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## WHAT EVERYONE SHOULD KNOW

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# There is Just **ONE** **UNDERLYING** **CAUSE** of All Health Problems

We have become so conditioned to think only in terms of cure, *but how can anything be cured or healed or prevented without knowing and addressing the cause?*

**The fact is all health problems are *symptoms* of the same underlying cause!**

Symptoms are the body's response and reaction to conditions *inside the body* it can no longer tolerate. When you address the *internal cause*, not the symptoms, with nontoxic, non-chemical, non-drug, natural, proven effective means, *symptom after symptom* disappears and true healing begins.

# True Health is No Mystery!

We have brought health disorders and disease upon ourselves by **POISONING** our **BODIES!**

True health comes about by eliminating foreign substances (living and nonliving) that hamper vital organs from performing their natural functions. In the 20th century we have introduced massive amounts of pollutants, chemicals, toxins, dyes, solvents, metals and unnatural, foreign substances into our food, beverage, medicines, body products, dentalware and cleansing agents. Over time, it accumulates in the body and invites bacteria, parasites, molds and fungi that thrive in this environment.

**The human immune system was simply not equipped for this onslaught that has altered the body's natural working order and chemistry resulting in our health being jeopardized. Never before have humans ever been exposed to this.**

To undo this, the vital steps are to cleanse the colon, liver, kidneys, prostate and all body tissue and organs. **It is then up to you to stop polluting and poisoning yourself!** It now may be your turn to inform your doctor that true health is more than drugs, surgery or labelling it *genetics* for lack of an answer.

**1) AMERICAN DEFORMITY:** It is we "*progressive*" Americans who have become the most deformed, abnormal-looking and obese people in history and have brought upon ourselves endless abnormalities, afflictions, disorders, disease.

**2) PHARMACEUTICAL CULTURE:** Americans are brainwashed in thinking only in terms of *cure*; the concept of *cause* is essentially suppressed. **No one is looking for causes because there is no money in it.** The medical profession has been taken over by the pharmaceuticals so we are only offered drugs and *early detection*. Understanding cause can bring about the elimination of disease and that would spell doom for the drug companies.

**3) BOWEL MOVEMENTS:** Without 2 to 3 a day, the body becomes poisoned (auto-intoxication) by the retention of rotted, decaying, fermented, parasite-infested fecal matter.

**4) WEIGHT LOSS:** Lose 10 to 35 lbs. upon eliminating decaying fecal matter accumulated in the colon for years.

**5) POT BELLY:** Many organs, including the stomach, can revert to their correct position upon eliminating weighted trash from the transverse colon that is now drooping and sagging.

**6) THE TOILET SEAT:** Another contributor to colon problems. Humans were not meant to defecate in this position; people squatted throughout history as this posture supported the abdominal wall and bowel. You can simulate this position by using a *foot stool* to produce a more complete evacuation.

**7) APPETITE DIMINISHES, OBESITY ENDS:** When your food processing system works properly, nutrients nourish the body, endless appetite/junk food cravings disappear and you're repulsed by processed, chemical, supermarket "*food*."

**8) NUTRIENT ABSORPTION:** Nutrients cannot be absorbed through the intestinal walls (villi) because they are blocked with trash and mucus, often hardened.

**9) GOOD NUTRITION, DIET** is not with so-called good/bad foods, but eating natural, unprocessed, non-chemical food/beverage with an expiration of 3 days, not 2 months plus.

**10) DIGESTION** vastly improves, not by abating symptoms with antacids/drugs, but by assisting digestion with its missing ingredients-- hydrochloric acid and digestive enzymes.

**11) INTESTINAL DISEASES,** including polyps, are symptoms of a polluted, trash-filled colon with massive amounts of parasites and bad bacteria that are thriving.

**12) LIVER FLUSH, BILE:** Flush the liver clean of *stones* so it can produce enough bile and do its major job of detoxification to improve overall health and protection against illness.

**13) CHOLESTEROL LEVELS DROP** by eliminating stones from the liver bile ducts. Cholesterol is stuck in the bile ducts because of stones and much less bile is produced.

**14) SO MANY SYMPTOMS DISAPPEAR** upon cleansing the colon and liver so they can again operate efficiently.

**15) HEAVY METAL:** Many disorders/ailments are gone by eliminating heavy metal accumulation in the body due to decades of dental metal seepage, metal utensils, metal on skin.

**16) ENLARGED PROSTATE** is caused by the metal *nickel* accumulating in the prostate that attracts urinary tract bacteria that massively reproduce causing the prostate to swell.

**17) FUNGUS, CANDIDA, YEAST** are able to invade the body because of heavy metal pollution, especially nickel. Yeast comes from excessive yeast in most baked goods.

**18) DISEASE-CAUSING BACTERIA, VIRUSES** can be destroyed, not with chemical antibiotics, but with nature's *colloidal silver*, that has zero side effects and is not resistance to any new strains of bacteria.

**19) SKIN PROBLEMS** can clear up and heal, not with dermatological chemicals, but by addressing and cleansing the liver and colon and eliminating heavy metals, especially nickel.

**20) MAGNETS:** The answer to the age-old mystery is simple -- magnets attract microscopic metal out of the cells.

**21) SUPPLEMENTS/ANTIOXIDANTS** work because they help restore the body's natural chemistry to detoxify and eliminate pollutant substances.

**22) EYE PROBLEMS:** The eyes are like an island in a sea of mucus, fungus, toxins, foreign substances and this is the underlying cause of eye and vision problems!

# The Colon!

What is supposed to be our *ELIMINATION System*,  
has become a *Human CESSPOOL!*

**Dr. Bernard Jensen, Ph.D.**  
***Colon problems at the root  
of most health problems***

In the 50 years I've spent helping people to overcome illness, disability and disease, it has become crystal clear that poor bowel management lies at the root of most people's health problems. In treating 300,000 patients, it is the bowel that invariably has to be cared for before any healing can take place.

Most of the nutrients our body needs are absorbed through the walls of the colon. If the bowel system isn't working properly not everything gets pushed out, and gradually the residue coats the walls of the colon with some of the world's best glue, and also creates a toxic liquid which goes into the bloodstream.

Every tissue is fed by the bloodstream, so when it becomes toxic we have a condition of **autointoxication**. This produces undesirable consequences and is the **root cause of many diseases and illnesses**.

The evidence I've seen over a long period of time indicates people do not realize that toxic accumulation is at the root of most of our diseases today. The poison works slowly, imperceptibly wearing down the vitality, resistance and health of our bodily tissues and organs. The need to detoxify and cleanse the body has never been greater. **People are more toxic-ridden than ever.**

*Nearly all the patients I have seen had some kind of bowel disorder associated with toxicity.* When we cleanse and remove the toxic debris, feed the body good, healthy, vital foods and stop poisoning ourselves, the body will respond with healing and reversal of the disease processes.

**Dr. Richard Schulze**  
***Intestinal Detoxification***

The digestive system and colon health has reached an all time low. Modern life-style has taken its toll on our digestive/elimination organs. The frequency at which a normal, healthy person should move their bowels is a great misconcep-

tion among the public and most medical professionals. Diverticula (bowel pockets) protrude through the wall of the colon and are caused by a sluggish, constipated bowel. They fill with old fecal material which is reabsorbed into the bloodstream and can infect the entire body causing all types of toxic reactions.

Many times the real cause behind sickness and disease is this retention and reabsorption of toxic waste. The first step should be stimulating and cleaning all the elimination organs, and the bowel is the best place to begin.

**David A. Darbro, M.D.**  
***A Clean Colon is Necessary***

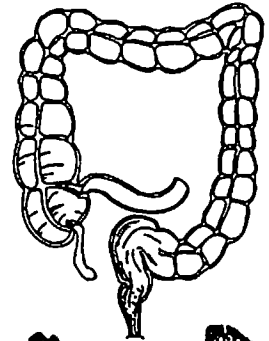
A clean colon is necessary for the health of the whole human. When the colon is plugged up, the rest of the body, including the brain, can not function well.

