISER: *So when you had sick dogs, cats, or horses, you took them off commercial feeds?*

Herbalist: First rule: Change their food and change their movement. Get them outside, get them moving more...

BISER: *Oh, so you never left them on the commercial foods that they were eating?*

Herbalist: Never.

BISER: *If you wanted to save them?*

Herbalist: Never, never; get them off that stuff. Absolutely, get them off that stuff immediately.

BISER: *So if they are eating the meats and stuff, will they get enough minerals? Somebody told me that dogs chew bones. If you are just giving them meats, they are not getting bones.*

Herbalist: You can give dogs bones, because they have the ability to digest things we humans don't.

BISER: *What about owners who say that their dog is a pedigree, that he is not used to it, that he will choke on the bone, that it will splinter?*

Herbalist: Go back to the nutritional adding, the sea vegetables. I found that most animals will eat dulse right out of the package. You put kelp, dulse, and the high minerals...

BISER: *I have even seen bone meal sold with bone marrow in it.*

Herbalist: Oh, absolutely.

BISER: *If they want to do that?*

Herbalist: Yes, sure. They love the sea vegetables and all the high mineral grasses and all that.

BISER: *So that is how you can balance the meat?*

Herbalist: With every owner, I have made them make their own supplement with nutritional yeast, spirulina, chlorella, seaweeds...

BISER: *And the dogs do better?*

Herbalist: Have a big bowl of that, feed it to their animal mixed into their food and you will never have to worry about them getting a good balance of nutrition. They will get more nutrition than they can use.

36.1.13 *Eliminating hairballs in cats.*

BISER: *Richard, any more on cats?*

Herbalist: Another thing you see sometimes is hairballs, where cats have been licking and grooming themselves and get a big ball of hair in their digestive tract, then you can also do a purge. You can either do that with garlic or the appropriate amount of Intestinal Formula No.1.

We've used Intestinal Formula No.1 and garlic to stimulate the digestive tract to break down and get rid of hairballs.

And the cats have had bowel movements that looked like coyotes because they were just twisted hair. Maybe they ate too many rodents or licked themselves, but they had a lot of hair.

It is hard to constipate a carnivore, but when they do get impacted it is very serious and you want to get the Intestinal No.1 right into them.

36.1.14 *How to cure a cat of leukemia.*

BISER: *Now, have you had any cats with bad leukemia?*

Herbalist: Yes. I have had cats with leukemia and I put it under that same category with the feline AIDS. It would also be the viruses that they get. In fact, I have been finding that one of the biggest categories of cat sickness has involved the immune system.

BISER: *Have you been able to help those cats with severe leukemia?*

Herbalist: In fact, my wife Anisha did. Someone Anisha knew called and their cat had leukemia and had a lot of problems associated with it. It had it for quite a while. Its immune system had broken down. It had vomited some blood and there was blood in its stool. It was anemic and couldn't keep its blood levels up. The vets said basically to kill it, murder it, put it out of its misery.

The first thing we did, I hate to sound like a broken record, but the first thing that we did was to get its blood levels up, especially with anemic leukemia patients. Now with patients (human) we would put them on red fruits and vegetables like beets and cherries, but that doesn't work well with animals so you put them on the super foods. Again, nutritional yeast is very high in iron, seaweed is very high in iron, your spirulina high in B12, high in iron, so you take your super food blend. Get any cat with leukemia on it immediately.

We got this cat on it immediately and saw it perk up in just a couple of days just from getting the extra nutrition.

BISER: *What happened to the blood and all that?*

Herbalist: The blood tests started getting better right away. The veterinarian was open to it, and had been treating the animal with homeopathic methods. Now anyone who watches our videos knows my feeling about homeopathy...

BISER: *It's not herbalism?*

Herbalist: No, homeopathy is not herbalism. It's an invisible energy dose. Very possibly some of the power of homeopathy is similar to Bach flower remedies, which means that the patient is taking something that they believe is going to work and is almost meditating or thinking consciously about this, like positive thinking.

Well, an animal doesn't work that away.

You are not going to give an animal a Bach flower remedy and they are going to be thinking "I'm going to have better self-esteem."

It doesn't work and you will find that animals right away weed out what works and what doesn't. I have had things that may work on a psychological level don't work on a physical

level. This cat had been treated with a lot of homeopathy and was getting no response at all.

BISER: *So what happened, it started getting better?*

Herbalist: Within a week its blood levels were getting better. But, one of the main things, of course, is getting the blood levels up with nutrition, then going after the actual leukemia with the blood cleansers and detoxifiers.

BISER: *So you had used what is in the blood cleansers?*

Herbalist: All the blood cleansing herbs.

BISER: *The same as you would with a person, red clover...*

Herbalist: Red clover, chaparral, yellow dock, echinacea to boost the immune system. The same ones you would use, the same cancer type formulas like the detox for regeneration type herbs.

Of course they are horrible tasting and so you dilute them, you try to disguise the taste as much as you can. With a cat or a dog, use a plastic dropper. They bite on the glass sometimes and you don't want them to break it.

BISER: *Good point.*

Herbalist: Yes, so get the plastic dropper, or a turkey baster, and then make your dilution and just open their mouth and say, "Hey, little pretty baby" and they come up, open their

mouth and you just squirt it right down. It is so little liquid that they can't spit it out. They will make funny faces with their mouth, but dilute it down and try to flavor it so you don't torture them.

BISER: *Did the cat recover?*

Herbalist: Thirty days.

BISER: *I mean a recovery?*

Herbalist: Oh yes, in thirty days its blood changed... Oh and here's the big thing, Anisha told me not to forget this part, it was a house cat, it never went outside, ever. The owner was afraid it would get lost or kidnapped or whatever. But Anisha got chicken-wire, took some of the backyard and fenced it off. Got that cat outside. It chased a butterfly the first day and it was like it had a transformation.

You cannot take animals and make them live in houses. Imagine a person cooped up in a house. Between outside, building the blood, the blood cleansing herbs, some garlic, like I said the blood values changed in three to four days. Big changes in a week.

BISER: *What did the vet say?*

Herbalist: The vet was just shocked and in fact, as a side note to this, I could have made probably more money in all my years

in the clinic if I worked exclusively on animals. The results were that great.

BISER: *The results were that good?*

Herbalist: I would have to turn away people with animals we had so many and I haven't even gotten to horses yet. I could have been just exclusively an alternative natural healing vet, easily.

36.1.15 *Curing the goat with colic.*

BISER: *Hey, before I forget, the goat lying upside down with colic, what did you do for it?*

Herbalist: The goat with the bloat! Well the first thing is, this actually goes into grazers and herbivores, but we will cover it now.

The first thing you remember with herbivores is that any animal that has a digestive tract has gas. You will even see this in carnivores.

You fill them with your table scraps and you'll hear your dogs lying on their sides with bloated bellies, in horrible pain, they can hardly breathe, and sometimes you will even hear them pass gas and it will be these real high squeaky sounds. Or if you listen to their abdomen it will be bloated and you will hear these real high pressure squeaks inside their...

BISER: *I had a dog that had bad colic. It's not like indigestion in people. I don't think people understand how deadly it can be...*

Herbalist: No, in fact it can be lethal and so the first thing that I thought of with this goat was to massage its abdomen. You can do this with horses, also. You have to physically push the gas out of there. You just get into that abdomen.

Now if it is a little cat or dog you do it with your hand. If it is a goat, you can do it with your elbow. Watch it because you are going to get kicked, but you've got to get in and massage that abdomen and push that gas around. There is even exercise that we will get into with the horses because that is the big thing.

36.1.16 *How to keep horses healthy.*

Herbalist: The main thing to remember is with horses you can put them right away into the same two categories that we put dogs and cats. Exercise and a food program. You can do this with any herbivores.

You know, there are millions of horses in this country and many people have horses in their backyard or they board horses or whatever. The first thing with horses is that they are grazing animals, like any herbivore, like a cow, like a goat,

whatever, so these things could be used for anybody who has a sheep, a lamb, etc.

If it is a grazing animal, it walks around almost all day long, it runs around, it is outside; you take an animal like that and put it in a stall, and that is the fastest way you can kill it. I don't mean that they are immediately dead, but it is the first way you cause disease with a horse.

A lot of people are going to say, "But I live in the city, I board my horse." Well then make sure someone gets it outside everyday. The number one way you can hurt grazing animals is to coop them up. They need that exercise, they need to run...

BISER: *Again, going back to the basic conditions of its existence...*

Herbalist: Absolutely.

BISER: *In a natural state...*

Herbalist: Look at what they look like in the wild. Are they running in packs, jumping and kicking? They, in fact, need to kick and roll which they can't do in a stall. They need to do that to release the gas in their digestive tract. That's how they do it. They have to get out everyday and the biggest way to hurt them is by not allowing that.

The second thing comes right down to that food program again. I have looked at horse feeds, I mean one big company makes a horse supplement and it's got milk in it. First of all,

horses are vegetarians, so when would they be nursing from a cow?

In most of the nutritional supplements I have looked at, the vitamin and mineral supplements have fish meal. When is the last time you saw a horse standing by the side of a stream trying to bite a fish? I mean we are poisoning horses. You see the same type of thing in most grazing animal feeds. We are poisoning them again with animal food and dairy products.

BISER: *It is not part of their diet.*

Herbalist: No, it is *not* part of their diet.

BISER: *So people have got to look at that supplement and if there is any animal products in it, forget it.*

Herbalist: Absolutely, any type of fish or dairy is poison. In fact, if you get any type of meat into a horse you will probably kill it within twenty-four hours.

BISER: *Do people do that?*

Herbalist: Well, it happens by accident. A lot of times in hay baling, horses will get a rat and you will see botulism go through a barn and kill a dozen horses in a day. They can't tolerate this, but the fish and dairy just makes them sick, slowly, over a long period of time.

Another mistake is, people will feed them a steady diet of grains and alfalfa which are too rich and too high in protein.

In other words, we give them *just* the good stuff. That is unnatural.

Those are good supplements, but you know, one of the best feeds for this type of animal is the locally-grown weeds. In fact, I used to make a healing mix for these animals that was made with red clover, plantain, dandelions, and malva (which is a common plant that grows everywhere); that is just weeds. It's garden weeds, but that is the food for most of these animals in their natural habitat.

BISER: *I've heard that alfalfa is way too rich and yet that is a large part of horse feed.*

Herbalist: Yeah, alfalfa can range in protein from 10% to 20% depending how it is grown, which is just too rich. It gives horses diarrhea, it gives a lot of these animals diarrhea. And if an animal was to eat a grain, it would eat the grain kernels, the whole stalk, and base leaves. It eats the whole thing.

A horse eats a grain, but when you feed it grains, you are just feeding it the kernel inside it; it is a very refined product so animals, especially horses, need a lot more of this low protein ruffage.

BISER: *That's their diet.*

Herbalist: That *is* their natural diet.

36.1.17 *At look at the major killer of horses.*

Herbalist: The first statistic is horrifying, but 90% of horses that die, do so because of what is called colic, which is just intestinal blockage or intestinal spasms. Now that is horrifying. There is nothing that you can look at and say 90% of humans die of...

I mean, 90% of horses die from an intestinal problem and there are two reasons for that and we just covered them. They don't move and then we feed them the wrong foods. So they don't get to move to stimulate their intestines.

Being a herbivore, unlike a carnivore, they have incredibly long digestive tracts. It is unbelievable. I have been at many horse autopsies and you can fill an area the size of a parking space for a car with their digestive organs.

I mean feet and feet and endless feet of intestines, so you get something in there that blocks it, and that kills the animal quick. So nine out of ten times that a horse gets sick or dies, it is because of intestinal blockage or spasms.

36.1.18 *How I save hundreds of horses who were dying.*

Herbalist: I will tell a story here, it is my first experience with a horse with colic. I got a call from one of my patients, hysterically crying. She said she was over at a local stable in L.A., and her favorite horse was dying.

The vet wanted to put it down, said it would probably be dead even before putting it down. She asked if I could come over right away. I thought, "Why not", it was my day off, so I threw my herbs in the car and took a drive over.

I got there and the horse was lying down in the stall. It was in shock and wasn't even moving. I asked what was going on. I mean I knew nothing about a horse. Didn't grow up around horses. Then she said it was dying of colic. I saw the vet there and I talked to the vet who was rolling his eyes at me because he heard who I was, a weed doctor, an herbalist.

I asked what was wrong and he said the horse was dead. Basically dying of colic. I asked, "What is colic, I don't know what it is." He said "It is intestinal impaction that is so great it is killing the horse." He said he had already given it a gallon of mineral oil and that didn't work.

Well, anybody with any brains knows that if you put a gallon of mineral oil, or any amount of oil in someone, it is a very slow acting way to get them loosened up.

It is not going to work immediately and so, generally, they are cut from the throat to their genital organs, their intestines are opened up and a resection is done to try to cut out the bad parts. But the vet said that there wasn't time to do that, and that the horse was dead.

I looked at the horse and even her gums were white. There was no blood in her gums. It was in shock and it was hardly breathing. The lady was crying and screaming, asking if I could do anything. I asked how I could get herbs in it. The vet said the only way to get herbs in a horse is to put a tube down its throat or through its nose into its stomach and pour them through a funnel. I said, "If I mix something up will you give it to the horse?" He said, "But it is dead, why torture it?" The lady said "You do what he says."

So I reached down and got a gallon of warm water. The first thing I did was grab a handful of cayenne pepper and the vet grabbed my arm and said, "What are you doing? That is hot chilli pepper."

I said, "Yeah, it is cayenne pepper and it stimulates the digestion, probably faster than anything."

But the vet said, "You are going to kill this horse."

I said, "Wait a minute, you just told me that this horse is dead," and so he let go and I threw it in and just to spite him I grabbed another whole handful of cayenne and threw it in this bucket of water, I threw in aloes, I threw in cascara, I threw in senna, the vet was absolutely freaked out. I mixed up this warm mixture of brown, red herbs. He tubed the horse, and we funneled it down. He said, "You know, the horse is dead, don't torture it any more."

I then got over on the horse and I got my elbow and my knee into its guts and started giving it a gut massage. Well, I did that for about five minutes and walked out of the stall, and as I was talking with the vet and the woman was crying, we looked and the horse was up in his stall.

He had leaped up back onto his feet, but his side was cut from trying to kick himself, because it was in so much abdominal pain. It leaped back up on its feet and was standing in its stall. Its gums were red and the vet said "I don't think it is going to live, but I think it's out of shock, so now would be a good time to kill it."

BISER: *Oh God!*

Herbalist: Yes, he said it would be a good time to inject the poison, let's put it down right now. I said "No way, this sucker

is my patient now.” It’s gums were red and it was out of shock. He said he didn’t know how it got out of shock.

I said, “It was the cayenne pepper that you said was going to kill it. I don’t care how far gone it was, cayenne moves the blood and then it will move the intestines.”

We stood there and the vet was amazed and pretty mad, because, as I said, they are pretty conservative. The woman was thrilled, but the vet still said it was dead, and wanted to kill it.

About ten minutes later, it kicked the wall and it got this really wide eyed look and the next thing we heard was this gigantic explosion and it sprayed the wall of the stall with a black wet liquid and then it ran around in a circle. About two minutes later, it got this wide eyed look, sprayed the walls with the black diarrhea, ran around in a circle and in about fifteen minutes the horse was eating, which is a sign that it is over.

The vet said “I believe this horse is going to live, this is unbelievable, I have never seen anything like this.”

For about the next hour that horse would get that wide eyed look, spray the wall with black diarrhea and then run around. I asked the vet why this horse was running around in circles and he said, “I think he is trying to get away from its rear end.” That is what the vet said to me.

What we did was we taught the horse the laws of jet propulsion and I had made a mistake. In my fury of all this pressure of the vet saying he was going to kill the horse...

BISER: *You made it too strong?*

Herbalist: Yes, I asked the vet how much the horse weighed and he told me 1500 pounds. I calculated that in my mind quickly and thought, "Okay, that will be a hundred times the adult dose." Well it is only ten times the adult dose. Because it is 1500 over 150. So basically, I gave this horse ten times the horse dose of cathartics and we taught it the laws of jet propulsion.

The downsides were none. We had to put some herbal ointment on his rectum, it got a little burned, and it lived. In fact, I think the horse is still alive today.

36.1.19 *90% of horse deaths are due to intestinal blockage and spasms.*

Herbalist: Usually because of feed impactions, but sometimes they will eat sand, or a rubber hose. The best, fastest way to get it out of there is the Intestinal Formula No. 1, herbs, cayenne pepper.

BISER: *Anything else on horses?*

Herbalist: Yeah, there are a few things. People always say “Well how much Intestinal No.1?” If they are going to use that, use the whole bottle. Take it out of the capsules and use the whole bottle of 90 caps, put it in a gallon of warm water with two handfuls of cayenne pepper and tube it down the horse.

Now, funny story after this, is that the Mexican grooms, who took care of the horses, said “You did the Mexican treatment” and I asked what that was.

And they said they chop up hot chilli peppers, put them in a bottle of tequila, shake it up and pour it down the horse’s throat; then they take the horse and make it run or swim and exercise.

They said they rarely lose a horse to colic, but no one asked the grooms because they thought you had to have someone who had gone to medical school. So, as it turns out, what they were making was cayenne tincture with tequila, giving it to the horses and making them exercise. And they rarely lost a horse to colic.

The first thing to remember is just cayenne, if that is all you have, get it down the animal. If you have it, get them a bottle of intestinal corrective and do that stomach massage

and I will guarantee you that you will never lose an animal to colic.

We have done that now, I am going to say, to 600 to 1000 horses that were colicky and close to death and we have never, ever, had a horse die, ever. Not one. Or even have to have surgery, ever. In fact, we have had horses that had gotten colic repeatedly, but never had it again after that treatment.

BISER: *Anything else?*

Herbalist: A couple of things. One is fiber. Add more fiber to those animals' diets. Make up an oat bran or a rice bran or wheat bran, and mix that with your red clover, your plantain, your dandelion, make up a real fibrous type meal.

It is probably not getting enough exercise, so the extra fiber will get that digestive tract working, and then oils. These animals do well on oils, flax seed oil, olive oil. Get some oil and fiber into them and it will hopefully reverse any damage that is happening to their intestines by not getting enough movement. All these animals are too penned in because of the way we keep them.

BISER: *This is a great running start for people.*

Herbalist: You know what? This will cover it all. If everybody does this — these are the basics. They are the foundations. I have worked with so many people and their pets.

The one thing that I want to emphasize is that so many of them came back. You know it is amazing.

36.1.20 *How to use external poultices on an animal with cancer.*

BISER: *The pets with cancer, have you used the poultice and the other stuff we talked about in the Save-Your-Life collection?*

Herbalist: Good question; we didn't cover that. Only when they have something very external, that is obviously external.

BISER: *But you have done it? The owners kind of tape around it?*

Herbalist: Yes, the main thing you want to do is shave them. You know, you can just get a little disposable razor, get the area real soapy, pick a time when they are relaxed and sedated and cut most of the hair off with scissors, then shave it. Don't be afraid to shave a big area because you want the poultice to get on the skin, not just mat the hair.

BISER: *Same things for dogs, cats, horses?*

Herbalist: Absolutely, remember the biggest thing, when cutting and shaving the hair, is that usually you have an unwilling patient, so we are talking lots of tape. Put the poultice on, some gauze over it, even plastic over that, or whatever you are going to do, then lots of tape. If on the

abdomen, you can wrap tape all the way around them. If they get the regular surgical tape off, use duct tape. If the dog or cat still chews it off, get a head cone from the vet, to keep it away from the poultice.

BISER: *But if it is an internal tumor, just use the cleansers?*

Herbalist: Just do the cleansing, yes.

BISER: *Have you ever done liver flushes on them?*

Herbalist: Oil purging works really well with animals. With horses, you can do it to where you can force it in via the tubing. With dogs and cats, you can squirt a lot down their throat.

I have used oil and garlic.

BISER: *Okay, so you just squirt a dropper full of oil and garlic...*

Herbalist: Turkey basters for when you get to that level. If you have a large dog, you can get the turkey baster full of oil...

BISER: *And garlic?*

Herbalist: Yes, you can mix it up like...

BISER: *...a liver flush??*

Herbalist: Yes, exactly. You just suck it up into a turkey baster and try not to choke them, but they will handle it.

36.2 VETS PUT ANIMALS DOWN WITHOUT TRYING

36.2.1 Vets have a hair trigger with their finger on it to kill that animal. That is their first line of thought when they see you crying in the office, plus it is a total win for a vet.

Herbalist: They get paid for killing it, and it is a 100% cure because the animal is dead.

BISER: *It is effective, yes...*

Herbalist: Yes, how can they fail: "Gosh Mrs. Jones, we tried to kill your dog, but it's heart is still beating..."

BISER: *You are telling the people to apply the same thinking as they do on the incurables program?*

Herbalist: Absolutely.

BISER: *Keep trying stuff?*

Herbalist: Yes, and when in doubt, do the same thing that you would do for yourself. Just modify it for the animal.

36.3 A READER SAVES HER HORSE

36.3.1 *A reader in maine saves a dying horse named Rocky with this information.*

I recently received an amazing letter from a reader named Anne in Maine who saved a dying horse. The details of her cure will give you confidence to save your own pets, whether they are horses, cats or dogs.

Here is what Anne wrote me:

“On November 4th, 1998, I had a police horse that I had sold three years prior get sick where he was boarded in Massachusetts. The owner seemed to think it was from having the teeth floated (filed down) and that there was an injury caused and infection set in.

“The horse started coughing and continued this for a few weeks before they had the vet look at him. He did what vets do and decided they had better bring him to a clinic. He stayed there for two weeks or more, progressively getting worse, and after \$1,800 worth of antibiotics, he wasn't getting better. The police didn't want to spend any more money on the horse — not knowing whether at the end of the tests, the vet would say he was terminal.

“The vets then said they would put him down for \$400. When I heard of this, I asked the cop to bring the horse, Rocky, to me. I would like to try herbs on him, and, if he was going to die, let him do it here. Well, I guess they figured my board was cheaper than having him put down. And *when* he did go, *I* would bury him.

“When Rocky arrived, he was dehydrated, coughing deeply and painfully, blowing horrible foam and pus from his lungs and nostrils. His throat was paralyzed because he couldn’t drink or eat without it all being coughed up and blown all over the stall. He had sores all down his throat and under his tongue.

“I had no idea what I was working with. So, I went about it as pneumonia with infection of the mouth and paralyzed epiglottis. I immediately started cayenne powder up the nose and cayenne tincture down the throat. That really got him coughing and choking. Me too!

“I added lobelia and honey and continued this around the clock. Every two hours for two and a half weeks. What a mess.”

Anne told me on the phone, “The first two or three weeks, I was getting the casket ready myself. He had a raging fever and he was just spewing out this phlegm from his

nostrils. Every morning, I had to hose down the stall from all the mucus he sprayed all over the stall during the night.

“I took a plastic tube and blew the cayenne into each nostril. He couldn’t eat hay, because he couldn’t swallow it. He got very little food in him, because his throat was paralyzed. He lost a good one hundred pounds. I said to myself, ‘I don’t care. As long as this horse is breathing, I can also put weight back on him.’”

“But things were starting to happen. He wanted to eat, but choked on everything. I started grain mashes with Superfood, plus continuing the cayenne and lobelia and then added St. John’s Wort a couple of times. I wasn’t sure if I was going to kill him, but I just kept saying to myself, ‘They brought him here to die, and I have nothing to lose by giving him herbs.’

“I prayed morning, noon and night for guidance from my spirit and herbal guides and even to old Dr. Christopher for guidance.

“One of the vets came by during all this and said, ‘Do you want me to put him down for you.’ I said, ‘No, I want you to get out of the barn!’ He said, ‘If you save this one, you’ll make a believer out of me.’ And now he is.

“By four and a half weeks, the discharge was getting less and less. He started wanting to trot around and it was as if he was welcoming back the world. By the ninth week, everything seemed to be going forward, when one night, his breathing became so labored and fever broke out.

“I thought, ‘This is the night I will bury him.’ Anne told me, ‘He really came down with a high fever. It was freezing cold that night, and I let him outdoors for just a few minutes, because he was just boiling.

“My helpers said, ‘*Oh God, Anne, this is the night.*’”

“I was walking up to the house, and I said, ‘*God, if you want him, you can have him; you can take him; but I’m not giving up this horse until his life is gone.*’ The very next morning, he turned around. That made me think of what Dr. Schulze said about when you’re at your very worst, and you think that this is it, it’s a turn around. If you have been doing everything right, you will recover.’

“In the morning, sure enough, it happened. He was much better and on his way once more. By the twelfth week, he was back to the horse we once knew. He went back to the police force on light duty as of January 27, 1999.”

I asked Anne, 'Is Rocky grateful to you? Does he understand?' She said, 'He's like a little human being. He looks right *through* you. It's almost like telepathy. He knows what you're *thinking*. He knows what you're *doing*! Rocky knows. Rocky *knows*. I swear he does. I talked to him all the time, morning, noon and night.'

EXTRA NOTE: Anne told me she also saved another horse who was cut (sawed) into the bone by running into a sharp fence. Anne put a mixture of cayenne, arnica and slippery elm right into the bone, which was exposed. Every day, she applied a poultice of marshmallow root, garlic, arnica, slippery elm, and cayenne to the wound externally twice a day. She told me, 'I swear to God, that poultice will heal anything, Sam.' The wound and bone healed and the horse is doing wonderful!

36.4 MY OWN STORY

36.4.1 *How I extended the life of my beloved Scotty, Jimmy Love.*

I had my Scottish Terrier on these programs for a number of years before he passed recently. They greatly extended his life.

Back in 1994, after I met Dr. Schulze, Jimmy Love was over 7 years old. He wasn't too well at that time. He suffered from infections on his gums, mouth, eyes, ears, and even his paws. He was depressed and lethargic, and was losing his hearing.

We got him on strong cayenne tincture, and worked him up to 35 drops twice a day mixed directly into his food. You have to work it up gradual, or the animal will revolt. We also added as much raw garlic to his food as he would tolerate. He had organic meats, brown rice and yogurt, as well as raw ground parsley and raw ground carrots.

We also added the formula for tooth and gum programs and swabbed his gums with them. Jimmy's hearing improved, and so did his interest in living. He got into bones more, and spent more time outside instead of inside with his Mommy.

But this program wasn't enough in the long run.

In Fall of 1997, we travelled to California for filming work and were gone for over a month. This was the longest we had ever left Jimmy. He was staying at the home of a loving woman, who tended to Jimmy Love and his Scotty sister Princess Suzi, and to other dog boarders in her home. But without us for so long, he got severely depressed and

developed a major head cold. We took him to the vet, as we didn't know what to do.

As part of the exam, the vet said he thought Jimmy Love had lymph cancer, as the lymph nodes all over his body were enlarged, not just in the throat area. He wanted us to do a biopsy, but we were against it. If Jimmy had cancer, we wanted him to go naturally, and not suffer with chemotherapy.

Right then, we moved to California temporarily and took the two dogs with us. Again, another vet said the same thing: lymph cancer. She said, "Get another dog. He has lived his lifespan." We never went back. We called Dr. Schulze and he gave us the following program. Let me give you the program and then tell you what we had to do to make it work.

Here is the program Dr. Schulze gave us:

1) **SuperFood:** 1 level rounded teaspoon mixed with food, 2 times daily a.m. and p.m.

2) **Milk Thistle seed tincture:** 1 dropperful (approx 30 drops) 3 times daily

3) **Children's Echinacea tincture:** 1 dropperful (approx 30 drops) 3 times daily with Poke root and Lobelia seed. Poke Root Tincture 5 dropperfulls (approximately 150 drops) added per 2 ounce bottle of Children's Echinacea. Lobelia Seed Tincture: 5 dropperfulls (approximately 150 drops) added per

2 ounce bottle of Children's Echinacea. Considering that a 2-ounce bottle is approximately 70 dropperfuls of liquid, the formulae would then be;

85% or **60** Dropperfuls of Children's Echinacea Tincture

7.5% or **5** Dropperfuls of Poke Root Tincture (Poke root, according to Dr. Schulze, is a specific for lymph cancer.)

7.5% or **15** Dropperfuls of Lobelia Seed Tincture

Children's echinacea formula is just an echinacea tincture with fig juice concentrate and tangerine oil added to make it easier for children to take. The tincture is made from wild-harvested echinacea augustifolia root.

4) **Liver gall bladder Tonic**; approximately 1 to 2 dropperfuls (approx 30 drops) 3 times daily.

In less than two weeks, Jimmy's pussy gum infections were gone. These had returned to some degree in spite of the cayenne pepper and garlic we had been giving him all along. The goo in his eyes disappeared. He got young again, and began running in the park in Santa Monica, not just dragging and poking. He caught his *first* squirrel in the yard.

He began a tremendous interest in chewing bones and hiding them from his young Scotty sister, Princess Suzi. Every once in a while, he would bring in from outside, a 'bone

from hell,' covered with mud, and would try to bury it on couches, or in corners of rugs.

We were able to give Jimmy the program twice a day, and that seemed like all he needed. Three times a day seemed too much. Diarrhea was a problem when we went into herb overload. At first, we were able to get the tinctures into his food. Then he revolted and wouldn't eat his food anymore. So we had to do something else.

We met a woman in the park who said you can give animals anything as long as it is in liverwurst, so we tried that. I made medicine balls with his tinctures mixed in. I blended a small amount of liverwurst, enough to contain all the herbal medicines. This made the liverwurst too wet to hold together. So I let the medicine balls dry out. Then I placed them in the refrigerator. Just before giving them to Jimmy, I placed them into the freezer for several minutes, and the chill took even more flavor out of them.

Even so, Jimmy didn't like them. At first, he ate them. But not always. When he revolted, I had a back-up plan. I opened his mouth, tilted his head backward, and placed the small liverwurst ball in the back of his throat, then closed his mouth till he swallowed it. I had to make sure he swallowed it,

because if I opened his mouth too fast, he would use his tongue to roll the medicine ball out the side.

Often, I gave Jimmy Love a chaser of a couple teaspoons of vanilla ice cream to get the bad taste out of his mouth. That way, he had a reward for listening to Daddy and taking his medicine.

36.4.2 We found that all the tinctures were necessary. Whenever we omitted any of them, he went downhill.

We also found that he could not tolerate something in the Superfood, and we had to discontinue it. He developed little skin bumps all over whenever a food didn't agree with him, and that's what happened.

On this program, Jimmy had more vitality than at any time during his life. His last year in California with us was the best year he had since his puppy days. He became more interested in bones than ever, and more interested in female dogs. For a while, he even ran in the park, which is something he never did.

But in January of 1999, his health began slipping, and he was walking slower. And his eye and gum infection returned. I went back up on the herbal doses and they disappeared again.

His health was uneven. Some days he would walk great, and other days he didn't. He took longer to get going in the morning. We were frustrated. We had been erratic sometimes on his dosages, and we got more vigilant in giving them to him.

But this didn't always make him peppier. I was concerned that we did not have him in complete health — that he always seemed a few doses away from sliding down. In January and February, his walking became more erratic. Sometimes in the mornings, it was difficult for him to walk. Then in the afternoons, he would do much better.

We figured we needed to improve his herbal program, and get more rigorous. And it seemed to help. But it wasn't a total cure like before.

We then switched him on to the totally raw diet developed by animal nutrition author Pat McKay. Up till now, Jimmy's diet had been partially raw, partially cooked. Her diet was 75% raw meat, with 25% finely ground-up raw vegetables. Her book is: "Reigning Cats and Dogs." from Pat McKay Animal Nutrition, 396 West Washington Blvd., Pasadena, CA 91103. Make your *own* raw food mixture. I think you can do much better in quality than the mixture she sells. We did.

Jimmy Love revolted on this. He refused to eat a 100% raw diet and went in the corner upset and turned his back to us. It

was like, “How come you don’t love me anymore? Why are you making me eat this?” We called someone who works with Pat, and they said to go slow with an older dog. Jimmy had been used to cooked chicken all of his life, and he wasn’t going to switch now. So we went with 75% his old diet, and 25% the new raw food.

We were planning to work in the totally-raw diet slowly. But it was too late for Jimmy. I didn’t know it until I returned home from a 3-day trip with my wife. Jimmy was in great shape, gnawing a bone outside, so happy he ignored us and kept on chewing.

But next morning, something was wrong. Even though he had a good appetite that Saturday morning, he had lost weight — overnight! And he looked weak. What was wrong? I pray to God and ask if I should resume his herbs. We had taken him off the herbs for several days, because we had this unexplained feeling he didn’t need them during that 3-day trip. When I prayed, I felt nothing. I didn’t understand. The next day, Sunday, Jimmy was a little weaker still, and thinner. I was scared. What on earth was going on?

Still, I pray again, and no answer when I ask if he needs his herbs. This doesn’t make sense. Monday morning, he is looking thinner, and can hardly walk with us. For the first

time in his life, he wouldn't eat his regular meal. So we let him have all the cooked chicken he wanted. He stuffed himself. We were happy for that.

We then took him to the vet. Full blood test. An x-ray. It showed no tumors visible. No arthritis anywhere. No inflamed lymph nodes. Sharply-defined, not swollen liver. No cancer. But dying. An era of dog love, ending.

36.4.3 These programs cured my Jimmy Love of cancer — and let him pass with all his senses, with no pain. With visible peace.

But the vet told me he was sick and this had nothing to do with food. Then we knew. You couldn't avoid it. Jimmy was leaving us.

He came home, and threw up the chicken he had eaten earlier. He never ate again. On Tuesday, blood tests confirmed, Jimmy Love is a very sick animal. But we knew it wasn't a sickness you can fight. It was the death process. It was the end. Now I understood why God had not answered me when I prayed about what herbs to give him. It was too late.

So I asked God what to do. And all I heard was, "Make him comfortable." So we did. We lit candles, played soft music, held him, and wept. I hadn't been so ripped-up since eleven years ago. His final passage brought back all the pain of

losing someone dear, an enormous grief I had buried. A hard healing!

This sweetest of spirits came to me just following an immense personal tragedy almost eleven years ago, and his adoration helped sustain me during the difficult years that followed. I had 'asked' him in recent years to please *not* leave me until I was ready for him to go, and so he departed this last March 20th, three days before my birthday, when I had finally reached the shores of great triumph.

On Wednesday afternoon, we took him to the park he loved so much in Santa Monica, for one last sniff of ocean air. On Thursday, he stopped drinking. One neighbor who stopped over to say 'good-bye' said she had never in her life seen a dog so peaceful. All her pets had gone howling in pain. But Jimmy Love was calm to the end.

We covered him with a blanket to keep him warm and gave him a few dropperfuls of water to moisten his tongue. But there was nothing else you could do. Toward the end, a dying animal does not want to be held. They just want to be alone to go home to God.

On Friday afternoon, he was still with us. But we were frightened that he would now suffer. We lost faith in natural healing. We arranged for a vet to come over Saturday at 8:30

A.M. and put him to sleep at our home. But at 5:00 A.M. Sabbath morning, he passed on his own.

It was a natural death. No medications needed. Just LOVE.

Some dogs lead the blind. But he was a different guide dog. He mended broken hearts. He stayed with his Daddy through a continent of pain, and saw me through to the other side.

I am grateful for the herbal knowledge to cure his cancer and extend his life. And thank Richard Schulze for giving my 'little boy' Jimmy Love the blessings of a natural death.

Learn from my Jimmy. Do your natural healing now. Do not ever put it off — either for your pets or for yourself. Even if you aren't worried about disease, or about yourself, then do it for loved ones.

When it's time, go in *peace*. Your friend always,

Sam Biser

**Sam Biser's
Save
Your Life
Collection**

**A Layman's Course
in Curing Last-Stage
Diseases**

Last words on herbs
Lesson 37

Sam Biser's
Save
Your Life
Collection

**A Layman's Course
in Curing Last-Stage
Diseases**

Last words on herbs
Lesson 37

Last words on herbs

We think animals are below Man. We think we are of superior intelligence, and we are. But who understands more about survival. In some respects, animals are smarter at this.

37.1 ANIMALS SEEK THEIR CURES TOO

*37.1.1 When the mongoose is bitten by a snake,
it dashes into the jungle to eat an herb
to neutralize the venom.*

In India, they hold exhibition fights between a tiny animal known as the mongoose and large, venomous snakes such as the cobra. Sometimes the mongoose is bitten by the snake. If a

person received such a bite, they would be dead in less then ten minutes. But not the mongoose.

The mongoose knows its cure. The instant it is bitten, the mongoose leaves the fight and dashes into the jungle to find a special herb. He chews on this herb and within minutes — the venom is neutralized. then the mongoose rushes back to the fight and kills the snake. According to the testimony of thousands of witnesses, no mongoose has ever died of a snake bite.

The herb that saves the life of the mongoose is one of the most powerful blood purifiers in Nature. It is called snakeweed. Science may laugh at snakeweed. But not the mongoose.

37.1.2 *Even the snake knows its cure.*

The snake may not have the intelligence of other more advanced animals. But even the snake knows the power of Nature.

When it casts its skin, it frequently goes blind. In that helpless condition, it is often seen to crawl to an old fallen tree or a mossy bank. There it rubs its sightless eyes in the moss and eats the rich juice. With that one herb, he restores his skin and his sight.

37.1.3 Sick dogs know which herbs will heal them.

Everyone has seen dogs chew grass when they are ill. But they don't just chew any grass. If they can find it, they choose a special kind of grass, called 'dog grass.'

Dog Grass is now known to be a powerful blood purifier. It is especially effective for severe kidney problems. This is interesting because domesticated dogs frequently get kidney problems from highly-processed dog food.

Isn't it remarkable that the dog chooses an herb which strengthens his kidneys? This the dog knows from instinct. The dog knows. We don't.

37.1.4 Mother birds know which herbs in the forest will restore the eyesight of their babies.

Often hawks and other birds of prey peck at the eyes of other young birds in their nests, when their mother is away. They eat the eye as a food. When the mother comes back and the baby's eyes have not been totally destroyed, she knows what to do.

She flies off into the forest and finds the herb called 'greater celandine.' She feeds this into the eye socket of her

baby. Often the eyesight is completely restored. The film and other parts of the eye regenerate.

The mother bird knows her cure. The one herb she chooses is loaded with an organic form of potassium chloride. This heals the eye.

The only animal that doesn't know its cure — is MAN.

We say we are advanced, but are we in all matters of life? Animals know their cure. We don't. We are the only creature of Nature who doesn't know how to heal itself.

Herbs are one of God's greatest gifts to Man.

The answers you seek stand before you. They are blowing in the wind.

I wish you good fortune on your journey.

**Sam Biser's
Save
Your Life
Collection**

**A Layman's Course
in Curing Last-Stage
Diseases**

Mineral Therapy

Lessons 38-41

**Sam Biser's
Save
Your Life
Collection**

**A Layman's Course
in Curing Last-Stage
Diseases**

Colitis and Nausea
Lesson 38

Colitis and nausea

Colitis and nausea are related. They are both caused by a breakdown of body tissues. I mention these symptoms together because in my own case, they occurred together.

Nausea is not always some mild symptom that can be treated with herbs like ginger. Nausea can be triggered by massive tissue breakdown due to internal stress. The release of cellular components into the blood and colon is a dump of waste products — and produces nausea.

Nausea can be a killing symptom, because it destroys the desire to eat or drink. The person dehydrates and can die from the dehydration — unless hospitalized and put on I.V.'s.

Before I discuss nausea any further, let me cover colitis, which will lead us into tissue breakdown and how to correct it. These are measures you will not learn from fanatic vegetarian herbalists or health gurus. The biases of the big natural honchos can kill — especially when it comes to these two disorders.

38.1 BASIC PROGRAM FOR COLITIS

Now let's cover colitis. This is the program I followed some years ago when I had colitis and was being helped through the kindness of F. Batmanghelidj, MD., a medical expert on dehydration and author of Your Body's Many Cries for Water.

I recommend the following for such cases:

Intestinal inflammation can kill you. The most important thing to do in a situation like this is to correct dehydration and the salt deficiency that goes with it. This is primary and comes before any herbal therapy.

Drinking water is not enough. Fear of salt, and the failure to use it, will cause water to leave your body before it can be used. Also, night sweats can occur as the body excretes water to keep it in balance with your low salt levels.

1. Drink a glass of water every hour on the hour while you are awake. With every glass of water, dip your fingertip in some salt and put the salt under your tongue. When you wake up at night have additional glasses of water and salt. You will be consuming a little more than a half teaspoon of salt per day. If possible, Celtic salt is recommended. See chapter on Sources at end of this Course.

The salt you are taking will neutralize the acid wastes that your body is full of. Additionally, salt is an antihistamine that will reduce inflammation. Beware, in cases of severe demineralization such as colitis, distilled water may be harmful as it can remove minerals from the body.

2. Do not eat any fruit or fruit juices during the critical phase of your illness. Fruit will ferment in your intestines and promote more growth of fungus. If your body tolerates it, you may have plain yogurt with live bacteria. Also recommended, is 2 or more glasses a day of carrot and celery juice made in your juicer.

3. Have someone prepare chicken broth for you, made with fresh whole chicken, salt, onions, carrots, and celery. Add no spices or seasonings. Drink several cups a day.

4. You can have white bread toasted, but no whole wheat bread.

5. A good food to eat is Basmati rice, which can be added to your chicken broth or eaten separately for additional calories.

6. Every two hours, while you lay in bed, you need to do isometric exercises for five minutes. Contract your muscles, squeeze them, and release them. This will send a message to your body not to cannibalize your muscles. It will also send a message that you are “serious” about rebuilding yourself.

7. After several days of this routine, or when your colon is showing dramatic improvement, you may add any light, white fish for lunch or dinner. You may also have steamed vegetables like spinach or squash.

8. Go to bed at 9 p.m. every evening — or earlier. Do not allow yourself to become over-exhausted by staying up late.

9. Do not make telephone calls, or take telephone calls.

10. If you watch movies, do not watch anything that is overly exciting or emotional.

11. Do not attempt to work during the critical phase of your illness, or you could end up in the hospital with a colostomy.

12. Once you have moved past the worst phase, you may have 2 to 3 poached egg whites, once or twice a day with salt. This will supply albumin, an essential protein for your blood.

When your body has begun to have formed movements, with no blood, you may have a whole, poached egg with toast.

13. Once you begin working, do not work more than one hour twice a day. The greatest danger in a colitis case is the threat of *relapse* due to over-stress and over-exertion. A cure that would take 4 weeks with proper food therapy could take 12 weeks if you allow yourself to go into a relapse. Do not resume the same lifestyle that caused you to become ill in the first place.

Remember, as I said in the beginning, intestinal inflammation and ulceration can kill. It is not a minor condition. Consult your medical doctor before you engage in any self-help treatment.

Herbal information on colitis: In addition to information covered on the videotapes, please be aware that Richard Schulze uses large doses of high quality aloe juice, many cups a day, plus licorice root, a half bottle of capsules or more per day, mixed together in a blender drink with slippery elm powder. However, in my opinion, by using a program of water and salt, and food as medicine, these herbs may not be needed. As always, use your own intuition. It is there to guide you. No manual can substitute for that inner voice.

38.2 MINERALS AND COLITIS

Chronic exhaustion can lead to severe digestive inflammation and Crohn's Disease. And once the colon fails to work, you are in store for further body breakdowns.

Off and on, my colon had been a nightmare. I have suffered for eight months at a time with diarrhea and a bleeding colon. This was years before I met Dr. Batmanghelidj.

Nothing I ate would stick with me. Everything turned to *water*. It was like seeing your insides *melt* away. I was getting bony and drawn in the face. I lost thirty pounds. I had no appetite, even when I knew I *should* be hungry. Even when I thought I was ravenously hungry, the appetite disappeared after a few morsels of food.

I knew the colon breakdown was related to the stresses I was going through, but I couldn't stop it. People have been hospitalized from this condition, and some have *died* from it.

Finally, working many times a day with a biochemist I knew, I was able to draw out of him the basic principles of *why* the lining of the intestines break down, why this is associated with fierce *nausea*, and why avoiding certain foods won't cure you.

The problem is really caused by a stress-induced protein breakdown of your colon tissues. As your tissues decompose from the breakdown, they continually release *cellular components* that make you sick. In this situation, your body creates large quantities of fresh toxins on a minute-by-minute basis.

That's why you cannot cure this problem by cleansing your colon. And as I found out for myself, you also cannot and will not cure it with the "cookbook" recommendations for colitis or Crohn's disease now featured in popular healthbooks.

These healthfood writers throw nutrients at these disease symptoms like doctors throw drugs at diseases. But they don't understand *why* you have this disease — and so their assortment of vitamins and herbs does not change the fundamentals. And if you don't *change* the underlying pathology, you are just playing *musical chairs* with your symptoms.

In this interview with Nutritionist Dr. Paul Eck taken several years before he passed, you will learn the uncovered basics you need to cure your colon. It tells you what I *wish* I knew *before* I followed the health "cookbook" advice that left my colon bleeding and took a chunk out of my life.

38.2.1 *People with digestive inflammation are copper-toxic and zinc deficient.*

BISER: *What causes the inflammation of the colon that produces this vicious diarrhea?*

Nutritionist: It's a stress condition that leads to a zinc deficiency. But it is not a simple condition to correct. And giving zinc by itself will in many cases not produce a result.

BISER: *How does a zinc deficiency produce the colon breakdown and other symptoms?*

Nutritionist: When the zinc levels drop due to stress, then you get tissue break-down in the colon. Zinc is needed to produce the long amino acid chains that give proteins their strength.

When zinc is low, you also get inflammation. Zinc reduces body sodium levels, and when zinc is low, tissue sodium rises and there is inflammation. This inflammation reduces absorption of nutrients from the diet, which further contributes to the starvation of the Crohn's or chronic diarrhea patient.

As zinc levels drop, copper levels rise, because the two minerals are antagonistic to each other. The zinc deficiency allows a copper build-up to occur. Typically, these patients are

what I call copper-toxic. A recent study involving mineral testing of the fingernails of 150,000 patients revealed that high copper levels are indeed associated with Crohn's disease — just as I have been saying for years.

The high copper levels cause nausea, just like the high copper levels in pregnant women. Naturally, the nausea makes it difficult for these patients to eat. They tend to pick at their food. As the condition worsens, they often develop anorexia due to the high copper levels.

This, in combination with the colon inflammation and the tissue breakdown, makes Crohn's disease a deadly condition. You can die from it.

38.2.2 The importance of hourly doses of nutrients to cure the colon.

BISER: *What you are saying about the nausea is entirely correct. The only foods I wanted were simple starches, or just juice. During this period, I lost almost forty pounds. I was truly terrified.*

Nutritionist: I remember going through it with you. One of the first things I had to do with you was to establish regular doses every two hours apart. When you were at the worst, we had to go only one hour between doses. If you make the doses any further apart, the stress builds up between doses and the patient goes downhill many times a day. This cannot be

allowed to happen. Most people in nutrition will give doses two or three times a day. This just won't cut it with Crohn's disease or chronic colon inflammation.

BISER: *I remember how you started with zinc and vitamin B-6 and then added nutrients until we had the condition under control.*

Nutritionist: Absolutely. The vitamin B-6 was essential to the building up of proteins. The horrible odors you said were coming from your colon could not be corrected by using acidophilus bacteria. What was happening was that you were experiencing — like most patients — an excessive tissue catabolism or breakdown. Tissues were breaking down faster than your body could regenerate them.

Vitamin B-6 was involved in the synthesis of proteins. Unless you can stop the tissue breakdown, you can't stop the unrelenting nausea.

Initially, we used doses of 50 milligrams of vitamin B-6 once an hour, but these did not solve the problem. You were in an extreme emergency. Then, we went to tablets of vitamin B-6 containing 200 milligrams B-6, plus 5 mg manganese to fire-up the adrenals simultaneously, and 10 mg thiamin.

I remember that you needed 1,200 milligrams of B-6 per day for a few weeks to get the nausea under control, and on one particular day, you needed 2,000 milligrams. That just shows

you the strength of the breakdown process. I also added pantothenic acid, 500 milligrams per tablet, two of them every hour for two hours, along with a tablet of zinc and the vitamin B-6.

38.2.3 *When all else fails, the mineral molybdenum can drive excess copper out of the body.*

BISER: *What was the purpose of the pantothenic acid?*

Nutritionist: Pantothenic acid is another name for vitamin B-5. It's a universal protector against stress. It also has a beneficial effect on copper metabolism. Pantothenic acid can cause copper to be eliminated through the skin.

The last ingredient I had to add to make it work was the mineral molybdenum. I have been a pioneer in using this mineral to overcome copper toxicity. Over the years, I have found that only about forty percent of the copper-toxic cases can be helped by using the mineral zinc.

The problem with zinc is that it can depress the adrenal glands. The adrenals are needed to enhance the production of a protein, named ceruloplasmin, that escorts copper from the body — thus preventing copper build-up. But if you depress adrenal activity with too much zinc, the person goes further

into exhaustion, and more and more copper accumulates. This is the opposite of what you are trying to accomplish.

What initially attracted me to the mineral molybdenum was research relating it to copper deficiency in sheep. There is a condition in sheep in which they develop swayback or scoliosis. It is caused by a copper deficiency. In one farm in Australia, they determined that excess molybdenum in the soil was blocking the copper in the sheep's diet.

You see, molybdenum binds directly to copper in the blood-stream. It will even bind to ionic copper, which is the most toxic form of copper in the body. With molybdenum, it is not necessary to produce proteins to transport the excess copper. Molybdenum binds directly and removes it from the bloodstream.¹ Molybdenum also acts with the mineral sulphur, which is known as a cleanser.

The reason sulphur is such a cleanser is because of its joint action with molybdenum in removing copper. That's why I give a product high in organic sulphur at the same time.

Back then, when you were ill, I was giving you six tablets of molybdenum a day (50 mcg. per tablet). But I have recently learned that many cases don't respond until you use 18 tablets per day.

1. Copper and Copper Enzymes, Vol. 3 by Rene Lontie, CRC Press.

Molybdenum also acts as an adrenal stimulant, for without adrenal strength, you cannot transport or remove copper effectively from the body. Ironically, I believe that these copper toxic patients are also suffering from copper deficiency, and molybdenum helps make the stored copper available.

38.2.4 The amazing paradox that confounds healthfood experts: how a person who is copper-toxic can also be starving for copper.

BISER: *But if a person is copper toxic, how could they also be deficient in copper? It seems like a contradiction.*

Nutritionist: I assure you it is not. The patient may be loaded with stored copper, but at the same time, he cannot get at that stored copper. It is like having money in the bank, but it's Sunday and the banks are closed. You may be rich, but if you are out of cash on Sunday, all the money in the vault won't help you. You can't get it out.

It is the same with copper. Copper toxicity may be killing you, but you can still be starving for copper you can use. And here is where the molybdenum can help by flushing out excess copper, and by making other copper usable to the bodies' tissues.

Finally, with molybdenum, we are able to drive the body's excess copper levels low enough so that tissue repair can begin to take place.

Without the zinc and available copper, the body cannot form the polypeptide chains of proteins. That's why Crohn's disease patients have such an extreme problem in digesting and forming protein, and why the disease can be fatal. Proteins hold the body together and are the basis of hormones. If proteins cannot be manufactured, you will not have the enzymes you need to support life.

The doctors use cortisone to suppress the inflammation, but without the proper mineral balance, you cannot restore the breakdown in protein metabolism.

BISER: *I could tell the molybdenum was working immediately because that mushy toxic feeling in my head started going, and I started to have solid movements instead of watery diarrhea. Until you added that, it always seemed that something was missing.*

Nutritionist: To me, the use of that mineral is one of my greatest breakthroughs. Without it, there would be many I simply could not help. Your readers should know that the doses of any of these nutrients are totally dependent on the severity of the case, and the individual mineral balances of the patient.

It can be complicated and exasperating working through the exact doses and combinations needed to produce a recovery. But at least I have given your readers a place to start from, and a rationale for why the problem is occurring.

BISER: *I just received a letter from a woman in Livonia, Michigan who followed the recommendations in this interview and cured herself of Crohn's disease. She says in her letter:*

"After suffering with Crohn's Disease for 10 years, I finally threw away all my medication last year. With taking a few vitamins and magnesium, I was feeling a little better — at least not like a zombie — but still rinsing my clothes out daily.

"What a blessing your information has been. With the first zinc and molybdenum I took with distilled water, the diarrhea has ended. Never could understand why I was so sick at my son's house — after all, anybody should be able to drink water. Now, I know their's is high in copper. Now I can visit my baby grandson more as I take my distilled water with me.

"Thank you, Thank you, Thank you.

"Finally, I can go to the store and to church. What a blessing! All your suffering has not been in vain."

Nutritionist: That letter is a great confirmation of what I was telling your readers. I need to point out that most cases will not respond that quickly and completely with one or two doses of

minerals. Certainly your case and some of the cases I have seen would not recover so quickly. Also, you need to remember that excess copper can be generated *inside* the body. It does *not* have to be a result of *external* contamination. Most of the time it is not.

BISER: *You are right about it all being complicated. There is no way anyone could find this stuff in regular healthbooks. I think I would have been hospitalized, and might still be there, if you had not known what to do for me. For example, I remember that in-between doses, about four times a day, you had me take several calcium tablets and one copper tablet.*

I was horrendously deficient in calcium, due to the emotional stress I had been under. Yet in spite of all conventional "wisdom", you gave me no vitamin C, and no B-complex formulas, and no vitamin E.²

Nutritionist: Of course not. Instead of healing you, those nutrients would have increased your colon inflammation and kept you in bed.

2. At one point in my life, the only thing on earth that stopped raging fevers was chelated chromium — not the organic GTF. Doses were every hour to two hours for a while. For most other people, however, the nutritionist was able to stop any fever with 3-4 tablets of calcium lactate every two hours. On one occasion, I was able to stop a fever in a family member with a very cool enema to draw out the heat, and possibly the poisons causing the fever.

Copper toxicity has been one of my obsessions, and I am glad I was able to help you. Now let's hope this information can also benefit your many sick readers. Of course, once again, your readers need to keep in mind that every case is vastly different, and all I have done is give basic principles. Anyone with these problems is supposed to be under the care of a physician. This is a serious disorder.

**Sam Biser's
Save
Your Life
Collection**

**A Layman's Course
in Curing Last-Stage
Diseases**

**Principles of
Mineral Therapy**
Lesson 39

Basic principles of mineral therapy

Exhaustion is the mother of all illness. Exhaustion is the *cause*. Killer disease is the *result*.

It takes energy to maintain and repair all the parts of your body. When energy is lacking, only essential repairs get made. And when energy is continually lacking, part of you wears out, then fails. If the part that wears out is a vital part, like your heart, then you have a killer disease.

Energy is to the body what money is to the economy. Without energy, your body cannot defend itself against killer diseases from within and infectious agents from without.

In this lesson, you will learn some of the biochemical principles behind the generation of energy, and I will give you

answers that are not understood in the natural health field — or in medicine either.

Chronic exhaustion is something I understand personally. It has been a lifelong companion. Since I was a child, chronic fatigue was my enemy. I didn't develop exhaustion through overwork. I was born into it. Fatigue was such a part of me that I thought it was my personality — not a metabolic disorder.

Chronic fatigue haunted me while I was growing up. It prevented me from studying oil painting and playing the piano, because I would fall asleep while trying.

In my teenage years, chronic fatigue caused me the isolation of solitary confinement. Without energy, I had a hard time reaching out to make friends. Without energy, I had to avoid activities. I had to lay low, because even the stress of animated conversation was enough to bring on anxiety attacks.

If it had not been for the information in this and other lessons, I would still be lying in bed, instead of editing the interview you are about to read. When I first got into Nutrition, I believed everything I studied. I had no reason to doubt the miraculous stories. I fully expected to be one of them.

But it didn't happen. Whenever I couldn't get results, someone or some book would suggest another nutrient. "Have you tried folic acid? What about magnesium ascorbate? Are you sure you don't need selenium? Have you tried cleansing your colon? Nothing will work if you don't do that. What about wheatgrass concentrate? Maybe you are low on potassium?"

And then I heard from professionals. "Your fatigue may be a way of avoiding life," said a over-intellectual nutrition professor at the college I attended. I read self-help "you-can-do-it-too" psychology books. They got me excited after reciting the right power phrases, but the enthusiasm wore off within the hour, because I had to lie down and take a nap again.

Finally, I read books on mental illness, thinking that the answer to my exhaustion was deep, deep within my mind. I remember sitting in a college library one snowy day, with my body feeling so dead it was like my blood didn't flow anymore — or had left the body — and trying to find a Freudian complex or a mental disorder that would open the doors of enlightenment, and release me from exhaustion. But nothing happened. Nothing.

The wonderland of health cures turned out to be a dry desert. The fatigue I and others were going through could not

be cured by a vacation — or by milk-based concoctions of nutrients, or combinations of various anti-oxidants, or by cleansing the diet of beef and fatty foods.

Finally, after years of travelling and talking to unknown researchers, I discovered why traditional nutritional and natural healing remedies often did *not* work for critical cases. I also found out that over-simplistic health recommendations were causing great harm — in people who were so sick they could not tolerate any harm.

Since the healthfood idealists like me have so much faith in Nutrition, if we encountered problems or side-effects, we probably thought it was because our systems were just cleansing themselves of toxins.

You will learn the views of a scientist who laughs at popular health books. He knows — as I do — that they cure the few, pacify the many — and torment the desperate. Each new discovery is like a beautiful mirage of palm trees and figs, but when you go to taste the fruit, you find improvements that do not last, new conditions that appear from nowhere — and the pain of too many hopeful highs followed by too many painful lows, of realizing that, after it all, and when the final score is tallied, you are still exhausted through to the core.

This interview presents the views of the late Dr. Paul Eck, a largely self-taught Nutritionist who proves what I have always said: Knowledge comes from within, not from books. Books may confirm what you suspect, or point you to new paths, but the real breakthroughs are not a conglomeration of previous thoughts — but *new* ways of seeing the same problem.

The purpose of this is not to give you prescriptions, although you will learn recommendations you are welcome to consider. It is to teach you to understand *for yourself* what must be done to restore energy to burned-out bodies. I want you to understand and think — not to memorize.

39.1 BASIC DISCUSSION FOR LAY PEOPLE AND DOCTORS

39.1.1 *Correcting my zinc deficiency took away all my energy and put me on the couch.*

BISER: *When did you first realize that Nutrition as taught doesn't really work?*

Nutritionist: I learned from my own mistakes. I had a mineral test done on myself. It showed I was low on zinc. I was excited.

I said to myself, "If I feel good now, I can't wait to see how great I'll feel when I correct my zinc deficiency."

So I took zinc, and I got fatigued. It didn't make sense. I figured I must be under a lot of stress, so I took some more zinc. I got worse — but it happened so slowly I didn't realize it was the zinc. I thought I was just going through a tough period.

I got so worn-out, I would lie on a couch to read my books, instead of sitting up at a desk. I wore loafers, so I wouldn't have to reach down and tie my shoes.

I had another test done see where I stood. I was stunned. My zinc levels were worse. They were lower. And my iron levels were higher. It didn't make sense. Here I am taking zinc and zinc goes down, and I'm not taking any iron and my iron goes up. After a while, I figured it out.

BISER: *What was the problem? Was it something you were eating?*

Nutritionist: Not at all. What I didn't realize was that my so-called 'zinc deficiency' was good for me.

By keeping my zinc relatively lower than normal, my body was actually increasing my energy. You see, most people don't realize it, but if you check the physiology books, you'll learn that zinc can reduce the levels of one of the adrenal hormones. That's one of the ways your body regulates hormone levels.

But I was too stupid to realize it. I looked at a chart, and, like everyone else, I wanted to charge right in there and correct

one of Nature's mistakes. That was just one of many kicks in the behind I got from my own body as I tried to tamper with it.

BISER: *And what about the iron?*

Nutritionist: That was caused by the zinc supplements also. I looked on a chemical chart and realized that zinc and iron were antagonists. That means that even though they work together, they also block each other. It's part of the body's system of checks and balances.

So when I took the zinc supplements, it was forcing the iron out of my tissues. The iron wasn't really going up — it was going out of my cells, where it was needed. It was like smoke coming out of a smoke-stack. That's one reason I was feeling so tired.

What happened to me was something I began to see in hundreds of cases. You see a deficiency on a test. You give the nutrient to correct the deficiency. And the next thing that happens is not a cure. It's the body lowering the level of the nutrient you wanted to replace.

For example, you see a person deficient in calcium, and you think that fixing it is as easy as falling off a log. So you give calcium, and their calcium level drops and they feel more miserable.

39.1.2 *Muscle weakness can be caused by excess calcium.*

BISER: *I know what you're saying, but it doesn't make sense. Why wouldn't people feel better if you correct their deficiencies?*

Nutritionist: You *can't* go by deficiencies.

What you *think* is a deficiency of vitamin C or calcium may be caused by a copper loss, or by an aluminum excess. I hate to get complicated, but Nutrition is not as childishly simple as they are presenting it today. You know how it goes: vitamin C is for colds, vitamin E is for the heart, vitamin B is for energy, and other half-truths.

For example, most burned-out people may appear to need more calcium. In reality, most of them have too much calcium. The problem is that it's locked away in their tissues. They've got plenty of it — but it isn't doing them any good.

One of the side-effects of this excess calcium is that it blocks the mineral manganese in their bodies. That's why their muscles feel so weak.

The same phenomenon occurs in soils that get too much lime from over-zealous gardeners. The excess lime blocks the manganese and can cause a manganese deficiency in the crops — even though there's plenty of it in the soil.

Likewise, you could have plenty of manganese in your body, yet be suffering terrible exhaustion because the calcium in you is preventing you from getting any benefit from it. Excess calcium intake, by lowering the levels of manganese, zinc, copper and other minerals can cause at least 90 different diseases.¹

My nutritional programs cause adrenal activity to rise steadily, thus liberating the excess calcium from storage, putting it into solution, where it can be used or excreted.

Here's another example of the hidden difficulties in nutritional science: Most people have never heard that so-called deficiencies may be *good* for you. For example, you hear more and more talk today about the importance of magnesium, and how we should all take extra supplements of it. It's true — but only for *some* people.

In others, the body selectively decreases magnesium absorption to increase adrenal activity. You see, magnesium and sodium are opposites. When sodium levels go up, magnesium levels go down. It's like a big see-saw. So when the body lowers magnesium levels on purpose — as a defense

1. [Editor's Note: Some individuals have a slow metabolism, yet they need additional calcium and respond to various nutrients as if they had a fast metabolism.]

measure — sodium levels (which represent adrenal activity) can go up.

BISER: *I found this out for myself. Several years ago, magnesium was one of the best things I could take to feel better. But in the last year and a half, if I take more than a tablet, my energy plunges and I get depressed and lethargic. I remember one period last December in which I started taking magnesium to see if it would help me again. The next day, I lost an enormous amount of strength. It took weeks to bring it back.*

I guess that helping people get well is not as simple as going around like Molly Pitcher filling empty buckets representing their deficiencies!

Nutritionist: No. It doesn't work at all. If it did, all the exhausted people could go to the healthfood store, load up on vitamins and minerals, go home and get cured — and we wouldn't even be having this discussion, because everyone reading it would have lots of energy.

39.1.3 *Why regular nutritional advice puts people into a bigger energy black-hole than when they started.*

BISER: *What does an exhausted person have to do to correct their deficiencies?*

Nutritionist: What you've got to do is rest the glands, which are exhausted from the burn-out.

But that's not what today's nutrition does. It uses vitamins C, B and E, etc., which can act as stimulants to *force* the body to produce more energy. You get a short-term kick in energy levels.

But you are weakening glands that already have threadbare energy reserves. That's why the energy boost doesn't last. Without realizing it, many people are doing themselves damage by stimulating one gland and weakening another.

Their body is like a car that is stuck in a rut. The more they apply the nutritional gas, the deeper a rut they dig for themselves. These people go okay for a week or two, then they collapse again. No improvement lasts.

For example, returning to the zinc example we mentioned in the beginning, zinc and copper are required for the creation of pituitary hormones that stimulate all the glands. If you overuse zinc to treat stress, you may be depriving yourself of an adequate supply of certain hormones needed for your recovery.

BISER: *It's easy to see why the current "stuff-your-face with nutrients" approach is so useless. I remember that what you did to help me was basically a small program that rested my glands.*

Nutritionist: That's absolutely right. In many cases like yours, the true solution was to stop trying to provide exhausted people with an immediate pick-up in energy. The answer proved to be the opposite: give nutrients that slow down metabolism.

What I did in your case was to physiologically put your adrenal glands to bed. This prevented your adrenal glands from overreacting to stress and thereby further depleting energy reserves you didn't have.

This was the same concept behind the use of adrenal cortical extract years ago. The idea was to take the load off the glands, so that the body's energy would not be wasted producing more hormones.

When I first proposed this concept, some people were afraid to try it. They were afraid they would get weaker. Actually, the opposite occurred. After they tried this program on their patients, doctors who had problem cases of exhaustion stopped calling me. They got the advice their patients needed. I remember that one of these cases was that of a 31-year-old woman in burn-out for eight years who had a major problem with copper toxicity. She was a professional singer, but due to the burn-out, she had no voice left.

Her sodium and potassium levels had been two and one, respectively — which is right at the bottom of the chart. These readings had not improved in fourteen analyses over a three year period. But she was placed on a program of three tablets calcium (200 mg. each), two tablets of magnesium (130 mg. each.), one tablet copper (2 mg.) and one tablet of zinc (22 mg.) all given together two to three times a day.

Her sodium went to twelve, her potassium went to four. This change represents an almost six-fold increase in adrenal function. It also represents a major improvement in her ratio of sodium to potassium. Just last week, her strength and voice had returned so much that she was able to give a three hour singing recital.

BISER: *Does this program work for everyone?*

Nutritionist: Of course not. That's why I want to discuss several different approaches I have used successfully for burn-out. One problem that occurs is that some people on this program end up feeling more exhausted — due to their own foolishness! They are so happy to have extra energy that they immediately overextend themselves with too many activities. Then, they blame the program because they feel tired.

For instance, one girl on the program complained about how tired she was. I asked her what she had done the day before. She said, "I did more yesterday than I did in the whole

last year.” I explained to her that this was the reason for the fatigue — not the program.

In one case, a woman had experienced good results, but had then leveled off into a plateau with no further progress. Her magnesium had been taken in doses of two tablets three times a day. Her zinc had been in doses of one tablet three times a day. After review, her magnesium was changed to two tablets in the morning, one at lunch, and two at dinner, and the zinc was changed to one tablet at lunchtime only. Within fourteen hours of this change in her program, there was a major pick-up in her energy.

In other cases, I have needed to add a special supplement containing chelated iron and vanadium after the person has been on the program several months or more. Those individuals who are eliminating excess copper may find great relief from iron — since iron blocks copper activity. In these cases, you can even use blackstrap molasses. But be sure to rinse your mouth well after using it and brush, since it can stick to your teeth.

For such people, iron added to the program will give them strength and energy — plus a reduction in anxiety. But when used without this program, iron often fails to help on a constant basis. It stimulates the person, who first experiences a

welcome burst of new energy, followed by an exhausting letdown.

Overstimulation in such people is not just a question of more fatigue. It can lead to a heart attack or stroke.

39.1.4 Old-fashioned nutrition can trigger heart attacks and strokes in exhausted people.

BISER: *How's that?*

Nutritionist: Because the person is too frazzled already. It's like forcing the glands to run around the track when they should be in bed resting.

I remember one man in this category, an old friend, who showed up on my doorstep looking like "hell." His name was Don, and he had travelled all over the West Coast giving seminars. He was your typical fast metabolizer. Don was so weak his legs were shaking. He was talking so softly I could hardly hear him. His skin was pasty-white. I was worried he would pass out in front of me. His wife said, "I am so afraid that Don is not going to make it."

Don showed me his last mineral analysis. It was horrible. He had a ratio of sodium to potassium (called the Energy Ratio) that was 0.37. Normal is 2.5. Don told me, "I can't sleep. I can't walk. I can hardly stand up. I can't figure out what happened."

Since it was an emergency, I gave him a huge dose of eight tablets of calcium, three of copper, three of magnesium, three of zinc, and one of vitamin B-6, all at one time. I have found out that to fail to give a large dose when it is needed is as dangerous as giving too big a dose when it is not needed.

Then I gave him a daily program of the same minerals divided into multiple doses with the same proportions.

Don went back to his hotel to rest. He called me within an hour. He said, "I am ready to drive back to Washington." He left the next day, but before he left, he called again and said he felt like a zillion.

Anyone else in nutritional circles would probably have given this man vitamin C and other supposedly anti-stress supplements high in B-vitamins. And these supplements might have a *temporary* benefit.

But if something went wrong and he collapsed, no one would ever have suspected that it was stimulation nutrition that pushed him over the edge. Fortunately, I knew better.

The fast metabolizers like Don have a system that is burning itself out and suffering from protein breakdown. They are also suffering from extremely low calcium levels. Since the mineral zinc lowers calcium levels, you have to be careful about giving these people enough copper. I usually give at least two

to three tablets a day. You also have to be careful about lowering their calcium by giving too much zinc — no matter how much copper you use to offset it.

I also have to give them enough magnesium as compared to calcium, since a calcium excess would reduce parathyroid activity and lower their calcium levels even further. Since calcium regulates the action of the heartbeat, you need magnesium to insure that calcium levels will indeed rise.

BISER: *In my case, you had to skip magnesium, since it plunged me into depression. I remember that you relied on calcium given together with copper and taken at a separate time from all other minerals.*

Nutritionist: That's correct. What I've found is that copper and calcium given together can increase the potency of the calcium by three or four times.

In your case, we had a sodium loss and we could not let the sodium drop further by giving magnesium.

In the fast metabolizer, I often give a tablet of high-potency B-vitamins, since their racing metabolism does not respond to small doses. In most cases, I tend to avoid iron, since the fast metabolizer's cells are already breaking down and releasing iron into the blood. They typically suffer from high iron, which makes them prone to heart attacks.

The copper tends to drop the iron by taking it out of storage, thus reducing the danger to the patient. If these patients drink wine, I will recommend white wine over red wine, since white wine is rich in copper, which they need, and red wine is higher in iron, which they don't need.

One final warning on the fast metabolizer. They tend to be low on copper, which makes it dangerous to give high levels of vitamin C. Vitamin C lowers copper, which is already low. Vitamin C raises iron, which is already too high. It also raises the sodium level, which may *also* be too high.

39.2 COPPER RULES THE ROOST

39.2.1 *If you can't get the copper levels down, you can take all the vitamins and minerals ever discovered, and you'll still be in burn-out.*

BISER: *I'm glad you did too. In the beginning of our interview, you mentioned you helped a woman who was copper-toxic. Do you ever have to do special things to cope with the copper problem?*

Nutritionist: I sure do. My goal is reduce the copper build-up that occurs in exhausted people. When the adrenals are weak, copper always accumulates. It doesn't matter what you eat, the copper accumulation occurs internally.

Therefore, getting the copper toxicity down is the key to getting the metabolic rate back up. It's the key to recovery.

BISER: *Why's that?*

Nutritionist: Because copper is the final mineral needed in the production of energy. It's used in the production of the enzyme cytochrome oxidase. If this mineral is depositing instead of being properly utilized, you'll never have more than minimal energy.

Another problem is that copper that deposits damages the organs it deposits in. For example, in Wilson's disease, copper deposits in the brain and destroys brain tissue. It can also do this in the liver, the spleen, and elsewhere.²

In the slow metabolizers, the copper is not available for its intended use in hemoglobin production. That's why the person is so anemic. It's not that they don't have iron in their bodies. It's that the iron is stored in their liver just waiting for available copper to release it.³

I just helped a neighbor of mine whose daughter was going into burn-out so badly, the girl wouldn't talk or communicate with her parents. She just sat in front of TV, or lay in bed depressed. She was a zombie. She also had hallucinations.

2. Even though the body may have toxic levels of copper, they may not be evident in mineral tests, because they are locked away in body tissues, tightly bound to proteins.

I told her mother to give her daughter a single dose of six tablets of the mineral molybdenum and two tablets containing 500 mg. vitamin C and 500 mg. of the B-vitamin niacin. I didn't use these nutrients because of any deficiency. My sole purpose in using them was because these nutrients were copper antagonists, that is, they all *reduced* copper levels.

The high copper levels in this girl were destroying the niacin in her body. For those who aren't aware of it, copper destroys niacin, just like it destroys vitamin C. I got the idea for using niacin because I figured her copper toxicity was inducing symptoms of a disease called pellagra, a niacin deficiency. Pellagra was common in the old South and it was known by the Four-D's: diarrhea, dementia, dermatitis, and death. In this case, it was the aspects of dementia that caught my eye.

39.2.2 *If a person's niacin supply is being destroyed by copper, the Minimum Daily Requirement (MDR) for niacin doesn't mean a*

3. The iron is not the problem, as current health literature seems to indicate. It's just the slow metabolism that allows iron, copper and other minerals to accumulate. Without iron, some people with copper-toxicity may be unable to clear out their copper excess. Once again, healthfood misadvice for everyone to avoid iron will screw-up as many people as it helps.

hill of beans. No diet can compensate for the damage done by copper toxicity.

BISER: *What happened when you tried this out on the girl?*

Nutritionist: My analysis of her case was correct, because within 45 minutes to an hour, the mother noticed the first signs of improvement.

The girl started talking and communicating, acting *more* like a human being and *less* like a zombie. Today, the girl is on three doses a day of what I gave her in that initial dose one evening last month. She's back to normal and going to school again.

Her case brings out three important points. Number one: if you give the right nutrients, you will usually notice a result within one hour. When people say, "Nutrition works slower, so you have to give it time," that's because they're not using the right nutrients.

Second, the first signs of improvement will almost always be emotional or psychological. People will say things like, "I feel better in my head," or else they won't feel so distant or depressed. These changes usually *precede* physical improvements.

Third, a person with a severe copper problem may not show much copper on a test. That's because most of it may be

bound to proteins in the liver and elsewhere, and only intermittently released between tests.

39.2.3 It is in the liver that much of the excess copper is stored, and this copper must be mobilized if the person is ever to get out of burn-out.

BISER: *What have you been doing in typical cases of copper toxicity burn-out?*

Nutritionist: I put people on a program that clears out the copper, but one that does it slowly and without symptoms.

If you force copper out too quickly, the patient feels so miserable they will quit the program. But these new programs I am using are doing just fantastic. Instead of using 22 milligrams of zinc, I will use a tablet with only 6 milligrams of zinc and 100 milligrams of potassium. I'll give this in the morning and evening. The zinc, in combination with other nutrients, helps retain the potassium in the body.

The reason that people take so much potassium or green vegetables, or green-food supplements, or herbal potassium mixtures without success is that other minerals needed for their utilization are missing by the time the potassium becomes that low in the body.⁴

I will also give a tablet of manganese once or twice a day. Some people will only need 1/2 a tablet once or twice a day — and this may vary from day to day. The purpose of the manganese is to raise the salt-regulating hormones of the adrenal gland.

I have seen increases of adrenal activity of 300 to 400% by following this program. These improvements occurred in cases that didn't respond for years to anything else. In one case, the person was a dentist who had never had sodium levels (which represent adrenal activity) over 3 or 4. On the next test, his

4. **Beware:** some people will observe major energy loss and mental depression from taking high potassium beverages or supplements. This is not because of a potassium side effect, but because the extra potassium goes against their metabolism. When potassium is not needed, it will upset the sodium to potassium ratio, called the Energy ratio, the most important mineral ratio in their tissues. Extra potassium for the wrong people will also lower calcium and upset the thyroid function, since the thyroid is regulated by the calcium to potassium ratio. When I see these ads for high-potassium drinks and supplements that are supposed to give energy, they just make me angry because I know how many people will be unable to get out of bed because of a supplement that was supposed to *energize* them.

Finally, most hair analysis labs run absurdly inaccurate readings for sodium and potassium, the two most important minerals needed to evaluate any chart. That's because they persist in stupidly washing the hair with water, which removes sodium and potassium. In addition, to save money, they run the tests on equipment that is not regularly calibrated to known external standards — nor intended for the accurate determination of sodium and potassium levels. Many doctors will send tests to cheaper labs to save a dollar or two, not knowing the necessity of proper lab procedures and not knowing that for insignificant savings, they are throwing all accuracy and patient well-being out the window.

sodium levels had gone to 15. That's an astounding improvement.

I will also give molybdenum, 2-3 tablets three times a day, depending on the response. Some people, like the 17 year-old girl I mentioned earlier, needed far more, about 18 tablets a day. The purpose of the mineral molybdenum is to drive the copper out of the blood and out of the body.⁵

I will also give a low-dosage B-vitamin supplement named to give adrenal activity a small nudge. It is in the liver that much of the excess copper is stored, and this copper *must* be mobilized if the person is ever to get out of burn-out.