**Donald J. Mantell, M.D.**  
***The Colon is Most  
Neglected by Medicine***

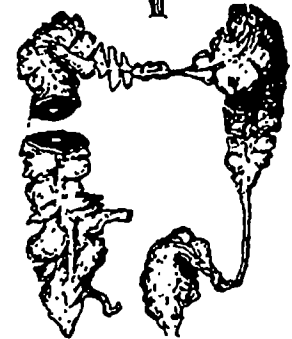
It is one of the areas most neglected by the medical establishment. It is quite interesting to see what is expelled during a normal colonic treatment... mucus, parasites and very old fecal material that may have been living in the patient's colon for years. It looks like vulcanized rubber and has that kind of consistency.

**Sir Jason Winters**  
***Death begins in the colon***

In my book "*The Perfect Cleanse*," it says that *death begins in the colon*. More people are becoming aware of the importance of cleaning the colon. I was amazed how all poisons and decaying matter just kept coming out. Rotting food, decaying fecal matter at least 5 years old can be found in the colon. It lodges in accumulated mucus. When we turn our sewage systems into a cesspool, it's no wonder we don't feel well. It is very satisfying to know that at last you are doing something perfectly natural to get you back on the road to good health.



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**Dr. William D. Kelley**  
***Cleaning the Mucus Lining  
the Small Intestine is Vital***

If there were only one kind of pill that would help everyone, it would be a *mucus dissolver*. It digests the mucus that coats the walls of many people's small intestine. Certain foods, such as pasteurized milk and many cooked foods cause the mucus buildup. The mucus coats the villi, tiny like fingers in the intestinal wall to absorb nutrients. **Mucus on the villi blocks absorption of nutrients.** Sometimes it is so thick and tough it is like a plastic film. **Almost no nutrition can get through to the body.**

**J. H. Tilden, M. D.**  
***"Toxemia Explained"***

By knowing *cause*, the *cure* becomes obvious. So-called disease is nature's effort at eliminating toxin from the blood. All diseases are crises of toxemia. When the toxin was eliminated, the sickness passed and automatically health returned. To know cause supplies even the layman with a dependable knowledge of how to avoid building disease and how to cure. ***Without toxemia there can be no disease.***

THE ANSWER TO THE #1 HEALTH PROBLEM IN AMERICA

## Jim Foley's Colon Pills & Colon Cleanse

*"One thing you can count on is that my Colon Pills & Cleanse will work for you. People complain about the toxic environment, yet their own bodies are often far more polluted. Most colons are like rotting cess-pools, yet people don't even know it -- full of layer upon layer of black, fermenting food. Is it any wonder people feel so rotten?"*

— Jim Foley

If you don't move your bowels 2 to 3 times a day, your health will suffer, if it hasn't already. Anyone can have 10 to 35 lbs. of decaying crud lining the walls of the large intestine, a protruding belly even if thin, bad breath, bad complexion. Food is fermenting and rotting inside the gut and should never stay there more than 8-15 hours. Any longer and you can become a walking cesspool.

Colon researcher, Jim Foley, is like a preacher when it comes to extolling the benefits of his colon products that can fix so many problems.

### Q: What's the Common Reaction?

**Jim:** People feel lighter, don't get that bloated feeling after eating, have more energy, feel better, not as depressed and cranky. Often, a yellow tint to the skin will vanish. Many believe if they have diarrhea they don't need the pills. Just the opposite, they need them more than ever. Diarrhea is often caused by parasites or colon blockage. My Pills and Cleanse have corrected so many cases of diarrhea.

### Q: Can they Help Everyone?

**Jim:** Absolutely! You don't have to be an extreme case, at least 80% of Americans need them. So many people on prescription drugs are terribly constipated, especially the elderly. A health food store owner was horribly constipated for 20 years. Nothing worked, including his own best products. One bottle of Pills and Cleanse straightened him out.

### Q: What about Weight Loss?

**Jim:** Many people lose 10 lbs. plus from all the hard, impacted crud lining the colon wall. You can't exercise it off, it has to be stripped off from within and it is the most important weight you can lose. Many lose their belly after just a few weeks.

### Q: What's Wrong with Laxatives?

**Jim:** They don't stimulate the colon, they irritate it, are too harsh, often cause diarrhea, headaches, cramps, dizziness, gas. The Colon Pills stimulate and strengthen colon muscles and gently pull toxins out.

### Q: How Often Should One Go?

**Jim:** Many go once every few days, if lucky. Doctors often say it's normal. It is NOT! You can often recognize people who don't go -- they don't look healthy, their skin doesn't glow and they often have a big belly. **One should go 2-3 times per day!**

### Q: How Does it Relate to Disease?

**Jim:** Rotting food lodged in the colon for years is how most diseases start. It blocks nutrients from being absorbed and introduces poisons and toxins throughout the body. You can take the best nutrients, spend hundreds of dollars regularly, but barely 10% nutrition gets through. Cleaning the colon has helped intestinal diseases; gastritis, diarrhea, polyps, diverticulosis, colitis, Crohn's disease, irritable bowel. Need I say any more.

### Q: What are Some Worst Cases?

**Jim:** Some who simply couldn't go and did enemas regularly, others who went once in 2-3 weeks. One woman only went once a month and is now regular. I saved several women's lives who were dying of colon problems after the best doctors failed to help.

### Q: Do You Only Use Pure Herbs?

**Jim:** The Pills use 7 natural herbs that strengthen and stimulate the colon muscles and gently pull toxins out of the mucosa lining and keep you going every day. The Cleanse cleanses and disinfects the bowel, breaks apart hardened mucus, eliminates parasites. It uses 33 natural herbs, including an herb the Indians used as a natural internal soap in the colon. Both are needed for best results.

### Q: How Many Should One Take?

**Jim:** For maintenance, 1 to 2 Colon Pills a day and 1 Cleanse every day or other day. Initially, one needs more, lots more, maybe 4 to 8 a day of both Pills and Cleanse to blast out. Everyone is different -- it is best to start with a few of each, gradually increase and then decrease. *Always drink plenty of tap water, preferably filtered.*

## Dissolve Hardened Mucus Lining the Colon Walls

Many have considerable mucus lining their intestinal walls. *Jim's Pills* and *Cleanse* digest mucus, but you can hasten and expedite its removal with *Mullzyme*, a digestive enzyme. It has one mission -- to digest hardened layers of mucus lining the intestinal walls. Take 1 or 2 *Mullzyme* capsules daily. Years of mucus buildup takes time to digest, but each day it is penetrated and digested, no matter how hard it has become. You'll know it's working as mucus can *readily be seen in the stool.*

# The Liver!

## *Phenomenal Rewards of a LIVER FLUSH*

Hundreds, even thousands of STONES obstruct the liver and gallbladder  
IMPAIRING DETOXIFICATION and INCREASING CHOLESTEROL levels!

### **The most vital organ that may determine life span**

The liver is the main detoxifying gland and its capability to detoxify food, chemicals and foreign substances is the basis of our health. It has miles of bile ducts and when some are obstructed others take over. But when a whole section gets obstructed it can no longer detoxify a set of chemicals that enter the bloodstream and throughout the body, including the brain.

### **A clogged, contaminated liver results in minor and major afflictions**

The bile ducts are clogged with pollutants, chemicals, parasites, bacteria, viruses and the liver's response is to turn it into stones and push them into the gallbladder (gallstones). Stones come in different sizes, shapes, colors and contain *cholesterol crystals* preventing cholesterol from leaving the body and raising cholesterol levels. **The key to a vigorous, pain-free, healthy life is clean, unobstructed, properly functioning organs.**

### **A liver flush is as dramatic, effective and rewarding as a colon cleanse**

Eliminating stones dramatically improves health. People say they are reborn, superior immunity, feel young again, symptoms gone, renewed sense of energy and well being, mentally and physically, plus allergies and pain often disappear.

A liver flush eliminates hundreds of stones, cleans out miles of bile ducts. The liver makes bile and bile ducts choked with stones produce less bile. Without enough bile the body gets toxic, cannot metabolize nutrients, causes increased cholesterol. Bile removes excess cholesterol, emulsifies fat, breaks down saturated fats into unsaturated, eliminates chemicals, toxins, pollutants.

### **It is extremely important to unclog the liver by flushing out the stones**

A single flush will not rid you of all stones and should be repeated 3 to 4 times a year. The first cleanse rids you of many stones, but there are stones in the rear that travel forward. So many have polluted colons and a clogged liver and don't know it. With an unclogged, stone-free liver, it is unlikely one would ever be sick.

The primary source of unnatural foreign substances that clog our organs are processed foods and beverages, body products, cosmetics, cleansing agents and detergents that contain a host of chemicals, toxins, solvents and pollutants that seep into the body and accumulate over time.

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**Nathalie Tucker, chiropractor, got such great results with the liver flush she put all her patients on it. "Everyone passed at least 100 stones."**

#### **How was your first liver flush?**

It was an explosion! 2 to 3 stones, then 50 stones 30 minutes later. Each time more and more stones appeared. I passed over 250 stones. The next flush another 100. The only way you can get stones out is to flush them out.

#### **How big were the stones?**

Some the size of cherries, others a pin head. The bigger ones came out first, then the smaller. Green like green peas, soft like and a little bit oily. You don't feel anything.

#### **How did you feel after the flush?**

The following day I felt a surge of energy. I felt great. Everything said about the liver flush was true. It's just unbelievable how good it makes you feel.



#### **How often did you go on the flush?**

Four times a year. Before that I was bedridden. I had the Epstein-Barr virus and chronic fatigue. Even the best herbal supplements didn't help. After the flush, the virus wasn't there and my chronic fatigue gone! I'm healthy as a horse. Over the years I passed over 750 stones.

#### **When did you put your patients on it?**

Immediately. They were all jubilant because of how great they felt after the flush. It was like taking a large weight off them. I put 150 patients on the flush. I never had one who didn't benefit. 3 cases of chronic fatigue who were bedridden are now fine. The flush also helped diabetic and cancer patients and a man with Parkinson's. Two patients said their vision improved. When you remove stones from the liver, every organ is healthier.

#### **How many people have stones?**

I have never found anyone who didn't have them. Everyone I put on the flush passed at least 100 to 300 stones. One man passed a monstrous 2 1/2 inch stone, very dark green, super saturated with bile. He was so pleased as he felt so much better.

#### **Any downside to the flush?**

The worst part is getting the olive oil down; it can make you nauseous. Coke helps this a lot. It also helps to get a good-grade of olive oil that is thin instead of thick. This helps it go down easier.

#### **How often does one take the flush?**

Many could be greatly helped by taking the flush every 3 to 4 months the first year. Then, never less than once a year.

**COLON THERAPIST,  
JULIA SMITH ON THE LIVER FLUSH.**

*"One stone was the size of a golf ball. The inside hard and white."*

**What comes out on a liver flush?**

Liver and gall stones, often so coated with fungus, you can hardly see the green. I also see a lot of yellow acids. One person passed stones so large, it clogged up the plumbing. My mother had a terrible gall bladder attack that almost killed her! She was scheduled for surgery. I said "No" and gave her the liver flush. She passed a stone as large as a golf ball. I dissected it and the inside was like hard, white plaster. She avoided surgery. To this day, she is fine.

**Did you try the flush?**

Yes. The day after the flush was the best day I felt in 10 years. Before that, I was losing my memory and immediately my memory came back, like the old days. My mind was so sharp, hard to believe.

**What do your patients notice?**

Everyone feels better. The mind clears. They feel very alert, energetic. *The liver flush is like magic!* Two hours after the flush many people are reborn. The eyes sparkle, they come to life.

**MD, COMPLIMENTARY MEDICINE**

*"The liver flush is a godsend with nonsurgical relief."*

Mr. Oberdorf, thanks again for your *True Health & Healing*. I have excellent results with *Silver Water* for infection and pneumonia. The liver flush is a godsend with nonsurgical relief. After I, my wife and my patients did it, I am convinced it is safe and effective in cleansing the gallbladder, liver and entire body resulting in energy and stamina galore!

**HEALTH CLINIC**

Mr. Oberdorf, I am intrigued the way you put together a basic foundation of information to help people reverse their health conditions.

**PAUL OBERDORF**

Over *ten thousand people* have already done the liver flush and we estimate 95% passed stones. We regularly hear amazing stories of eliminating hundreds of stones, chaff and cholesterol. *Cholesterol crystals can be seen floating to the top.* Most memorable was a man who drove 200 miles to thank us for his friend who passed ONE THOUSAND STONES! The liver flush is truly magic -- it will clear up so many health dilemmas and make you feel great.

**INSTRUCTIONS FOR LIVER FLUSH**

Note: Best results are obtained with a healthy, clean colon and 2 to 3 normal bowel movements daily. Use *Jim Foley's Colon Pills* and *Colon Cleanse*.

**WHAT YOU NEED TO DO THE LIVER FLUSH**

**3 quarts Apple Juice** (natural, no concentrate or sugar added)

**One cup Olive Oil** (extra virgin)

**8 to 12 oz. Coke, preferably Classic** (room temp.)

**Juice from one Lemon** (freshly squeezed lemon juice)

**'Super Phos 30' drops** (purchase from NMS Publishing)

**FOR 3 CONSECUTIVE DAYS:** Each day mix 90 drops (1 level teaspoon) of *Super Phos 30* in one quart of apple juice and drink. You *do not* have to drink it at one time, but throughout the day. Eat normally. *Super phos 30* contains orthophosphoric acid and apple juice contains pectin which help soften the stones. For diabetics or if you cannot tolerate so much apple juice, use one quart of distilled water per day and increase *Super Phos* from 90 drops to 120 drops daily.

**DAY 3 EVENING:** Eat dinner. Wait a minimum of 3 hours after dinner. Now prepare and drink the liver flush mixture.

**Liver flush mixture:** Thoroughly mix juice from a *squeezed lemon* with 1 cup of *Coke* and 1 cup of *virgin olive oil*.

**Quickly drink mixture!** Do not wait or oil will settle to the bottom. You'll feel very full. If you have an oily feeling on lips or teeth, use lemon rind to relieve. *Coke* lessens nausea.

**Immediately lie down** on your **RIGHT SIDE** and draw your knees up to your chest (fetal position). Stay like that for a half hour (30 minutes), **NOT** less! This is the best position to force the gall bladder and bile ducts to contract and throw off stones. If you can't hold that position, then lay stretched out full length. Stay in either position for 30 minutes. Then resume normal activity or go to sleep. The Flush usually takes up to 8 hours to work. It is a good idea to take an herbal laxative (*Jim's Colon Pills*) that evening or the following morning.

**WHAT TO EXPECT:** Considerably soft stool the first time. This will decrease and a more formed stool usually about the 5th time. Stones are usually not found in the first stool. Most come out in the 2nd stool, about 5 to 8 hours later. Less stones come out with each additional stool. Reports range from under 100 stones to as many as 1,000 (unusual), usually pea size, waxy green.

**Optional:** Epsom salt can help relax the liver bile ducts. On Day 3, in the afternoon, mix one tablespoon of Epsom Salt in one cup of water and drink. You may also repeat the Epsom salt drink the next morning.

**HOW TO KEEP LIVER BILE DUCTS CLEAN AND PREVENT FUTURE STONES FROM FORMING!**

A teaspoon of *Olive Oil* a day can keep the liver bile ducts clean and prevent new stones from forming. It's that easy and works! Use extra virgin olive oil. Mixing it with juice from a lemon makes it easier to drink. Drink in one shot or with meals, salads, etc. In Greece they devour olive oil and the incidence of cancer is *minuscule* in comparison to America.

# The Prostate!

**Another toxic dumpsite, especially for the metal *NICKEL* that attracts massive *BACTERIA* invasion causing it to become *ENLARGED*!**

The need to urinate again and again suggests pressure on the urethra from an *enlarged prostate*. We get nervous when diagnosed with an enlarged prostate or an above normal PSA and hope for the best. Some look for alternatives to drugs or surgery. Natural products are suggested that typically use *pygeum africanum*, *saw palmetto*, *nettles*, *panax ginseng*, *zinc*, *pumpkin seed oil*, *amino acids* and *cranberry extract* that may have a reducing effect. What is not made clear is *what* they do and *what* actually causes the prostate to become enlarged.