39.2.4 *People in burn-out lose their taste for proteins. That's why they gravitate to easily-absorbed starches.*

BISER: *I realize from working with you that there are other types of metabolism that can go into burn-out, and that such people need different programs from the ones you have described. But before we go*

5. As the mineral textbooks state, "Interactions between molybdenum and copper form a non-utilizable copper-molybdenum complex." Such texts also state that adrenalectomy or Addison's disease result in an increase in body copper levels, which is precisely what Paul Eck contends.

into that, let's discuss diet for a minute. How does this relate to burn-out?

Nutritionist: As people slide or collapse into burn-out, they change the foods they eat. The person believes it is a matter of changing tastebuds.

However, it is not really a decision. It is a reality forced upon them. For example, several years ago, I developed an incredible craving for pickled herring. I thought it was a matter of choice. Actually, I was hungering for zinc, which is high in herrings, and I didn't even know it. So you may think your food choices are intellectual decisions, but your body is alerting you to a problem.

For example, as the metabolic rate slows down, the digestion and assimilation becomes impaired — particularly protein digestion. There is a reduced secretion of hydrochloric acid and pancreatic enzymes. This leads to putrefaction of proteins.

The person often experiences a distended abdomen and uncomfortable feelings in their stomach whenever they eat red meat. It is quite understandable why they would develop a distaste for such foods.

The distaste for red meat also has to do with its high fat content — as much as 27%. The fat causes the person to feel

worse because it depresses their already slow rate of metabolism.

The person then begins to develop a taste for poultry — which has a much lower fat content. As the person's digestive state deteriorates, he starts eating fish. I must emphasize that it is not necessarily the protein that is causing the problem. It is the fats. The protein actually has a tendency to pick up the metabolic rate. The individual goes from foods with higher fat (red meat) to foods with lower fat (chickens) to foods with still lower fat (such as fish). Did you ever see much fat in a fish?

As a person's metabolic rate declines, even fish cannot be tolerated. The individual gravitates toward eating more and more vegetables. These give him quick-energy starches to support their declining energy levels.

Once a person's dislike for meat becomes obvious, he starts concentrating on cottage cheese, yogurt and dairy products — along with vegetables. The person rationalizes his switch to dairy foods by saying he needs a source of protein.

But dairy products are also high in fat, so this eventually becomes a problem for them too. The last available food alternative then becomes a diet built around fruits and vegetables. Please note that these foods are low in fats and high in sugars and complex starches.

39.2.5 The desire for fruit juices is another sign of burn-out.

BISER: *I notice many healthfood people specialize in fruits and fruit juices. This just shows how badly they need quick energy that is easy to digest.*

Nutritionist: Definitely. These people can't even produce enough energy from the slowly digested sugars in starches. Their only alternative is to eat quickly digested high-energy foods like fruits.

All the while, people believe they are making intellectual dietary choices. What they are really doing is tailoring their diet to an exhausted metabolism that can handle less and less and less. Only a person in some stage of burn-out would be satisfied with a largely vegetable diet.

39.2.6 A recommendation for burn-out victims.

BISER: *I noticed that when I am exhausted, I crave starches and even junk food -- even though I know that this is bad for me. What's going on here?*

Nutritionist: The lower your energy, the more you crave rapidly-absorbable energy. In many cases, it's not that junk food is making people tired, but that incredible fatigue is forcing people to choose these foods. When you increase the

person's energy, they automatically start choosing a healthier diet.

One thing that helps many people tremendously is to reduce their refined carbohydrate intake by 10-15 percent. They will notice a sharp increase in energy. That's because you are breaking a pattern without completely changing their diet, which they would rebel against.

A 10-15% reduction doesn't sound like much, but it's enough to start changing the chemistry.

BISER: *I have met a number of people who reduced their intake of red meat drastically — simply because they are philosophically opposed to the killing of animals, or because they are concerned about hormones in meat, or other health hazards from eating meat.*

Nutritionist: The opposition to meat-eating is frequently rationalized in three different ways. 1) The person is opposed to the killing of animals. 2) They feel that meat-eating leads to aggression and violence, and 3) They feel that meat-eating is inconsistent with awareness and increased spirituality.

For many people, behind these assertions exists a low energy level. Most high-energy persons quickly realize that a predominantly vegetable diet fails to support high energy levels. For instance, high energy people enjoy the delightful

tastiness of Chinese cooking. Yet they frequently find it necessary to get a hamburger a couple hours later.

Only a person in some stage of burn-out would be satisfied by a strict carbohydrate or vegetable diet. There are many people who claim they eat meat but when you ask them how often they eat meat, they will say, "Oh, once or twice a week." To me, a real meat-eater is someone who eats meat protein at least once a day, every day.

There are also people who will vigorously deny being vegetarians. They will say, "I eat chicken." Upon further questioning, you will often discover that they eat fish or poultry only once or twice a month — whenever they feel up to it. Vegetarians must improve their metabolism before they can attempt to re-introduce animal protein.

39.2.7 Until the adrenal glands are strengthened, an individual will not benefit from eating animal protein.

BISER: *Do you suggest that most people eat animal protein to build-up their strength?*

Nutritionist: No. Not initially. Exhausted people often can't handle any quantity of animal protein. They aren't ready for it. They would get worse if they tried to eat it.

First, you must increase the person's metabolic rate. Then, animal protein can be delicately and carefully re-introduced.

Of course, many people will still lack the hydrochloric acid needed for protein digestion. One product that many companies offer is Betaine HCL and pepsin, which aids in the digestion of animal protein. It is very helpful when re-introducing animal protein into the vegetarian system.

But until the adrenal glands are strengthened, an individual will not benefit from eating animal protein. You must wait until the metabolism is on its way back to normal.

BISER: *Does the person go back into animal proteins in the reverse order in which he stopped eating them?*

Nutritionist: Exactly. They will begin with fish, then add chicken, and move gradually back to red meat. People can be so depleted that it may take three years of fish eating -- and occasional chicken -- before they are ready for red meat again.

Animal protein is essential for energy production. However, you need energy to get energy from it.

BISER: *It is like the saying, "It takes money to make money."*

Nutritionist: That is right. This is true about many health matters. For example, exercise can give a person more energy.

But if you have no energy to begin with, it will make you more exhausted.

BISER: *I think the average person can understand that energy levels affect what he wants to eat. When I get too tired, I can only pick at my food, or not eat at all.*

Nutritionist: That is correct. Many people are so chronically tired that there is less and less he can eat. The vegetables he eats don't pick him up that much, but they don't drag him down either.

It is claimed that a high-starch, no-meat diet enables a person to deal with stress, increase one's energy, and dramatically improve one's muscle and skin tone. In addition, one's life would be prolonged. However, we have found the reverse to be true. The proof of the pudding is in the eating. Any direct association with people who follow such a diet will bear out what I have been saying.

A new era of illness is being 'introduced' into our society. It is a legacy of inherited weak adrenals and slow metabolism. One way of coping with a weakened system is to eat lightly, thus the re-introduction of vegetarianism, and its rise in popularity.

It is almost heart-breaking to me that so many "health-nuts" are so devoted to living longer and healthier lives. They

certainly mean well, but are sadly misinformed. I must give such people credit for being concerned with nutrition and health. They are people after my own heart.

But I must stress that an unpleasant outcome awaits a person who continues with his insufficient eating habits.

39.3 HEALTHFOODS THAT CAN KEEP YOU EXHAUSTED

BISER: *One thing I want to cover is the use of whole wheat, oats, and citrus fruits. I have seen my own energy decreased so severely by these foods that I want to warn other people who are trying to get out of burn-out.*

Nutritionist: All of these foods can lower calcium, magnesium, and zinc.

For instance, I have seen people have their hypoglycemia or diabetes problems flare up simply by eating citrus fruits. One big fallacy today is that oat bran is good for everyone, and that it will lower everyone's cholesterol. This is absolutely false. Oats can be the most devastating food for people with an extremely fast metabolism.

BISER: *I remember when I first got into nutrition, I began to eat granola, which is high in oats. I used to get sick for three days every time I ate granola.*

Nutritionist: By lowering the protective minerals, oats can actually promote bone disease in people with low magnesium levels, especially when these levels coincide with a high level of adrenal activity (high sodium and potassium.) Also, by increasing sodium and potassium, oats can thereby increase stress and possibly increase cholesterol.

If you notice negative reactions from oats and wheat, try sprouted grains or sprouted bread.

BISER: *Another area of problems is the heavy use of grains.*

Nutritionist: Yes. We have already discussed one reason for this. Many people find it easier to digest starches than either fats or proteins.

A second major reason is that most grains contain phytic acid. These substances cause calcium, magnesium and zinc to be eliminated from the body. These are minerals, that, in excess, slow down the metabolic rate. You can get a short-lived boost by temporarily reducing calcium and magnesium levels.

The trouble is that the zinc level in many tired people is already terribly low, since meat is a major source of zinc. Vegetables and fruits are very low in zinc. They are also relatively high in copper, as compared to their low zinc content.

The person will get a 'kick' each time he lowers the zinc, but the lower the zinc, the less of a kick he gets. Each time one lowers the zinc, the potassium level also drops. This leads to low energy and hypoglycemia — a common complaint.

Beyond a certain point, reducing the zinc any further is not effective in boosting short-term energy levels.

That is why I call the heavy use of grains and complex starches as another addiction. Such a diet allows the person to handle short-term symptoms. It allows long-term problems, such as hypoglycemia, to get worse. My own research has proven to me — beyond a shadow of a doubt — that phytates do cause major mineral losses. All allergists know that grains are a major cause of assorted health problems in susceptible people.

39.3.1 Why some of the most burned-out people have the highest zinc levels.

BISER: *Speaking of zinc, do exhausted people usually show a low zinc level on a hair analysis?*

Nutritionist: Not necessarily -- if all one is going by is mineral levels. However, going merely by mineral levels can be deceptive. For instance, the person may have a normal zinc or

even a high zinc level. Yet he may be just as deficient as someone who has a zinc level that is only 20% of normal.

The normal or high zinc level could actually represent a zinc loss from the body. Especially high levels of zinc almost always represent severe burn-out. The body is losing zinc not because it doesn't need it, but because it cannot retain it.

Incidentally, extremely-high zinc levels in a woman represent severe burn-out causing profound sexual frigidity, hatred of men and a feeling of martyrdom. Believe it or not, one sign of recovery in these particular cases is when the zinc levels begin to *drop* — even if they go below normal. It is better to have a lower level of usable zinc than a higher level that cannot be utilized.

Incidentally, the low amounts of available zinc can cause extreme muscular weakness. Zinc is necessary to stabilize potassium. If potassium cannot be stabilized, the person suffers from a potassium deficiency — even though he may be eating a large amount of vegetables. A lack of available potassium causes many common complaints. I am talking about such complaints as muscular weakness, apathy, listlessness, underweight and depression.

These symptoms can be corrected when you enable the body to retain potassium— thus making it usable. If this is not

done, the potassium merely passes through the body like water through a spaghetti sieve.

39.3.2 Why exhausted people crave green vegetables, and why the improved diet does nothing for their energy.

BISER: *Let's discuss food compulsions that occur in burn-out.*

Nutritionist: Certainly. It is because of their low potassium levels that some people *crave* vegetables and fruit juices — which are also high in potassium.

We have already said that many exhausted people are in a state of slow metabolism, i.e. low adrenal activity. As adrenal activity decreases, the potassium levels drops to very low levels. We see that consistently in mineral analysis testing.

Tests reveal that extremely fatigued people have low potassium levels. A potassium of 10 milligrams percent is considered normal. The majority have potassium levels of 2 and 3 — that is 1/3rd to 1/5th of normal levels. This is despite the fact that vegetables are the richest source of potassium.

These pitifully-low potassium levels give you some indication of the plight these people are in. Potassium levels are indicative of one's energy level. They also reflect the status of one's adrenal and thyroid gland function.

BISER: *But it doesn't solve their problem.*

Nutritionist: No, of course not.

Without the glucocorticoid hormones of the adrenal glands, it is impossible to retain normal potassium levels. Zinc is required to stimulate the production of these hormones.

Unfortunately, these people are on a low zinc, high copper diet. They lack the zinc they need to retain potassium in their tissues. Adequate potassium levels are also necessary for the secretion of hydrochloric acid in your stomach. Hydrochloric acid is needed to begin the breakdown of proteins. Without sufficient hydrochloric acid, one will develop a distaste for animal protein.

The inability to digest meat is nothing to be proud of. It is a cry for help from a body that is on the verge of a serious dysfunction. The body in its wisdom forces the person to avoid meat. In truth, the body is in a holding pattern. It is trying to muster its forces in an attempt to return to a more normal status.

If the potassium from vegetables was really solving the person's problems, then where it is going? Why do they have such low potassium levels? Where is all the potassium they are eating? The answer is that they don't have the energy to retain

the potassium. It goes through them like a sieve — no matter what quantity of vegetarian foods they eat.

That is why an excessive vegetable intake is an addiction. It requires a constant intake of potassium from foods just to maintain a low level of energy.

BISER: *You could call it vegetable addiction.*

Nutritionist: I certainly would. The diet is supportive, but not corrective.

39.4 THE NEED FOR SALT

39.4.1 *Without enough salt in your body, your cells starve — no matter what you eat.*

BISER: *Let's discuss salt briefly. Many people in burn-out believe they are improving their health by avoiding all salt.*

Nutritionist: When there isn't enough sodium in your body, you get cellular starvation!

The typical healthfood advice to avoid sodium at all costs can lead many into the “energy graveyard.” Without sufficient sodium, nutrients *cannot* enter your cells and you'll have malnutrition (and exhaustion) — no matter how good your diet.

Sodium regulates the passage of nutrients into the cells. One way it does this is by regulating the porosity of the cell membrane. Cells with less sodium are less porous. Cells with excess sodium are more porous. The porosity of the cell membrane helps determine the metabolism, or the “burn-rate” of the body. It also determines the ease with which cellular waste matter is eliminated.

Contrary to the rigid thinking of the health crowd, most people do *not* have too much sodium, they actually *lack* sodium. In 17 years of research, I have found that the majority of people have low sodium levels, even in cases of hypertension. This occurs particularly as people get older.

Ninety percent of the people I have tested have low sodium levels. Anyone with low sodium levels is automatically suffering from malnutrition, no matter what they eat, simply because there isn't enough sodium to drive the nutrients across the cell membrane.

BISER: *Any suggestions for readers?*

Nutritionist: To help your adrenal glands get going in the morning, you can take a 1/2 teaspoon of salt in a 8 oz. glass of water. Doing that will get you off to a halfway decent start. This will shake-up your adrenal glands.

The adrenals regulate sodium metabolism. In the early morning hours, your adrenals are at their weakest and you can't get your metabolism going. (Please check with a medical doctor before adjusting your sodium intake.)

This is far better for you than a cup of coffee. It keeps the minerals in a soluble state so they can be utilized. The extra sodium doesn't cause high blood pressure, or the jitters that coffee causes.

To make the salt more effective, you can add some manganese. The mineral manganese stimulates aldosterone secretion, the salt retention hormone. The lack of aldosterone from adrenals causes sodium levels to fall in the first place. Adding half a manganese tablet will sustain the energy reaction longer. You can crush the tablet and blend it in with the sodium drink. Do this just once, and do *not* repeat this later in the day.

This is a one-time thing to get you going in the morning. Once your system is on its way, you don't want to stimulate it again. For example, stiffness is worst in the morning. But once you start moving around, the symptoms are relieved. Exercise enhances adrenal activity. Once you get going, you're on a roll. To make an analogy, if you can't get your car started, nothing happens. But once you get the motor into gear, it will perpetuate itself.

Likewise, once you get your energy mechanism going, it will continue on its own.

39.5 A HIDDEN MINERAL BENEFIT IN CHOCOLATE

39.5.1 Chocolate cravings represent a craving for this copper.

BISER: *One subject I want to touch on is the craving for chocolate, which I know occurs in many but not all burn-out people.*

Nutritionist: Chocolate supplies copper. The craving for chocolate is a craving for available copper. But it does not solve the problem of copper accumulation.

The person may not be aware that the initial lift derived from chocolate is followed by a spell of less than normal energy — or by mood changes, or by mental cloudiness.

I knew one psychologist in Illinois who would go on binges of chocolate lasting three days long. He had a superfast metabolism — the type that typically suffers from a copper deficiency. I would advise him to take two tablets of copper three times a day and the chocolate binge would stop that day.

39.6 BENEFITS AND DANGERS OF NAPS

39.6.1 One of the best things you can do is to take extremely-brief naps and one of the

stupidest things you can do is to sleep longer after your body has woken up.

BISER: *I also want to comment on one of my experiences with burn-out, and that is the tendency to want to sleep longer in the morning. But every time I tried to sleep later after my body woke up slightly, I got worse and had a terrible, terrible day. There were no exceptions.*

Nutritionist: One of the worst mistakes you can make is to go back to sleep once your brain has started to wake up.

Very few people know this, but if you take that little extra half-hour or hour of sleep, you will find yourself far worse.

When you are hurting, or have no energy, it's awfully hard to convince yourself to get up and stay. The adrenal glands usually kick-in on a circadian rhythm basis at five-thirty in the morning. That's when they kick in. But if you shut off adrenal activity by going back to bed, the adrenals may STAY off for the rest of the day.

If your brain starts to wake-up, and you notice your mental state just starting to return to consciousness, but you go back to bed — you get nasal congestion, horrible dreams, and headaches.

I have *never* had a good day when I break this rule. It is far better to take a nap a couple of hours later. That little nap will do you ten times more good than the extra hour of sleep.

But don't make the nap too long. If its over 15-25 minutes, you'll put your adrenals *back to sleep*, instead of just resting them. Then you'll be worse than before. This is the worst thing a diabetic can do. It's almost as bad as eating sugar.

No one ever talks about not going back to bed, but it's one of the *worst* things you can do.

A lot of people have nothing to get up for. Set yourself a task to do early in the morning, no matter how trivial it may seem, so that you get up and do it immediately. If you don't pick one little thing to do when you wake up, you won't get going, because there is no immediate goal. Set yourself up with little goals to *make* yourself get up in the morning.

Once you do this a number of times, you'll feel ten times better than if you lay in bed. We've been taught from childhood that the more tired we are, the more we should lay in bed. For individuals with chronic fatigue and chronic illness, it's without a doubt a bad mistake."

39.7 HIDDEN DANGERS IN LOW FAT DIETS

39.7.1 *The low-fat diet is going to kill-off thousands of the brightest people we have in this country.*

BISER: *I have never recovered after sleeping in. I always feel groggy till at least five in the afternoon. The first few minutes after an early wake-up are tough, but you get rewarded all day long.*

Now, there is one thing I want to discuss briefly, and that is the recommendation that people avoid fat in their diet in order to get their energy back. What's your comment on that?

Nutritionist: They are going to be killing people with this diet. What they are doing is taking a dietary recommendation that benefits *some* people and applying it without discrimination to everyone.

I have always said that the people with a fast metabolism need fat. This is about 10% of the population. These people are like a roaring woodstove that is racing through all its fuel. When the body runs out of energy, and can't get it from the diet, it attacks its own proteins for energy.

There are some people with a fast metabolism who should not have fat, due to an extremely low sodium to potassium ratio. But many of the fast metabolizers may actually be driven

into exhaustion, and into heart attacks, by the advice to avoid fats.

You know that fats and carbohydrates are utilized for energy in the body. What most people don't know is that fats burn "in the flame of carbohydrates." Proper carbohydrate metabolism is needed in order to release the energy from fats.

In addition, fat contains 9 calories of energy per gram. Carbohydrates only contain 4 calories of energy. Thus, fat releases more than twice as much energy per gram as carbohydrate.

BISER: *But couldn't you just eat more carbohydrates to make up for a fat-restricted diet?*

Nutritionist: It doesn't work that way. As I said, you need proper carbohydrate metabolism to burn the fats. And if you cannot produce that energy, your body is going to turn to the only place it can — to its own tissues.

If the body has trouble metabolizing carbohydrates, which occurs under prolonged stress and burn-out, then it cannot metabolize fats, and the fats accumulate. Now look at the situation the body is in. Its two main sources of energy — carbohydrates and fats — are not functional. There is nowhere else for the body to go for energy — except its own proteins, and that's what it begins to do.

When your body cannot produce enough energy from its food, it begins to eat itself. It eats muscle tissue, then it eats organ tissue. Protein breakdown for energy is an *emergency* situation. It is not supposed to continue — and it *can't* continue, or in the long-run it will sicken or kill the person.

That's why fats are so essential to the health of many people. And no committee of experts can change the way the body works. If we maintain this anti-fat hysteria, you will see an explosion in the national health care bill from all the illnesses it will create.

By burning fat for energy, your body is *sparing its own supply of proteins*. The one thing you do *not* want your body to do is use its own proteins for energy. The body would *never* do that if there was not a problem in the area of carbohydrate and fat metabolism.

The only time it might burn down protein would be in a case in which certain amino acids were needed for certain functions in the body, such as the manufacture of certain neuro-transmitters that needed a specific amino acid.

BISER: *So the end result of inadequate fats in the diet is that the body turns to its own tissues for energy.*

Nutritionist: Exactly. Therefore, your goal is to eat a diet that spares your own proteins.

You can't waste your own proteins. Protein is the most vital of all substances. Without proteins, you are non-functional. You are dead.

You can lose carbohydrates and fats and it isn't going to kill you. But when you starting breaking down proteins which are essential for tissue replacement, tissue healing, hormones, and so on, you are dealing with the most critical areas of body function in health and disease.

The health establishment — by making these blanket prohibitions against fat — is condemning millions to disability and an early death — just the opposite of what they are contending.

If the body can produce enough energy from fats and carbohydrates, then it won't need to tap into its own proteins for energy. Then the body won't need to cannibalize its own tissues.

Maybe you don't realize it, but over the years, the so-called experts have tried to eliminate each category of foodstuff from the diet. First they recommended cutting out the proteins, then they recommended cutting out carbohydrates, and now it's the fats.

For example, with diabetics, they first claimed you had to cut out sugars. Then they found out that if you cut down on

the sugars too much, you couldn't burn fats. But now, if you cut out the fats, then you can't spare your proteins.

What happens when a person becomes diabetic — a typical result of burn-out? The person can't burn sugars too well. Then what happens? Fats build up in the body. That's why diabetics are so prone to heart disease.

The end result is what? A protein breakdown, called protein catabolism, and that is associated with every disease known to man. A diabetic wastes away, thins away and becomes a skeleton. The same is true of a cancer victim.

Restricting the fat intake of children is devastating, because of their extremely fast metabolic rate. The same is true of the person with an extremely fast metabolism. The fat supplies the energy that's needed, and it helps to slow down an excessive rate of metabolism.

Calcium is absorbed into the body as a fat, and without enough fat in the diet, you can't retain the calcium you need. Calcium loss is more dangerous in the fast metabolizer than in any other type of individual.

Arbitrarily restricting fats can cause a blood sugar problem. The reason is that when the body gets enough energy from fats, it loses its desire for sweets and excess carbohydrates.

Thus, by restricting fats in people that have to have it, these individuals are being propelled into diabetes and degeneration.

39.8 PERSONAL COLLAPSE TRIGGERED BY FRUSTRATION

39.8.1 Frustration and indecision cause an excess of the hormone cortisol, which will break down every tissue in your body.

BISER: *One last area before we conclude. I noticed in my own life that the burn-out was triggered by complete frustration. I was in a situation I couldn't fix, or get out of. I think I just went into give-up.*

Nutritionist: This is part of the underlying psychology and physiology of burn-out.

When a person feel frustration and loss of control in his life, his body is bombarded with a stress hormone from the adrenal glands. It's called cortisol. An excess of this hormone raises the sugar levels, then causes dehydration, then an accumulation of minerals which can't be kept in solution, and then the body is unable to burn sugars.

It begins breaking down its own proteins to convert them into sugar. Up to fifty percent of all your proteins can be converted to sugars. You get weaker. You lose weight, which is common in diabetes and cancer. In cancer patients, they are cannibalizing their own tissue.

The potassium falls out of your muscles, and you get too tired to even walk or exercise, unless you force yourself.

I remember a period in my life in which an individual was trying to take over my business. Even though I knew what he was up to, I also felt I couldn't do without him. So I was in a trap. And I was being killed by indecision. You can tell when a person is in a state of indecision, because they will have a low ratio of sodium to potassium. If you have this low ratio long enough, every part of your body will degenerate.

I had never been sick, but now I felt so ill I was suicidal. I used to have strong muscles. The grip strength in my hands was enormous. And yet, when I was ill, my muscles became so cannibalized by my body that I had to use pliers to open jars. That had never happened before in my life.

You become as weak as a cat and you can't enjoy anything anymore.

If I can leave your readers with anything, it is this: these situations of frustration and loss of control will wreck your health and your life. You cannot let them continue, because they are more biochemically toxic than you ever dreamed.

Minerals and other supplements can help give you some energy to fight. But unless you make the decision to break free

of the situation, or to throw some people out of your life for good, you may be trapped in burn-out forever.

Frustration and loss of control causes such an excess of cortisol production that one author called it a “cascade of cortisol.” It is a torrent of stress hormones that ages the brain, degenerates your neurological system, eats up your muscles, and makes you so ill that happiness is impossible.

Whenever you are torn between two courses of action, or unable to make a decision, your energy levels are crippled, no matter what you take. Too many people in nutrition blame everything on diet or on physical things. They seem to avoid the important problems in their life that may be draining their energy.

39.9 EMOTIONS CAUSING CANCER

39.9.1 *A frustrated or defeated person creates bad mineral patterns that lead to cancer.*

BISER: *I don't think people realize just how strongly emotions — and not nutrition — can determine your diseases.*

Nutritionist: That's because people are basically unwilling to accept the concept that something is wrong with their mind.

We have all been sort of brought up with the concept that germs are the cause of disease. It's difficult for people to accept

that something *other* than a physical agent can cause serious disease.

BISER: *And a deadly disease like cancer!*

Nutritionist: Particularly cancer. It's very difficult to have a physiological happening and not have some kind of emotion go along with it.

But the average doctor out there doesn't deal with that. And the typical person goes to the doctor believing they are suffering with the flu, or infection, or some other ailment that's physiologically caused — and they don't seem to be open to an emotional explanation of their problem.

In other words, if they believed that it was an emotional problem, they would have gone to a psychologist or a psychiatrist. So by going to a regular doctor, they are automatically eliminating the other as a source of their problems.

I remember reading once about the psychological implications of heart disease and rheumatoid arthritis, and I didn't believe it at all. I thought to myself, "Here's another excuse for the inability to ascertain what the problem is, and so we're going to blame it on the mind and emotions." I thought it was just a big excuse for the medical profession.

BISER: *What changed your mind?*

Nutritionist: Observing dozens of people who would go on a nutritional program, change their lifestyle, and still never make any progress whatsoever.

39.9.2 Hubert Humphrey and the Shah of Iran are two people who suffered defeat and got cancer as a result.

BISER: *What happened to your aunt in Chicago who got cancer? This was a good example we've talked about privately.*

Nutritionist: My aunt was limited to the house in a sense, because her mother was diabetic, and her mother was the type of person who was domineering.

She wanted this done and that done and my aunt was forced to go to the store every day, do the groceries, do the wash, do the dishes. In other words, she had no life of her own.

What capped off the whole situation was an incident, back in 1934, at the time of the Chicago World's Fair. It was one of the few times she ever went anywhere in her whole life. She left the house, and went out to some type of entertainment, and she met an individual from Scotland who was an engineer on the Royal Scot train. And if you can say that people fall in love instantaneously, I guess it was one of those things that occurred.

She came home very excited and told her mother about it, and her mother said, “Well, that’s all nonsense!” and she squashed the whole thing.

She was emotionally devastated. Here her whole life had been spent serving someone else more or less in a servant-type situation. She never had a life of her own. Here was her one big chance. Can you imagine meeting the person you thought you fell in love with and not having it come to fruition due to the fact that your mother wouldn’t let you leave the house to carry on the relationship.

And the gentleman involved had to go back to England in three weeks and so time was of the essence. And from that point on I could see her go downhill at a very rapid rate, and within a period of three and a half or four months she passed away of cancer.

39.9.3 My Aunt was so devastated by the loss of a boyfriend that an easily cured cancer took hold and killed her in 3-1/2 months. — Paul Eck

BISER: *What kind of cancer did she get?*

Nutritionist: It was breast cancer. She noticed she had a little pea-sized lump and she went to the doctor, and of course, the doctor told her, “You caught this very early and as a result things are looking up and I wouldn’t be too worried about it.”

Yet within a short period of time, I guess somewhere around three and a half months after doing a radical mastectomy and having 78 heavy X-ray treatments, she passed away. She was so emotionally in shock over her lost relationship, I don't think she even cared.

39.9.4 Despair can be measured biochemically, in the ratio between the sodium and potassium levels in the body.

BISER: *Paul, I'd like to ask you a question. What specifically is "give-up" in nutritional terms?*

Nutritionist: To answer this, I need to describe the mineral balances that occur in the body during various emotional states.

In cancer, we see from the mineral pattern that the adrenal glands are wiped out. These are the glands that protect the body against stress. The adrenal glands normally regulate the amount of sodium and potassium in the body. Normally, the sodium levels are two and a half times that of the potassium levels.

In cases of "give-up," regardless of whether one is a cancer patient, or a suicide case, the sodium levels have dropped relative to the potassium.

Now this is the state that is recognized even in medicine as severe impairment of the adrenal glands. So you can tell that a person is in “give-up” because the sodium levels are low relative to the potassium levels.

For example, instead of the ratio between sodium and potassium being as 2.5, it may be 1.0, or less. In many cases, the ratio is less than 1.0, such as .6. You cannot go by the levels of the minerals, because the person could have extremely high sodium levels — and still have low sodium when you compare it to potassium.

For instance, normal sodium is 25. But a person could have a 100 sodium and still be in “give-up” if his potassium level were 150.

BISER: *Explain to our readers why the body is discharging instead of charging when this ratio is off?*

Nutritionist: If you want to look at it as a bioelectric phenomenon, the flow of electricity is reversed in the body.

When you get a reversal of electrical flow in the body, everything is returning from the outside inward. In other words, you are focusing on yourself, you are not reaching out anymore. Because of your own body problems, your own pains, your own depressions, anxiety states, panic states, and so forth, your electrical flow is reversing on itself.

BISER: *Tell our readers how this low sodium to potassium ratio leads to cancer?*

Nutritionist: When the person has this low ratio, they are unable to build up an inflammatory process. In other words, all diseases are combatted in the body by the body's ability or inability to bring about an inflammatory potential.

When you cut yourself, when you fall and hurt yourself, inflammation occurs. Inflammation is curative. It brings about a response in the body that cures the problem.

But when you have a low sodium/potassium ratio, you're unable to bring about a curative inflammatory response. And the body's inability to defend itself leads to cancer.

*39.9.5 "The more you give in to others
and deny yourself, the weaker your
adrenals become." — Sam Biser*

BISER: *How do sodium and potassium levels relate to personality?*

Nutritionist: Sodium and potassium relate to the two sides of the adrenal glands.

Sodium is the aggressive mineral. It takes proper sodium levels to be assertive. Sodium is related to the mineral hormones which regulate the salts in your body.

Sodium is balanced by potassium, the defensive mineral. It is only logical that the body would balance your assertiveness/aggressiveness with defensiveness. Potassium is related to the hormones which regulate the sugars in your body.

When the sodium level falls compared to the potassium, this is defeat. As soon as you become non-aggressive, the sodium side of your adrenals burns out. You become dominated by the potassium side, the sugar side. Your defenses dominate. Fear dominates.

As you lose your aggressiveness (your sodium), you can only talk and act in a defensive manner. As your sugars go up, your energy goes down, and it becomes even more difficult to break free and assert yourself. When sodium drops below potassium, you have no confidence. You have no self-esteem. You are a total loss.

*39.9.6 If you don't stand up for yourself,
that's the cancer profile.*

BISER: *Paul, speaking of lack of self-esteem, I was talking yesterday about the health of primitive people, and how it declines when they come into contact with western civilization.*

Most health writers attribute this to a change in diet. I would attribute this to a sense of humiliation and defeat. We take away

their dignity as a culture and as proud human beings, and it shouldn't surprise us that they become ill.

Nutritionist: That's exactly right! These people — the Eskimos, the Polynesians, the African people, the Australian people, the aborigines, and the bushmen of the Kalahari desert — lose the belief system they have had for thousands of years.

Their whole way of life that has been built up over generations is just robbed and taken away from them. And they go into despair. They become depressed over the fact that they are no longer an independent, vital society.

So they just fade into oblivion with the causation of infectious diseases. All this means is that their immune system is impaired, and actually, when you get right down to it, the impairment of the immune system is what's happening in cancer patients.

In other words, your body is no longer able to keep up any defense mechanism, it sees no hope in the future, and as a result, the whole system collapses and cancer is one of the inevitable results.

39.9.7 Give-up begins quietly with hypoglycemia, goes to diabetes, then heart attacks, and finally ends in cancer.

BISER: *What are the stages in “give-up”? Obviously, it doesn’t start with cancer.*

Nutritionist: Hypoglycemia is the beginning of “give-up.” This occurs when the person is in pretense, the beginnings of self-deceit.

Then it progresses into a state of dysinsulinism where the blood sugar is high part of the time and low part of the time. The person is oscillating between pretense, despair, and sincerity. Eventually, due to exhaustion of the insulin apparatus, the person goes into diabetes.

In diabetes, the person is actually starving for sugars, even though their blood sugar level is high. Accompanying this physiological starvation is an emotional starvation. The person is starved for hope, starved for success, or starved for love.

Along with the progression of the exhaustion is the increase in self-deceit, or self-denial. We go from pretense and end up in diabetes with despair. From there, you slide downward into where you become almost unable to make the decisions that can save you.

39.9.8 *People with slow-growing cancer, who go on for years, can't make up their minds whether they want to live or die.*

BISER: *Once your blood sugar is up, your tissues are being torn apart for fuel and proteins FASTER than they are being generated. Your body ends up feeding on itself. The cancer is just like a fungus or a mold growing on "decaying" tissues.*

Nutritionist: Regarding fast versus slow cancers, there are basically two types of individuals involved in this. Cancer cells multiply rapidly in the individual with a fast metabolism.

For example, you get fast-growing leukemias in children, who have an extremely fast metabolism. In the person with a slow metabolism, the cancer grows slowly. People with a fast metabolism act and decide quickly. Once they decide there is nothing to live for, it may not be long before they are gone.

There are people with slow-growing cancers who can't make up their mind whether they want to live or die. They could hang on for decades.

Then there are the people with fast-growing cancer, like Steve McQueen, who may have an acute death wish. These people have an acute frustration.

BISER: *The personality determines the target site for the tumor. There must be differences in personality that would coincide with*

liver cancer, breast cancer, leukemia, and other cancers. For instance, it could be that emotional repression leads to lung cancer, a sense of separation to cancer of the lymphatics, and that mental anguish leads to brain cancer. All the research is going into the physical — and nothing into the spiritual causes of cancer.

39.10 PRINCIPLES OF THERAPY FOR DOCTORS

1) Do not go by mineral levels, but by *ratios* between minerals. A mineral may appear normal or even high — but it could be low when you examine a key ratio. For example, iron levels could be normal, but be extremely low when you consider the *ratio* of iron to copper. The ratio will largely determine the availability of the mineral to body tissues.

A mineral level could appear low, and yet there could be an excess after you check ratios. For example, copper could appear low, yet reveal an excess when compared to normal zinc levels.

2) It does not matter if the entire mineral chart of the patient looks normal, if the sodium and potassium ratio is out of kilter (healthy is 2.5 to 1), then all the readings are a mirage. This means it is essential to get accurate sodium and potassium readings, which can be lost when labs wash hair and lack external reference standards for calibrating equipment. The sodium to potassium ratio is so critical that if it is seriously deranged, the person is ill — no matter what the other levels

show. The true extent of the illness may be *masked* until the sodium/potassium levels begin to normalize.

3) Some of the healthiest people have highly distorted mineral levels, which represent mineral *defenses* against illnesses. After checking ratios, the person may be in better shape than the levels indicate, or some out of range ratios may represent defense system reactions which are needed.

4) Some of the sickest people initially have the most normal-looking charts. They do not have mineral defenses that are necessary to fight disease. Therefore, what appears to be a normal, or low-mineral chart, could represent a collapsed metabolism or a person in great jeopardy. This was the mineral chart of my friend Dr. Christopher which I was able to obtain during his final illness. It did not look dramatic, except for several low minerals. This was a false indication of health. More ominous was the lack of *defending* ratios.

Some of the worst charts have what Dr. Paul Eck and I used to call "four on the floor." This means low levels of the four basic minerals of the human battery: calcium, potassium, sodium and potassium.

5) When a person gets better, their chart will look worse. This is underlying toxic minerals getting thrown off, or the body finally establishing necessary defenses. In other words, an inflammation may appear which should have been there. If the

body *cannot* create inflammation when inflammation is called for, this means there is no immune response. This is dangerous, not something to be happy about.

In one case I remember, the person had lung cancer, and the person began throwing off huge amounts of chromium deposits through the chest. This was the body correcting the situation that helped create the tumor, but the doctors did not understand how a chart could be worse when a patient is getting better.

6) You may need to use mineral combinations that do not make sense to you to save people. I am referring to combinations of minerals that are opposites biochemically. For example, you may need to use the mineral molybdenum and copper together, even though they are antagonists. You may need to use zinc and copper together and nothing else, even though they are antagonists. This saved a woman from schizophrenia who did not respond to either mineral separately.

You may need to use the mineral copper, even though the person shows a copper excess in their charts. The person may have plenty of copper stored in toxic depots in their tissues, but not enough *available* for immediate use. A person could be drowning in calcium in their tissues, and older people generally have too *much* calcium in their bodies — not too little. But it is

in the *wrong* places, their soft tissues (arteries, etc.) instead of their hard tissues (their bones).

7) One mineral which can pull some people out of a crisis is the mineral calcium when used by itself, in doses of 1,200 milligrams or more per day. Calcium used like this lowers potassium, which reduces high blood sugar, and can pull some people out of collapses or potential stroke situations. I have seen it work. The purpose of using calcium in these cases is not because of calcium deficiency — but to *force* a change the levels of other minerals.