**An enlarged prostate, like the colon, is another example of an internal organ that is abused, polluted, distorted and invaded by pollutants, parasites and bacteria.**

The prostate is located next to the colon and actually touches it. If the surrounding tissues and lymph system are blocked and polluted, it prevents the prostate from flushing out its toxins. **The colon and prostate have a definite relationship.** By keeping your colon clean you help keep your prostate clean. This is a great start, but not the whole story.

## **SPECIFIC CULPRITS CAUSE THE PROSTATE TO SWELL**

The prostate is like a garbage site and has the property of collecting trash, pollutants, toxins. For some reason the *metal nickel* is always drawn to the prostate.

**Much of the nickel that is absorbed by the body goes directly to the prostate.**

What is the effect of having the prostate loaded with nickel? **Bacterial invasion!** What is the effect of having bacteria invade the prostate -- **bacteria cause the prostate to become enlarged!**

Urinary tract bacteria need nickel and are attracted to the prostate because of nickel and they massively reproduce causing the prostate to swell.

**Without nickel in the prostate, bacteria will not survive.**

## **A clue is ammonia smell.**

Urine does not smell of ammonia. We do not make ammonia, but bacteria do! When urine smells of ammonia it indicates massive bacteria in the prostate. Why do bacteria need nickel? Urinary tract bacteria use your urea as their food. To digest it, they break the urea molecule apart into ammonia molecules and their digestive enzyme, urease, requires nickel to do its job.

**The immediate answer to shrink an enlarged prostate is to destroy bacteria and eliminate nickel.**

Long term the solution is to stop absorbing nickel. Prostate problems can be gone when bacteria don't have their meal ticket, nickel, anymore.

## **COLLOIDAL SILVER WATER DESTROYS BACTERIA IN THE PROSTATE AND THROUGHOUT THE BODY**

*Silver Water*, a natural antibiotic, destroys bacteria in the prostate and throughout the body. (next page).

To shrink an enlarged prostate you need to drink from 5 to 15 ounces (1/2 bottle) or more a day for about one week. Drink more initially and then drop to 1 to 2 ounces daily maintenance. You feel its wondrous effect almost immediately.

## **NICKEL ELIMINATOR ELIMINATES NICKEL**

Take 1 or 2 *Nickel Eliminator* capsules daily and it transports microscopic nickel out of the body. Eliminating decades of nickel accumulation from the prostate takes time, but results are much quicker from the scalp and skin.

**The first thing to occur is some skin allergies disappear plus the return of substantial hair growth!**

Destroying massive amounts of bacteria and eliminating nickel from the body are the most powerful combination to ultimately shrink and heal the prostate.

## **KEEPING NICKEL OUT PERMANENTLY**

The bad news is that nickel is everywhere; the good news is you can make easy changes to avoid absorbing nickel. However, long term, you should make a major change to eliminate the primary source of nickel pollution.

Pots, pans and utensils all contain nickel. We absorb nickel regularly, minute as it may be, it accumulates over time. Stainless steel is 8% nickel. Does it really come off? Yes! A knife in mayonnaise is stained in a few minutes; mayonnaise reacts to loosen nickel and a film comes off that you eat. This alone gives bacteria their daily supply of nickel.

Most will not switch to wood or plastic or stop using metal pots and utensils. But knowing the problem allows you to make simple changes; use plastic for butter, cream cheese, mayonnaise, spreads, dressings, etc.; don't use produce wrapped in metal foil.

Are you wearing metal jewelry? Metal watches, eyeglasses, rings, chains, bracelets can be changed or removed. Why? Nickel is fat soluble and stored in the skin fat temporarily when a surge enters the body. Skin oils can be loaded with nickel causing allergies in the skin and nickel is transported into the body.

## **THE PRIMARY SOURCE OF NICKEL IS DENTALWARE!**

If you have a real serious prostate problem you should know that the major source of nickel is from **metal dentalware**. Nickel is in fillings, bridges, gold, retainers, braces, amalgams, etc.

**The only permanent solution is to remove all metal from the mouth, mercury amalgams, fillings, bridges, crowns, caps, root canals, etc.**

Fillings can be replaced with plastic or composites. It may seem drastic, but that is the cause of the problem and it is up to you to decide how to act upon it.

# The Amazing Natural Therapy Colloidal **SILVER** WATER

## Safely Kills Over 650 Disease-Causing Pathogens

Our body organs and tissue are infiltrated with pollutant and pathogen invaders, bacteria, viruses, fungus, molds and parasites, causing many afflictions. These destructive pathogens invade organs, utilize body fluids, live off us and give us their waste. We pay the price with our health, deficiencies and disabilities. By destroying the invaders, it helps to restore normal, healthy functioning organs and relief to many afflictions.

### Destroying invaders without chemical antibiotics.

The wonders of colloidal *Silver Water*. You drink it like water, it tastes like water and apply it topically. The colloidal silver particles destroy harmful bacteria, viruses, fungi, molds and single-cell parasite stages upon contact. You immediately feel the benefits of the invaders being vanquished. Pain, often caused by bacteria is gone.

### Silver Water is the safest, most beneficial product you can put *in* and *on* your body.

But any colloidal silver product simply does not work. It is only effective when processed in a precise, *non-chemical* procedure. Most commercial products are made chemically with large particles and additives that are useless because they have fallen out of suspension. *Silver Water* is made using lightning rods according to the original formula 130 years ago.

It has advanced the state of the art with maximum saturation for permanent electrical suspension in pure water. *Silver Water's* particles are small enough to penetrate the target organisms.

### How silver colloids work.

It is not a chemical compound, but pure metallic silver of submicroscopic clusters of a few atoms, held in suspension, in pure water by the tiny electric charge on each atom. Silver disables the specific enzyme that microorganisms need to metabolize oxygen (breathe) They suffocate and die shortly after exposure to a silver colloid.

*Silver Water* has accelerated new tissue growth in burns and prevented infection and scarring. It is completely safe, does not harm helpful enzymes or flora, does not accumulate, has no known drug interaction, nontoxic, no side effects, no tolerances, no *super strains* or mutations. A powerful germicidal, silver is an exceptional metal in that it is **nontoxic to the human body, but lethal to 650 disease-causing bacteria, virus, fungi, molds.**

### These facts are documented and published in medical journals.

Lab tests have proven that destructive bacteria, viruses and fungi are killed within minutes of contact with a silver colloid. They all breathe the same way and die the same way -- quickly! Colloidal silver also acts as a tissue regenerator by stimulating the production of dedifferentiating cells.

### Rave reviews from prestigious doctors, researchers, institutions.

*I know of no microbe that is not killed in laboratory experiments in six minutes.*

-- Dr. Henry Cooks

*When silver was present, the cancer cell dedifferentiated and the body was restored --* Dr. Gary Smith

*...major enhancement of both the rate and competency of the healing process.--* Robert Becker, M.D.

*...studies showed the spectrum of organisms susceptible to electrically generated silver ions was wide and ...compared favorably with... other antibiotics. --*

J.A. Spadaro, Ph.D.