39.11 PREMATURE & IRREGULAR HEARTBEAT

In a medical journal, writer Jack Spencer reported the following three cases histories of people who eliminated irregular heartbeats through the use of supplemental copper.

Case #1: A man, aged 57, with a lifelong history of premature heartbeats, noticed an increase of these occurrences to four per minute after increasing his zinc intake. After adding 4 mg. of elemental copper from copper gluconate, the premature beats disappeared and did not reappear after a year of observation.

Case #2: A young woman, aged nineteen, was unable to donate blood because of several premature heart beats per minute. This condition had been known for several years.

After taking 4 mg. of copper gluconate daily for two weeks, there were no premature beats.

Case #3: A man, aged 48, noticed that his premature beat disappeared after adding copper gluconate to his diet.

Comment: I myself have seen copper correct an irregular heartbeat over 6 different times in a friend of mine. I have told my friend to chew the copper tablet to get faster results. I have seen the heartbeat stabilize in fifteen minutes.

In one instance, my friend did not get results in spite of copper, and the irregular heartbeat continued. In this case, my friend switched to zinc, which corrected the problem.

In another instance, my friend's heartbeat was racing, unstable, and erratic. Zinc and magnesium, two tablets of each, were needed to slow down the heartbeat and stabilize it. In all cases, improve your basic diet before you do anything with supplements.

39.11.1 *Slow premature heartbeat.*

One reader called me and asked if this information also applied to those who had a slow heartbeat. It certainly does.

When the heartbeat gets too slow, doctors recommend a pacemaker. An irregular heartbeat can be more noticeable when the heart is slow than when it is fast. It is like a car that

has a shake and shimmy. As the car speeds up, the shake evens out and is harder to detect.

People with a slow metabolism — and slower heartbeat — have a functional copper deficiency. The copper is either too high, which means it is accumulating instead of being used. Or else the copper is actually low.

In either case, there is not enough copper available.

Copper affects the two main minerals that regulate the heartbeat. These two minerals are calcium and potassium. Calcium causes the heart to contract. Potassium causes the heart to relax. Potassium also sets the pacemaker on the heart. When there is too little potassium, the heartbeat is slow.

Also, when there is not enough potassium, the heart cannot relax sufficiently and can just give out. This is why some anorectic women are in danger: their potassium is too low for the safety of their heart. In fact, this is probably what triggered the death of the popular singer Karen Carpenter.

It may also be the reason Mayor Washington of Chicago had a sudden heart attack and passed on. People in high-stress occupations can wear out and suffer from low potassium.

“Potassium (and sodium) regulate the influx of nutrients into the cell,” according to Dr. Paul Eck. “How can a person

make use of nutrients when his sodium is 1/8 to 1/6th of normal, and when his potassium is 1/10th of normal?”

Unfortunately, taking potassium will NOT usually raise low potassium levels. It's like pouring water through a sieve. There are vegetarians who have been on high potassium diets for over 20 years, but their potassium level never changes. A person could stuff himself with fruits and high potassium vegetables, including potassium tablets — but the potassium is not retained.

Dr. Eck says, “According to *Guyton's Textbook of Medical Physiology*, the potassium levels can't rise until the sodium goes up.” What copper does is raise the sodium levels and fire-up the adrenal activity. This allows the potassium levels to come up.

“In certain people with a fast metabolism, says Dr. Eck, extra potassium can be beneficial. It reduces their excessive rate of metabolism and allows the sugars to penetrate the cell, where they can be burned. When the potassium levels are too low, sugar can't get inside the cell and piles up in the blood. This leads to high blood sugar, which is associated with heart disease.”

Copper also regulates calcium, which, as I said, causes the heart to contract. Copper can increase calcium absorption, thus making calcium more available.

So copper would probably be indicated in the majority of cases of slow, irregular heartbeat. Some people break out with acne when they take additional copper. Such people may need additional zinc and vitamin B-6, along with any supplemental copper. Of course, check with your physician before doing anything.

39.12 HEART PAINS AND STROKE SYMPTOMS

I remember working late at the office, when I was hit by strong chest pains and anxiety. They were due to extreme overwork. I frantically called Paul Eck at his home, and he recommended zinc and magnesium, a tablet of each. I chewed them and they eased the pain in minutes. The purpose of the zinc and magnesium was to reduce my excess adrenal activity (and thereby high sodium) which was putting me into a panic state.

I remember another time when I had pre-stroke symptoms down my left side. My left eye felt heavy, and there was some pressure on the left side of my head. I called Paul and he recommended four tablets of chelated calcium every four hours — and nothing else. The calcium had nothing to do with the myth of everyone needing calcium. Paul Eck was using calcium to lower my potassium levels, since calcium and

potassium are antagonists. By lowering potassium, this increased a low sodium to potassium ratio.

As you know, the sodium to potassium ratio regulates the entire body, including all muscles, such as the heart. Within two hours, my left side felt less heavy and by the end of the day, the symptoms cleared.

**Sam Biser's
Save
Your Life
Collection**

**A Layman's Course
in Curing Last-Stage
Diseases**

Diabetes and Minerals
Lesson 40

Diabetes, the gateway to cancer

Diabetes is often the gateway to cancer. And yet it is the one condition that people in the natural food movement don't want to talk about or even consider.

They somehow believe they are immune to it. Although they worry about cancer, they do not understand that diabetes is a precursor. Diabetes is the great masquerader. It mimics many other diseases. By the time it is diagnosed, you may be far along the way to some killer disease.

It *fooled* me, and it fools most health food people. There are so *many* symptoms that can be caused by high blood sugar. You can treat these individual symptoms, and never get a handle on the disease that is secretly causing *all* of them.

For example, I myself was suffering from extreme soreness in my bladder. I was taking the appropriate herbal preparations for the problem, but they weren't working. Then, someone I interviewed explained that the high sugar levels in my urine were irritating the kidneys and bladder.

I also learned that sugar in excess kills your cells, just like it kills bacteria when you use it to can fresh fruit in sugar syrup. So excess sugar can make a kidney malfunction or fail, and it will damage other organs, and you will waste essential time treating the symptoms.

In this interview, I will be speaking with Nutritionist Dr. Paul Eck. The problem of diabetes runs in his family. You will be learning why glib health food recommendations can lock some people into continuing degeneration — in spite of initial good results. You will also be learning why some of the key symptoms of diabetes are not recognized, thus allowing the disease to further corrode health.

40.1 DIABETES AND CANCER

40.1.1 *"Candida infestations are associated with high blood sugar and they are a precursor to cancer."*

BISER: *Why do you feel that diabetes is a precursor to cancer?*

Nutritionist: Because both diabetes and cancer are associated with anaerobic metabolism.

BISER: *What's that?*

Nutritionist: To explain this, you need to understand that there are two types of metabolism: one *with* oxygen and one *without* it. Our body uses both kinds, depending on what is being digested: proteins, fats, or sugars.

Oxidative metabolism, as the name implies, is metabolism that *requires* oxygen to be completed. Oxidative metabolism is how proteins and fats are burned.

By contrast, anaerobic metabolism is a form of metabolism that occurs *without* oxygen. This is how sugar is burned in the body. Sugar metabolism, called glycolysis, doesn't require oxygen in order for energy to be produced. Anaerobic metabolism is a more primitive form of metabolism than oxidative metabolism.

Cancer cells are anaerobic. So are the cells of candida, a yeast infestation closely associated with diabetes.

BISER: *So candida is a non-oxygen yeast organism growing inside of people?*

Nutritionist: That's correct. Candida growth thrives when oxidative metabolism is severely reduced. As I said, oxidative metabolism is necessary to metabolize proteins and fats.

Oxidative metabolism occurs in the energy-producing Kreb's cycle. If the cycle fails to go through to completion because some mineral is deficient or bio-unavailable (i.e. present, but not useable) then you have arrested aerobic metabolism. How sick you become depends on how much of your aerobic metabolism is knocked out.

It is impairment of aerobic metabolism that allows yeast to grow. Under such conditions, the body has to adapt to an anaerobic metabolism. In other words, it begins to rely more and more on the primitive metabolic cycle that occurs without oxygen. The result is the growth of fungi, yeast, and cancer cells.

In such a state, sugar metabolism dominates the body. The metabolism of proteins and fats is impaired. This is precisely what you find in a cancer victim, and in a diabetic.

BISER: *And that's how you relate diabetes to cancer?*

Nutritionist: Yes, that's exactly right. The principle is the same. A problem with aerobic metabolism leads to the cells dependence on non-oxygen or anaerobic metabolism.

It is my belief that candida is a symptom that appears *before* the cancer becomes evident. It is a precursor, an indicator.

BISER: *But people think it is just a question of not eating foods with yeast in them?*

Nutritionist: That's what they've been told, but it's not correct. Face the facts: candida is caused because of an entire shift in metabolism away from oxygen-based metabolic cycles to non-oxygen metabolism used by primitive cells that ferment, such as yeasts.

Not eating bread, or not eating fermented foods like pickles is not the answer. Candida yeast itself is a product of fermentation. One of the products of fermentation is alcohol. You can become an alcoholic due to yeast fermenting in the body. Some claim the resulting symptoms are similar to alcohol intoxication. An alcohol is a product of yeast formation, whether it occurs in a brewery, or in the body,

BISER: *But how come a lot of people have candida and never get cancer?*

Nutritionist: What do you mean about *never* getting cancer? Never is a long time. It all depends on how long you have had candida and how *bad* you have it.

The symptoms and metabolic dysfunctions associated with candida are progressive. They depend on the degree to which anaerobic metabolism is dominating the entire cellular scene.

Unfortunately, for one reason or another, aerobic metabolism declines with age! This is why cancer is primarily a disease associated with the aging process. The decline in oxygen-based metabolism is associated with various diseases. These separate diseases are progressive manifestations of the *same* physiological dysfunctions.

BISER: *In other words, these diseases are just different faces of one big slide from aerobic metabolism to anaerobic metabolism.*

Nutritionist: Precisely. An excellent example of progressive disease is diabetes. Diabetes starts out initially as hypoglycemia. It then progresses into dysinsulinism, and generally ends in the disease called diabetes.

40.1.2 *Diabetes and cancer is the same process: dehydration and death.*

BISER: *What is dysinsulinism?*

Nutritionist: Dysinsulinism is a condition best described as a fluctuation in blood sugar levels: sometimes low, sometimes high. But eventually, you end up with your blood sugar high all of the time. This is diabetes.

This same type of downward progression occurs with candida. When candida begins, the last thing on your mind is

cancer. But cancer is merely the end of a long, long road. In the beginning, all you may notice is the bad odor of candida.

BISER: *Is that common with candida, a foul odor?*

Nutritionist: It's one of the most common symptoms. I remember the time when I was taking a plane ride home. The man next to me blurted out, "Do you ever take a bath?" I was so shocked I could hardly answer him.

When I got home, I unbuttoned my shirt and realized that I had a bubbly, yeast infection under my arms, and my blood sugar was also high. I have always noticed that candida appears when my blood sugar goes up. The yeast odor is different from a regular rash, and that's what the man on the plane noticed.

Other symptoms associated with rising blood sugar and yeast are when, all of a sudden, the skin under a wedding ring becomes sore and inflamed for no reason. Or, you may notice your scalp becoming itchy, also for no apparent reason.

BISER: *By the way, if a person is observant, he will notice that these periods of high sugar can be caused during periods of personal despair. I have found that you can control the high sugar with certain nutrients, but you can't correct until you fix your mental state.*

Nutritionist: That's the truth. And that's why any profound unhappiness, if it persists over years, can generate first the chemistry of candida and diabetes, and then eventually cancer.

BISER: *In both diabetes and cancer, there is a wasting away of muscles. Why is that?*

Nutritionist: It's because the body attacks the muscles and uses them as a source of food. When sugar metabolism is impaired, the body must seek out another source of sugar. Your own proteins become the target because 50% of tissue protein can be converted to sugar.

Diabetics are dehydrated. The diabetic dries out and loses weight. Cancer patients also become dehydrated, lose weight, wrinkle up and die. The same process occurs in both diabetes and cancer: dehydration and death.

A cancer patient can never get enough water. I remember my aunt when she was dying of cancer. I used to hold a bottle of water with a straw in it. She needed to drink water almost on a constant basis. She and other cancer patients suffer from protein breakdown, the same manifestations occur in diabetics.

The wasting away process is similar in both advanced cancer patients and advanced diabetics.

BISER: *From the natural foods people I have seen and talked to, there is almost a complete avoidance of the topic of diabetes.*

Nutritionist: They are *afraid* to worry about it. You know, diabetes, like cancer, is associated with a deep fear, and rightly

so. People should know that diabetes is the Number Two killer in America. It is associated with heart disease, atherosclerosis, gangrene poisoning, and infections. There are over thirty-five different dysfunctions associated with diabetes: cataracts, blindness, a whole array of diseases.

I would say that people are more afraid to talk about diabetes than cancer. At least cancer today has been brought out into the open. It's like the gays coming out of the closet. Diabetes is difficult to talk about because it is not as yet an accepted disease.

Of all the healthfood people I have ever known, the more they were into it, the sicker they were. I have never met a healthfood person that wasn't sick, but they don't want to admit it. They *are* getting diabetes, but they either aren't talking about it, or because of its many different symptoms, they don't realize they have it.

40.1.3 Unrecognized symptoms that can catch you off guard.

BISER: *I think everyone knows the main symptoms of diabetes: excess thirst, frequent urination, loss of energy, and a desire for sweets. Are these always present?*

Nutritionist: Not necessarily. It depends on the health of the person's kidneys, liver and other organs. It also depends on the level of the sugar in the bloodstream.

I would venture to say that for every case that manifests all the classical symptoms of excessive thirst and urination, there are ten cases that never manifest these symptoms. I have talked to thousands of people and warned them of potential problems with glucose intolerance.

Most of them don't listen to me, because very few want to face the fact that they may have diabetes. But then, three to five years later, these people come back and tell me I was right: they now have diabetes. It just took time for the classical symptoms to show up.

40.1.4 Out-of-control dandruff can be caused by diabetes. The dandruff will get better or worse depending on the blood sugar.

BISER: *What are some of the less-common symptoms of diabetes?*

Nutritionist: They would include dryness in the mouth, when your mouth feels like cotton candy. Rather common signs are little-skin tags or skin growths which appear under your arms. Your feet are commonly colder and frequently numb. Your

toenails can dry out, flake-off and turn yellowish, and because of dryness, become very brittle.

Blurring of vision is a major problem. The eyes are more sensitive to sugar than any other tissues. Approximately 70% of blindness is caused by diabetes.

Finally, there is a symptom that almost everyone considers trivial, but it is *not*. I am talking about chronic dry skin. The body is drying up, i.e. dehydrating. High sugar levels result in dehydration of the tissues. This is because the body flushes out its fluids in an attempt to rid itself of excess sugars. In addition, because of the excessive breakdown of tissue proteins, aging of the skin is occurring.

BISER: *What are some of the mistakes the "healthfood people" make when they try to use nutrition to cure diabetes?*

Nutritionist: One major mistake is the failure to understand how vital nutrients can be rendered useless by other minerals in the body.

For example, if copper has built-up in the tissues as a result of reduced metabolism, this can block the mineral zinc from its action in activating insulin. This is an example of what are called "mineral antagonisms."

Another major mistake is the overemphasis placed on zinc. They speak about how the mineral zinc increases insulin

synthesis, and how it causes the action of insulin to last longer. All this is true, but represents an oversimplification of the problem. You have to remember that in 90% of the cases of age-onset diabetes, insulin levels are excessively high. But what good is it to have high levels of insulin if you are unable to transport the glucose into the cell.

BISER: *But don't the healthfood people normally recommend the mineral chromium, which has a well-documented ability to lower blood sugar?*

Nutritionist: Yes, they do. But again, as important as chromium is, it too represents an oversimplification of a complicated, highly individualized nutritional problem.

First of all, nutritionists recommend a special form of chromium called GTF chromium. This is chromium which is incorporated into special yeast, which produces a complex called the "glucose tolerance factor." For *many* people, this does the job. But for some people, it will *raise* the blood sugar, not lower it. That is because the GTF compound contains the B-vitamin niacin, which can in some people raise blood sugar levels.

I have found the best results with straight old chelated chromium that I have been using for years. It works in these

cases where a chromium deficiency exists, so I see no reason to change it.

But the problem of diabetes cannot often be corrected with just the minerals chromium or zinc. In fact, as I'll explain in a moment, zinc can even cause some cases of diabetes to become worse. You often cannot solve the diabetic puzzle without two other minerals: copper and manganese. I have recently found evidence that copper controls blood sugar in three ways. First, copper is absolutely necessary for the transport of glucose to the cell.

Second, copper is necessary to attach glucose to the cell membrane. No other mineral can substitute. Third, in a copper deficiency, your body fails to metabolize glucose in the mitochondria, the energy plant of the cells. This is where glucose is converted into energy.

So what good does it do to have high levels of insulin — if the three functions I just described cannot adequately be performed.

40.1.5 *The curing mineral that healthfood experts refuse to use.*

BISER: *If copper is as essential as you say it is, then why isn't it being widely-used?*

Nutritionist: That's because some years ago a famous nutritionist wrote a popular book on minerals blaming copper toxicity for contributing to mental illness and other serious diseases.

The scientist's information was only partially correct. What he didn't understand was that even in cases of copper toxicity, the person could still be starving for actual usable copper. It's a case of "Water, water, everywhere and not a drop to drink."

Anyway, this man's views were so pervasive that almost everyone was scared away from using the mineral copper, even today. It wasn't till five years afterward that I got up enough courage to use it myself. A naturopath in Utah started ordering 144 bottles of copper at a time, and I didn't even carry it. But I started when I got his order. He kept ordering this amount every month, so finally I found out from him that he was using copper to control pain. (The copper bracelet concept!)

Unfortunately, because of this one man's indictment of copper, many health problems that could be successfully treated go *untreated*, so a lot of people suffer for nothing.

I should tell you about the experiments of Leslie Klevay, M.D., who showed that as little as four milligrams of zinc a

day could cause a copper deficiency and raise the cholesterol level, the triglyceride levels, and lower the ratio of high density lipoproteins to low density lipoproteins. In other words, giving zinc could raise the zinc/copper ratio in the body, thus increasing the risk of ischemic heart disease.

Now, anything that raises the risk of ischemic heart disease will increase the risk of diabetes, since the two diseases are closely associated.

In Klevay's experiments, he used four milligrams of zinc, as I said. There isn't any tablet of zinc today that contains such a small amount. Manufacturers have no idea of what the proper ratio between zinc and copper should be.

And today, nutritionists are pushing a form of zinc called zinc piccolinate, which is superbly well-absorbed. It's a great product, but what is the benefit of superior absorption if it will cause a copper deficiency.¹

1. Cigarette smoking depletes your body of available copper, thus making you more prone to diabetes, or worsening an existing condition. The reason is the mineral cadmium in cigarettes, which prevents copper from binding itself to the protein ceruloplasmin. Thus, copper, with nothing to hook onto, builds up in the organs and attaches to minor proteins that cannot effectively regulate copper. Then the person becomes copper toxic, but simultaneously copper-deficient, because the stored copper cannot be used in the presence of the high cadmium intake.

40.1.6 Man was about to be hospitalized with diabetes. Cured by unpopular advice.

BISER: *What happens when you give copper to these type cases?*

Nutritionist: Recently, I was just able to help a close relative with his health problem.

He went to a podiatrist at first because his feet were numb and hurting, and he suffered from severe muscle cramps in his legs, so he thought it was a foot problem. But the foot doctor was a wise man who suspected blood sugar problems. He tested the blood sugar and found it to be 630. Normal is 80 to 100.

He told my relative to get to the hospital immediately. At the hospital, his blood sugar had dropped within a day, apparently for no reason, and was now around 300. He called me in desperation. He was lethargic, and had suffered from severe dryness in his mouth. He felt like sleeping all the time, and had low morale and had lost his zest for living.

I didn't know what his current mineral levels and ratios were, since I didn't have a recent tissue mineral analysis on him. I told him to take each day, six tablets *each* of chelated minerals, divided into three doses. In other words, two tablets of each per dose. The minerals were copper (2 mg.), zinc (22 mg.), manganese (15 mg.) and chromium (0.5 mg.) Naturally,

a person in less severe condition would not need the doses of minerals that my relative required.²

Within seven days, his blood sugar was at 120. In two weeks, it was below normal readings and he had to adjust his dosage of oral anti-diabetic agents. Within three weeks, his blood sugar was stabilized between 80-90. The doctor didn't know my relative was taking minerals, and he said he had never seen a case respond so quickly.³

One thing that pleased me was when I recently got a call from my relative. He said, "I haven't had a sex life for a long, long time. The other night I had sex for the first time in a while, and was it ever good. And in addition to that, my semen was different. When I had sex before, my semen was like water and there was hardly any of it present. Now that my blood sugar level is down, the semen has returned to normal, thick and white." He said, "I never knew that diabetes caused that."⁴

2. [Sam's Note: I have noticed that taking supplements early in the morning, such as 6:30 A.M. helps to clear out high blood sugar levels that have risen during the night. The earlier in the day the person starts their supplements, the quicker their energy will come up.]

3. Dr. Eck wants to point out that as sugar levels come down from the mineral program, the person may notice fatigue at first. This can be because the body is not used to lower blood sugar levels, even though they are healthier for it. It reacts to them temporarily as though they were low blood sugar levels. If lower energy persists, you may need a change in minerals.

It shows you what a reduction in blood sugar can accomplish in five weeks. It's the most remarkable story I've ever heard. I don't know whether you realize it, Sam, but a 630 blood sugar is close to death. It's almost a comatose state. To come back that far in five weeks is ultra-amazing beyond belief. If it wasn't my own relative, I wouldn't believe it.⁵

Diabetes is usually tough to treat because people won't toe the line. They don't take the diabetes seriously. It just shows you what can happen when someone *does*. And it shows the power of the body to regenerate from even the deadliest of diseases.

40.1.7 *Many diabetics need their sodium levels raised. Lowering it will cause them to keep degenerating.*

BISER: *Why did you give your relative the mineral manganese?*

Nutritionist: Because manganese is necessary for the burning of glucose at the mitochondrial site within the cell.

4. According to Dr. Eck, "Men go on a wild search for aphrodisiacs to artificially stimulate their sex lives. And yet their condition can't be cleared up until the blood sugar situation is remedied."

5. One highly successful combination I (Sam Biser) have found for blood sugar is simply two minerals, zinc and chromium, with an occasional dose of B-vitamins,

Manganese was responsible for the cure of an old Negro man with severe diabetes. I remember reading about this case in a medical journal. The man's blood sugar was over 800, and they thought they were going to lose him.

They couldn't get the man's blood sugar down with anything they tried. A friend recommended an herbal tea that the African people had used for centuries. Since there was nothing else to try, the tea was prepared and administered to the patient. In a week or two, the blood sugar was down to normal. The tea contained two herbs. The second was blackberry root. I can't remember the first.

The doctors did an assay on these herbs, and the only mineral in them of any significance was manganese.

BISER: *Manganese also raises a person's sodium levels, doesn't it?*

Nutritionist: Absolutely. That's what we're trying to accomplish.

BISER: *But most people would want to lower the sodium level to improve their health?*

Nutritionist: That's a dangerous fallacy. In the majority of degenerative conditions, the person is suffering from a *low* sodium to potassium ratio. Even if the sodium levels are high, they are still less than 2.5 times what the potassium levels are.

This signifies that the person is losing energy. It is like a battery that is discharging.

This low sodium to potassium ratio, which I call an inversion, also signifies that the person is in a chronic state of unresolved stress. The stress is causing the diabetes, not necessarily a junk-food diet. Stress by itself can wear out the body to such a point that the sugar levels cannot be controlled. Often, the stress is mental, from an intolerable situation, or from a personal tragedy.

When there is a low sodium to potassium ratio, it means the adrenal hormones are out of balance due to prolonged stress. The body is raising the sugar level to provide extra energy to combat the stress. Even though the high sugar level is a chronic defense system reaction, it is still a disease in itself.

By giving manganese, we are raising the sodium levels in the body. And by giving copper, we are reducing the apparent high levels of potassium, which in fact represent a potassium loss. Potassium is leaving the body like water falling through a sieve, which is why potassium levels appear high. The reason potassium is leaving is that the body has exhausted itself. It is trying in vain to maintain high levels of the sugar-raising hormone, cortisol, to combat the stress.

At this point, consuming potassium would be futile, because the other minerals necessary for potassium's retention have been depleted. All in all, the four minerals mentioned correct these problems, lower the sugar levels and reverse the hormone imbalance that stress has created.

I realize that giving your readers all these mineral facts all at once can make a person's head spin. I apologize for the complexity. But I am trying to explain how to correct one of the greatest unsolved killers of mankind, and beyond a certain point, it is impossible to simplify.

Now you must also be aware that there are many different diabetic biochemical patterns. I am just trying to explain a few of the basics.

BISER: *I want to mention that these principles just saved the life of a friend of mine named Marge. She was on healthfoods for years, and I never expected anyone like her to get ill — not with what she knew.*

[Sam's Note: Before we go any further in our discussion with Paul Eck, let me give you a little background on the case of my good friend Marge. I had known her for ten years, but she never told me her secret.

She is a dear friend of mine, and I have never met anymore more devoted to natural methods than her.

She had been on a Garden of Eden diet for years; the purest water, the best fruits and vegetables, and she was in on all the latest natural treatments from her many contacts with other healers. But we had drifted out of touch, and four months ago, just on the spur of the moment, I had called her up to see how she was doing. She was dying.

In spite of all her vast health knowledge, she had developed diabetes over the last seven years. The insulin wasn't working. I couldn't believe it. If I expected anyone to be in glorious health, it was her. I asked her why she had kept it hidden from me all these years and she said, "I didn't want *anyone* to know."

Marge was suffering from a condition called "neuropathy," one of the many complications of diabetes. Marge's nerves burned like fire. It felt as though someone were poking a sharpened stake deep into her hips. Her pain was so bad that they gave her a double dose of a drug called Percocet, which is worse than taking heroin. In spite of the insulin injections, her blood sugar continued to rise. She was on her way out of this world.

As you know, diabetics like Marge can develop gangrene, blindness, and heart failure. She was headed that way.

She was in the hospital three times. They gave her insulin directly into her veins and it didn't do anything. Then they took her up into the cardiovascular unit and stopped her heart. They "killed her" momentarily, because the doctors thought that maybe it would shock the nerves in her legs. But it did nothing. She didn't know what to do. She had lost forty pounds and was insane from the pain. Every four hours, she had to take the Percocet, or she'd be screaming at the ceiling. She admitted to me, "I couldn't imagine cancer hurting more."

And then her toes started to grow numb. She accidentally tore off one of her toenails, and she didn't feel a thing, or even notice it, until she saw the blood on the bed. All this was in spite every popular weapon in the arsenal of the nutrition movement.

When I asked Marge if diabetes ran in her family, she said..."Not at all." But I asked her, "Are you sure?" And she said, "Well, my father's sister had it and died from it at the age of fifty, but that doesn't count, does it?"

I said, "Sure it does. It's heredity, isn't it? Whatever was in your father's sister's genes was also passed on to you." And then it turned out that her father had died of a heart attack at the age of sixty, and her grandfather of a stroke at the same age.]

End of Sam's Note: Now we return to our interview with Dr. Eck.

Nutritionist: I want to say that we all inherit a mineral pattern for certain diseases. I don't totally believe in this genetic stuff. The trend is in the tissues. For example, if your mother is diabetic when you are a fetus, your body may compensate by overreacting and developing a trend toward hypoglycemia. Then your daughter may pick up your trend, react to it, and be born with a tendency to diabetes.

When you inherit a killer disease trend, it's been in the cards for you. The chances are that sooner or later, it's going to get you. Even if you were eating good, you are pre-disposed. What you need to do is change the abnormal mineral pattern in your tissues. It is the pattern that triggers the disease, and if you can change that pattern, the so-called hereditary factors do not have that hold on you.

Marge was one of the natural food enthusiasts who hid her condition. I was shocked when I first saw the numbers on her mineral analysis. Her calcium, and by the way, we have her permission to discuss these numbers, was 220 mg.%. That is over four times normal.

It means that her metabolism has slowed down to a crawl. Contrary to what most people understand, a high calcium level is *not* good for you. Calcium serves as a brake on metabolism. A calcium that high is almost a certain sign of diabetes.

Her magnesium level was 16, which means that the calcium to magnesium ratio in her tissues was over ten. A calcium to magnesium ratio that exceeds ten is indicative of impaired carbohydrate metabolism. With that kind of ratio, you can't burn sugar, and you can't utilize the nutrients you are taking into the body. A calcium that high is like having strong emergency brakes on your car. If you leave them on, you couldn't burn gas and you couldn't drive.

Her sodium and potassium levels, which represent adrenal activity, were 6 and 2. Normal is 25 and 10. These low levels of sodium and potassium indicate that her adrenal activity is a fraction of normal. The potassium at a level of 2 is one-fifth of normal. Potassium levels represent the secretions of glucocorticoid hormones that regulate blood sugar. So you get an idea of why the blood sugar problem is so severe.

With these numbers, no amount of colonics or liver cleansing will solve or improve the diabetic condition.

Finally, I want to point out one more number in her first chart. It was the level for iron, which was 80. Normal iron level was 3.5.

BISER: *What does that mean? That she is eating too much iron?*

Nutritionist: No, not at all. Her dietary intake of iron had nothing to do with it. All it means is that her cells are breaking

down, and when the cell breaks down, they release iron into the tissues.

Unfortunately, the iron from broken-down tissues cannot be eliminated, since the body hoards iron. So what happens is that the iron is sent to the liver and is stored there, and when it exceeds the liver's ability to store it, it goes to the pancreas.

The reason all this occurs is that the body is cannibalizing its own cells as a source of nutrients. Since metabolism has broken down, it is using its own tissues as a source of food. The body does that to avail itself of the amino acids it can't get from food or for the minerals it is not getting and so forth.

You can afford to lose a couple hundred million cells very easily, because you've got billions of them. But when your body engages in excessive catabolism (cell breakdown), it has no effective means of eliminating iron, so it's got to be stored.⁶

Iron is stored in the liver. An excess of iron in the liver results in cirrhosis of the liver. Iron which cannot be stored in an overloaded liver is passed on to the pancreas.

An overload of iron in the beta cells of the pancreas results in their death. These are the cells that produce insulin. The end result is diabetes.

6. The breakdown of body tissues is why many diabetics look old before their time.

BISER: *So by the time iron overflows to the pancreas, the liver is pretty much overloaded?*

Nutritionist: That's correct. The liver is super-saturated with iron, resulting in various forms of liver dysfunction. There are many who believe that diabetes is primarily a liver rather than a pancreatic problem. Others such as Caspar Blond, M.D., believe that cancer too has its origin in liver dysfunction. Once again, you see the tie-in between diabetes and cancer.

So Marge was having her liver plug-up with iron faster than she herself could cleanse her liver. Colonics cannot remove liver iron.

BISER: *After three months on a nutritional program, Marge's numbers went like this: Calcium, from 220 to 48, Magnesium, from 16 to 4, Sodium, from 6 to 23, and Potassium, from 2 to 37. She was lucky.*

Nutritionist: She wasn't lucky. She did what she had to do to overcome her affliction. I told her the first time you asked me to talk to her, I said, "Marge, I don't want to try to help you unless *you* will do everything possible to get well. You have to stop all that nonsense you have been following." — and she admitted she wasn't eating right either.

Marge listened because she was at a point where she was dying. I mean, she couldn't function. She couldn't see clients

anymore. She had no energy. When you are a diabetic, you want to sleep, and your appetite is poor. The energy to digest and assimilate food is not available. That's why so many diabetics eat foods that are easy to digest, because there is no energy to eat.

Marge is so much better. She told me she wants to get a computer, write books, go back to school and previous to now, she hasn't had ambition for years — because of her illness. Her iron levels plunged from 80 to 1.2. That's a phenomenal improvement, indicating a major turn-around in protein metabolism.

BISER: *She told me she wants to take up underwater swimming again. Last night I called her, and as she cried, she said, "You saved my life. I'll never forget you. You came through for me Sam." What was the basic program that helped Marge?*

Nutritionist: On her first program, she was taking manganese and zinc, one tablet each three times a day, in the same strength we mentioned earlier.

She was also taking a calcium and magnesium supplement that was high in magnesium and other factors that would help reduce her high calcium to magnesium ratio, such as parathyroid tissue. I also gave her a medium potency B-

vitamin three times a day, one each dose, plus six capsules of vitamin E a day, 200 I.U. each, to raise her low sodium levels.

After her second analysis three months later, we changed her program to five tablets a day of a special copper and magnesium formula called Burnout Formula. (Mentioned in the Appendix on Sources.) She also received five tablets a day of a formula called Limcomin (also covered in Appendix on Sources, which helps correct the metabolism whenever the sodium is less than 2.5 times as high as the potassium.

She also received three tablet and three tablets a day of a product which contains 200 milligrams of vitamin B-6 combined with 5 mg of manganese and 5 mg zinc.

I must point out that she went through severe retracing after the third month. The pain was constant and she was relieving the pain she had suffered with for years. But she told me that in spite of the pain, she was mentally better. She is so honest with me that I could almost cry when she talks to me. She has tried as much as anybody ever has, and her persistence has paid off.

BISER: *One last comment on Marge's case. I found out one night that she was drinking a gallon a day of distilled water for the past ten years. I feel that this probably harmed her and contributed to her diabetes.*

Nutritionist: That is quite possible. I don't think that distilled water should be used for longer than two weeks. It can deplete the body of vital electrolytes such as magnesium. I realize the healthfood people claim that distilling water only removes inorganic mineral deposits, but I have often noted that when a person is not responding, I find that they have been drinking distilled water, often times for many years.

BISER: *What did you do?*

Nutritionist: I recommended that she add capsules of powdered minerals to her drinking water. It supplies the minerals that distillation removes.

BISER: *I want to add that my office just spoke with a woman chiropractor, a Dr. Marie Cassil, whose brother-in-law followed the suggestions for diabetes given in this interview. The week before last, his blood sugar was down to 127, the lowest it has been in years. It used to be way up there, she said. She gave us permission to use her name.*

40.1.8 *The unknown danger of fruit-flavored spring waters and teas.*

BISER: *You mentioned to me earlier that one of the mistakes my readers are making is drinking spring waters with fruit flavors, and you felt these can contribute to diabetes.*

Nutritionist: Yes. All these drinks contain high amounts of fructose, which is fruit sugar. Fructose robs the body of copper. It depletes the body of copper. Not only is the person getting more sugar than if they ate a piece of fruit, but they are lowering the copper levels that can protect against diabetes and associated health problems.

Also, a lowering of copper results in an increase in the zinc/copper ratio. According to the work of Dr. Klevay, this raises your cholesterol and your risk of ischemic heart disease.

40.1.9 Sex returns when blood sugar drops. No aphrodisiac can do what lowering excess blood sugar can do.

BISER: *I notice when I'm with you that you also seem to drink a lot of soda but it never seems to affect you.*

Nutritionist: That's what I thought. I have always had a strong desire for soda pop. I knew it wasn't good for me, but I figured it wasn't going to hurt me that much, since my health status has always been exceptional. I was drinking two large bottles a day of Coke Classic®.

My relative's improvement in so many ways gave me the encouragement to stop the soft drinks. Until his diabetic case, I said to myself, "Oh, I'm taking supplements. I don't have to stop drinking this wonderful Coca Cola. I was running to the

washroom four and five times a night. I was clipping my toenail one night and I wasn't paying any attention and I cut into my toe. It wouldn't heal. It scared the living hell out of me. For three weeks, there were no signs of healing.

I thought to myself, "I'm in for gangrene." And then my relative told me the story about his success. It was then that I decided that what I had to do was to stop drinking soda pop.

After four weeks, I felt reborn.

After a month and a half of being off pop, I wondered what it would be like to have a glass of pop at the local restaurant. When I did, the taste was so bad that I couldn't understand how I ever drank pop all of those years. It shows you that when you get off of these things they become disgusting. You don't have a problem going back to them once you get rid of them.⁷

Shortly after eliminating the soda pop, I don't remember exactly when, my toe that I cut with the nail clipper started healing and now there is no sign it was ever cut. Healing took place quickly. Why? Not because I was taking supplements —

7. According to Dr. Eck, "Refraining from sugar results in a partial restoration of both mineral levels and ratios. As zinc levels are improved, taste acuity returns. Sugar is recognized for what it is — a metabolic poison, a mineral robber. A natural distaste for sugar develops that bypasses the need for willpower to overcome the cravings for sugar."

which probably prevented the cut from getting worse. It was because I got off the soda pop which contains eight teaspoons of sugar in an eight ounce bottle.

I want to point out that sugar causes a zinc deficiency. Adequate zinc is necessary for healing to occur.

I also had another experience I want to warn your readers about, and that is hidden amount of sugars in foods and beverages. I happen to enjoy a beverage comprised of clam juice combined with tomato juice. I would drink many bottles a week of it as a substitute for soda pop. And then I noticed that the third highest ingredient in it was corn syrup (which is sugar), even though it doesn't taste sweet. It is easy to be misled.

Your readers have to watch for things like this, because ingesting sugar can increase your adrenal activity anywhere from ten to twelve times above normal, according to Dr. John Yudkin. This excess adrenal activity by itself is enough to cause high blood sugar levels.

I never thought I would get sick, Sam. Even though everyone in my family had diabetes, I thought it couldn't happen to me — because I knew so much about nutrition. But I was wrong. And your readers are fooling themselves if they think that they only have a little hypoglycemia or a little yeast infection.

Almost every hypoglycemic, if he lives long enough, risks getting diabetes. I have had people laugh at me when I suggested they had a trend toward diabetes judging by their symptoms. Then ten years goes by and with the passing of time, many do develop full-fledged diabetes. It just takes time.

If the average diabetic would only exercise and burn-off some of his excess sugar, he would spare the pancreas, thus allowing the Islet of Langerhan cells that produce insulin to regenerate and in some cases, he would get rid of his diabetes. Exercise, whether it be lifting weights or performing aerobic exercises, is sometimes sufficient in returning blood sugar levels to normal. People have even gone off insulin.

There is a cook at the restaurant I go to that said to me, "You mean to tell me if I take these vitamins and minerals, I am guaranteed to get better?" I said, "No. It also depends a lot on your lifestyle. Nutrition can help you along the road, but there are other things." Like if you are drinking beer; he used to drink fifteen cans of beer a day. I said, "You just can't do that if you expect to achieve satisfying results."

Consider my relative. He had a six hundred thirty blood sugar level. He stopped drinking pop and he cut out all the large quantities of milk he was drinking. The large amounts of calcium in the milk lowered his magnesium levels, resulting in an increase in his blood sugar. Now his blood sugar has been

normal for the last six or seven months. He still takes my supplements, but I'm not taking all the credit for curing his diabetes because of the supplements. He helped himself out by getting off all the garbage foods he was eating.⁸

As I told you earlier, he called me up after he was on the program for two months and he said guess what? He said "My sex life came back." I was not surprised. One of the major causes of impotency in men is diabetes or high blood sugar level. My relative said he was having sex only three or four times a year. Now he is sexually active on a weekly basis. And he didn't get on this program to cure his impotency.

40.2 EMOTIONS CAUSING DIABETES

40.2.1 *"Frustrating, irritating people will raise your blood sugar into a diabetic range and keep it there. Get these people out of your life."*

BISER: *He is not a twenty year old either!*

8. According to Dr. Eck, "The depletion of calcium and magnesium as a result of sugar and soda pop (phosphorus) ingestion leads to initiation of hypoglycemia and eventually diabetes. It must be noted that calcium is necessary for insulin to be secreted. Likewise, magnesium is necessary to prevent excessive insulin secretion, which would result in hypoglycemia. In other words, magnesium acts as a brake on insulin secretion. Hence, the importance of the calcium/ magnesium ratio."

Nutritionist: No. He's sixty-seven years old. That shows you don't have to be in your twenties to regenerate.

BISER: *Over the years, you and I have talked about emotional factors that will trigger degenerative disease such as diabetes. Most people give emotions credit for upsetting them, but not for killing them. Could you comment on this for readers who haven't been in on our private conversations?*

Nutritionist: Certainly. Any kind of chronic frustration can raise blood sugar levels. When you are frustrated or angry, your blood sugar levels rise; that's why your mouth becomes dry when you are emotionally upset.

I remember that once had a gardener who was dishonest, I would always have a dry mouth when he was around. Apparently, my body sensed something wrong, and raised its sugar levels to combat a stress I was not consciously aware of. If anything in your life is causing chronic frustration, you need to solve it, or nothing you try may bring your blood sugar down.

40.2.2 *You can avoid ALL bad foods and get diabetes anyway, because your body can manufacture sugar by tearing down its tissues.*

BISER: *I have noticed that several people close to me, or known to me, have developed diabetes shortly after a tragedy in their life, or after some intolerable situation appeared.*

In one case, the man developed diabetes shortly after the death of his wife from cancer. In another case, a woman developed diabetes when her business went down and she had to lay off her son, who was working for her. Her diabetes got incredibly severe after her mother moved in with her, and they did not get along. In a third case, a man's mother died and within one year, he became a diabetic.

Nutritionist: One of the first defense mechanisms your body employs to control or regulate any threat to the body's integrity is to raise the blood sugar. Then you have more energy. Your muscles are ready to go. You are ready for fight or flight. You have to have energy to do this, and the energy comes from stored glycogen in your liver.⁹

If the emergency response to a perceived threat remains continuous, i.e. fails to shut-off, blood sugar levels remain high. Eventually, the body's compensatory mechanisms fail. It is then that diabetes rears its ugly head.

9. According to Robert M. Sapolsky, Associate Professor of Biology at Stanford University: "Energy is mobilized from storage tissues and further energy storage is halted....Triglyceride, glycogen, and protein synthesis is suppressed; pre-existing stores of those compounds are lysed (dissolved) and their constituents released into the circulation, and gluconeogenesis is stimulated in the liver." From his book, Stress, The Aging Brain, and the Mechanisms of Neuron Death.

So when you see yourself out of control, frustrated, can't do anything about it, you maintain this high level of glucose secretion from the liver, and as a result, you get diabetes.¹⁰

During a crisis, the sugar rises. This is normal. However, this response cannot be maintained forever. But in tragedies, the person cannot get over it, or else it keeps recurring. So the sugar maintains itself at high levels, and diabetes appears.

I don't need to see other people's tragedies to understand diabetes, because I have seen it myself. I know more about diabetic symptoms than any ten people living today, because everybody in my family has had it. And I've had it.

Years ago, whenever I came under unrelenting stress, I noticed that I would have 'crud' on my lips. It was a dried, stuck-on mucus type of substance. After drinking a cup of coffee, that there would be this gunky stuff on the rim of the cup. It appeared mainly from the corners of my mouth. I was dehydrating, and it was thickened saliva.

It happens even today when I get very upset about something that seems to be out of my control.

10. According to Dr. Eck, "It is not stress (frustration, emotions) but the inability to adequately cope with stress that results in a deficiency of the main anti-stress nutrients calcium, magnesium, zinc and copper."

Dehydration occurs because your body is pulling the water out of your tissues to flush out the excess sugars via the urine.

You don't have to eat sugar to get diabetes. Your body can convert 50% of its own protein to sugar, if need be. That's what most people don't understand. People tell me defensively, "I don't eat this," or "I don't eat that." They tell me about their pure diet with no refined foods.

What they don't comprehend is that through emotional frustration or physical stress, your carbohydrate metabolism eventually breaks down. Then, your body begins to convert its own tissues into sugar. In effect, the stress is dissolving your body and turning it into one big sugar bowl. The term for this is "intrinsic diabetes."

Loss of control is the key that sets off this high sugar reaction. How many people face this kind of life all day long! If things aren't going your way, if you're not happy, if you don't see any hope for things getting better, then diabetes is lurking around the corner.

**Sam Biser's
Save
Your Life
Collection**

**A Layman's Course
in Curing Last-Stage
Diseases**

**Unknown Aspects
of Vitamin C**

Lesson 41

Unknown aspects of vitamin C

The reason I include this lesson is because so many people with serious illnesses seem to believe that large amounts of vitamin C will help them.

This is only true for some ill people.

Others who take large doses of vitamin C may suffer from aortic rupture, aneurysms, and sudden death — and these are the people who are genetically at risk for low copper levels, or people who have “acquired” these low levels through life events, diet, whatever.

No one else will tell you this. Almost everyone else has their hand — either in the moneypot of herb supplements — or in the well of profits from food supplements. Those who do

not have their own line of supplements often get “cuts” from the supplements or herbs they do recommend.

I do not. I get nothing of this trade and want none.

So I am free to include the following lesson, which I know will save lives that vitamin C could have taken.

Vitamin C, like all nutrients, is a double-edged sword. That means the sword goes in both directions. Vitamin C's ability to cure the deathly-ill is *equivalent* to its power to kill in excess — if taken by the wrong person.

Do you believe that if you take “natural” supplements such as vitamin C, they will be “harmlessly” excreted from your body? Don't feel bad if you believe this myth, because that is exactly what it is — *a total myth*, a nutritional fairy tale. Excess vitamin C IS excreted, but before it leaves, it causes changes in your body chemistry -- and these changes *remain*.

Actually, if you take *any* vitamin or mineral you don't need, you will damage your health. There are no exceptions — not even the “granddaddy of all vitamins” — vitamin C.

41.1 THE BOTTOM LINE ON VITAMIN C

41.1.1 For some people, the popular health advice may very well extend their lifespan. But for others, it can easily shave a clean ten years off their life.

I believe strongly in food supplements. Over the years, there is hardly a vitamin or mineral I haven't tried. Like everyone else, I have heard about the 'success' stories, the people whose health was saved by vitamins and minerals.

But I have also seen the *other side* — the side the health magazines never talk about. I am talking about the great majority of people who take vitamins and minerals religiously and never get more than temporary results — or *who fail to get results at all*.

This vitamin has done a tremendous amount of good. It has also done a tremendous amount of harm — that no one is aware of.

I am not trying to scare our readers away from this vitamin. My goal is simply to give you information so that you may use it more wisely. I want to teach you how to get the benefit of this nutrient, without suffering its harmful effects.

Most of us believe that this vitamin can do nothing but good. We believe that whenever there is an excess it simply

passes into the urine without causing any harm. *That is simply not true.* This vitamin usually produces short term benefit. What you can't see is the long-term damage. The damage occurs so slowly, and so insidiously, that no one notices it. Any damage that occurs would *never* be connected back to the vitamin that caused it.

In fact, most people who noticed anything wrong would just increase their dosage of this nutrient even further. Watch out! Vitamin therapy is not as simple as you think.

41.1.2 What health magazines never told you about vitamin C.

From the way vitamin C is promoted, you would think it was a 100% cure-all for *any* problem that you may have, especially colds. But did anyone ever tell you that vitamin C has *caused* just as many colds as it has cured?

Did anyone ever tell you that for millions of people, even a small daily 250 milligram dose of vitamin C can lead to bleeding gums, loose teeth, cold sores, and massive exhaustion?

And did anyone ever tell you that for many people, regular use of vitamin C, even natural vitamin C with bioflavonoids,

can cause backaches, migraine headaches, sore muscles and depression?

Would you believe that excess vitamin C can even lead to obesity? We know one lady in Phoenix who couldn't lose weight — no matter what she did — until she reduced her vitamin C intake. Want to check out my research? Read "Introductory Nutrition" by Helen Anders Guthrie, Ph.D. (*Vitamin C may inactivate an enzyme [a lipase] that breaks down fat.*)

And finally, did you know that vitamin C is now being suspected of actually *causing* cancer in some people? The scientist who has done extensive research on this topic is none other than Linus Pauling's former co-worker, Dr. Robinson. (Isn't that ironic!) He found that vitamin C caused skin cancer in laboratory animals!

You won't learn of these warnings from your local healthfood store. And you certainly won't learn about them from the health magazines. As one writer said, "They are guilty of deception by 'omission.' They publish the 'good' papers and ignore the bad ones."

41.2 FALLACY NUMBER ONE

41.2.1 *The most dangerous fallacy in nutrition.*

The most dangerous nutritional fallacy is that vitamin C is essentially non-toxic, and that whatever excess you take is simply excreted in the urine. According to common knowledge, the only possible reactions to vitamin C are upset stomach or diarrhea when you take absolutely massive dosages. This is *not true at all*.

It is said that vitamin C is water-soluble and is freely eliminated. Supposedly, this means that you can take as much as you want — and *nothing* will go wrong! That's *nonsense*!

Vitamin C affects *all other nutrients* while it is in your body. Before it leaves your body, it *alters* the balances between every vitamin and mineral. Vitamin C has a physiological effect on your chemistry. If it didn't, then why would anyone take it?

What is critical here is what vitamin C does *before* it leaves your system. To excrete the vitamin C, the body must detoxify it (or oxidize it) as it does with everything else. So vitamin C is oxidized, and in the process, various minerals are changed in form. Some mineral levels are elevated and others are

depressed. This has consequences. More about these in a moment.

41.3 FALLACY NUMBER TWO

41.3.1 Your body can't retain vitamin C, so you need to take plenty of it all the time.

It is true that you cannot retain vitamin C. Therefore, the assumption is that you need to replenish your internal supply constantly. Has it ever occurred to you that the opposite may be true...That that "Nature" has made vitamin C water-soluble to get it out of your system *fast*, to protect you from the consequences of too much.

Nature is not foolish. "You have got to look at the relatively rapid excretion of vitamin C as a protective mechanism," according to Dr. Paul Eck.

For instance, we already know that vitamin C can neutralize hormones to prevent an excess. Vitamin C is needed for the de-activation of the hormone adrenalin. If adrenalin is not de-activated, its breakdown products may even lead to mental disturbances, according to one Canadian researcher.

But what if excess vitamin C were continuously present — and present in sufficient amounts to deactivate too much of a particular hormone? What if vitamin C caused the depletion

of minerals actually necessary for the creation of certain protective stress hormones?

In my opinion, vitamin C is lost from the body so readily because it causes dramatic physiological effects that could be dangerous.

Vitamin C is a nutritional stimulant with side-effects -- just like all other stimulants. Vitamin C speeds up metabolism and cellular respiration. It also enhances the elimination of metabolic waste products. One way it does this is by making the various minerals in the body more available, i.e. more usable.

In technical terms, vitamin C promotes the ionization of the various electrolytes in the human body. In this way, vitamin C promotes the transfer of electricity in the body.

To raise the metabolism, vitamin C must increase the body's absorption and activation of the mineral iron. This is actually one of the reasons for which supplemental vitamin C is recommended. But is it always a good idea to increase iron activity? *Absolutely not!*

It is impossible to raise iron levels without simultaneously causing a chain reaction that may have disease-causing effects.

For example, it is said vitamin C helps you fight infection. This is true. It does. But not for everyone and not under all

conditions. Did you know that, in a state of infection, the body withdraws iron from the blood? That's because bacteria *love* iron. In one plague in Paris, the administration of iron salts actually increased the death rate from 37 per 10,000 to 72 per 10,000! That's almost double the amount of deaths.

So you cannot assume that vitamin C is always good for infections. There is actually one study (Am J. Clin. Nutr. 30: July 1977, pg.1077-1081) which shows that daily intakes of 2 grams of ascorbic acid for two weeks significantly impaired the anti-bacterial ability of the white blood cells.

Vitamin C can cause a 200 to 500% increase in iron absorption. According to the book Modern Nutrition in Health and Disease,

“Ascorbate can markedly enhance iron absorption; a result far from desirable in non-anemic men. It can also “mobilize” the minerals of the bony skeleton, *but the consequences of this action are not yet known.*” (*Emphasis added.*)

This confirms my suspicion that in some people — about 10-20% of the population, excess vitamin C can contribute to bone problems, i.e. osteoporosis.

41.3.2 *How to age FASTER with vitamin C.*

The vitamin C/iron relationship also explains why too much vitamin C may *accelerate* aging in some people. I am sure you have heard of the free radical theory of aging. Free radicals are unstable particles that can attack and weaken cell membranes. Supposedly, vitamin C and other anti-oxidants can neutralize free radicals, and thus protect you from cellular and genetic damage.

But whatever can neutralize free radicals can also CREATE them. Listen to this quote from the medical article entitled, The Role of Ascorbic Acid in the Turnover of Storage Iron. (Seminars in Hematology, Vol.20. No.2 (April), 1983.)

“As pointed out previously, ascorbic acid mobilizes iron from the storage compartments by its reducing action, thereby generating Fe^{2+} .

“It is precisely this form of iron which is most effective in the catalytic production of damaging free radicals such as the hydroxyl radical and in promoting peroxidative attack on tissue constituents.”

Then consider the opinion of Dr. Arthur Robinson, a former research associate of Linus Pauling. According to Dr.

Robinson, in a letter written to Linus Pauling, on March 26, 1984,

“It is well-known that ascorbic acid under aerobic physiological conditions is degraded to a mixture of free radicals, per-oxides, and other substances that in turn *rapidly degrades proteins and nucleic acids*... Stich has shown that this process leads to markedly *enhanced mutation of human fibroblasts*.” (*Emphasis added*)

“Ascorbic acid is most likely of substantial value in the concentrations and biochemical environments in which it is synthesized by some animals or eaten in natural foods by humans.”

“However, chronic high doses in the 5 to 20 gram range which you have recommended, expose the digestive system and related organs to a chronic level of mutagenic oxidation products.”

In addition to Dr. Robinson’s concerns, there is the possibility that by increasing iron and therefore lowering magnesium levels, ascorbic acid could actually reduce energy production in the cells. This could contribute to accelerated cell breakdown.

I know from my own experience that vitamin C supplements over 500 mg. a day cause me extreme fatigue. I have also talked to two other people who had similar results.

41.3.3 Heart disease warning: Beware of too much iron — and vitamin C can increase it.

In my opinion, excess iron can contribute to heart irregularities, aneurysms and heart attacks.

It's an amazing statistic: after menopause, when women stop *losing* iron in menstrual blood, their risk of heart attack skyrockets and becomes almost the same as a man's.

According to the article, Ascorbic Acid and Iron Storage,

"Evidence derived from experiments in vitro is in keeping with the conclusion that such cardiac damage may be a consequence of an interaction of ascorbic with storage iron."

There is one medical paper which describes a fatal case of heart degeneration possibly accelerated by excessive ingestion of ascorbic acid. (Aust. N.Z.J. Med. (1982) 12, pg.187-188.)

In the paper the authors state,

"Ascorbic acid has been implicated in the deterioration of cardiac function assessed by echo-cardiography in patients with secondary iron overload. Withdrawal of ascorbic acid was associated with improvement in the echo-cardiographic indices of left ventricular function in six of eight patients.

“Conversely, ascorbic acid deficiency may provide protection against the cardiac effects of iron overload.”
(*Emphasis added.*)

Increasing iron absorption sounds wonderful, but what if the person already has too much iron in his system? Or, what if he is low on iron, but the iron level is relatively high compared to another essential mineral?

In either of these cases, supplemental vitamin C could cause iron toxicity. Some of the symptoms of this include fatigue, infections, heart disease, and even possibly leukemia (*my personal opinion*). Ironically, these are some of the very conditions extra vitamin C is supposed to prevent.

Vitamin C, by raising iron levels, could actually instigate the *creation* of these same conditions. Incidentally, whether vitamin C is ‘natural’ or not, it still has the *same* effect on iron.

41.4 VITAMIN C AND COPPER:

41.4.1 *Do you want weaker bones?*

Anything that increases iron levels automatically decreases copper levels. This is how the body works, by way of mineral see-saws that go up and down to maintain balance.

Vitamin C ionizes copper and makes it available. Vitamin C functions as part of an enzyme, called cytochrome oxidase,

which is a copper dependent enzyme. Vitamin C can lower copper levels in the tissues — and in the blood. It is also capable of releasing copper from its protein-bound form in storage sites.

Vitamin C's ability to lower copper levels may or may not be a good thing. By lowering copper levels excessively, vitamin C supplements can contribute to menstrual irregularities, bone breakdown — and even *premature wrinkling, due to collagen breakdown in the skin.*

If the person's tissue copper level is already too high, this may help/ However, eliminating stored metals is not that simple. If too much copper is released at once, the person will go through misery. When copper is eliminated, *other* minerals and vitamins are *also* depleted as part of the elimination process.

If you are taking vitamin C supplements — or supplements that contain vitamin C — pay attention to the following symptoms of copper elimination:

1) Skin rashes and blotchiness, 2) Depressed feelings — especially in the morning, 3) Unexplained anxiety, 4) Rashes and sores on the scalp, 5) Extreme fatigue, and 6) The beginning of or increase of disturbing dreams.

These symptoms of copper elimination may occur — and often occur — whether you are taking extra vitamin C or not. Vitamin C may sometimes help to *reduce* these symptoms. But in many cases, it can *increase* the symptoms.

It is beneficial to eliminate excess copper. However, unless you know what you are doing, you can make yourself feel dreadful and not even know what is happening. In the end, you can actually weaken your system, and accumulate even more copper.

I did find one paper which may relate to vitamin C and copper dumping. It described behavioral impairment, *suppressed reaction times and decreased body control* from test subjects who took a single large dose of vitamin C. The paper said that this may be significant for those who operate dangerous machinery or who drive a car after taking large doses of the vitamin.

As we said earlier, vitamin C can lower copper levels. This may *not* be desirable in the person who has low tissue copper levels. Such a person may notice increased tenderness in the gums, even bleeding gums. Increasing the vitamin C will worsen the gum problems in such cases — instead of improving them.

Also, the person may develop anemia, since copper is essential in the formation of hemoglobin. One nutritional

researcher has already reported anemia in her test subjects as a result of reduction of copper levels from extra vitamin C intake. (Am.J. Clin.Nutr. 37: April 1983, pg.553-556)

41.4.2 Aortic rupture and vitamin C.

I hesitate to mention this, but experiments on copper-deficient animals show that supplemental ascorbic acid is capable of causing aortic rupture.

The evidence comes from work with animals who had the condition known as lathyrism. This is a disease of the cardiovascular system, resulting from eating the seeds of a particular poisonous plant, called *Lathyrus odoratus*.

Lathyrism is amazingly similar to copper deficiency. In fact, chicken elastic tissue is lathrytic during copper deficiency.

According to Charles A. Owen, Jr., M.D., a worldwide authority on copper, "The administration of ascorbic acid to copper-deficient chicks exaggerated the lathyrism, and led to rupture of the weakened aorta."

The same toxic property of ascorbic acid was found in copper-deficient rabbits.

In the copper-deficient turkey chick, various aspects of lathyrism are evident. Again, if ascorbic acid is added to the

diet, the weakened aortae rupture. What is the practical relevance of these findings?

41.4.3 *Vitamin C & aneurysms.*

Regarding vitamin C, copper deficiency and aneurysm, I had a friend in Virginia who fit the low-copper profile. This is a super-active person who had extremely high iron levels, which made the copper deficiency all the more serious.

Not knowing any better, he took several thousands milligrams of vitamin C a day. Under X-ray, the doctor noticed an aneurysm forming near his heart.

I need to point out that in many other people, vitamin C may enhance copper metabolism and thus give a person far more protection against an aneurysm.

It could be that those who have a history of aneurysm or heart failure in their families should not take any large doses of vitamin C until they have their tissue copper status evaluated by their physician.

I am not mentioning any of this to scare people away from vitamin C. My goal is only to help you use it more wisely.

Every nutrient is a two-edged sword. However, there is great *benefit* in learning about the unknown dangers of different nutrients. Understanding the hidden dangers teaches

us exactly *how* a nutrient works. Once we know this, we can use this knowledge to get results that were not possible before.

41.4.4 *Practical advice and case histories.*

You should become more aware of the relationship between your vitamin C intake and any possible symptoms. You could be experiencing negative effects — and not know it — because you don't know what to look for.

In susceptible people, extra vitamin C can cause pains in the joints, irritability, possible anemia or extremely hostile behavior (due to overstimulation of iron metabolism.)

Other potential problems include bleeding gums, diarrhea (due to reduction of copper levels), loss of energy, insomnia, and anemia. In some people, it may cause an increased desire for chocolate, which contains copper.

We know of several people who have reported that they cannot eat much fruit (rich in vitamin C) without getting the same reactions as they get from taking vitamin C supplements.

A lady from Florida reports: “For years, both my husband and I have tried it [vitamin C] in every form (ascorbic acid from all sources, buffered C, Calcium ascorbate, sodium ascorbate, etc. etc.) — and have been totally wiped out by even

1000 mg./day except, for both of us, during brief periods when we managed to get our copper levels up to normal.

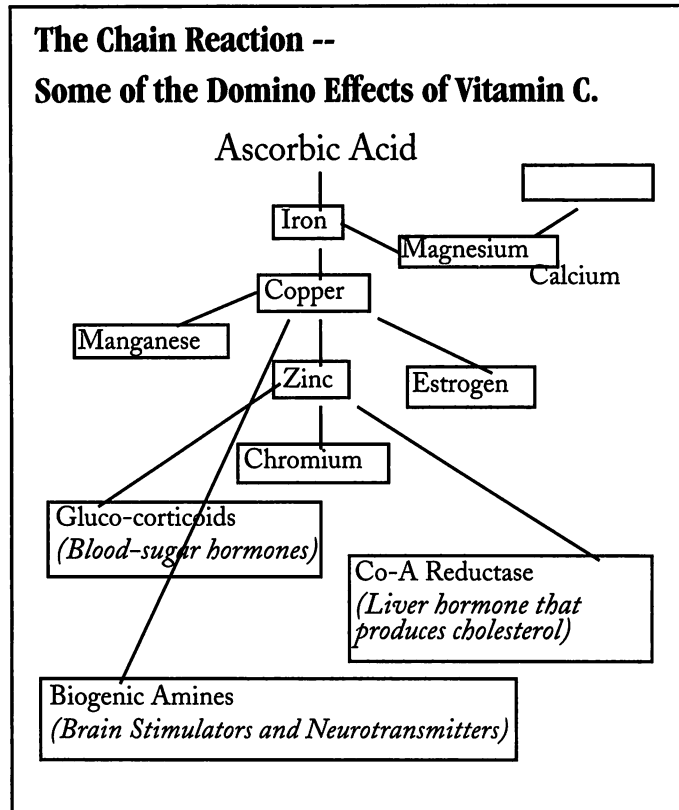
“Then, we’d do well with it, but only for a short time, and then, sure enough, our...[laboratory tests] would show a copper drop again and we would lose tolerance... we both get terrible low blood sugar, fatigue, aching, yeast infections, and wounds that were healing would stop healing when either of us takes much vitamin C. (Sometimes even 250 mg. causes troubles.)”

A Virginia man reported that his wife began taking “handfuls” of vitamin C supplements for a cold and ended up with a severe bladder infection and a yeast infection, two infections that vitamin C is “supposed” to be good for.

Find out *exactly* how additional vitamin C affects you. Perhaps you could vary your vitamin C intake and *keep a diary* of how you feel. Do not go by short-term improvements only. These can sometimes be followed by side-effects which might be overlooked due to initial benefits.

One reader wrote us and said that her headaches were eliminated when she reduced her vitamin C intake. I myself notice I can think more clearly when I take hardly any vitamin C at all. Others may have an *opposite* reaction. You may have to vary your dosage according to predictable signs. For instance, you may need *less* vitamin C when under stress and more when things are better.

41.4.5 *The chain reaction explained. A technical explanation for those who are interested.*



This is the chain reaction that occurs as vitamin C enters the system.

Vitamin C raises iron absorption. This lowers copper levels or liberates copper from storage sites. Simultaneously, as iron increases, the metabolic rate goes up and magnesium goes down.

The magnesium decrease affects the parathyroid glands and reduces calcium absorption. Also, calcium may be mobilized and moved out of storage in the bones. This may be good for persons with a slow metabolism, but destructive for those with a fast metabolism and over-active adrenals.

Also, as copper is reduced, calcium in bones is not as stable. In the long-run, bones may be more prone to bruising and spontaneous fractures.

Copper reductions affects estrogen formation and inactivation, since estrogen is a copper-dependent hormone.


Changes in copper trigger changes in zinc levels, since zinc and copper are partly antagonistic. If the zinc to copper ratio increases, the person may be more susceptible to high cholesterol and heart attack.

The body's gluco-corticoid levels increase. These are the blood-sugar raising hormones which are dependent on zinc activity.

Chromium, which affects blood sugar regulation, is related to iron metabolism. Iron activation will increase blood sugar levels and also inflammatory states.

Manganese is inversely related to copper, and vitamin C may cause a relative decrease in manganese function. Some suggestive animal experiments link the presence or absence of manganese to the maternal instinct in female animals.

Hepatic Co-A Reductase is a liver enzyme that produces cholesterol. Its activity is reduced in the presence of liver copper, but copper liver may be lowered by the action of vitamin C in excess.





Biogenic amines are neurotransmitters and brain activators. Vitamin C, by reducing copper, may hold these hormones in check by de-activating them when needed. On the other hand, vitamin C in the low copper individual could disrupt normal production of these hormones, or their utilization at the active sites.

So, that's quite a lot of biological activity for a vitamin that is *merely* excreted from the system when it is not needed.

Vitamin C may be your savior. Or maybe not. I have had dogs who did *worse* under the recommendations of wholistic veterinarians to have them take lots of C.

The answer: Don't assume. Think.



**Sam Biser's
Save
Your Life
Collection**

**A Layman's Course
in Curing Last-Stage
Diseases**

Structural Healing
Lessons 42-44

**Sam Biser's
Save
Your Life
Collection**

**A Layman's Course
in Curing Last-Stage
Diseases**

**Undiagnosed Dental
Infections and Killer
Disease**

Lesson 42

Undiagnosed dental infections and killer disease

The power of undiagnosed dental infections to bring down a human being is greater than most of my readers imagine. I am talking about far more than diseased root canals, a topic which has been discussed plenty in the natural healing literature.

I am speaking of dental infections in teeth and dental bone, not found on X-rays, that are serious enough to cause symptoms no one would relate to the mouth.

According to Patrick Stortebecker, M.D., Ph.D., "Various microbes and their toxins, dwelling within chronic dental infections, may spread to the brain and cause different types of lesions." "It might be asked," Dr. Stortebecker says, "whether

Western 'civilized' people, harboring chronic dental infections, are jeopardizing their health, as well as their brains."

As usual, the health movement has missed the boat. They have gone off full throttle against mercury silver fillings. And they are right. But what they have missed is far more important: undiagnosed infections that remain, no matter what kind of fillings are in your mouth.

More important, what has been missed in the craze to replace mercury fillings is that many of the replacements are just as bad as the mercury they eliminated.

The patient notices immediate improvement from mercury removal. Then, years later, he suffers even worse problems from infection and dental stress that were created by the dental work designed to eliminate the mercury.

In this lesson, three dentists will discuss different aspects of dental infections and disease. The first dentist is Dr. Harold Ravins of West Los Angeles, who for many people is a dentist of last resort. Many come to him from all states, even from overseas, after doctors, neurologists, and even TMJ specialists have failed to help. Dr. Ravins will tell you how undiagnosed infected teeth and dental bone can be the underlying cause of degenerative disease.

Our second is a holistic dentist who wishes to be known as Dr. K. He is concerned about persecution and license-removed by the medical authorities, yet he wants his information to reach the public. He will tell you how discovering and removing silent infection in the mouth has helped eliminate chronic fatigue syndrome and blinding head pains from his patients. You will learn how residues from teeth pulled years ago can be killing you today.

Our final dentist is Patrick Stortebecker, M.D., Ph.D., formerly Associate Professor of Neurology, Karolinska Institute, Stockholm, and University of Goteberg, Sweden.

Now, my interview with Dr. Ravins.

BISER: *How could hidden dental infections be such a big problem in this era of high-tech dentistry?*

Dentist: It's because we are coming out of an era of drill and fill dentistry. Dentists are over-relying on X-rays, because that is what we were taught. X-rays are far inferior to electrical diagnosis of the tooth, but dentistry as a whole hasn't progressed that far.

The problem with X-rays is that they can miss things. You are only looking at things from two sides. You can't see what's at the back of the tooth. Also, X-rays produce distortions.

They may show infection going down to a certain depth, but the true infection may go much further.

In addition, dentists are relying on patients to tell them if they are in pain, or if they feel pain when the area is touched. But in an area of chronic inflammation, the patient may feel nothing. This whole awareness of problem teeth that generate no obvious symptoms comes from work done in West Germany, Sweden, and Spain and it is not widely known in America.

I talked to a straight-laced colleague last night who told me he could not believe how many infected root canals he sees. This man isn't into anything nutritional or holistic, yet he admits how much infected teeth and bone he has to remove before he can do things like implants.

BISER: *The other part of the problem is the public's perception that the teeth are no big deal.*

Dentist: Exactly. People think that the worst that can happen is that they lose a tooth. But that's not the worst that can happen.

The worst that can happen is that the mouth can affect your health anywhere in the body. Low-grade infection is a main source of irritation to the entire defense mechanism of the body. As far as living in constant infection, if your

gallbladder or toe had a little infection, you could not tolerate it for long periods of time because it would spread and make it worse. A low-grade infection eats away healthy tissue and spreads disease everywhere.

42.1 BREAKDOWN COMING FROM THE MOUTH

42.1.1 If you have a problem with your liver, or your knees, it may be coming from a particular tooth.

BISER: *So you can have a breakdown of undetermined origin that no-one can fix!*

Dentist: Correct. People think that everything else about their health is serious, but the mouth isn't. The trouble is that the teeth are wired into the rest of the body. Each tooth is represented in the brain. Also, each tooth, or area of the mouth, relates to different organs.

Teeth represent energy as well as parts of the body. When there is a low-grade infection or irritation coming from that tooth, it is also irritating the other part of the body, or taking energy away from the other part of the body.

One of the classic connections is between the mouth and the digestive system. When people have rotten digestion or bloating, it may have nothing to do with their nutrition. They could have a root canal filling that has broken down, or they

could have a low-grade infection coming from an old silver filling or an old plastic filling.

This last week, I helped a man who had a hidden infection in an upper bicuspid. I noticed that the liver acupuncture point was extremely sore, meaning that there was liver involvement. So I anaesthetized the tooth, and the liver point went to normal.


42.1.2 "Residual bone inflammation after the removal of wisdom teeth is a frequent occurrence which may lead to a heart attack." — E. Heinke

BISER: *Why did you anaesthetize the tooth?*

Dentist: I did it as a diagnostic test. When you numb the tooth, you are electrically disconnecting it from the rest of the body. If some condition related to that tooth's area in the mouth clears up, that is one indicator that there is a hidden infection or inflamed bone near that tooth.


When I extracted the tooth, sure enough, there was pus underneath it. But nothing showed on the X-ray.

BISER: *So in other words, each tooth is a big transmitting station sending signals (or poison) — into different parts of the nervous system.*



Dentist: Exactly. Also, each tooth can be passing along any infection into distant parts of the body. For example, surgeons now know that before open heart surgery, a dentist has to check the teeth to see if there is any infection. If there is, it could end up in the lining of the heart and kill the patient. Well, if the heart is connected, what about the other organs?

One of the things we notice is that when people hit their front teeth too hard, there is usually a kidney disturbance. [The front teeth also involve the ovaries.] When you look at the Chinese acupuncture charts, the front teeth are related to the kidney organs. The teeth hitting too hard creates an energy disturbance, even when there is no hidden infection.



BISER: *So a person could be taking a whole bunch of kidney herbs and kidney medicine and still not get well?*

Dentist: Right. I had a man in today with this situation. He was referred to get his silver fillings out, but that was not his problem. His problem was stress in his mouth from the bite, which can produce an infection underneath the teeth.

42.1.3 *"I had another man who had a prostate that was pre-cancerous. We discovered an infection underneath a tooth. We pulled the man's tooth and the prostate is better."*



BISER: *What are some of the subtle signs of undiagnosed infection?*

Dentist: Sometimes there are none at all. But when there are, bleeding of the gums can be one of them. Secondly, when the teeth move, that is another sign of low-grade infection. It shows the bone is giving way and the teeth are under a great deal of stress.

Another sign is fillings that are too old. For example, you see silver fillings that are 30 years old. But when the filling is older than seven or eight years, it has to be checked. The material has worn; it is changing its shape, and food is getting caught. Therefore, you have a constant irritation taking place.

If I see any staining in the teeth coming from the fillings, that is another sign. When you take out an old silver filling or a tooth that is stained, invariably, you will always find crud underneath these fillings. That is low-grade infection.

BISER: *What is crud?*

Dentist: It is dead cells, decaying dental tissue, and inflamed bone. One of the problems is that on the surface, bone can appear to heal; below the surface is a layer of soft, inflamed bone that is a menace to the entire body. It's having a rotten spot deep inside an apple, you can't tell from the surface.

If there is an infection near the root of a tooth, the bone is somewhat destroyed; sometimes you can tell on an X-ray, other times you can't. One way I can tell is to inject anaesthesia into the bone, and check the body's response. I can also tell when I put the needle in if the bone in the inner layer is too soft for what it should be.

42.1.4 "Plastic fillings develop leaks after 2-3 years, they irritate the gums, and when you have to replace them, it is necessary to tear up more of the tooth structure to put in another filling."

BISER: *You mentioned that silver fillings should not be left unchecked for more than eight years. What about plastic fillings?*

Dentist: I'd say two to three years before they have to come out. If you are having a composite filling put in, ask your dentist for the side-effects of the material he is using, just like you would ask about any drug. Also, ask about the type of cement he is using, and what are the potential problems with that too.

Also, you need to ask about the sterilization of a dentist's hand instruments, especially when you get your teeth cleaned. The instruments should be heat sterilized in an autoclave in

between patients, not just at the end of the day. There is a risk of re-infection from another patient's blood, which can get sucked up in a dental handpiece or tooth cleaning instruments. Sterilization with disinfectants is inadequate. Remember, if you allow your mouth to get infected, you are poisoning the rest of your body.

BISER: *What about porcelain fillings?*

Dentist: Dentists use them in the back teeth where they shouldn't be used. Porcelain shouldn't be a part of any tooth that carries a lot of stress. Porcelain is harder than the teeth it sits in, and it can damage the teeth it opposes. Because it's so hard, and hard to fit and work with, it can increase the dental stress of the patient, and dental stress can cause long-term weakening of the immune system.

People will shop around for better prices on crowns like they do for a muffler for their car. What they don't know is that there is a big difference in materials and in lab skills from dentist to dentist. You could be causing new diseases in your body by getting inferior dentistry. And that brings up another danger to the mouth; the inappropriate use of high-speed drills.

BISER: *What's the problem with them?*

Dentist: Using a drill improperly or at too high a speed causes trauma to the teeth, the nerves, and to the jaw bone. Trauma promotes inflammation and infection. You can pay later with disease.

High-speed dental drills have a speed of about 360,000 revolutions per minute. Their purpose is for cutting through the outer hard part of the tooth. They can do that in seconds, whereas a slow drill could take an hour to do the same. But high speed drills should not be used on the inside of the tooth, except when you are removing a filling. When I'm working on the inside, I use a slow drill at a speed of approximately 10,000 r.p.m.

You have to use any drill like a paint brush, and you can't lean into the tooth. And you have to keep taking a break, not working non-stop.

42.1.5 *"Root canal teeth are so potentially dangerous to your health they should be checked every year, preferably by a holistic dentist."*

BISER: *What about gold fillings?*

Dentist: These are the ideal. But you have to get a gold mixture that is at least 22 karat. Also, gold inlays may contain other metals, such as copper or platinum. You should have all

dental fillings checked for compatibility by a holistic dentist before you put them in your mouth.

BISER: *What do you think about root canals?*

Dentist: Root canals are extraordinarily risky to the patient. It is almost impossible to cleanse all the microscopic cavities in a dead tooth. Dentists check to see if a root canal is dry and if it smells. These are pathetically crude criteria.

The only sure method is a microbiological assay of the inside of the tooth, which is hardly ever done. And even then, the remaining bacteria can breed in the absence of oxygen. That's why root canal teeth often stink when you remove them. They become cesspools in your mouth. A root canal tooth is a health time bomb that must be checked often.

42.2 AN UNDERGROUND DENTIST SPEAKS

42.2.1 Amazing case histories from the files of Dr. K. — an advanced dentist who wishes to protect his identity from the dental police.

This is a true story from the land of the free and the home of the brave! Dr. K. may also be risking his license to give you this information, like other dentists I have interviewed. That is why he is forced to conceal his identity from the dental

regulators and from the insurance companies that enforce conformity with out-dated dental methods.

Dr. K. wants you to know how your health can be destroyed by dental infections that dentists are not diagnosing; and how life-draining conditions can be cured by using techniques that are not yet approved by the dental police who protect and defend the public from innovation.

Dentist: There are some things your readers need to know first. One is that a tooth can flare-up because of the organ it is connected to. The problem does not always come from the tooth.