*It killed... every virus tested in the lab.*  
--U.C.L.A. Medical Center

*...in eye opening research, silver is emerging as a wonder of modern medicine... perhaps soon recognized as our mightiest germ fighter. --* Science Digest

### Problem With Pharmaceuticals.

Every disease-causing bacterium has strains that can resist at least one, if not most pharmaceutical antibiotics. The overuse of antibiotics is giving life to the

### Partial list of conditions where colloidal silver proved clinical improvement:

Acne, Rosacea, Anthrax Bacilli, Arthritis, Athlete's Foot, Blood Poisoning, Bladder Infections, Bubonic Plague, Blood Parasites, Cancer, Candida, Chilblains, Cholera, Chronic Fatigue, Colitis, Conjunctivitis, Cystitis, Dermatitis, Diabetes, Diphtheria, Dysentery, Eczema, Fibrositis, Gastritis, Gonorrhea, Hepatitis, Herpes, Hay Fever, Impetigo, Influenza, Keratitis, Leprosy, Leukemia, Lupus, Lyme Disease, Lymphagitis, Malaria, Meningitis, Neurasthenia, Ophthalmia, Pneumonia, Pueris, Pruritis Ani, Psoriasis, Pymphagitis, Rheumatism, Rhinitis, Ringworm, Rosacea, Scarlet Fever, Seborrhea, Septicemia, Shingles, Skin Cancer, Staph Infection, Stomach Flu, Strep, Syphilis, Tonsillitis, Trench foot, Trachoma, Tuberculosis, Whooping Cough.

spread of mutant microbes that develop a resistance to the most powerful antibiotic. An enormous health crisis could be in the making and antibiotics do not hold the answer. New emerging diseases and super bugs are now a threat more than ever.

### *Silver Water* can provide people with an immunity armor to protect themselves.

Unlike drugs, no pathogen has ever developed a resistance to colloidal silver. Fortunately, the timely reemergence of *Silver Water* may prove to be the best remedy the public now has to protect themselves from disease, old and new.

### Having sufficient colloidal silver in your body is to have a superior, second immune system.

*Silver Water* is the most usable form of the most effective disease fighter there is. The body actually needs colloidal silver to fight disease-causing organisms and to aid healing. Older folks feel younger because their body's energy is used for other than fighting disease. Silver aids the developing fetus in growth and health, eases delivery and recovery. Fantastic successes have been reported in so many cases previously given up by establishment doctors.



# Bad News Nickel

## Plus Amalgams, Root Canals, Dead, Decaying Teeth

**Nickel is a carcinogen**, its toxicity and hazards known including a relationship of nickel, mercury and root canals to cancer, tumors, autoimmune disease.

**Nickel is in dental crowns**, braces, amalgams, porcelain. Estimates are 50% of dentists use nickel crowns yet charge insurance companies for gold.

**Nickel and mercury lower T-cell counts** causing serious immune deficiency. Alternative dentists often see behavioral changes and symptoms which are gone when nickel braces and crowns are removed.

**People in wheelchairs** -- can often be attributed to root canals. Studies show that some women with heavy nickel crowns developed a specific type of **breast tumor**. How many women are getting breast tumors because of nickel?

**Nickel is a cancer stimulating metal**, worse than mercury, causing DNA damage by preventing cells from repairing and duplicating. It has adverse effects on the immune system, alters chromosomes, destroys T-cells, especially NK cells, our *Natural Killer Cells* that are a major defense against cancer. Nickel suppresses them and may even be responsible for initiating tumors.

**Tests for T-lymphocytes**, an important immune system component, shows they were lowered with nickel crowns and amalgams increasing the risk of cancer, infectious and autoimmune disease. Upon their removal, T-lymphocytes counts began to rise.

**Root canals, dead, decaying teeth invite bacteria**. In the absence of oxygen most things die except some bacteria that flourish and produce some of the strongest poisons.

**A woman lost all symptoms of kidney failure** after removing 3 nickel crowns that were poisoning her system.

**Another woman with brain cancer and 3 tumors** was given 3 to 6 months. After removing 3 root canals, she is still alive 6 years later with no tumors.

**Thomas Levy, MD:** Nickel is gaining a reputation for its toxicity. Most partial dentures are nickel, 80% of crowns use nickel, braces are usually nickel, stainless steel usually nickel alloy. Nickel compounds have been unequivocally implicated as human respiratory carcinogens and there appears a relationship between nickel crowns and breast cancer.

**Dr. David Eggleston:** Nickel is not nearly as active as mercury, yet it corrodes and is far more carcinogenic with severe known reactions to nickel toxicity.

**Dr. Pinto:** I don't feel comfortable using a substance designated by the EPA to be a waste disposal hazard. I can't throw it in the trash, bury it in the ground, or put it in a landfill, but they say it is OK to put it in people's mouths.

**Richard Fischer, DDS:** What is it about the mouth that makes this hazardous waste (mercury, nickel) nontoxic?

**Sandra Denton, MD:** If I were diagnosed with an incurable degenerative disease, I'd definitely extract any questionable teeth. The infected tooth you leave in could be the one killing the patient.

**Harold Ravin, DDS:** Research shows that all root canals result in residual infection due to the imperfect seal allowing bacteria to penetrate. Toxins from bacteria can cause systemic diseases of the heart, kidney, uterus, nervous, endocrine systems.

**Theron Randolph, MD:** American dental schools ignore mounting evidence on toxicity from dental restorations, despite clear documentation in European studies.

**Dr. Hal Huggins:** Author *"It's All in Your Head"* links mercury amalgams and illness and exposes the deteriorating state of the public's health and possible effects of mercury toxicity, including Alzheimer's, chronic fatigue and autoimmune disorders.

**Dr. Joseph Issels:** Treated terminal cancer in Germany for 40 years and turned around 24% of 16,000 patients by removing root canal teeth. He would not treat any cancer patient who did not allow all dead teeth to be removed as he could not obtain good results without this.

**Gary Verigan, DDS:** People often go through many doctors and therapies in search of answers for their problems, never realizing their chronic conditions may be traceable to dental complications.

**Edward Arana, DDS:** President, *American Academy of Biological Dentistry*: Dental infections and disturbances can cause pain and dysfunction in the body, including limited motion and loose tendons, ligaments, muscles. Structural and physiological dysfunction can also occur impairing organs and glands.

**Michael Ziff, DDS:** Author *Dental Mercury Detox*, says that research has demonstrated that 100% of all root canals result in residual infection.

**Weston Price, DDS:** He claimed that toxins seeping out of root canals can cause systemic diseases of the heart, kidney, uterus, nervous/endocrine systems. If removed, those with kidney and heart disease would be resolved in most cases.

**German Ministry of Health:** Amalgam is considered a health risk due to the release of mercury vapor and has been prohibited since 1992.

**Charles Gableman, MD:** Leader in environmental medicine, always advises patients to remove amalgam fillings.

### *Nickel Eliminator*

It has one mission -- **to eliminate nickel from the body**. It is amazingly effective as a chelating agent as it binds itself to nickel and transports it out of the body. Take 1 or 2 capsules daily. With decades of accumulation, it is best to eliminate nickel slowly so as not to overload the bladder and kidneys.

Each day it gets better and better. The skin and scalp experience nickel elimination quickly and the first thing to happen is some **skin disorders improve and hair starts growing all over!** Eliminating decades of nickel accumulation in the prostate takes time, but in weeks or months you begin to feel big-time improvement.

Your goal is always the same -- **to eliminate nickel from your body no matter how long it takes!**

The benefits are profound as you are addressing the **real cause** of prostate problems. Always drink one or two ounces (or more) of *Silver Water* daily to destroy bacteria. Over time, the prostate can shrink, heal and the PSA drop (it is a measure of the condition of the prostate).

You cannot imagine the many therapeutic benefits upon eliminating nickel (and other heavy metals)... benefits for health, skin, pain, arthritis, skin allergies, disorders, redness, facial discoloring, unexplained symptoms that so often are caused by nickel (and other metals) that attract bacteria and fungus.

# Eye and Vision Problems

So often can be CORRECTED and HEALED

As we age, a host of eye-related problems plague us -- from impaired vision, cataracts to macular degeneration, the most common cause of loss of vision. Eye problems are a terrifying threat to health, independence and enjoyment of life. Very few know how to protect their vision and save their eyes. As always, true healing comes about by **eliminating foreign substances from the body**. Just as the colon, liver and prostate are polluted, so are the eyes!

## EYES ARE LIKE AN ISLAND IN A SEA OF MUCUS, FUNGUS, TOXINS AND FOREIGN SUBSTANCES

The answer addresses the *underlying cause* of most eye problems! A nontoxic, nonsurgical, non-laser, natural way to improve vision and heal many eye problems by cleansing the eyes from toxins, pollutants, fungus and a flood of mucus.