Some people are very sensitive to the organism streptococcus, which can trigger arthritis or tuberculosis in susceptible people. In these cases, the arthritis is coming from the tooth. Of course, due to local changes in body chemistry, the disease organism can assume a different form in the knee than it does in the mouth.

If you take a tooth out of a person who has arthritis, and you put a portion of that tooth in a pouch in a rabbit, the rabbit will have a high tendency to get arthritis too.

If you take a tooth out of a person who has multiple sclerosis, and put it into a rabbit, the rabbit will get multiple sclerosis. And you can trans-plant that piece of tooth 30 times

and each animal will get the same disease as the human owner. This was work done by the pioneering dentist Weston Price.

One of the biggest problems I see with this mercury thing (silver filling removal) is that a lot of these teeth are like sleeping dogs. The tooth gets agitated by the dental drill and becomes worse.

Also, dentists will squirt a lot of anesthetic down in and around the tooth which minimizes the circulation going to the tooth, and then they hammer it with a dental drill. The tooth is starving for oxygen and blood, and many of these teeth later die out. The tooth becomes a shock victim.

Severe head pains: In March of this year, we had a woman came in with severe head pains. Her reason for coming was a chipped tooth, a lower second molar. On the opposite side in January, she had gotten a root canal on the lower first molar. After that, she developed unresolved severe head pain. She was getting a pain on the right side of her head and had gone through a general practitioner, internist, neurologist, and then psychiatrist for her pain. She was on 30 different medications.

Using electrical acupuncture to diagnose her teeth, I found out that the problem was not the root canal, or the chipped tooth, which was dead. The problem was the tooth that was taken out nineteen years ago. I put some dilute anaesthetic in

the area of the removed tooth, to disconnect the area electrically. No sooner did I remove the needle than the pain went away in her head.

So she went home and slept for seven hours or so. Up to this, she could only sleep three hours at a time. We repeated the procedure and this time she slept from the middle of the afternoon till eight the next morning.

We took the dead tooth out and when we worked on the bone, it was like working on quick sand. As soon as you put a little force on top of the ridge where the tooth was nineteen years ago, you just drop into this mushy, fatty tissue — just like quick sand. We cleaned it up, and her pain was gone.

A week later, she was waking up at night again, and we found that her liver was toxic from all the pain medications. We cleansed her liver, and her sleep problems are over.

Chronic fatigue syndrome: Another case we had was a woman with chronic fatigue syndrome. She slept 20-23 hours a day. She had come to us straight from UCLA medical center, where they told her that they would have a cure in 25 years. She came to us because she was told that she should get all her mercury fillings removed, that this was the magic answer to her condition.

But I tested her and it wasn't the problem. The problem began with four wisdom teeth that were removed eight years

earlier. When they were removed, she had suffered with infections for a month afterward.

I suspected her molar area and gave her a German “Sanum” remedy from the Kehlbeck Company in Germany, that was designed to bring out the latent infection in the molar sockets. We also gave her another remedy that contained the bacteria that make penicillin.

We started getting a lot of drain-age and pus and the tissues turned whitish and yellow. A great big lymph node on her neck that was hard as a bone shrunk away. She can now drive a car for the first time since eighteen years of age, which was 6-1/2 years ago. She now does floral decorations, all day long in the heat, at the county fair. And it all began with a wisdom tooth removal.

42.2.2 Simple mouth bacteria and molds can trigger high blood pressure, multiple sclerosis and brain tumors.

In the following interview, I spoke with Patrick Stortebecker, M.D., Ph.D. In my discussion below, Dr. Stortebecker explains exactly how dental infections can lead to such drastic diseases.

BISER: *How long have you been doing research into this topic?*

Medical doctor: 30 to 40 years.

BISER: *Do any dentists listen to you?*

Medical doctor: Some, but not many. Clinicians are aware that micro-organisms can synthesize highly complex compounds such as vitamin B-12, the B-vitamin folic acid, and vitamin K, produced by microbes and essential for blood-clotting.

But most people, even highly distinguished scientists, aren't aware of the fact that you have a steady production of carcinogens by bacteria in your mouth. It has been known since 1911 that microorganisms, such as viruses, can produce tumor growth.

Forty years ago, it was shown that common intestinal bacteria can induce neoplasms. Twenty years ago, they found that molds like *Aspergillus flavus* can synthesize highly potent carcinogens.

42.2.3 *"A spread of toxins from infected teeth down the neck might induce a swollen thyroid and even thyroid cancer."*

BISER: *How do these bacteria, etc. travel from the jaw to other organs?*

Medical doctor: There are several ways. They can move through the venous pathways without valves that exist in the brain and spinal cord. The upper teeth are only several centimeters away from the brain. Toxins and viruses can also be transported along cranial nerves, which has been well substantiated. A drainage also exists downward to the neck where we often find swollen lymph nodes as signs of infected teeth and gums.

A spread of tooth infection through the venous system may induce inflammation of the optic nerve, as well as blurring of vision on the same side of the body, clinical symptoms highly typical of multiple sclerosis.

I reported on one case of MS, a 37 year-old woman, with onset at the age of ten, when she had experienced a period of "blindness" in both her eyes. I inquired about the possibility of infection in her teeth at the onset of her disorder. She was astonished at the question, because none of her physicians had asked her. She told me about her "bad teeth" and she revealed that at the age of seven, she had an abscess on an incisor in her upper jaw, which proved to be highly difficult to get cleansed.

Later on, at 21, she suffered from another abscess in the right upper jaw. A dental examination at the age of 37 revealed more signs of inflamed bone around her teeth.

Unfortunately, several physicians, even professors of neurology at medical schools, have demonstrated a more irrational negativism against treating “dental infections” in patients with multiple sclerosis.

42.2.4 “I have seen cases where dental infection was removed and the blood pressure went down.”

BISER: *Can the bacteria in the jaw produce enough poison to make the blood pressure go up?*

Medical doctor: Yes. Yes. They increase a substance called serotonin that constricts the capillaries and raises the blood pressure. It might be note-worthy that a highly common oral microbe, streptococcus faecalis, can produce tyramine, a vasopressor substance (raises blood pressure.) Many of the people walking around with high blood pressure have dental infections. And nobody will look at the teeth.

Doctors only laugh when you tell them about bacteria producing high blood pressure and tumors and so on. Doctors don’t listen. They say, “All people have bad teeth.” The research is made by chemists and published in chemical journals. So physicians aren’t aware of the facts.


BISER: *What about brain tumors?*

Medical doctor: There are many cases observed of fungus in the brain associated with brain tumors. Nobody comments that molds and common bacteria, such as *E. coli.*, have the capacity to synthesize complex cyclic hydrocarbons, i.e., potent carcinogens. In one case, a 25 year-old man had a history of pain on the right side of his face. In the first surgical procedure, there was no tumor, only a ray fungus the size of a nut.

Screening to locate the primary site of the infection revealed a bone inflammation of the same-sided “wisdom-tooth”. When a culture was taken, it grew the same micro-organism (*actinomyces israeli*) that was found in the brain. Half a year later, the patient died, and there wasn’t any ray fungus left, but only a malignant tumor, big as an apple.

A very famous scientist was quite convinced that the ray fungus had produced the tumor. But at that time (1940), we didn’t know that the ray fungus could produce carcinogenic substances. That was only in the 50’s and 60’s. Even today, doctors say cases like this are just a coincidence. They just don’t understand.

**42.3 DENTAL INFECTION AND DISEASE:
RECOMMENDATIONS FOR READERS.**



1. Contact the Holistic Dental Association for a dentist in the state who is skillful at these advanced methods of detecting and treating hidden infection. Send a stamped self-addressed envelope to: Dick Shepard, D.D.S., P.O. Box 5007, Durango, Colorado 81301.

2. Recommended reading for you and your dentist: *"Dental caries as a cause of Nervous Disorders"* by Patrick Stortebecker, M.D., Ph.D. Available from Bio-Probe, P.O. 58010, Orlando, Florida 32858-0160.

**Sam Biser's
Save
Your Life
Collection**

**A Layman's Course
in Curing Last-Stage
Diseases**

Muscle Therapy
Lesson 43

Muscle therapy

If you or someone you love has strokes, paralysis, or some other crippling disorders or degenerating muscle disorders, this lesson will help you learn how to recover — not just wiggle your toes again.

When I talk about recovery from stroke, I mean major recoveries you can't get by taking more vitamins, or doing special exercises. I mean people *talking* again who were not able to *croak* a word after the stroke hit them. I mean people walking after one side of their body had shut down and “died” on them.

In this lesson, you will learn about the treatment that helped the man who had a brace on his right leg from a stroke.

His circulation was so bad he had elephant-like “hide” on his bad leg. The veins had turned hard and were coming to the surface. The leg had turned black from lack of blood.

By following the treatments explained in this section, it all *reversed*. He was able to throw his brace away and the color came back. His leg was pink again.

Massage therapists can’t accomplish these results and neither can chiropractors. These patients keep going to the chiropractor for a lifetime, but they never get help, because in a matter of minutes or hours after an adjustment, the patient’s problem is back again.

Today, I will be speaking with Marge Kapsos, founder of the Kapsos System of Muscle Therapy. The reason I am speaking with her is that she has obtained results that are beyond rolfing, beyond neuromuscular therapy, and obviously beyond anything we’ve ever seen.

43.1 CURE CRIPPLING CONDITIONS AT HOME

BISER: *What could readers do who want to help loved ones who are in bondage from strokes and other crippling disorders like Parkinson’s, cerebral palsy, and muscular dystrophy?*

Muscle therapist: They need to work across the muscles back and forth with *equal* force. To get results, you should shape

your hand as described in the section on carpal tunnel syndrome at the end of this lesson.

Most beginners make the following mistakes.

- 1) Mistake number one:** *They dig in.* The proper action is to roll the muscles from side to side.
- 2) Mistake number two:** *They apply force in one direction only.* It is necessary to apply equal force in both directions. Otherwise, you will not release the trauma in the muscles.

Kapsos System Techniques: The Phalange Movement



Close your hand like you are making a fist, but keep your thumb extended out. Your thumb will be the anchor point. The center area of your index finger (the phalange) will do 80% of the work.

Place the phalange flat on a muscle with your thumb extended, and wrist slightly in the air, pull the phalange toward your thumb until your thumb is at a closed position next to your index finger. Now push the phalange back away from the thumb in the opposite direction with the same pressure, until the thumb is in the extended position. The thumb should never move.

3) Mistake number three: *They use only one hand for their muscle work.* It is important to use your other hand equally as well to work on a person's muscles. It takes practice. When you are finished working with your right hand, switch to the left hand and do the same area again. *You will then see tight areas of the muscles you had not noticed before.*

It is also necessary to work on a person's muscles at a diagonal, and *not* straight back and forth. It is the diagonal work across muscle fibers that has helped my work to become so successful with muscle pathologies.

Each time you work on a muscle from a different angle, you will find new problems you didn't realize were there.

Muscles *never* feel the same when you work on them from a different position. Basically, each muscle gets worked on from four different angles. Move across the muscles from left to right on an angle — moving down the muscle.

Then, go from right to left on an angle, also moving down the muscle. Then you work on the muscle from the other side in both directions again, at an angle. Again, each time, you work on the muscles with strokes that have *equal* force in both directions. This takes much practice, because the tendency is to be heavier with your force and mainly in one direction.

Kapsos System Techniques: The Phalange Movement



Your thumb will act as an anchor and guide the phalange at the same time. The thumb does not move. Do not allow the index phalange to be raised up above the other fingers. This will cause it to get tired without the support of the other fingers.

When doing the back of the neck, have the person on their stomach, lift up on their chin with one hand, to relax the neck muscles, and do the phalange movement with the other hand.

Also, people must work deeply. As the muscles release, you can work on deeper layers until you are releasing the connective tissue against the bone. If you don't release muscles deeply, and the connective tissue that accompanies the muscles, people will remain sick.

Finally, it is necessary to release the *ends* of the muscle or you have not fixed anything. For example, when trying to help the wrist, you have to release the ends of the muscles and ligaments at the elbow. This is where toxicities form a blockade to the rest of the system.

Kapsos System Techniques: The Arm Movement



Take your arm and extend it with your palm facing the ceiling and your elbow slightly bent. Take the flat part of your arm and roll it from left to right over the muscle. You want to achieve a firm, yet flat rolling motion over the muscle tissue always keeping your palm up toward the ceiling.

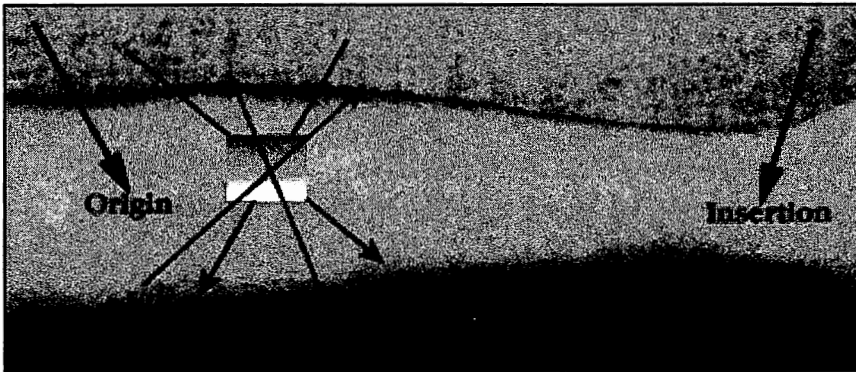
If you find yourself digging into the muscle with your elbow, you are doing the motion incorrectly (See above right).

43.1.1 Layman works on his own paralyzed arm and releases it.

BISER: *Can readers get results, even if they aren't a professionals?*

Muscle therapist: Of course they can, but I can't tell you they will accomplish as much as I can. I have done it for over 25 years. My stepfather in Florida was hospitalized for a stroke.

Kapsos System Techniques: Do each muscle and ligament from four different angles. Do the origin and insertion of each muscle.



Basically, each muscle gets worked on from four different angles. Move across the muscles from left to right on an angle — moving down the muscle. Then, go from right to left on an angle, also moving down the muscle. Then you work on the muscle from the other side in both directions again, at an angle. Again, each time, you work on the muscles with strokes that have EQUAL force in both directions. This takes much practice, because the tendency is to be heavier with your force and mainly in one direction. Also, people must work deeply.

He could not speak, and his right arm and right leg were paralyzed. His speech was gone. He knew how to work on his muscles, because some time earlier, he had attended two of my classes. So, right in his hospital bed in intensive care, he worked on his right arm with his good left arm. He actually reversed the paralysis before I got there, just by working across the muscles deeply as I had taught him.

He was not able to release his frozen voice, because he didn't know what to do, and it was hard to work on himself. By the way, what needs to be done in these cases is to work the muscles underneath the chin. I was able to release his voice in one sitting. You take the flat of your fist, and work across all of the muscles in the throat.

43.1.2 Detoxification is essential to releasing muscle damage.

BISER: *How could a lay person do this, because he won't have the strength or endurance you do?*

Muscle therapist: A layman will not be as strong as a professional. So he can work on a loved one for a half hour or hour per day doing a part of the body at a time. It may take him four days to do a body I could do in two hours. But he will still be able to bring about some healing.

Also, if the patient has had a stroke, or has had a severe muscle disorder, they need to detoxify with the liver flush and enemas, provided they have the permission of their medical doctor. Damaged muscles generate a great deal of toxicity, and toxicity from the body will also make the muscles harder to release.

You can feel the muscles on the person's *good* side, and you need to compare them to the feel of the muscles on the *paralyzed* side. You will feel the tightness and hardness. This is what you have to work out — until it releases. Readers have to work deep, and it will hurt, especially if the person is toxic, or has a low pain tolerance.

As soon as a person has a stroke, they should be given oxygen immediately. Because the longer they go without oxygen, the more damage sets in.

BISER: *But wouldn't a person be given oxygen immediately?*

Muscle therapist: Yes, the rescue squad would do that. It's the people who lie all night after a stroke who become badly affected. These are people who live alone, or who can't get to a phone. I have a friend who had a stroke and they didn't find him until morning. He had a lot of damage and had to go to a rest home. His doctors prescribed my treatment, and I went into the rest home and corrected his condition.

I have *never* had any failure with stroke cases.

43.1.3 *One single session cures 80 year-old stroke victim.*

BISER: *Does working on the muscles of a stroke victim release blood clots?*

Muscle therapist: In all my years, I have never seen it happen, and I've been doing it over 25 years. But again, before doing this work yourself, check with your doctor.

I haven't seen any damage, but I have seen my muscle work save people from the humiliation of being an overnight cripple.

I remember working on one friend who was 80 years old. It was really bad. His whole right side was paralyzed. His eye hung, the mouth hung, he couldn't close his mouth, and food ran out with the saliva.

He couldn't chew. Everything they put in his mouth would fall out. He was so depressed and ashamed, he couldn't even look me in the eyes. You can imagine how you feel when one minute you are normal and the next minute you are not. I couldn't stand to watch him that way.

I did his whole body. The next day his son called and said, "I can't believe what you did for my father. He can chew, he can swallow. The doctors can't believe his recovery, and they

don't know why." The son never told the doctors why his father recovered.

And that was just from working on him once. His stroke reversed. He could use his arms and legs again. He could talk almost immediately after I worked on him.

43.1.4 *Curing strokes in little children.*

BISER: *Have you ever worked on children?*

Muscle therapist: All the time. And I have taught over one hundred parents how to work on their children. I worked on a little two-year-old Australian boy who had a stroke that left him paralyzed down the right side.

BISER: *A stroke? In a two year-old? I didn't think it was possible.*

Muscle therapist: It sure is. This little boy was only twelve months old when an incompetent doctor went into his heart with a catheter to check for heart defects.

The medical procedure caused a stroke and the whole right side was paralyzed. The muscles were atrophied and he couldn't walk or talk until I worked on him. He was almost two years old and *still* paralyzed when his mother brought him to me. They lived in New Jersey at the time. I only worked on him once and six months later when his mother brought him

back, he was running around my office. There was nothing wrong with him. It all reversed.

I've even worked on animals. For example, my neighbor's dog was a Boston Terrier who had a stroke and kept falling sideways on the lawn. After I worked on him, he didn't fall over. He ate his first real big meal since the stroke two months prior. He just whoofed it down as soon as I was done working on him. As I was working on him, he just spread his legs and laid on his tummy, which he couldn't do before.

I also remember the Golden Labrador whose owners came in from Chicago. The vet wanted to put him to sleep. He had suffered with hip dysplasia and he dragged his hind legs. When I was finished, he ran back to the car. When you work on pets, they don't bite, even though it hurts them sometimes. They understand you are trying to help them. They just turn their heads and look at you to let you know they understand.

I know I am getting off the topic of strokes, but I want to tell you about the brain surgeon I helped. He was 60 and married to a girl in her thirties. When he came in, he could hardly move his legs down the stairs. He had gone through hip surgery, and it had caused more muscle trauma to the point where he could hardly walk. When he left, he ran up the stairs and had no pain in his hip at all. He hasn't been back since.

43.1.5 *Releasing neck muscles must be done on all patients.*

BISER: *Is there anything else readers have to know to help a family member who has suffered a stroke?*

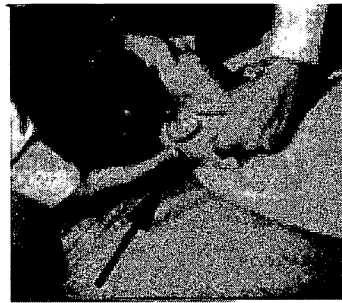
Muscle therapist: Yes, there is. They have to release the neck muscles. They have to work all the way up to the skull — and all the way down to the crook of the neck, where it joins the shoulders. This is important for curing all degenerative muscle conditions.

First, have the person rest on their back. Work on the sides of the neck with the flat part of your closed hand. The majority of the force comes from your three middle bent fingers. Then, lift the person's head with one hand and work on the back and sides of the neck again. Remember that each time you should work on muscles in a slightly different position and angle. When you do, you will release more muscle and connective tissue pathology. This is one of the big secrets. Do not forget it.

Also, do not forget the four angles I discussed at the beginning of our interview. Every muscle must be worked on with equal direction from four angles. Practice on yourself. Learn to feel what is underneath the skin. And of course, always use massage oil when you are working. Otherwise, all you will do is pull skin and hurt the person.

When the sick person is laying on their stomach, you take the chin and raise it so that you can find the muscles on the back of the neck with the other hand. You work on the back of the neck and on the two sides. When you work on the left side of the neck, you raise the neck from under the chin with your right hand and turn it slightly — just slightly — to the right.

Kapsos System Technique: Working the Back of the Neck.



Work on the sides of the neck with the flat part of your closed hand. The majority of the force comes from your three middle bent fingers. Then, lift the person's head with one hand and work on the back and sides of the neck again. Remember that each time you should work on muscles in a slightly different position and angle. When you do, you will release more muscle and connective tissue pathology. This is one of the big secrets. Do not forget it.

When the sick person is laying on their stomach, you take the chin and raise it so that you can find the muscles on the back of the neck with the other hand. You work on the back of the neck and on the two sides. When you work on the left side of the neck, you raise the neck from under the chin with your right hand and turn it slightly — just slightly — to the right. When you work on the right side of the neck, you raise the chin with your left hand and turn the head slightly to the left.

When you work on the right side of the neck, you raise the chin with your left hand and turn the head slightly to the left.

You work on the muscles deeply with the flange part of your hand until you feel the muscles release.

You will feel the muscles let go and soften. When the person is on his back, you make sure the pillow does not lift the head up too much, which will stretch the neck muscles and make it harder to work on him. Either use a flattened pillow or no pillow at all.

Your readers should also know that for the large muscles elsewhere in the body, they can use the flat part of their forearm with emphasis on their elbow for more force. You can use it on a person's biceps if you are a woman working on a man.

This releases a larger area of muscle; you will cause less pain and have more effect. For example, I am talking about the muscles of the legs. But I must warn that amateurs just dig, dig, dig, and this is wrong and will hurt people and accomplish nothing. Remember, you are *rolling* the muscle — not jabbing into it. To lubricate the skin, use almond oil or olive oil. I prefer almond oil.

43.1.6 *Relief from the tremors of Parkinson's.*

BISER: *Have you helped any people with Parkinson's?*

Muscle therapist: I remember helping one 78-year-old woman with Parkinson's who was so crippled she was bent almost in an "L" shape. She had tremors and her hands and her head shook constantly. It drove her crazy, she said.

It took me two years of work, one session a month, but in the end, she was free of Parkinson's symptoms. Her colon was all blocked, and every time she came, she received a thorough colonic. We had to do colonics for six months before we got the wastes moving out. Today, she's another person, walking, holding her head high. Her son-in-law, a chiropractor, was spellbound when he saw the results.

BISER: *Was that your only Parkinson's case?*

Muscle therapist: Oh no. I have had a number of them. If you keep working on these cases, the tremors go away.

I think the problem with them is that they are so toxic.

There was a friend of my mother's who had Parkinson's for ten years. He was so toxic that he actually used to vomit fecal matter from his mouth for the last two years. His colon was completely blocked. They had to insert a tube in his stomach to collect it.

He was on thirty different drugs, and he used to go into toxic shock where he was unable to move when he woke up in the morning. They would take him off all the drugs for about

two months, strap him down to the table to stop his tremors, and then start him all over again.

Once I visited him at his house and worked on his back while he sat in a chair. The next day, he called and said he hadn't felt that good in *years*, and he wanted to visit me for treatments. But he never did. His daughter said I was a quack, and she wouldn't let him come to me.

At the end of his life, he was so toxic from drugs that he screamed with pain whenever you just brushed against his skin. And that's how he died. It didn't have to be that way.

43.1.7 Muscular dystrophy case walks again.

BISER: *What other types of muscle problems have you worked on?*

Muscle therapist: I have had outstanding success with cerebral palsy. I have shown that even a brain stem injury can be reversed by working on the muscles.

I worked on one eight year-old girl who wore two complete leg braces from the hips to the feet because her legs would never bend at the knees. She had a 90 degree curvature in her spine, and because of it, wore a full body brace.

She never recognized anyone and stared into space. Her parents used to hold her legs in front of them and push her legs

one at a time (with their feet) to try to pattern and develop her brain.

Her mother had 400 volunteers working on her daughter's body to try to develop the brain, but it didn't work, because the muscles were too traumatized to respond. They forced her arms to grab ladders, but the arms never moved on their own.

I worked on her once, *just once*, and her 90-degree curvature went into a 9 degree curvature. Her parents threw away the body braces and the leg brace. She never needed them again. She could now lift one leg at a time. They held her body and she could walk up and down stairs under her own power.

And the most dramatic part of the case came a day later when she recognized her parents and smiled. Her father told me that when he saw that, he cried. She had never recognized anyone in her life. She had been a little prisoner in her own body.

They brought her back for me to see. She looked across the room from one person to another and recognized me too. Then she smiled with her eyes. She had never smiled. She had never looked at anyone in her life. She was eight years old.

Her parents then took her back to the neurosurgeon who was going to put two steel rods in her spine to straighten it.

When her mother told the doctor, he called me a quack. So the mother answered, "If this lady is a quack, how come you don't recommend surgery any more?" The whole story of this girl's recovery was written up in the *Chicago Tribune* and other Chicago papers.

Two weeks later, she took my Course so she could treat her daughter herself at home. The mother didn't stay in touch, so I don't know what happened after that.

Hers was the most dramatic case I ever worked on. Sometimes it takes six months, sometimes it takes a year to get these results. But I hang in there and get the results. And you can too.

I had a boy in New York who had his arm paralyzed behind him and he's cured and playing the piano now.

I have also had real good results with muscular dystrophy. I told you once about the boy who was standing and walking in perfect alignment after six treatments. He was seventeen years old. He was completely twisted around to where his head was looking out the back of the wheelchair and he hadn't walked in ten years. He had muscular dystrophy. He was all atrophied from the hips down before I worked on him.

I have also had hundreds of multiple sclerosis cases, and they all have improved. There again, you have to detoxify them

because of the condition of their muscles. All of these cases I have worked on were highly allergic and toxic.

One of them was a man who had been in a wheelchair for twenty years. He was 45 years old and on disability. I gave him six treatments, but I noticed that the muscles kept tightening up in between treatments.

So I stopped the treatments and gave him six lengthy colonics to detoxify his muscles. With no additional treatments, he was able to get out of his wheelchair.

That just shows you how important detoxification is with multiple sclerosis patients and to anyone with muscle disorders. You've got to do both: deep muscle work and the colonics. Muscle trauma causes poor circulation, and therefore, toxicity.

Anyway, the man went to church without his wheelchair and just walked in and stunned everyone. They said, "Praise God." But the chiropractor who had referred him to me was jealous and angry.

The chiropractor reported me to the Attorney General's office and it cost me five thousand to defend myself. But I won that case. My attorney was so happy, he danced with me on the courthouse steps when the case was over.

43.1.8 *Warning on colon cleansing for patients.*

BISER: *You stressed the importance of body cleansing to patients with severe muscle conditions. Should patients get out and get colonics?*

Muscle therapist: Not the way they're being given in most places. Most of the colonic therapists are not using sanitary, sterile procedures, and in today's world, that can give you AIDS.

There are several things your readers have to remember:

1) The colonic therapist should have a motorized unit. It is unacceptable to have a tank of water on the shelf, because water from the patient can back up and contaminate the lines and transmit disease to someone else.

2) The procto that is inserted into the patient's anus, and all hosing, should be sterilized in a medical autoclave for 25 minutes at 250 degrees under 15 pounds of pressure. Do not trust disinfectant solutions — ever!

If the therapist does not use medical sterilization equipment, then all hosing and proctos must be disposable. The proctos and hoses come in a sealed sterile bag costing only \$3 to \$5 each. Never take a procto and hose with you to use again. NEVER. Once you use it, throw it away.

Thousands of colonic therapists have water tanks on the shelf. It's disgusting and deadly. It's an AIDS risk — what with all the mucus and blood that come out of a person's colon.

Debris from a person's colon can contaminate the tubing and the water tank and you cannot autoclave the water tank. If this is the set-up you find when you go for a colonic, leave.

BISER: *Why risk death to be cleansed?*

Muscle therapist: Absolutely! But people do!

Finally, even if all the set-ups are sanitary, the colonic should be one and a half hours to get results. My experience is that the most impacted debris does not even begin to come out until the second or third half-hour.

Yet the standard colonic is over at a half hour, before the worst material has even begun to shake loose. That's why people who believe they are cleaned out are still laden with toxic debris and parasites.

Ideally, every patient should have a colonic unit in his home, just like they have a toilet and a bathtub. In the home, it is all right to use an elevated water tank, because it is for your personal use only.

BISER: *Is there anything else you want to say for our readers who need help, and who are considered "incurable?"*

Muscle therapist: Yes, I want them to know that there's hope, and that my muscle therapy works for the hopeless.

There's no one I ever worked on that I didn't help, and in a big degree too. People *can* help each other. I have trained over 2,000 people. I have always put lay persons in my classes with medical doctors and professionals — because lay people can do it as well as anyone else. The technique is not hard.

43.2 CURING CARPAL TUNNEL SYNDROME

Here are some addition instructions for those who want to cure carpal tunnel syndrome.

Muscle therapist: The work has to be done gracefully. You are using a rolling and lifting motion, not digging in and jerking, so hold your hand relaxed even though you are using a lot of force.

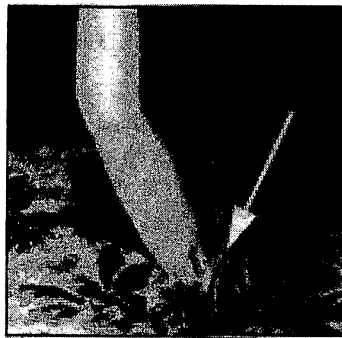
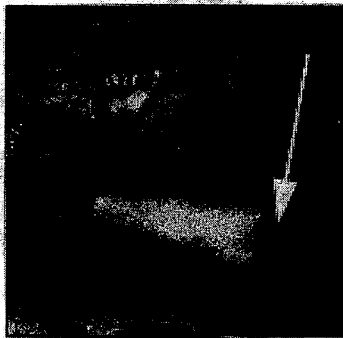
Here is how to hold your fingers while you are doing most of the work. (See earlier illustrations.) The fingers must stay in alignment. If you bring the index finger up, you have lost all your strength. It's the three fingers behind it that give you power.

The hand is always loose, and yet it is going in deep. You go back and forth across the muscles with equal force in both directions. Do not work straight across the muscles, but go at a

45-degree angle, because it stretches the muscles and gets rid of degeneration, which feels like grit, as you break up fibrous tissue. Learn to use both hands equally well. You are using the flat part of your bent fingers to do the work. Do not make your hand rigid.

Start at the armpit and work your way down to the palm and fingers. You need to raise the arm up to get at the armpit muscles. The arm has to be up and square to get at the armpit. You have to get under it. The arm is bent. Work from both sides and different angles. New layers of muscles keep surfacing as you work. If you go to another place, like under

Kapsos System Techniques: Releasing the armpit.



You need to raise the arm up to get at the armpit muscles. The arm has to be up and square to get at the armpit. You have to get under it. The arm is bent. Work from both sides and different angles. New layers of muscles keep surfacing as you work. If you go to another place, like under the arms, and then go back to the wrist, you will find more to release.

the arms, and the go back to the wrist, you will find more to release.

You have to release at the joints because that's where trauma begins in the connective tissue and muscles — at the origins and insertions. People with carpal tunnel syndrome usually have tennis elbow, so you must work there also. Work with enough force to release the muscles. If you try to spare the person any discomfort you will really be hurting them, because they will be left with a crippling problem.

To do the flat fleshy area of the palm, you switch to a different hand position. You place the person's palm on the table palm-side up. You use your elbow here. You are not digging in. You are using your elbow in a back and forth motion to break up degenerated muscles and ligaments.

The two carpal tunnel muscles on the inside on either side of the wrists are what shuts off the nerve supply that comes all the way from the armpit. You must release the wrist, and the armpit, or it won't work. You release these with the flat of the fingers and the elbow work on the fleshy parts of the palm.

Do not use the elbow work on the wrist itself.

Use your elbow and go back and forth just above the wrist on the palm, back and forth with the palm up. You can feel the fibrous tissue in there when you work. Work all the fleshy areas

of the palm, back and forth at angles in different directions. Each muscle group must be worked over in four different angles.

Work all over the palm all the way up to the little finger. Work the sides of the fingers (both sides) all the way to where the finger joins the hand. Do the ends of the fingers. To lubricate the skin, use almond oil or olive oil. (The therapist prefers almond oil.) you could do the person on Mondays and Fridays, providing no bruises are showing.

Wait till bruises heal. There can be some bruising the first time, but not afterward. Do not work on someone who has a severe heart ailment or blood clot or anyone who has inflammation of the veins. Consult your physician before you do this bodywork.

When you are finished, rotate the wrist three times in one direction, and three in the other; you might even feel it release if the area was locked.

The benefits are immediate! The person might be sore from the bodywork, but not from the carpal tunnel syndrome.

**Sam Biser's
Save
Your Life
Collection**

**A Layman's Course
in Curing Last-Stage
Diseases**

Cranial Therapy

Lesson 44

Cranial therapy

If your skull is pressing on various nerve control centers in your brain, the best herbs can be blocked. I have seen this in my own case.

What happens in the brain due to the skull shape and position can overrule any other therapy. Now this is not a therapy for cancer or any terminal disease. But if these cranial matters are not attended to, it is such a strong blocking factor that all other therapies may be doomed.

I have seen nothing affect overall brain and body functioning as much as this therapy — when it is done right.

This is a therapy that can *change the shape of the skull*, even in adults. You have to remember that adult bones are more like plastic than like steel plates. Bone is alive. It can change shape as the stresses on the bone are change. I have had great changes to how I looked in younger years, and the therapy has changed how I think. It is not subtle. We are talking really BIG changes that are obvious to everyone.

The nervous system is in control of the entire body, and that 80% of the nervous system is in the skull. If the bony plates that make up the skull are under stress, or malpositioned relative to what they should be, your nervous system is stressed or blocked. In my own opinion, no amount of herbs or any other natural therapy can make up for a structural problem like this.

The therapy I have mentioned has no equal in the field of structural healing. It is so powerful that with my own eyes I have seen scoliosis, curvature of the spine, disappear in several months. These are things that are never supposed to change. But they do.

I saw one of my readers who had sleep apnea, in which he awoke in the middle of the night paralyzed and could not breathe, cured by this therapy. I saw a reader with a brain disorder so painful that many people who have it eventually

kill themselves rather than live with it. This woman is getting cured. I saw a little Mongoloid girl who is speaking much better, and who is more intelligent and now has a more pleasing head shape. I saw a senile man who couldn't talk start smiling and cracking jokes. I have seen astonishing and never-before-witnessed changes in personality for the better.

Remember, if there is pressure on various brain centers that control body functions and brain activity, a person can *never be well* until the shape of the bones that restrict brain fluids is changed. This can now be done.

If you are seriously-ill, do all the programs in this Course — and proper cranial therapy too.

In this interview, I will be speaking with the pioneer and originator of Neuro-Cranial Restructuring, Dr. Dean Howell, a naturopathic physician from the Seattle area. His practice is in Bellevue, Washington.

44.1 THE SKULL AND DISEASE

44.1.1 Medicine and natural healing treat the body as if it were headless. Unfortunately, your skull shape controls your mental abilities, personality and many of your diseases.

BISER: *Why can't other doctors in natural healing or medicine produce the results you do?*

Cranial doctor: Because doctors regard the skull as merely a piece of bone that protects the brain — and that's it.

To them, the skull is medically *un*-important.

Other than bone breakage or skull fractures, doctors are not interested in what the skull looks like. Doctors of all kinds think the *shape* of the skull just doesn't matter, and that it has absolutely no effect on brain function or health. But they are so ignorant.

BISER: *If the shape of the skull bones is as important as you say, then how did it get overlooked?*

Cranial doctor: The problem is this: Everyone — doctors *and* patients — regard biochemistry as the primary and usually the *only* thing that affects human health and disease.

We worry about hormones, vitamin deficiencies, infections, tumors, and so on — as if nothing else mattered — or as if nothing else regulated our health. Physical medicine is considered to be “secondary” medicine. Drugs and surgery are considered primary. Anything to do with bones is thought to be of *lesser* importance than body chemistry. This view is incorrect.

What people don't realize is that when your structure (the bones of your skull and elsewhere) is off, this by itself *creates* bad chemistry. The only way to correct the biochemical

problems created by a bad skull is to work on the skull. If this is your main problem, nothing else will help to any great degree.

44.1.2 *"Doctors don't know how to correct serious distortions in the skull — if they even wanted to. You cannot do it with drugs, vitamins, or by any technique now used in the natural field."*

BISER: *What do you mean when you say that bad structure can change a person's body chemistry?*

Cranial doctor: Let me give you a recent case I had, and then I can explain its significance. There is a ten-year-old learning-disabled boy from Colorado I just worked on.

This boy had been a problem student. The month after I treated him, the boy's dad told me the whole special education department in his school was amazed by the changes his son has made since October. The school has been asking the Dad to figure out if there's a way that they could bring me in to Boulder to work on all the other kids in the school district that are having similar scholastic problems.

BISER: *What was the problem with his son?*

Cranial doctor: He was viewed as autistic and he was having learning disabilities; so he wasn't retaining his classwork, and

he didn't have good eye-to-brain coordination. He would see material and not remember it.

BISER: *What happens now?*

Cranial doctor: Now he remembers. Now he is more socially interactive, is better able to verbalize his feelings. These are all things that he couldn't do before and he seems to be less dyslexic. His brain had been pinched. It didn't work right, so they said, "he's autistic," "he's learning-disabled," "he's hyperactive," "he's dyslexic."

BISER: *People think skull shape is like personality — we all have a different one, and it doesn't matter. But no one thinks skull shape can actually determine health.*

Cranial doctor: I disagree. It *does* matter, because when you change the shape of a person's head, their nervous system responds differently and they *behave* differently, too. Like the autistic boy; he is not the same kid he was before I worked on him. He's still Tim, but now Tim...

BISER: *He's a better Tim?*

Cranial doctor: He's a Tim that's more functional at school; he's a Tim that gets along with his brothers and sisters better. He's a Tim that's more cooperative for his parents when they

ask him to do chores around the house; he's a Tim that doesn't throw tantrums in frustration any longer.