How could the eyes get in such condition? Toxins in the blood stream invade organs, *including the eyes*. Once again, the cause is a toxic polluted colon causing auto-intoxication throughout the body. And once again, a liver obstructed with stones is unable to detoxify properly allowing chemicals and toxins to roam all over.

A clean colon and liver automatically improves eye problems! **So many have improved their vision and diminished eye problems by cleansing the colon.** Colon cleansing is essential before addressing the eyes directly. *The cleaner the colon, the clearer the eyes!* **You do not want to use the eyes as an elimination organ for all the trash in the body!**

## CLEANSING THE EYES FROM TOXINS, POLLUTANTS, FUNGUS, MUCUS

Upon eliminating a flood of mucus, fungus, toxins and microscopic foreign substances from the eyes, wonderful things happen. *"See Again"* is a 100% pure herbal formula that cleanses and draws out mucus and toxins from the eyes and strengthens the nerves. Many have used it miraculously to regain lost vision and heal eye problems.

**Users Report:** *Clearer vision \* Improved vision \* Cloudy or blurred vision gone \* Brighter eyes \* Cataracts disappear \* Fatty growth, Blood spot gone \* Floaters, Staph infection gone \* Inflamed eye improves \* Glaucoma gone \* Cyst reduced*

## THE ORIGINS OF THE ANSWER

Dr. John Christopher, a master herbalist, created an herbal eyewash that was used successfully to cure many serious eye problems -- vision, floaters, cataracts, glaucoma and infections. *See Again* contains 8 herbs: eyebright, rue, sweet fennel, yellow root, chamomile, raspberry leaf, candleberry, blue vervain.

**Dr. John Christopher:** *"I have letters from people all over the country who have used my herbal eyewash successfully to eliminate their cataracts, reduce glaucoma pressure, regain their lost vision."*

## INSTRUCTIONS FOR *SEE AGAIN*

### 1. BEGIN BY TAKING *SEE AGAIN* CAPSULES INTERNALLY

Slow Start: Take 1 *See Again* capsule in the morning.

Average Start: 1 *See Again* in morning and 1 at night.

The Goal: 2 *See Again* in morning and 2 at night.

In the morning, check eyes for mucus, crust, caking, eye closure to determine your tolerance and reaction. This is your guide.

### 2. USING *SEE AGAIN* EXTERNALLY AS AN EYEWASH

Do not begin eyewash until you determine how many capsules you are comfortable taking and are ready for greater elimination and maximum results. (you may check with your doctor, especially if you're on medication).

Preparing the Eyewash: Break open 1 capsule. Pour herbs into a clean cup. Throw away capsule. Boil tap water (best is distilled) in stainless steel or glass pot (never aluminum). Pour about 1 cup of boiling water over herbs. Stir, cover, let cool. Pour into another cup through a coffee paper filter to remove impurities. Stop pouring when you reach sediment at bottom. Pour into a new, clean eye dropper *glass* bottle (avoid plastic). Refrigerate!

Mild Mixture: One capsule with 1-1/2 to 2 cups of water

Average Mixture: One capsule with one cup of water

Stronger Mixture: One capsule with 1/2 cup of water

**Applying the Eyewash:** Always start with the Mild Mixture (1 capsule and 1-1/2 to 2 cups of water). Put 2 to 3 drops of eyewash in corner of both eyes near the nose. Move eyes around and blink a little. It may sting a little and eyes might tear. This is normal. Start with 1 eyewash a day. Monitor your reaction each morning. If comfortable, do eyewash twice a day. Many only do the eyewash once a day, others 2, 3 and 4 times a day. Step up to the Average or Stronger Mixture when you feel you can handle it.

### 3. REACTION -- WHAT TO EXPECT & WHAT HAPPENS

Most notice much mucus in the eyes the next morning, dried or caked, and eyelids may be stuck closed. This is normal. If not comfortable with the reaction, cut back. If too much mucus comes out, cut back. Cut back means reduce amount of capsules taken internally or use a more diluted eyewash or do everything every other day rather than daily. Over time, less mucus and pollutants come out and you begin feeling the healing benefits.

### 4. RESULTS, BENEFITS AND IMPROVEMENTS

Depending upon the eye problem, some see results in just days or weeks; others, months or even a year. The important thing is that nearly all experience mucus and pollutant elimination, clearly demonstrating the problem. Doing the eyewash regularly gets best results. Always go slow initially to monitor reaction. Toxins are coming out and some may notice their eyes getting slightly worse before they get better. Dr. Christopher: *"The eyes often get worse before they get better. In some cases, the eyes get a lot worse, but they will always get better. When all the mucus and toxins come out, sight will improve, I can assure you."*

# Arteries, Kidneys, Hair, Scalp, Gums, Teeth, Indigestion, Pain

## CLEANSE ARTERIES, IMPROVE CIRCULATION

*Herbal Chelator* is a natural, herbal tincture of herbs and pure grain alcohol that chelates (eliminates) heavy metals and is effective against calcium deposits. It targets the entire body, circulation, brain, head. Drink it and rub externally over clogged arteries in the neck, eyes or ears with impaired circulation. You feel its effect immediately, mentally and physically.

It improves vital blood flow and targets diseases like arteriosclerosis, Alzheimer's, arthritis, chronic fatigue, candida and pain in the neck/back/muscle as well as other afflictions caused by bacteria attracted to metals -- bacteria soon die off upon eliminating metal. Metals from dentalware/fillings continue to seep, but at least you can eliminate an enormous accumulation over the years. Ideally, remove all amalgams. Use regularly until circulation improves, afflictions and deficiencies diminish or are gone. Suggested dose is 10 to 40 drops 2 to 3 times a day internally.

## DISSOLVE KIDNEY STONES

*Oxalate stones* (oxalic acid) come from tea, cocoa, chocolate drinks. *Phosphate crystals* come from phosphate in meat, bread, cereal, pasta, carbonated drinks. Vitamin B-6 and magnesium can prevent oxalate stones from forming. Stop tea, cocoa, phosphate drinks or new stones will be formed. **Flush kidneys clean:** Use fresh organic *parsley*, boil in water, reduce flame, simmer 25 minutes. Wring out parsley, refrigerate drink. Drink 4 to 5 cups a day for about 2 weeks. Expect frequent urination. Dissolving of stones and improvement of many symptoms can occur in just weeks.

## GOOD-BYE INDIGESTION

Undigested food and its pollutant residue adds to the accumulation in the colon, becomes toxic, further hampers elimination and continuously feeds parasites, fungus, bad bacteria. Antacids/medicines may relieve symptoms of indigestion, heartburn, stomach problems, but aggravate the problem. Our bodies are simply

unequipped for an avalanche of nonfood/foreign substances and as a result:

**The body is depleted of 2 ingredients vital for good digestion -- hydrochloric acid (HCL) & digestive enzymes.**

Both are essential for complete digestion. By adding 3 to 6 drops of HCL (in water) and taking 1 to 2 digestive enzymes with meals, you can almost feel the food leaving your stomach. You'll be ecstatic as indigestion does not occur and your digestive system functions normally again.

## HAIR LOSS STOPS, HAIR GROWTH RETURNS

Unlucky genetics affects some, but most people lose hair because of an overproduction of *sebum* -- a waxy oil the body produces. Over the years, *sebum* builds up and hardens in the hair follicles. Chemicals, pollutants and metals also penetrate the follicles and attract harmful bacteria. The result -- blockage of hairs trying to grow and you end up with thinning hair, hair loss or a bare scalp.

*Super Hair* restores scalp health, stops hair loss immediately and enables your hair to grow back **NATURALLY!** Tens of thousands attest to it because it works! *Super Hair* breaks up layers of sebum, cleanses, lubricates and destroys harmful bacteria allowing the follicles to breathe so hair can again grow naturally!

**Results are immediate.** No waiting 3 months, it starts immediately -- hair loss stops in days, then fuzz sprouts in balding areas and hair growth increases in thinning areas. Your hair can finally *breathe* again with a beauty and manageability. Equally important, **scalp disorders often amazingly disappear** (dandruff, oily hair, eczema, acne, psoriasis).

*Super Hair* is created in a proprietary blending process of 26 botanicals, involving 23 steps over a **3 month aging period** (like wine). Botanical extraction, fermentation, bacterial cultivation, distillation and an enzymatic sequence results in an exclusive ingredient called *Ferm-T*.

**Super Hair Trio Pak**

**Shampoo:** Shampoo daily.

**Stimulator:** Spray daily.

**Vitamin & Mineral:** Take daily.

**10,000 have written about dramatic results. 70% reorder again and again!**

## TOTALLY RELIEVES PAIN

*Naturally PAINless* is a non-drug, non-chemical, natural, external analgesic herbal spray -- an all purpose pain reliever that alleviates pain in the fastest and most effective manner. Use it safely and confidently to eliminate reliance on drugs and chemicals. It relieves pain, promotes healing, reduces inflammation, promotes circulation, reduces infection.

It works whether pain is from arthritis, toothache, headache, surgery, bites, injury, muscles, cramps, bones, nerves, backache, bruises, nerve injury, sore muscles, stiffness, neck/back pain, menstrual cramps, sprains/strains, joint/tendon pain, fibromyalgia, sports injuries, carpal tunnel -- virtually no pain it cannot relieve! Used by health professionals and doctors.

## DESTROY ANAEROBIC BACTERIA IN TEETH, GUMS WITH OREGANO OIL

Dead, decaying teeth, root canals and dental crevices are breeding grounds for very harmful bacteria that continually seep into the body causing havoc. *Clostridium* is a little known bacteria that is so primitive (anaerobes) **it does not need oxygen** and cannot readily be destroyed with *Silver Water*.

Dead and decaying teeth should be extracted, but for amazing relief use **oregano oil**, a powerful, natural antiseptic, penetrant and bacteria killer. Pour **one drop** of oregano oil in a wet toothbrush. Wet again. Brush gums, teeth and dental crevices -- it penetrates deeply.

**CAUTION -- it is extremely hot** and may burn your tongue, so avoid tongue and lips. Brush daily -- after regular usage you get used to it and it burns less. Also, mix one drop in half a cup of water, mix thoroughly and gargle. It is so potent you feel its effect almost immediately. It can also be taken internally and will kill lots of microbes, but only in a capsule. Carefully put 1, 2 or 3 drops in a capsule, swallow and eat some bread.

Oregano oil can be purchased at health food stores (often diluted), but we know the purity, 100% strength, non-diluted and potency of the oregano oil that we are offering you.

# Rules for a Truly Healthy Life and Longevity!

**NO drug, supplement, miracle formula or doctor can do it -- only YOU can by cleansing your internal organs, arteries, tissue, cells and STOP POISONING YOURSELF FROM NOW ON!**

by: Paul Oberdorf

## Cleansing your insides

The more effort you put into cleaning up your insides, keeping them clean and stop polluting yourself from now on -- the rewards are phenomenal! You'll get better, feel better, sleep better, think clearly, fewer mood swings, enjoy a happy, healthy, problem-free, active life.

Our organs, tissue and cells are polluted! It's that simple. House cleaning takes time, but each day as you mop up, clean up, eliminate trash, change your habits and stop poisoning yourself, the benefits are profound.

No drug, supplement, miracle formula or doctor can do it -- **only YOU can** by cleansing your organs, blood vessels, tissue and cells from decades of accumulated trash, chemicals, metals, dyes, solvents, poisons, molds, bacteria, parasites, viruses, fungus, mucus. And, no skin care product, mask, laser or surgery can produce a more natural, healthy, live appearance than by cleansing the colon, liver, kidneys, body tissue.

## Federal regulations allow all this

*Federal Regulations* allow chemicals, solvents, dyes, preservatives, antibiotics, hormones and a host of artificial, pollutant, foreign substances in everything we eat, put on our bodies and in our so-called *medicines*. Until laws are changed, you have to take matters in your own hands and determine your own fate.

Simply assume everything is polluted unless proven otherwise. But don't despair, with good judgement, you can enjoy life to the fullest, much better than in the past because you can be reborn with a renewed sense of energy, appearance, disposition, appetite, outlook and, of course, real health and freedom from all those poisons, chemicals and drug medicines.

Your body, organs and tissue have become *biological storage units* for all the undigested *food*, chemicals, poisons and pollutants. As the saying goes -- *it's all*

*in your head* -- and it is -- toxins, solvents, metals, pollutants, bacteria, parasites invade and poison the brain -- so how can anyone possibly feel good, think clearly or be in good health.

## A few prohibitions

**Avoid most products in a Supermarket.** All they offer is nonfood, manufactured, mass-produced, processed, chemical, artificial, expiration-dated produce. If it's packaged, sealed, dated, don't buy it. Stop artificial, flavored beverages and bottled water. Drink only tap (filtered) or fresh juice. Go *organic* if you can -- there are organic food outlets and even Supermarkets across the country.

**Never buy anything in a Pharmacy.**

It is a chemical factory of poisons from so-called medicines, supplements to body products and cosmetics.

**Stop using all detergents.** They're loaded with solvents, toxins, poisons that always leave trace residues that you consume daily. Read the label -- *if swallowed contact poison control*.

**Stop all fast food,** needless to say. The so-called meat/poultry is loaded with bacteria, parasites, hormones, antibiotics, solvents, fats, etc. It simply isn't food.

**The bottom line** -- consume only fresh goods and only freshly prepared food.

## A day in the life of Paul Oberdorf

I shave electric, no shaving cream, shower with olive oil soap, shampoo with *Super Hair*, brush teeth with oregano oil toothpaste, gargle with *Silver Water*. No deodorants, after shave, powders, sprays, cream. I dry myself with a towel washed in an herbal detergent, not commercial detergents with chemical residue all over.

**Breakfast:** Fresh orange juice, scrambled eggs in butter, not margarine, fresh baked bread/rolls/bagel. No deli processed meats, no packaged cereals, no yogurts. No using a toaster that spits out benzopyrenes, no coffee from a Coffee Machine that spits out tungsten particles. I love coffee, drink 6 cups a day -- I boil

water in glass, pour it thru a coffee filter using freshly ground coffee beans, not decaffeinated or from a can. A little milk and NO sugar, NO artificial sweeteners.

**Popping Pills:** 2 Colon Pills, 1 Cleanse, 1 Mullzyme, 2 digestive enzymes, 6 drops of HCL, vitamin C, E, zinc, Cell salt, Nickel Eliminator, MSM, 3 to 4 drops of Human Growth Hormone. I drink 6 to 8 glasses of boiled, filtered tap water throughout the day.

**Bathroom:** I explode each morning with last night's dinner. There's nothing else in my system. No matter how much I eat my stomach feels empty. No pot belly, my transverse colon is horizontal and clean, my food processing system works because all organs are functioning properly. No liver stones, mucus, accumulated trash, metals or bacteria, parasites and viruses in my body.

**An occasional weakness:** A sweet tooth, but never junk or packaged goods. Occasionally, I binge on 4 pieces of cake/pie at night from an Italian Pastry shop -- never sugar-free, artificial sweeteners -- they're poison. Yes, I pay the price the next day mainly because of *sugar!* Pure sugar cane is okay, but whatever is done to refine/process sugar makes it 100% unacceptable for humans. No artificial sweeteners or sugar, except for an occasional binge. If you crave sweet -- use nature's pure sweetener, *Stevia*.

**Lunch, supper, etc.:** I often eat out in restaurants, French, Italian, American steak houses. It's easy in New York though you pay more for quality food. I eat meat, chicken, fish, pretty well done, only prepared fresh. We have Farmer's Markets where everything is prepared daily, breads, salads, cooked meats, chicken, fish. It is real food, prepared daily, no chemicals, artificial substances, not in sealed packages with an expiration date. So be selective even when eating at a restaurant. I avoid Chinese food, because no matter what they say, I feel the chemicals the next day, even rice and steamed dishes. It's up to you.