He's a Tim that doesn't get angry the way that he used to, and the *only* thing that's been different is that we've changed the shape of *his* skull, just like I changed *yours*. I never gave this boy any medicines, and I didn't talk to him about his problems. Obviously, the chemistry and functioning of his brain has changed — and all I did was work on his skull.

44.1.3 "One 85-year-old man was so senile, he was a vegetable who drooled saliva. After I worked on his skull, he now smiles and cracks jokes."

BISER: *What does skull shape have to do with chemistry?*

Cranial doctor: Everything, because the skull contains the most precious tissue in your whole body — your brain.

The skull is a container for the brain and the fluids that flow through it. There is a small membrane lining the inside of the skull, and the brain has to fit inside of that. Imagine your brain as a sponge. Now, if you have a round sponge in a square box, there is a squeezing of the sponge, and a restriction (or *mis-direction*) of fluid flow within the crimped areas of the sponge.

This is a number one principle of brain function: Fluid distribution is determined by the *shape* of the vessel.

BISER: *So you are saying that the shape of the skull helps determine the flow of blood through the brain?*

Cranial doctor: Absolutely. But it's more than that. Blood is *not* the only fluid in the brain. Brain tissues need more than nourishment and waste removal to be healthy, they also need to communicate with one other.

BISER: *And this communication occurs by electrical signals sent down the "wires" we call nerves, right?*

Cranial doctor: That's only *part* of the story. The brain *also* sends neuro-transmitters and other chemical messages through a highly-specialized brain liquid called cerebro-spinal fluid.

Consider this fluid like a modem that computers use to communicate with faraway computers. But instead of electrical messages, these are *chemical* messages. This fluid is manufactured in your brain, and it's a thick syrup, like the "karo" syrup people use in the kitchen. It flows down the spinal column and is absorbed at the base of the spine and recycled.

BISER: *How does this fluid get around from one place to another?*

Cranial doctor: It is the motion of the skeleton that propels the fluid. The skull that surrounds your brain is a pump, just like the heart — only it's a *different* kind of pump.

The heart pumps blood by way of muscle action. But the skull pumps nerve fluid (cerebro-spinal fluid) by the moving of bones. The bones of this pump move *outward* as you breathe in fresh air, and they move *inward* as you exhale. It's as if the brain was being lightly massaged by the motion of the skull plates.

44.1.4 *"Until I corrected this man's skull shape, the breathing center in his brain did not work properly. He was in danger of suffocating to death every night he went to bed."*

BISER: *So what does skull shape have to do with this pumping action?*

Cranial doctor: All pumps depend on their *shape* for their efficiency. A pump that is *symmetrical* distributes fluid far better and more *evenly* than one that is bent or misshapen. If you don't believe me, bang up the chambers of some pump, and see if it works as well. It won't.

Your destiny, how quickly you learn, whether you feel over-emotional all the time, whether you are emotionally-flat and dull, whether you feel "uptight", or whether you feel

“easygoing” — all this can be determined by the *flow of fluids* through your various brain control centers.

And the flow of fluids in your brain is controlled by physical laws and mechanical pressures. For instance, there is a basic law of fluid dynamics called “Bernoulli’s Law” — and it has everything to do with your happiness.

BISER: *Aren’t we getting a little too technical here?*

Cranial doctor: Not at all. Bernoulli’s Law is simple, and affects all readers so greatly, that they need to understand it. Bernoulli’s Law says that if a fluid (water or anything else) flows through a restricted area like a pipe, then the fluid will *speed-up* as the pipe gets narrower.

BISER: *So what does this have to do with human beings?*

Cranial doctor: Well, if there is compression in different control centers in your brain, the fluid could accelerate and flow by too quickly. Either that brain center would get too much stimulation, or possibly the fluid flow could be so quick that nerve stimulation doesn’t occur properly.

For instance, what if one of your emotional control centers is over-stimulated? It could mean that you feel anxiety when you are out in groups of people, while others feel relaxed. It could be coming from your skull.

Here's something else. Scientists have discovered an area in the brain you could call "the happiness center." It was reported by John Stossel on ABC on April 15th, 1996. The amount of electrical activity in this brain area helps determines whether you feel happy or not. We all know some people who feel happy and lighthearted, even though their lives are not all that great. And then there are others who have great marriages, plenty of money, etc., yet somehow, they never look happy — and never are.

You can do all the positive thinking you want, but if the flow of blood and cerebro-spinal fluid to this center is affected, you may never feel quite right. This happiness area is located on the left front part of the brain. Interestingly, this is where most of my patients have a lot of skull compression, and this is also the area which is squeezed the most when the baby's skull rotates as it comes out the birth canal.

It comes down to this: We all know shape absolutely matters when you design an airplane or a car. But no one realizes that shape also matters for the human skull.

Let me give you another case, and you'll see what I mean. The man's name was Phillip, and he had a problem with the breathing center in his brain. You met him in my office.

BISER: *Oh yes, I remember him. He was suffering from a disorder called 'sleep apnea.'*

Cranial doctor: That's right. Sleep apnea is a condition in which the person stops breathing while they sleep. It can be fatal. Phillip had it 40 times an hour. It was so bad the doctor told him that if he didn't get a special breathing machine immediately, he could have a stroke or die any night he went to bed.

They gave him a lifetime prescription for a machine you are hooked up to while you sleep, so you don't stop breathing. It has a mask you wear over your face.

Doctors also wanted to do surgery to remove the entire soft palate of his throat. They wanted to remove the tonsils, adenoids, everything all the way down his throat. But people have this done — and *still* have apnea.

After his fourth treatment with me, the apnea was gone. He used to have to take all kinds of medications before he went to sleep and after he woke up. Now he doesn't need to take anything.

Doctors had given him MRI's, brain scans, and so on, and could not find *anything*. All I did was work on his skull, and correct the mechanical pressures on his brain.

BISER: *Phillip was incredibly excited when I talked to him. Imagine, four treatments with you and a lifetime problem is cured. He told me he used to wake up almost paralyzed two to three times a*

week, and that's gone too. Tell me, does this treatment help people who just want to breathe better?

Cranial doctor: It sure does. As the skull moves, it also changes spinal curves in the upper back and releases spastic back muscles. Then breathing becomes transformed — without any conscious effort.

I worked on one graduate student from Indiana, and he comes in the next morning and says, “I didn’t expect these things to happen.” I said, “Are you having side effects?” And he said, “No. No. No. I can breathe deeper than I thought people could breathe.”

He also told me, “I feel different in my chest; it feels like its bigger and more relaxed.”

People even report that their clothes fit differently because their posture change makes their rib cage ride differently. One guy said his shirt-tails hang differently and his pants fit differently too. When you work on the skull as vigorously as I do, these changes in the chest can occur in less than four days.

When I start, I notice people breathing shallow. Then, as the skull and chest muscles release, I notice their whole diaphragm moving. They feel it all the way down into their groin. You can take all the deep-breathing lessons you want, but you can’t make the body breathe in a way it is mechanically

incapable of doing. I've also helped asthma patients. I had a real-estate man with asthma who told me he doesn't have to wake up anymore at one in the morning just to use his inhaler, which he's been doing for the last twenty-five years.

BISER: *You mentioned spinal curves, so I'd like to ask you: what do you think of chiropractic?*

Cranial doctor: They don't treat the *true* cause of people's problems. That's why their patients have to come back for years and years — for the same misalignment.

BISER: *How can you say that? Don't a lot of people get relief by having their spinal bones moved back in place?*

Cranial doctor: It's usually short-term relief which won't hold.

BISER: *Why is that?*

Cranial doctor: Because the body deliberately moves the spinal bones out of place to stabilize itself, so it won't fall over. As soon as the chiropractor pushes the bones back in, the body re-asserts itself and moves them out again, even if this causes pain.

The body prefers pain to falling over — which is dangerous for human survival. If you couldn't walk or stand-up, you couldn't hunt or run away from predators. Balance is lifesaving to the human species.

You have to remember that the skull is like an 8-10 pound bowling ball sitting on top of a pool stick. If the body didn't balance the ball on top, you'd fall over, and have to crawl on the ground, instead of walking.

So, to balance the human body, the brain moves the bones and changes the spinal curves. For instance, if your head tips forward and to the left, the pelvis may drop to the right, and the spine will change curves to throw some of your weight backwards — like a counterbalance.

BISER: *Where do the muscles fit into this?*

Cranial doctor: Here's how: Most people's heads are not centered over their necks, and the head shape is not symmetrical like it should be. So their head wants to roll off to the side. But the brain doesn't like that, so it starts tightening muscles — just like you use a cable to hold up a tree in the orchard.

So if your head tips to the left, the muscles on the right side are usually tighter. Much tighter. And, if your head is too far forward so that it wants to flop down, then the muscles across the back of the neck are really going to be tight, because they are pulling the skull backwards.

The muscles are the body's *back-up* system to fight gravity. All the tight muscles are trying to do is to hold up the body

when the bones can't support your weight. The muscles are like the guy wires holding up a crooked tree.

The real answer is to realign and reshape the skull, not to massage the muscles, or pop the vertebrae. People go, "Bad muscle. Bad muscle", because it's tight and so sore, but the true cause often lies in the distorted skull.

Chiropractors, massage therapists, and everyone in physical therapy is ignoring gravity and ignoring the skull. They relax muscles that should be tight — and the person feels temporarily better, but the body is *worse*. They move bones back in that are *supposed* to be out. The neck or back pain goes away for now, but the skull and spine are *less* stable, and under *more* stress.

Moving bones back in that *should* be out is like removing the flying buttresses that support a cathedral. The human body adapts by creating *worse* curves (a sicker, less healthy "balance") to try and avoid falling to the ground. The *local* symptom may be gone, but the *whole* system has begun to degenerate.

If we treated our buildings the way we treat the skull and spine, all our buildings would collapse. Engineers I talk to understand this. So do lay people. Doctors don't.

BISER: *One question before we move on: How does the brain know how to balance the body, how many degrees off it is, and what it needs to do to balance itself?*

Cranial doctor: This is accomplished at the base of the brain, in the brain stem, working through sensations triggered by the balance organs. These are the semi-circular canals in your ears.

These canals have fluid in them, and tiny hairs to sense motion, and they work like carpenters' levels. There's three of them in each ear that are set at different angles. So you always can tell where your body is in relation to gravity.

Your brain receives a constant stream of data from your ears telling it how to balance you. So, continuously, your balance organs are making your body compensate to make sure you won't fall over. And, if you have someone that depends on a walker or a cane to walk, you realize they are at the outer limit of their body's ability to continue compensating.

If these people don't use physical aids, all you have to do is give them a little push with one finger and they fall over — just like a tree that got bent to one side too much.

44.1.5 *"When you correct the shape of the skull so it balances better on the spine, severe scoliosis will change in days — sometimes in one treatment."*

BISER: *Can you help people who've deteriorated this far?*

Cranial doctor: Yes I can. I remember a lady who was eighty-six, a retired hairdresser, who gave up her cane after two days of therapy, handed it to her daughter and said, "Put it away, I don't need it any more." Her daughter said, "Are you sure, Mom?" "Course I'm sure! Don't give me any lip, girl!" And she was fine.

I helped my own mother, who had scoliosis (severe spinal curvature) that got worse after a car accident. Last month, my mother was hit by a car, when she was on her bicycle. When I first treated her two years ago, she had a tendency towards scoliosis, but now it was much, much worse. Her scoliosis measured from the side was probably around three inches. Her spine was curving sideways, three inches off center.

We're talking about gross spinal changes I showed to my sister as we looked at my mom from the back. I said, "Look at that." She goes, "She's all crooked," and I said, "That's scoliosis!"

I worked on her head, and I had to use quite a bit of pressure, because she was hit by this car and hit the pavement so hard. Her skull plates were jammed together. Once I finally muscled through that skull problem, her back is absolutely straight.

BISER: *How long did it take you to do that?*

Cranial doctor: In two treatments, she was straight again.

The scoliosis was a response to the blow to the head. The blow moved the head so far off-center that the *only* way her body could stay upright was to put her pelvis 3 inches off to the *other* side to balance itself.

BISER: *So a chiropractor could have worked on her spine for years, but the true cause was in the skull.*

Cranial doctor: That's exactly right. If a doctor doesn't understand the central role of the shape of the skull, there's a lot of people he'll *never* get well.

As a healer, you have no clue as to what symptoms will vanish when you start changing the skull shape. For example, there was one farmer that I worked on who had lived in the same house all his life and he was about seventy. After I worked on him, he said, "Heard the train whistle this morning?," and I said, "So what? I heard the trains, too; they're really loud around here."

He said "You don't understand; I haven't heard it for thirty years, but I heard it this morning."

BISER: *After how many treatments?*

Cranial doctor: That was after his second treatment.

44.1.6 *"Whenever my treatment changes the skull shape, there is also an emotional change in the patient. But control freaks don't like that."*

BISER: *One thing that amazed me whenever I visited your office was that some patients glowed and crowed about how much you helped them, and how no-one else had, but then they said they didn't know if they had the courage to come back again. Now, I've had your treatment numerous times, as rough as you can give it, and it's no problem. So what are these people afraid of?*

Cranial doctor: They're afraid of the emotional changes the treatment causes. They want their symptoms to go, but that's all. They don't want *anything* else to change.

BISER: *What do you mean by "change"? All we're talking about is moving some skull bones, right?*

Cranial doctor: That's what I used to think too. Just a bunch of bones. I never used to think that I could affect emotions. It was after doing this for years that I started realizing it was the norm. Women who were being verbally abused started standing up for themselves. People who were chronically depressed stopped feeling depressed. People who had learning disabilities started seeming smart.

People who had chronic anxieties stopped feeling so anxious. People who had stage fright stopped having stage

fright. I was never asking them about these problems. They would volunteer the information later, saying, "You know, I used to be like this, and it's gone now." And all I was doing was mechanical stuff. I was amazed that these other things were happening. I didn't start out with this concept in mind.

BISER: *Plus, as you told me at dinner once, when you did this to yourself, you also had emotional reactions.*

Cranial doctor: Oh, I had lots of flashbacks and I had lots of emotional change. Lots. I'm pretty sure it wrecked my marriage, because I grew so much, and my partner didn't.

BISER: *People don't understand that as you change the bone, you change the person. They think it's just shape, but no one in aeronautics would say, "It's just the shape." Planes fly or crash depending on shapes.*

Cranial doctor: And in a way, so do people.

44.1.7 *"Unless you release the skull, the bad emotions are re-created, and re-created, and re-created. You can't talk the problems out of the person, anymore than you can talk dents out of a car."*

BISER: *Why does changing skull shape change emotions so much? I remember that my wife, Sandy, burst into tears after one treatment, remembering how crummy life was with her first husband. She*

thought she was mature, and had let all that go, and it was in the past.

Cranial doctor: But it was *still* inside her — physically. You see, doctors and your readers don't understand that the emotions and the physical are one. You cannot *separate* them. Every time you have an emotional trauma, there is a tightening of the physical membrane around the skull. This pulls the bones into a slightly different position, and eventually alters their shape.

This places physical, mechanical pressure on the various brain control centers we talked about earlier. Now, you can intellectually tell yourself you are *over* something. But that doesn't mean the physical damage to your skull has disappeared. Usually, it is still there.

Every emotion has a physical effect. Never forget that. Defeated people look defeated. It's in their face, and in their posture that their skull dictated. Their structure is different than before. Happy people look happy. Their skulls are different, and consequently, so is their posture.

When I release the skull, I change the fluid flow in the brain, and release the pressure on control centers. This physically releases the emotional trauma, and the patient briefly *re-experiences* the pain they went through.

I tell patients this is going to happen, and they say, “Yeah, Yeah. It’s no big deal.” Then they come back the next day and say, “I can barely sleep. I’ve been crying all night. One 83-year old man cried for three days, most of the time, and then he smiled for the first time in 15 years.

Emotional trauma becomes physical trauma, just like recording music on a compact disc.

I treated a woman who had twenty years of psycho-therapy because of a harshly abusive childhood. She used to have her face scraped with hat pins by her step-mother for being bad, as well as being whipped with belts and hands. Plus the usual verbal abuse.

She’d also witnessed her mother’s attempt to commit suicide — before she was taken away from her mother as a four-year old. She went through years and years and years of psychotherapy.

She said she feels much better emotionally from ten treatments with me compared to six or seven hundred therapy sessions with various counselors, psychiatrists, and psychologists. And I never discussed her problems; I just released the physical trauma from her skull.

BISER: *This all sounds so purifying and beneficial; why would some people run away from something as healing as this?*

Cranial doctor: Because the control freaks want to control everything, and they can't control *how* they will feel after the treatment. It changes your emotions, and you don't know *how* until you get there.

Getting the treatment is like walking through a curtain and you don't know what's on the other side. The treatment mechanically forces you to confront feelings that start pouring out as the head releases. Some people cannot deal with that — so they stop. It's their loss.

BISER: *Why has it been so hard to get doctors to study this new science?*

Cranial doctor: Because doctors are afraid of change too. Just like the patients.

One doctor told me, "How can I do this? I'm scared. It will completely change my practice." And I said, "How can you see what this does for human beings and NOT do it?"

Doctors are financially used to seeing perhaps 30 people a day, and these patients come back and back, because they never get cured. With this treatment, the doctor can only work on perhaps 12 patients a day, and they get cured, and never come back. But the doctor can adjust his fees accordingly, and find new patients. What's the matter, aren't there enough sick people out there?

Another problem with doctors is that they have been taught that skull shape is insignificant, and that the shape is permanent anyway — and can't be changed.

But these are assumptions, not facts.

I've seen a huge ridge on an old man's forehead flatten out in one treatment. I saw a crater in the top of someone's skull disappear after a single adjustment. I saw the straight, flattened side of a woman's face open up and begin to round out after a big adjustment with a huge crack as the bones moved outward. I've seen ridges on the top of the head, and pointed heads, all go to smooth rounded bone as the abnormal pressures on the bone plates was released. This stuff happens every week.

And we know what has happened to you. But that all doesn't matter if the doctors don't believe it can happen.

BISER: *You mean to tell me there are doctors who can look at patients with changed faces and deny anything happened from your skull work?*

Cranial doctor: That's absolutely right. I've got a patient named Scott, who I've been treating for years. His skull is so enlarged that his dental arches have widened, and his crooked teeth have straightened out — just from the larger skull.

Scott goes in to the dentist, who he hasn't seen in two years, and the dentist says "Beautiful work! Who did your orthodontics? This is great. God, it is fantabulous. You look so good."

Scott said, "I haven't seen any dentist since I've seen you. When was I last here?" The doctor says, "Stop lying Scott. I *know* you had ortho." Scott said, "I haven't. I've been having cranial manipulation." The doctor says, "Cranial manipulation doesn't do anything. I know you had ortho."

He said "I *haven't* had ortho. Cranial is all I had done. That's why my teeth moved. The doc says, "You're lying to me. Stop lying." That was a year ago. Scott went back for his annual checkup and the guy said again, "Now tell me the truth, who did the ortho?"

44.1.8 *"You cannot understand how much BETTER your brain will work until you release your skull. It's like trying to imagine the color purple before you ever saw it."*

BISER: *How does your work compare to therapies like cranial-sacral therapy?*

Cranial doctor: Cranial sacral therapy and all the others are utterly *trivial* compared to neuro-cranial reconstruction.

This work causes vast, enormous bone changes in days that cannot be accomplished by outdated methods such as cranial-sacral therapy.

My work changes the sphenoid bone, one of the major bones in the skull, and this bone cannot be accessed by the external massage-type methods used by others. Also, I use multiple layers of quite-strong balloons never used before. These are inserted into the nose for about ten seconds, and produce great leverage in moving locked cranial bones.

Also, my system of analysis and treatment stabilizes the entire spinal column so that the patient benefits are permanent. From what I have seen of other work, the changes are quite small, and don't last.

In addition, I have thousands of before and after pictures of patients with changed faces that no-one from any therapy could produce. For example, I am treating a woman named Theresa, who was a cranial "poster child." She had the best cranial treatments in the nation, was documented, measured and shown off.

Then she came to me. On the very first treatment series, she had an emotional flashback and release from a head injury in which her head was jammed in a door that banged shut from the wind. Her emotional release was intense and incredible. This had never happened before.

She goes back to her cranial doctor, and he says, “What have you done? You look different. I’ve never seen you like this?” She went to her dentist, who had to remake and remake her dental appliances, because her arch kept expanding from the treatments. Her own fourteen-year old son (and kids *don’t* compliment their moms) said, “Mom, you look so much younger; what have you done?”

BISER: *Some cranial doctors have complained that your work is intrusive and too intense. What do you say?*

Cranial doctor: Of course it is. That’s why it works. I am intruding on a skull pattern that is not working. My goal is to make permanent changes in people’s skulls and people’s lives — not to cater to their fears.

If you want soothing treatments, take a hot bath. But if you want to be cured after being a reject from other therapies, then release your skull. You decide.

It is time for doctors to change from a “chemical-only” to a *mechanical* view of the body. Human suffering cannot be released *until* you work on the skull.

There is an *optimum* skull shape designed by nature, and until you approach this shape (broad face, high cheekbones, wide forehead, symmetrical balanced features) a human being

cannot use the full potential of his brain or personality — due to mechanical pressures.¹

44.2 IMPORTANT INFORMATION FOR PATIENTS

The old style treatment given by Dr. Howell and those he taught used to be traumatic — hard on patients. It is not traumatic anymore. If you are receiving treatments from a doctor who claims to be doing this work, and it is traumatic, the treatment is not being done right.

Next, this treatment has made major advances in 1999. If a practitioner is using techniques learned from Dr. Howell that are over a year old, he or she is out of date — and you as a patient will not get the best treatment results.

Some basics on treatments. Sloppy practitioners have been taking shortcuts and not delivering, what I, Sam Biser, intend for my readers to have.

1. **Note from Sam Biser:** I refer doctors and readers to an recent article in Newsweek, June 3rd, 1996, or see Reader's Digest, December 1996, entitled, "What Makes Us Attractive?" It backs up what I have been trying to get across to readers.

1) There should be two people holding the patient in position for each treatment. One “holder” should be supplied by the doctor, and the patient should have someone else assist. If this second hold is not done, body parts such as a hip or shoulder or leg will rotate *with* the treatment — and not as much cranial motion will occur.

2) The position of the head while the cranial adjustment is carried out is critical — not just important. Make sure the doctor has placed your skull in the optimal position for each cranial adjustment. I never assume anything when I am being treated.

3) Ask the doctor to tell you where to *focus* on the skull. Focus on this point and use the power of your diaphragm to push your air and mental power toward getting this part of the skull to move. This is not trivial. It is major.

4) Do not do vigorous exercise, especially weight-lifting, jogging, aerobics or anything like that for at least a week after a series of cranial adjustments.

5) If you are doing yoga, only relax the side of the body that is tighter. Do not try to force the looser side to get looser. If you do, you can destabilize the body, make the skull worse, and go backwards in health — even though you may be more flexible.

For those want more information, Dr. Howell's phone is supplied in the Appendix on Sources.

**Sam Biser's
Save
Your Life
Collection**

**A Layman's Course
in Curing Last-Stage
Diseases**

Final comments
Lesson 45

**Sam Biser's
Save
Your Life
Collection**

**A Layman's Course
in Curing Last-Stage
Diseases**

Sam's Final Words
Lesson 45

Last words from Sam Biser

I have interviewed many healers over the last 26 years, but I have no desire to be one. I am glad to be independent.

I think I am more help to you that way. Almost all healers I have ever met have blind spots, dogmas and often think they know *everything*. No one does.

I am not trapped by any one single area. I don't have to defend a therapy — or pretend it cures everything. I do not have my hand in the money pot of food supplements and herbs, as healers do. So I am free to say things they don't want you to know, or won't even admit to themselves.

Here are a few I haven't mentioned so far.

There are a few things I have learned that I want to pass on to you. I have been ill myself at different times, and have had to help those I loved. Let me share some thoughts with you.

1) Observe a total day of rest one day each week. Whether it is Saturday or Sunday doesn't make a difference. The Jewish people call the day of rest every seven days the "Shabbos." They consider it holy, and it is. It is holy because *you* need it for regeneration. One famous writer, Abraham Heschel, called it "A palace in time." Make it a palace for your soul by observing it.

A day of rest means no TV, no riding around seeing movies or shows or basketball games. Do *no* business on this one day. Do not talk about business for 24 hours. And do not allow others to drag you into it. It will feel like taking a vacation every week. You will grow to *love* this one day as you love your mate.

A day of rest is for rest and reflection. It's a day for family, for making love, for thinking about what you want from life. All these things can get lost from Monday to Friday. By reading this Course, you can obsess about all the things you *should* do. What I am telling you is that on one day a week, you should *not* do things.

If you obey this one day of rest in every seven, you will feel better, and get well faster. You will be happier. It has made a big difference for me and my wife. If you don't believe me, or feel you don't have the time, just try it, and you will see. You'll never go back to living without it. I won't.

2) Water and salt can be as powerful as the greatest herb. Without salt, your body will dehydrate no matter how much water you drink. The use of salt and water in healing is so basic. I recommend that you get a copy of the book, "Your Bodies Many Cries for Water", by Dr. Batmanghelidj. Water and salt therapy is essential whether you have colitis or cancer.

I remember speaking to this doctor and he told me that he saved someone who had just had a stroke by knowing how to use water before permanent damage set in. He gave the person 22 glasses of water over a day's period of time, with a little pinch of salt with each glass. Later in the day, he balanced the salt with some potassium from orange juice. Now, this man does not have the sophisticated programs I give you in this Course, but he is the world's expert on using water to heal. It is something you should know.

3) Differences in metabolism can change how herbs affect you. An example: one person was given a strong herbal sedative that would have put anyone else to sleep. In this person, the herbal sedative acted like a strong stimulant that

made the person more *awake* than he had been all day long. Therefore, any recommendation in this Course may not be for all types of metabolisms.

The 'Superfood' recipe, given earlier in this manual, is a good example. The 'Superfood' recipe is high in potassium and iron. Some people will feel marvelous from taking it, others, like myself, will feel awful. Unfortunately, natural healers tend to believe that everyone in the universe feels better on their products — but it isn't so. Another natural healer dogma is that if you do have bad effects — it is caused by cleansing and you need this reaction. More nonsense.

It's not a cleansing reaction — it can be your body telling you that you are getting worse on this food.

No food is for all people. I'm sorry; I realize there are herbalists who believe that, but it is not so.

I think that some people need a 'Superfood' recipe high in natural calcium and sodium, not potassium and iron. Adapt the Superfood recipe — or any program — to what works best for *your* body. Do not trash your health by not thinking for yourself. For some, a superfood may be broth, strained broths from chicken or fish (with the head cooked in the broth) that may be more healing for these people than any barley greens or spirulina.

4) I do not believe all people are genetically destined to be vegetarians. One herbalist says that a person should be 100% vegetarian until they are 100% well. I know this is true for many people, but I am positive it is *not* true for everyone. Again, more dogma.

I do not believe this, because with my own eyes, I have seen differently. I believe there is a percentage of people who will not get well, or who can die, unless they eat some animal products. I believe that some people *may* need foods like chicken broth, fish broth, lamb broth, egg whites and whole eggs, and yogurt to make it possible for them to recover. You cannot change your genes by willpower.

I notice that for myself, I cannot have dairy products. I immediately break out with acne. But eggs suit me fine and I feel better eating them. But my wife Sandy does not like eggs, and has them only rarely. I only mention this so that you know that the differences between one person and another are not small; they can be enormous.

Coffee calms my wife down. It drives me up a wall. So be advised to listen to your body.

People are not better or 'higher' because they are vegetarian. Be true to your own metabolism. I believe that the vegetarian or vegan diet, for some people, is best only as a

temporary *cleansing* diet, and not necessarily a lifetime maintenance diet.

There are different types of metabolism, which are determined by genetics, and you cannot change your metabolic type based on a mental decision. If you are not intended by your genetic inheritance to be a vegetarian, and yet you stay on such a diet, you will eventually get weaker. For strength and health, honor your genes.

Now, what about the book on the four diets based on the four blood types. There is great truth in this — but again, I think the followers turn insight into dogma. I have personally seen people with totally-identical blood types have major differences in dietary needs.

Do not trash your intuition because someone wrote a book. In the case of this blood type and diet thing, I find that the father of the man who wrote the popular blood type book is more open-minded and has more common sense. This father, who wrote a book, “One Man's Food is Another Man's Poison,” covers the topic of cross-types, namely, that we are most of us, genetic mutts.

There is *more* going on than blood types. Other things affect your dietary needs. Some of them are, your skull pattern, the balance of your autonomic nervous system, whether

parasympathetic dominant or sympathetic dominant, your current mineral balance, the relative amount of carbohydrates versus proteins your system needs and can tolerate. All this is connected. Many vegetarians are drowning themselves in carbohydrates, even natural ones they can't handle.

5) Avoid unsoaked and unsprouted grains. The same problem occurs with unsoaked nuts. As I learned from a Dr. Edward Howell almost 26 years ago, all grains contain enzyme inhibitors to prevent accidental germination. Unsoaked grains contain compounds called phytates that can block your absorption of critical minerals. Dr. Christopher only recommended grains that were presoaked overnight. This is how old-fashioned porridge was made. Presoak, and blow off the phytates and enzyme inhibitors. Forget pasta. Birds have special stomachs to presoak grains. Humans don't.

6) Sick people should not go to bed late. The sleep before midnight will do you more good than sleeping in late in the morning. Go to bed before 10:00 P.M. Even earlier if your tired body asks for it.

That doesn't mean in bed *reading*. That means lights out, eyes closed, even if you can't fall asleep. Play appropriate music if that helps. Then get up earlier, and you will feel much better for the *same* amount of sleep.

Some people will sleep much better if they take two or more glasses of water (with a tiny pinch of salt) during the night, and perhaps some before they go to bed. Even if this makes you get up to urinate, the quality of your sleep will be better due to drinking the water. Sleep heals.

7) Some patients may have almost a zero tolerance to sugar products such as natural jams, or even to products with fructose (fruit sugar), or even to too much fruit. Try cutting these out for a week, and see if you notice a difference in how you feel, or in how your brain works.

8) Above all, let me hear from you. Write me, or e-mail me. With the volume of mail, I do not know for how much longer I will be able to answer all my e-mails, but I will try. My personal e-mail address is samandsandy@anet.net. Please do not use this e-mail address for customer service issues. For that, call my office at (818) 503-5980.

Let me know how you are doing, what you are discovering, and what problems you are having. I cannot diagnose or prescribe, but I will try to be of service. You will be receiving regular newsletters from me, the Sam Biser Health Report, and the newsletter will be a forum in which all of us can share what we are learning. My best wishes to all of you.

**Sam Biser's
Save
Your Life
Collection**

**A Layman's Course
in Curing Last-Stage
Diseases**

Sources of herbs and other materials

46.1 FOR SEPARATE HERBS

A great source for individual herbs: PACIFIC BOTANICALS, 4350 Fish Hatchery Rd., Grants Pass, Oregon 97527, (541) 479-7777. They sell only Organically Grown and Wild-Harvested herbs. They only sell wholesale and in one-pound quantities. You end up getting the best-quality herbs; an entire pound for what you would pay for a few ounces elsewhere

46.2 OTHER HERB SUPPLIERS

I am looking for more suppliers of organically-grown and wildcrafted herbs, and when I find people I can trust, I will

announce them to you in my newsletter, which will be sent to you free. The following herb companies are wholesalers and can only sell to persons who have a business license. However, you can get your healthfood store to order for you from these sources.

Starwest (wholesale only) phone: (800) 800-HERB

Frontier Herbs (wholesale only) phone: (800) 669-3275

For herb seeds: Horizon Herbs, Post Office Box 69, Williams, Oregon 97544-0069. (541) 846-6704.

For the product called Burnout Formula and Limcomin, see **Analytical Research Labs**, (602) 995-1580. Please note that this firm also makes supplement recommendations with their hair analyses. I do not have confidence in these recommendations.

46.3 OTHER PRODUCTS

Castor oil and flannel for castor oil packs: The Heritage Store, 314 Laskin Road, Virginia Beach, VA 23451. (800) 862-2923.

To obtain Essential Oils: Aroma Vera, 15901 Rodeo Rd., Los Angeles, CA 90016, phone (310) 280-0407

Celtic Salt: The Grain and Salt Society, 273 Fairway Drive, Ashville, North Carolina 28805. (800) 867-7258.

Organic vegetables by mail: Walnut Acres, Penns Creek, PA(800) 433-3998

For more information on Echinacea's immune abilities, get the excellent book: Echinacea, the Immune Herb, by Christopher Hobbs, Phone 408-457-9095, FAX 408-457-9097, Botanica Press, 10226 Empire Grade, Santa Cruz CA 95060.

Pepper Seeds: You can obtain seeds for the hottest chilli peppers in the world from: **Shepherd's Seeds**, 30 Irene Street, Torrington, CT 06790. (860) 482-3638. The hottest peppers are called, "Red Savina Habañeros." They contain 350,000 to 500,000 Scoville heat units.

46.4 CRANIAL DOCTOR

The current telephone of **Dr. Dean Howell**, cranial doctor is (425) 649-8604. His practice is now in Bellevue, Washington.

**Sam Biser's
Save
Your Life
Collection**

**A Layman's Course
in Curing Last-Stage
Diseases**

A

Addison's Disease 952

Adrenal activity 1112

Adrenal glands 1105

AIDS 1264

- bowel-cleansing 542

- diarrhea 555

- echinacea tincture and tea 542

- enemas 542

- intestinal formula number
two 555

- juice-fasting 542

- liver flushes 542

- poke root poultices 544

- red clover paste 550

- skin-brushing 544

- super tonic immune formula
558

- total life-style change 535

AIDS definition of 545

AIDS skin cancers

- Karposi's sarcoma 548

- red clover 548

Alcohol in tinctures, safe for
alcoholics 877

Aldosterone secretion 1116

allantoin 687

- accelerates cell repair 696

aloe vera 203, 213, 687

- for colitis & diverticulosis 213

- helps heal burns 687

- reduces inflammation 213

- soothing an open wound 697

- soothing bowel tissue 203

Alzheimer's and dementia

- alfalfa herb 648

- liver and bowel 646

- super nutrition 646

Alzheimer's causes 653

amputation prevention

- cayenne and ginger tea 736

- hot and cold therapy 736

- loads of fresh garlic 736

Amyotrophic lateral sclerosis 849

Anemia 1095

antibacterial 447

- eucalyptus, peppermint, tea
tree oil 447

antibiotic, broad spectrum 248

- garlic 248

anti-cancer black ointment

ingredients 909

anti-fungal herb 899

antispasmodic

- lobelia 843

appendicitis 184, 751

arteries, cleaning of 781

- alfalfa 781

- castor oil packs 783

- cayenne and ginger 783

- exercise 781
- fomentations 783
- garlic 781
- many herbs and natural routines 781
- stop eating all animals 791
- Arthritis 1231
- arthritis
 - citrus juice and apple cider vinegar 624
 - juice-fasting 627
 - non-citrus juices (Dr. Jensen) 625
- arthroscopic surgery avoided by natural treatments 693
- asthma 468
 - juice fast 468
 - use of lobelia 466
- asthma and cranial therapy 1284
- Asthma patients, effect of dairy 465
- asthma, cure of terminal case 462
- auto-intoxication 183
 - prolonged fecal matter in bowel pockets 183
- B**
- B and B tincture ingredients 671
- B and B tincture, for deafness 856
- B vitamins 814
- barberry 54
- bentonite clay 674
 - drawing compound 674
 - helps brain tumors 675
 - stimulates blood circulation 674
- bentonite clay, absorb toxins 909
- black cohosh
 - helps nervous disease or spasm 845
- black cohosh tincture 894
 - epilepsy 894
- black walnut 899
 - anti-fungal herb 899
- black walnut tincture, fresh 904
 - cures horse fungus and ringworm 904
 - fungus on scalp 907
- Blackstrap molasses 1090
- bladder cancer, herbal implant for 352
- bleeding bowels, use of mullein for 590
- Blindness cured, 773
- Blood purifying with plaintain 602
- Blood sugar 1179, 1183
- blood sugar reduction 736
 - garlic 736
- Blood-building fruit juices 580

blood-building juices 580
blood-cleansing formula 57
blood-cleansing tea implant 66
blood-cleansing tonic 301
bodywork 74
 deep foot reflexology 74
Bone cancer, restoring vertebrae
lost to cancer 713
Bone cancers, food you need to
juice 429
bowel cancer, herbal implants for
429
bowel cleansing 819
 helps neuromuscular disease
 819
Bowels, irritated 194
brain cancer
 juice-fasting 432
 nervine herbs 432
brain damage
 from injury 663
 from strokes 664, 668, 670
brain tumor therapy
 body work 439
 deep tissue repair oil 439
 hot and cold showers 439
 juice-fasting 439
 working on changing
 emotions 439
Brain tumors 675, 1234, 1238
 helped by bentonite clay
 poultices 675
brain tumors in children 516
breast cancer
 aloe helps regrowth 323
 cleansing and herbs 325
 deflated breast regrowth 322
 juice compresses 324
 malignant tumor cured 320
broken bones, use of lavender for
pain control 807
bronchial dilator 447
 eucalyptus and peppermint
 447
bronchitis, chronic 468
 juice fast 468
burdock root 598
 greatest herb for the skin 598
burns
 aloe vera helps heal burns 687
 comfrey contains allantoin
 687
 comfrey poultices 726
 Dr. Christopher's burn paste
 686
 exercise for circulation 689
 healed by fresh juices and
 pulp 687
 helped by ice 685
 hot and cold water 689

C

- Cancer and blood sugar 1125
- cancer pain
 - how to stop it 480
- Cancer, thyroid 1235
- Candida infestations 1150
- Carbohydrate metabolism 1121
- carrot juice and pulp 687
 - anti-infective 687
 - helps heal burns 687
- caster oil
 - dry cracking hands 52
 - fomentation 839
- castor oil for pain control 612
- castor oil packs 67
 - how to keep attached 918
- catnip
 - for spastic bowel 198
- cayenne 142, 207, 393, 741
 - affects blood sugar 741
 - feeling faint or shaky 207
 - makes blood flow better 741
 - prevents fainting 142
 - reduces blood pressure 665
 - stimulates circulation 460, 665, 741, 794
 - tincture and balm for newborn babies 529
 - use on feet with ulcers 922
- cayenne pepper 59, 630
 - African Bird Pepper (pequin) 60
 - Mexican chili pepper 60
 - reduce pain and inflammation 630
- cecal flush 202
- cedar berries
 - help the pancreas 742
- celery seed
 - nervous system stimulator 812
- celtic salt 80
- chaparral 54, 302
 - tumor elimination 302
- Chest pains 1145
- Chocolate cravings 1117
- cholesterol, how to reduce outrageous levels 274
- Chronic fatigue 1221, 1233
- Chronic fatigue syndrome, method for 288
- circulation 165
 - cayenne pepper 165, 794
- circulation stimulator 742
 - Dong Quai 742
- cleansing the bloodstream
 - main blood-cleansing formula 299
- cleansing the liver
 - liver/gallbladder tincture 266

mild liver flush 266
 strong liver/gallbladder flush 266
 clogged arteries 777
 codeine 685
 constipating 685
 slows body functions down 685
 Coffee enemas 205
 Cold sheet treatment
 Dr. Christopher always used garlic paste on the feet 169
 patient must be pushed to emotional cracking point or cures may not happen 151
 cold sheet treatment 70, 145, 151
 buried emotional trauma 151
 drug-resistant pneumonia 147
 how long to stay in 922
 lung cancer 452
 nervous disorders 151
 reduces high fevers in newborns 530
 speeds up white blood cells 145
 stimulate the immunity 145
 cold sheet treatment procedure 137
 Colitis 1063
 how to cure 1058
 colitis, formula for 195
 colitis, herbal information on 1061
 colon cancer 97
 rectal implants for 175
 colon cancer, procedure for 175
 Colon cleansing 1263
 colon formula 187
 question on dosage 223
 colostomy, use of formulas 943
 Coma, woman saved by kidney herb 252
 comas, pulling patients out of 676
 compresses, drawing 449
 congestive heart failure 791
 fluids to flush the body out 793
 garlic, cayenne and hawthorn herbs 792
 juice-fasting 792
 constipation 184, 185
 causes appendicitis 184
 mucusless diet 185
 Copper 1064, 1069
 Cortisol 1125
 Cramping in the bowel
 lobelia for as a tea 196
 cramps in bowel, catnip insertion 430

Crohn's disease 195, 196, 1063

Crohn's disease, cure for bleeding
bowels 590

D

dairy products, horrible for
asthma 465

dandelions, for kidneys 259

day of rest needed for healing
1308

deafness, use of B & B tincture
856

deep tissue repair formula 633
 reduces pain, heals hurting
 tissue 633

deep tissue repair herbs for
arthritis 630

deep tissue repair oil 669
 bring blood back to paralyzed
 area 669
 heals paralyzed nerves 669
 paralysis 669

Defense mechanisms 1185

dehydration
 how to cure 1057

depression, massive 176

detoxification herbs with high
enemas 205

Detoxification Tea 54

Diabetes 1119, 1158, 1166, 1186
 importance of manganese and

 copper to curing 1161

Diabetes and dehydration 1154

diabetes in children 524

a precursor to cancer 1149

from removing gall bladder 285

hormone formula to plunge sugar
levels 745

unknown symptoms 1159

diabetics

 potential danger from
 distilled water 1177

diabetics and juice therapy, no
harm 99

Diarrhea 1064

digestive pain

 how to adjust liver formula to
 get cured 278

digestive tea 54

distilled water, potential danger
to some diabetics 1177

diverticulosis 185

Dong Quai 742

 female hormonal balancing
 742

 increases circulation 742

Dosage, jump-starting on new
formula 903

douches, cleansing 357

Dr. Christopher's Anti-Plague
Formula (plus colds and flus) 565

Dr. Christopher's burn paste
formula 686

Dysinsulinism 1154

dysplasia of the cervix 330

E

echinacea

an immune stimulator 811

echinacea root 901

echinacea root concentrate 57

Eczema, incurable case cured 715

elderly people, adjusting routines
for them 520

electrical energy 128

"ground" body 128

electronic devices

remove from bedroom 71

emodin-containing herbs 214

aloes or cascara sagrada or
senna 214

destroy certain types of
tumors 216

get rid of colon cancer 215

increase peristaltic action of
colon 215

stimulate the liver and bowel
to work better 214

Emphysema 466

endometrial cancer 365

endometriosis 330

enema 208, 212

massive bowel inflammation

212

of Bentonite clay 212

to stop a fever 212

when juice-fasting 208

enema, high 196

clean and empty colon 196

epilepsy 837, 894

B & B tincture 837

black cohosh alcohol tincture
894

eucalyptus 447

antibacterial 447

dilates the bronchial 447

eucalyptus-peppermint

regeneration tonic 447

Exhausted 1108

exzema, chickweed for 597

eye problems 763

caused by high-fat diet 763

organic or wild herbs for 762

eyes

extra advice for getting faster
cures 767

F

fatty tumors

how to cure 965

female formula

recipe 373

female hormonal balancing 742

Dong Quai 742

female hormone balancing

formula 369
female tonic
 dosage information 381
fevers
 stopping them with
 chromium 1072
fibrocystic disease of breasts 343
Fibroid tumors
 herb formula to help cure
 them 370
Fillings, plastic 1227
Fillings, porcelain 1228
Fillings, silver 1227
first bowel formula 189
 causes the colon to move 189
 destroys and expels parasites
 190
 destroys Candida overgrowth
 190
flaxseed oil
 for dry skin 51
flu 130
 ocean water therapy 130
fomentations 671
 B and B tincture 671
 nerve restore formula 672
Food compulsions 1112
formula for superfood 50
Fructose, effect of excess on heart
778

Fruit juices, desire for is sign of
burn-out 1103
fungus on scalp 907
 black walnut tincture 907

G

gallbladder flush 282
 if removed 938
gangrene 675
 marchmallow root soak 675
 marshmallow tea 591
Gangrene, another cure from Dr.
Christopher 747
Gangrene, curing it 735
garlic 209, 246, 248, 360, 668
 broad spectrum antibiotic 248
 flu 64
 for treatment of childhood
 leukemia 513
 for urinary tract infection 246
 hypertension 668
 increases insulin production
 736
 kills intestinal worms 209
 minimum effective dose 585
 official world drug 360
 reduces blood sugar 736
garlic cloves, lost 360
Garlic lowers high blood sugar
736
Garlic paste to stop double

-
- pneumonia 168
Garlic, question regarding use on
tumor behind nipple 344
garlic, raw 63
genetic diseases can be stopped
and cured 959
Genital rashes 944
ginger 271, 665
 increases peripheral
 circulation 665
 relieves nausea 271
ginger tea 141
 diaphoretic 141
ginkgo biloba 666
 increases blood and
 circulation for the
 head 666
glandular problems 590
Glucocorticoid hormones 1113
glycerin 935
goldenseal 770
 anti-bacterial to mucous
 membranes and eyes
 770
grand-mal seizures 431
 cohosh and lobelia
 compresses 434
 need to de-stress immediately
 434
 wean off Dilantin 433
Green vegetables 1112
gum abscesses 602
gums, formula for rotting gums
592
gums, use of oak bark powder to
heal 591
H
Hair, regrowing it 728
Hartmann lines 72
 bed position 72
hawthorn berries 794
 for children with heart disease
 526
 helps repair the heart 798
 strengthening and protecting
 to the heart 794
hawthorn berries
 type to use 938
hawthorn syrup recipe 799
head injury repair 671
 brain oxygen-stimulating
 herbs 671
 fomentations 671
 hot and cold to the head 671
 poultices 671
Headaches 1232
Healing crisis. or imminent
death? 87
hearing loss 856
heart attack, massive 917
Heart attacks 1091, 1224

- heart attacks and strokes
 - from vitamin supplements 1091
- heart concentrate formula 801
- heart disease
 - 30-day juice fast 780
 - juice-fasting 121
 - natural foods and herbs 777
 - raw food program 780
 - strong mustard plaster 785
 - vegetarianism 780
- heart disease in children 526
 - children must reduce cholesterol 526
 - hawthorn berries reduce cholesterol 526
- heartbeat, irregular 954, 1142
- Heartbeats, premature 1141
- heliotherapy
 - the need for sun every day 78
- Hemoglobin 1095
- hepatitis
 - how to adjust liver formula 278
- herbal cathartic formula 56
- herbal implant 204
 - follows high enema 204
- herbal tinctures 142, 893
 - cayenne tincture 142
 - lobelia tincture 142
- hernia 926
- Herpes, genital 955
- Herrings 1101
- High blood pressure 1234
- high enema 204
 - herbal implant 204
- Hot flashes
 - can be dangerous. Cure within a week. 376
- Hydrochloric acid 1113
- hydrotherapy 161, 628
 - heals organs and tissues 162
 - helps recovery from cancer 165
 - hot and cold showers 628
 - if on chemotherapy 917
 - increases blood flow 162
 - stimulates nerve circulation 822
- hypertension, use of cayenne pepper 936
- hypoglycemia and cedar berries 746
- I**
- ice
 - helps burns 685
- Icewater to shock people into new awareness 85
- immune system formulas 561
 - echinacea root formula 561

Super Tonic 563
Impotency 1183
infection 753
 garlic and echinacea 753
infections in the system 143
 olive oil and garlic compress
 143
insomnia 128
insulin production increase by
garlic 736
intestinal #1 820
intestinal #2 820
intestinal healing formula 56
Iron 1174
Iron toxicity 1096

J

juice fasting
 don't feel well 94
Juice-fasting
 add herbs to juices 120
 why people fail to get results
 119
juice-fasting 208
 clears the mind 101
 enzyme therapy 98
 take an enema 208
juice-fasting results 791
 blood thinner and easier to
 pump 791
 more energy 791

reduction of blood pressure
 791

reductions of blood
 cholesterol levels 791

Juicers, where to order 47

juniper berries
 clean the kidneys 248
 disinfect the kidneys 248
 false warnings from people
 who never used them
 248
 urinary tract disinfectant 249

juniper berry oil
 destroys bacteria 249

K

Karposi's sarcoma 548

Kidney failure
 use of lobelia for when
 nothing else works
 257

kidney flush 239

Kidney infections 1225

kidney stones
 deep reflexology 82
 heavy foot massage 82
 how one rock star got rid of
 them 245

kidney stones, how to dissolve
 242

 food program 244

- formula ingredients 243
- kidney surgery avoided 245
 - use of parsely root 251
- kidney/bladder flush 53, 55
 - ingredients 53
- kidney/bladder tea formula 236
- kidney/bladder tonic formula 237
- kidneys, juices for healing 109
- kidneys, use parsley juice for 110
- kola nut 673
 - nervous system stimulator 812
 - stimulates the brain 673

L

- lavender
 - sedative herb 843
- lavender, for pain relief and anti-depression 807
- Leg ulcers
 - the cure is often through bowel cleansing 187
- leg ulcers 187
- Lens implants
 - using eyewash with them 773
- leuco-taxis 145
 - white blood cells activity increases with heat 145
- leukemia
 - juice fast 112, 503
- leukemia, childhood
 - 100% change in food program 512
 - castor oil packs 517
 - hot and cold showers and enemas 517
 - intestinal corrective herbs 517
- Lime 1084
- liver cancer
 - deep body work 485
 - gall bladder flush 476
 - liver flush 476
 - poke root and garlic poultice 485
- liver/gall bladder tonic 54
- liver/gallbladder flush 53
- liver/gallbladder flush formula 270
- liver/gallbladder herbal tonic formula 275
- Lobelia
 - to stop kidney failure when nothing else works 257
 - use of in stopping poisoning 305
- lobelia 142, 460
 - antispasmodic 843
 - dilates children's bronchials 460

-
- sedates and relaxes the body 460
 - sedative herb 843
 - stops body spasms 142
 - tonic, how to make 925
 - lobelia plant,
 - strong tincture 902
 - lobelia toxicity
 - false information from doctors and herbalists 454
 - Lou Gehrig's disease cure 849
 - Low-grade infection 1222
 - lung cancer
 - bowel cleansing 447
 - castor oil packs 447
 - chaparral dissolves and destroys tumors 485
 - cold sheet program 452
 - essential oils into humidifier 447
 - fevers during cancer are important 449
 - juice-fasting 446
 - lobelia purge (Dr. Christopher's routine) 452
 - lobelia tea and tinctures 447
 - poultices on chest 446
 - Lung disorder cured with liver work 294
 - Lungs, removing scar tissue 953
 - lupus
 - blood-cleansers 600
 - burdock root 598
 - echinacea root tea 599
 - immune system disorder 599
 - need to open up elimination channels 598
 - Lupus, how to cure 597
 - Lymph cancer, poke root for 1036
- ## M
- Magnesium 1085
 - Male hormone formula, needed for cancer 494
 - Manganese 1176
 - marshmallow root 675
 - helps gangrene 675
 - marshmallow tea for gangrene 591
 - massage, Swedish 823
 - nurturing the skin with oil 823
 - Meat-eating 1104
 - Medical prognosis
 - why they are wrong 76
 - Melanoma
 - poultice for 588
 - metabolism differences, determines herbal reactions 1310

mild liver flush 266
 detoxification tea ingredients
 267
 removes gallstones 268
Molybdenum 1068, 1096
Mongolism
 symptoms improved by
 cranial therapy 1273
Morphine 609
morphine, eliminating need for
610
mouth infections 602
Multiple sclerosis 815, 1231,
1234
multiple sclerosis
 helped by nutritional yeast
 815
multiple sclerosis, cure of through
these methods 960
Multiple sclerosis, from
undiagnosed dental infection
1236
Muscle weakness 1084, 1126
Muscular dystrophy 1259, 1261
muscular dystrophy 815
 helped by nutritional yeast
 815
myasthenia gravis 814
 don't remove the thymus
 glands 832

 helped by nutritional yeast
 814
 must stimulate the immune
 system 830
 need for B vitamins 830
 need for nerve stimulators
 830
 use liquid or ointment 928
myasthenia gravis cure 829
N
Naps 1118
Natural methods, combining
them with medical methods? 967
Nausea
 how to cure 1057
Neck muscle 1255
nerve restore formula 672, 811
nerve sedative formula 58
nerve stimulating formula 810
 neuromuscular disease 837
nervous system stimulators 812
neuromuscular disease 819, 822
 bodywork 822
 helped by bowel cleansing
 819
 hydrotherapy 822
 must reduce stress level 825,
 835
Neuropathy 1170
Niacin 1097

nutritional drink 51
nutritional yeast 815

O

Oats 812, 1109
 nervous system stimulator
 812

Oats, will reduce essential
minerals in some people 1109

olive oil 689

 helps heal burns 689

Organism streptococcus 1231

osteomyelitis 935

oxygen, persons on 915

P

pain control, how to use water for
610

pain, chronic

 clean and detoxify the body
 614

 ice 617

pancreas 493, 742, 744

pancreatic cancer

 cancer paste 495

 caster oil poultice 496

 chaparral tea 496

 deep body work 496

 deep breathing 496

 don't eat any sweets 493

 female hormone-balancing
 formula 494

garlic 496

juice-fasting 493

male tonic formula 494

poke root poultices 495

Pantothenic acid 1067

paralysis 668

 deep tissue repair oil 669

 fresh juices 669

 garlic and red clover 668

 hydrotherapies 669

 juice/water/potassium broth
 fast 669

 vegan diet 669

Parasites 1264

parasites

 how to adjust liver formula for
 results 278

 use of fruits 117

parasites, extra herb for 276

Parkinson's disease 1257, 1258

Parkinson's

 body work 844

 hot and cold compresses 844

 how to administer tonic 924

 lobelia fomentation 845

Parkinson's disease, method for
289

Parsley juice for sick kidneys 110

pectin 689

 healing to the skin 689

Pellagra 1096

- peppermint 447
 - antibacterial 447
 - dilates the bronchials 447
- peppermint leaf 54
- physical exercise 74
 - exercise every day 74
- Pituitary 1087
- Plaintain for blood poisoning 602
- plant extraction in oil 895
 - soothing for the skin 895
- plantain ointment 932
- Pneumonia
 - garlic paste for 168
- Poisoning, use of lobelia to save life 305
- polyps in colon or vagina, herbal implant for 352
- Potassium 1099, 1144
 - potassium broth 79
 - potassium, why large amounts of vegetables don't give sick people energy 1111
- Pre-cancerous prostate and dental infection 1226
- pregnancy, use of formulas 939
- Premature heartbeats 1141
- pre-stroke symptoms, how to clear them 1145
- prostate cancer
 - massage the area 417
 - need to increase circulation 416
- poke root poultices 417
- postate program reduces morphine need 421
- rectal garlic suppositories 415
- rectal implant for 175
- use of treadmill 417
- Puncture or wound, use plaintain 602
- Q**
 - quadriplegic recovery 854
- R**
 - Reconnecting cut fingers 868
 - rectal implant for colon cancer 175
 - red clover blossoms 899
 - should be violet, not brown 899
 - red clover paste ingredients 550
 - red wine 1094
 - reflexology 82
 - kidney stone 82
 - regenerating bones, muscles, and nerves 683
 - rich in copper, for certain types of metabolism 1094
 - Root canal 602, 1229

S

Sabbath 1308

Salt 1114

Sanum remedy 1234

Sciatica, cause of 217

Scoliosis 1068

second bowel formula 191

sedative herbs

lavender 843

lobelia 843

Self-cannibalization 1125

senility 652

Serotonin 1237

Sex 1165

Sexual frigidity 1111

shingles, herpes zoster 845

helped by lobelia 845

shock treatment 85

icewater 85

skin brushing 74

stimulates lymphatic flow 74

Skin Cancer

garlic poultice for 588

skullcap 812

nervous system stimulator
812

sleep

improving quality of 1313

sleep apnea

cured by cranial therapy 1272

Slow heartbeat 1142

Slow metabolizers 1095

smoking, how it affects copper
levels 1163

smoking, how to use lobelia to get
people to quit 454

snake bites (even deadly ones)
602

Sodium readings 1099

spastic bowel 198, 207

catnip 198

lobelia and catnip 207

spider bites 602

Spinal vertebrae regenerates 713

spirulina 816

St. John's wort 812

nervous system stimulator
812

static electricity release 131

touch the earth 131

Stiffness 1116

stress 668

constricts arteries 668

reduced by B vitamins 814

Stroke cases, a warning on
treating them 670

Strokes 1145

strokes and brain damage 664

Strokes, children 1253

sugar 815

bad food for nervous system

- 815
- sunflower seed oil 52
- superfood formula 50
- superfoods
 - use of during juice-fast 119
- T**
- tea tree oil 447
 - antibacterial 447
- Thin people gain weight 115
- thrush 544
 - oak bark (Dr. Christopher used) 544
 - tea tree oil 545
- thyroid problems, a hormone formula that may cure them 746
- tinctures last almost forever 900
 - go into your bloodstream in seconds 900
- tissue regrowth 686
 - cleanse channels of elimination 686
- Tooth infection 1236
- toxins out of the pores 144
 - cider vinegar and distilled water 144
- tranquilizing spray, use lavender in humidifier 807
- Tuberculosis 1231
- tumor elimination 302
 - chaparral 302
- tumors
 - body disposal of waste 188
- U**
- ulcerative colitis, curing the pain 610
- ulcerative colitis, formula for 195
- urinary tract disinfectant 249
 - juniper 249
- urinary tract infection 246
 - garlic 246
- Uterine cancer
 - how a woman helped herself cure by grounding herself electrically. 129
- uterine cancer 129
 - cleansing process 129
- Uterine cancer and static electricity 129
- uterine cysts and fibroids 381
- uterine/cervical cancer 175
- uva-ursi oil 249
 - destroys bacteria 249
- V**
- vaginal cysts, herbal implant for 352
- vaginal hemorrhaging
 - stopped by cayenne 393
- vaginal suppositories (bolus) 356

follow with cleansing douches
356
vaginal suppositories formula 352
Vegetable addiction 1114
vegetarianism, not for everyone
1311
 genetic types 1312
vermicide 209
 garlic and wormwood 209
 kills intestinal worms 209
Vitamin B-6 1066
W
water and salt, major importance
of 1309
water therapy
 circulation produces cures
 135
 cold water stimulates 135
 hot water relaxes 135
water, how to use for pain control
610
weight-gain on juices 115
Wheat 1109
wheatgrass juice 215
 helps heal burns 687
 seen to cure cancer 215
wheatgrass juice and pulp
poultice 687
white wine 1094
Wilson's disease 1095
Wine 1094
wormwood 54, 209
 kills intestinal worms 209
Z
Zinc 1064, 1066, 1070
Zinc deficiency 1081

**Sam Biser's
Save
Your Life
Collection**

**A Layman's Course
in Curing Last-Stage
Diseases**



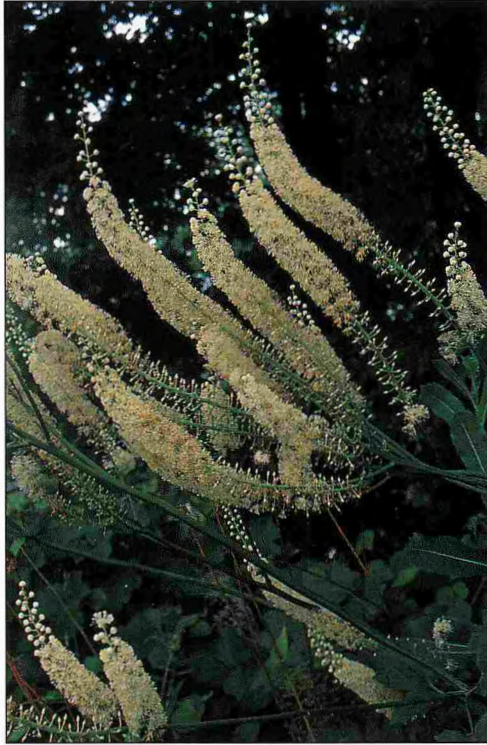
(c) 1999 by Steven Foster

Angelica (*Angelica Sinensis*): The most popular herb in the world. One billion women in Asia use it for hormone balancing. When used as *part* of a program, helps stop female cancer and pancreatic cancer. Grows in China, but varieties grow in the U.S., on the East and West Coast. American varieties are not as strong as the Chinese counterpart, but can still produce excellent results. Use the *root*. Use only the highest grade.



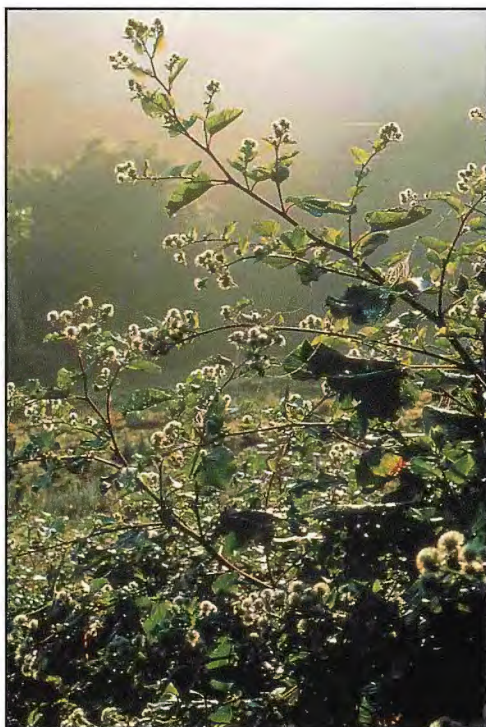
(c) 1999 by Steven Foster

Arnica (*Arnica Montana*): A seriously underrated herb. Famous for healing serious trauma and tissue damage. Bone setters in primitive areas of Spain use it for broken bones. Use the flowers externally in tinctures. It forms a healing trio with two other yellow flowers, marigold and St. John's wort.



(c) 1999 by Steven Foster

Black Cohosh (*Cimicifuga racemosa*): A powerful anti-spasmodic for the nervous system and brain that's not used as much as it should be. It has stopped seizures in epileptics. It has helped people with brain tumors get off their Dilantin and other drugs and get onto black cohosh instead.



(c) 1999 by Steven Foster

Burdock (*Artium lappa*): Burdock has a strong affinity toward curing skin problems, especially cystic acne or skin problems that haven't responded to anything else. Anyone who says that burdock is not a strong blood cleanser has never drunk it. Burdock purges through the skin what's in your system.



(c) 1999 by Steven Foster

Cascara Sagrada (*Rhamnus purshiana*): Famous for cleansing the colon — an essential part of treating terminal disease. One of the greatest cathartics of all time. Bowel herbs used together have dissolved polyps in the colon and killed bowel cancers.



(c) 1999 by Steven Foster

Cayenne Peppers and Habaneros: A basic part of any cancer-killing programs, to move blood and to activate body energy. Most cancer patients involved in natural healing do not use anywhere near enough. Use the little lanterns, the habaneros, because they have the most heat energy. Make your own cayenne powder and tincture, but remember that tincture is not enough in serious cases.



(c) 1999 by Steven Foster

Chaste Tree (*Vitex agnus-castus*): Great for shrinking and eliminating female fibroid tumors. A powerful herb for female hormone balancing, one of the basics in a cancer-fighting program. You can find it in the U.S., but it is not that common.



(c) 1999 by Steven Foster

Chaparral (*Larrea Tridenta*): One of the top tumor-killing herbs in all of nature. Travel to the West to get some if you must. Profuse throughout California deserts, all of the Nevada deserts, and into Arizona. One of the most predominant plants on Interstate 15 between Las Vegas and Los Angeles. The branches have lateral stripes, almost like a zebra. Cancer patients have drunk quarts of this tea daily to cure themselves. Tastes horrible, but better than having cancer.



(c) 1999 by Steven Foster

Comfrey (*Symphytum x uplandicum*): This herb has an amazing ability to regenerate new tissue. A favorite of Dr. John Christopher, who used it in a formula to help regrow bones, nerves and muscles. Use externally in severe injury of trauma to the body, and internally as a tea. Can definitely be used to stop bleeding externally — and possibly internally too.



(c) 1999 by Steven Foster

Ginkgo biloba: Use with other herbs like rosemary, cayenne and kola nut to get nutrients into the brain — not just in dementia, but in cases of brain tumors and milder brain disorders, such as ringing in the ears, which can drive some people almost to suicide. Make your own ginkgo tincture. Remember, ginkgo is the leaf of a common tree — not a plant.



(c) 1999 by Steven Foster

Hops flowers: Powerful sedative herb that is under-used, and remember, sedation is essential in critical cases. When you can't make tincture, one great way to get hops is to buy a real hoppy ale such as Chimay™, which is made by monks and is widely available. The yellow or orange-colored resin inside the flower is the strongest sedative part of the plant, so make sure when you buy hops that this has not been removed.



(c) 1999 by Steven Foster

Juniper Berries: This herb can save your life from kidney failure, and can be used with lobelia for better results. Get the berries in fall when they are a deep blue/purple. Commercial juniper berries are dried-out, low-potency herbal junk that people have taken for years without getting cured — until they try the real thing. One of the late Dr. Christopher's favorite herbs for the kidneys, along with parsley root. People were screaming in pain from kidney disorders and juniper berries saved them.



(c) 1999 by Steven Foster

Lobelia inflata: If cayenne is the King of herbs, this one is the Queen. A favorite of 19th-century Master Herbalist Samuel Thompson, who made it famous. It contains more active ingredients than any other herb except opium. Almost impossible to cultivate. Grows to a foot and a half high. Moves location year to year. Has tiny, slightly violet flowers and sometimes grows at the base of trees or in little open fields. Commercial tinctures are way too weak, and the low dosages used are ineffective. This herb can save human beings in seconds when nothing else can help.



Making your own tinctures: Don't rely on companies. Make your own tinctures. It's your life or a loved one's on the line — not theirs. And don't be *cheap* with herbs. National standards say to use one cup of herbs for one quart of tincture. Nonsense! Load up the jar with as much herbs as you can, then cover with 80-100 proof vodka. If you are making an oil-based tincture, use olive oil. For resinous herbs like chaparral, use Everclear, which has a high alcohol concentration. Shake daily and let stand for 14 days minimum — except in emergencies. Some of the best tinctures have soaked three months or more. Some herbal students add herbs to the final strained liquid, and tincture a second-time, for *extra* intensity. Way to go!



(c) 1999 by Steven Foster

Marshmallow (*Althaea officinalis*): Wonderful for healing gangrene, when used in hot water with cayenne and ginger, with echinacea and garlic internally. Tends to grow in wet, damp areas, hence the name marshmallow. Dr. Christopher used it to help save people who were facing immediate and certain amputation without it.



(c) 1999 by Steven Foster

Milk Thistle (*Silybum marianum*): Use the *unripe* seeds when they are still *green*. Collect in summertime. Grows all over the Northeast. It is hard to go anywhere in our country and not find it. Everyone makes milk thistle sound exotic — but just make your own tinctures at home.



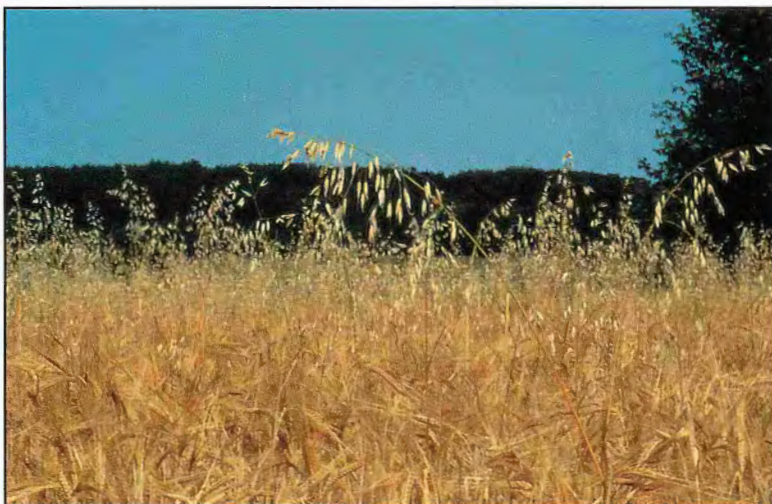
(c) 1999 by Steven Foster

Motherwort (*Leonurus cardiaca*): Used for cardiac arrhythmia. Not harsh or toxic like digitalis from foxglove. Also great for irregular periods and heavy bleeding in women. Add to hawthorn syrup to increase potency.



(c) 1999 by Steven Foster

Mullein Flower (*Verbascum thapsus*): One of the best herbs for the lungs and for glands. Dr. Christopher used it for children, for infected glands, even for dropped testicle. He used three parts mullein and one part lobelia for infected areas that won't discharge or dissolve. Famous for curing ringing in the ear, in oil form, especially when combined with St. John's wort oil and garlic oil.



(c) 1999 by Steven Foster

Wild Oats (*Avena Sativa*): You need the *unripe, green* oat seed when they are still a little milky — *not* the ripe fall oats you see in the picture above. Picked in early summer, a major nerve stimulant, which causes nerves to regrow and fire more frequently. Will stimulate nerve regrowth so well that patients complain that the regenerated nerves are too sensitive. It's nerve-powering ability created the expression, "That horse is feeling his oats." Use the unripe seed for *spinal cord injury*, *broken nerves*, *multiple sclerosis*, and in any disease where nerve regeneration is needed, as in *paraplegics*.



(c) 1999 by Steven Foster

Pippisewa (*Cimaphilla umbellata*): Great stimulator and cleanser of the kidneys — like other plants such as carrot tops, asparagus, parsley root and corn silk. Use the best kidney herb that grows right near you. People get hung up on having the right herb, when there is often one close-by that will do the job as well.



(c) 1999 by Steven Foster

Poke Berries (*Phytolacca americana*): A major, anti-cancer, anti-tumor herb. It was growing as an obnoxious weed all down my driveway in Virginia for years, but I didn't know what I was looking at. Grows more on the East Coast than the West. If it's not near you, take a summer trip, particularly to the South, and harvest it. One trip can provide you with enough tincture for years to come. Use the *root*. Use gloves when digging up the deep roots, because they can burn. Go out a foot and a half in all directions — and dig down a couple feet to make sure you get the entire root. You can also make poke oil, by tincturing it with olive oil. There is *no* shortage of this cancer-killing plant.



(c) 1999 by Steven Foster

Prickly Ash (*Zanthoxylum clava-herculis*): You use the bark. It should have almost the same effect in the mouth as echinacea: an acrid, tingling, fizzing on your tongue. That's where it got its name: prickly ash. For years, people in our country were not using the right stuff. This tree is an ash, and you shave off the inner bark, that area between the pulp of the tree and the outer bark. A powerful herb for *long-term blood stimulation*. Used by Dr. Christopher and a lot of doctors at the turn of the century.



(c) 1999 by Steven Foster

Red Clover (*Trifolium pratense*): A *major* cancer-killer. Red clover blossoms mixed with vinegar and made into a mash are great for curing external cancer tumors and leg ulcers. A recipe for another red-clover cancer-killing poultice is included in this Course. Must be harvested while blossoms are *purple* — before they turn brown and the power of the plant goes back into the ground. A seriously-underrated herb because it grows all over. Also, make sure your red clover was harvested *at the right time*.



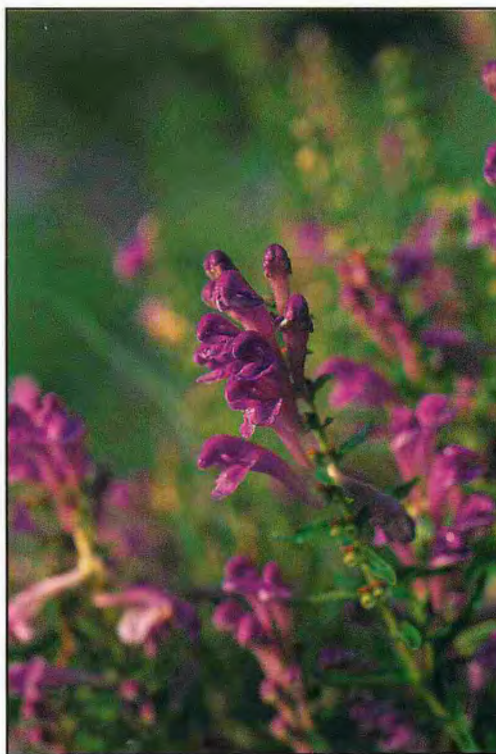
(c) 1999 by Steven Foster

Rosemary (*Rosmarinus officinalis*): Rosemary is powerful at stimulating blood flow to the head, so it should be used with cayenne and ginkgo. Use it in a program to help cure brain tumors. Grows in dry *and* wet areas of the country. Use the *leaf*. Make a tincture out of it.



(c) 1999 by Steven Foster

Sassafras (*Sassafras albidum*): Famous as a blood-cleanser and blood-thinner. Use the root and the bark. The majority of herbs in your backyard or garden are blood-purifying herbs. Dr. Christopher did not consider this herb toxic. He said it was always possible to take one chemical out of an herb and find a problem — but he said that any herb like sassafras exists in its whole state with many compounds, and that he never had problems with it.



(c) 1999 by Steven Foster

Skullcap (*Scutellaria* spp.): One of *the* most powerful nerve stimulators. Be careful, it is one of the most adulterated herbs on the market. It is usually confused with an herb called germander, which looks almost identical. This photo is not enough. Get help from a botanist at your local school or university. Scullcap is worth the effort.



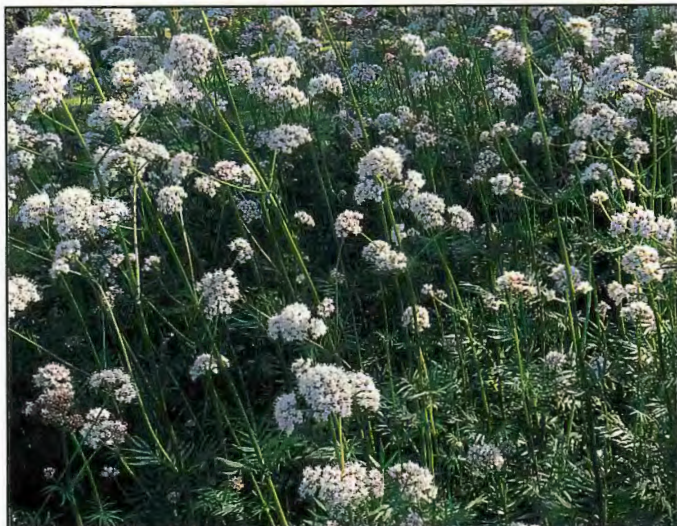
(c) 1999 by Steven Foster

Slippery Elm (*Ulmus rubra*): Never be without this herb. It can regenerate lost tissue — almost like aloe and comfrey does. Also makes a great poultice for holding cancer-killing poultices together. Use only the inner bark, a thin layer of plant material between the bark and the pulp. Remove inner bark in strips, so as not to harm the tree. This amazing herb can restore skin that has fallen apart from bedsores, and help restore people who are emaciated.



(c) 1999 by Steven Foster

St. John's Wort (*Hypericum perforatum*): A nerve-regenerating and anti-viral herb. Great for collapsed veins. Has gorgeous yellow flowers that turn blood-red when squeezed into tincture. Grind up in blender with alcohol or olive oil. Traditionally harvested at its peak in the middle of June or July. But there could be a month before or after before the flower starts turning brown. Grows on the East Coast, West and Midwest. Never be without this herb. It can help promote "miracle" healings.



(c) 1999 by Steven Foster

Valerian (*Valeriana officinalis*): A mighty nerve calmer — not the mild bedtime herb that natural healing dabblers believe it to be. The English used valerian during the World War II bombings of London to help them survive the trauma. Takes the “edge” off terminal patients who are full of fear, which interferes with their recovery on this program. It has even helped calm down stressed-out babies who were 2-3 months old. Beware, lots of valerian sold is inferior. The real thing is highly potent. This herb loses potency fast when harvested. Therefore, grow it in your garden. Dig out two square feet of dirt and shake it loose. the roots are fine like hair. Tincture it *immediately*.



(c) 1999 by Steven Foster

Wild Yam (*Dioscorea villosa*): Second only to lobelia as an anti-spasmodic. Famous for stopping intestinal spasms. Much more potent than many natural healers believe, but herbalists never saw toxicity with it. The root of this heat-loving plant contains many chemicals that are effective in balancing female hormones. If the female hormones are not balanced, a woman is prone to hormone crash and the triggering of genetic bombs that go off past 40, once hormones decline or go out of kilter. This herb is easy to grow.

Two recommended books.

A Field Guide to Medicinal Plants by Steven Foster. This is Houghton Mifflin's Peterson series. This book covers medicinal plants, whereas the next series of books covers wildflowers, whether they are medicinal or not.

Petersen's Field Guide Series for Wildflowers. This has editions for about 25 different areas of the United States. Get the guide for the area closest to you.