## A new experience -- unpolluted body products, detergents

100% pure, herbal, non-chemical soap, shampoo, deodorant, toothpaste, detergents, cosmetics, mouthwash, supplements, etc. It may not feel, taste or smell the same, but it's an experience of purity, cleanliness and non-contamination. I have never had a skin disorder, irritation, rash or internal pollution using these products.

They are not just pure in their ingredients, but free of contaminants, solvents, disinfectants introduced during manufacturing and encapsulating. Upon request, I will send you firms whose products are 100% pure, from mouthwash, detergents to hair coloring. Imagine, detergents you now consume being herbs, not toxins.

## Longevity necessitates attending to dental work and teeth

So many go through life unaware of one of the great hazards that contributes to our failing health -- **dental work**. They keep going to the doctor for yet another health problem with yet another drug, never realizing it all emanates from the teeth.

I experienced these hazards long ago, amalgams, bridges, root canals, crowns, metals, dead, decaying teeth. It's all gone now, but I experienced the horrors of metals, toxins and bacteria in my body. And as for nickel from dentalware, you now know that it accumulates in the prostate and breast, yet medicine would still have you believe an enlarged prostate is simply part of the aging process (or genetic?).

## The real answer

After thoroughly cleansing your insides, let me tell you about truly amazing relief from so many symptoms, afflictions, etc., upon extracting dead and decaying teeth and removing root canals, amalgams and all metal from your mouth. *Alternative dentistry (biological, Huggins, Holistic, Metal-Free)* understands and recognizes these hazards and offers replacement materials that are non toxic to the body. **Read the page *Bad News Nickel!***

## Be a slave to your colon

I've been taking *Jim's Colon Pills* and *Cleanse* for about 5 years. Not each day, but many. They truly work wonders and have made me so super aware that I know

when any trash still remains. When you've reached that level of awareness, you've achieved something. **Nothing should remain in the colon.** If it does, pop a few more pills and drink 2 glasses of water.

I also do other things -- coffee enemas about 3 times a year and colonics about once a year. Regardless of whether I need it or not, the entire body is dependent upon an uncontaminated, super clean colon -- ***I have become a slave of the colon and so should you!*** Coffee enemas, believe it or not, are even recommended by *mainstream medicine!* Just remember -- ***death begins in the colon!*** The cleaner the colon, the cleaner the intestinal walls, the likelihood you'll be okay forever.

We have over 50,000 customers and hear their stories regularly -- horror shows and disbelief of what they have been carrying in their colon for so many years!

## Internal cleansing is old news

Internal cleansing, as you now know, has profound benefits to heal, cure and prevent. Yet it is not new, it's been known what constitutes good health for 100 years -- keep your outsides clean, but more critical was keeping your insides clean. This wisdom has vanished in the name of "progress." Only Western medicine ignores it, even though it is practiced outside the U.S. by clinics treating the seriously ill, by Oriental medicine and by even the most primitive of cultures.

Prior to mainstream medicine becoming only drugs, early detection and surgery, doctors used natural herbal medicine and an accepted medical practice was *colonics* (colon cleansing) and *deworming* (killing parasites).

## How we get afflictions and disease

At some stage in life, the body is no longer able to properly digest "food" or detoxify chemicals/pollutants/metals. The leftovers accumulate in vital organs, become toxic and invite bacteria, parasites and fungus that thrive on them. Vital organs become impaired, handicapped and can no longer function properly!

### **The body is continuously poisoned!**

Symptoms appear; indigestion, heartburn, hair loss, allergies, infections, aches and pain, migraines, cavities, inflammations, growths, skin disorders, endless cravings, obesity, constipation, diarrhea,

sleep disorders, fatigue, equilibrium, no energy, mood swings, dysfunctions, an endless list, *yet we are not aware this is the early stages of toxins and pathogens roaming the body.* We resort to medicines, more chemicals, that aggravate and mask the problem.

### **The body's natural working order and natural chemistry are disturbed!**

Then a day comes when a vital organ(s), colon, liver, kidneys, pancreas, lungs, brain, heart, arteries, is so deluged with trash, poisons, metals, mucus, fungus, stones, cholesterol, pathogens, parasites that symptoms are now big time -- serious disease! Whether arthritis, arteriosclerosis, paralyzing disease, tumors, growths, intestinal disease, diabetes, chronic fatigue, high blood pressure, liver problems, strokes, heart attacks, etc., it is an indication of which organ(s) is most badly infiltrated and polluted. Those with super clean colons, stone-free livers and unpolluted bodies will likely never get these afflictions.

## Over 100,000 have heeded our advice so far

Over fifty thousand have used *Jim's Colon Pills* and *Cleanse* with virtually zero refund requests and over 50% reorder continuously. The stories we hear regularly could be called nothing short of a horror show as they lose 10 to 30 lbs. of indescribable junk.

Over ten thousand people have done the *liver flush* and we estimate 95% passed stones with some reporting from 500 to 1,000 stones. The benefits are profound.

*Silver Water* is often called miracle water, cure water, holy water. 30,000 have used it with an unheard of 75% reorder rate. Daily we get reorders from 6 to as many as 20 bottles. Ministers give it to church members, alternative doctors to patients. It simply is our greatest germ fighter and a true healer.

**See Again**, over 5,000 have used it and have become hooked on it because it does detoxify the eyes and helps all eye problems and vision.

We have offered *Super Hair & Stimulator* since 1996 -- some of those customers still buy today. We have, believe it or not, collected 10,000 testimonials attesting to its great ability to stop hair loss and enable your hair to grow back naturally.

# Colon Cleansing is TOP PRIORITY!

**Always start with Jim's Colon Pills and Cleanse.**  
**You can drink Silver Water immediately.**  
**Wait a week before taking HCL and Digestive enzymes.**  
**Wait 2 to 3 weeks before taking Mullzyme.**  
**Wait 2 to 3 weeks before taking Nickel Eliminator.**  
**Wait 3 weeks before taking Herbal Chelator.**  
**Liver flush is last. Wait 3 to 4 weeks after colon pills.**  
**Do not start See Again until 3 to 4 weeks of colon cleansing, preferably after liver flush.**

## **JIM'S COLON PILLS and CLEANSE**

There are two stages: the initial blast out which can take weeks, and then maintenance. Start with 2 Pills and 1 Cleanse in the morning. Repeat this dosage in the afternoon. Bowel movements can happen within hours. If not enough is happening, the next day increase to 3 Pills and 2 Cleanse in the morning and repeat this dosage in the afternoon. That will do it for most. If not, repeat this dosage a third time. **Always drink 2 glasses of water when taking Pills and Cleanse.** Initial blast out is heaviest the first week, thorough cleansing takes longer. When functioning more normally, go on maintenance of 1 to 2 Pills a day and 1 or 2 Cleanse every other day. Experiment to determine your correct amount.

**You may be shocked by what comes out and keeps on coming out.** Some may experience wooziness, cramps, diarrhea, etc. Don't worry. The more exaggerated the reaction merely indicates the severity of the problem. As decaying junk is broken apart, toxins are released, parasites/bacteria are in a frenzy. It will soon subside as the trash leaves. You'll feel and look so much better as this horrible, toxic stuff lodged in you for years is eliminated.

## **MULLZYME MUCUS DISSOLVER**

Digesting the mucus that is lining the colon walls takes time. Wait 2 to 3 weeks before taking Mullzyme. Avoid the most mucus-producing foods -- milk, milk products, especially ice cream. The mucus that comes out looks and feels like mucus. For maintenance, take one mullzyme daily. This will help keep the colon walls free from mucus building up in the future.

## **SILVER WATER**

**Do not refrigerate, freeze or put on cement.** Daily maintenance is 1 to 2 ounces. Gargle, swish around mouth, gums to kill bacteria, swallow. Afflictions, pneumonia or flu requires 3 bottles minimum; to reduce enlarged prostate, drink 5, 6 ounces or more a day for a week. Not too worry. Silver Water has no side effects and its small colloid particle size does not leave any residue. Monitor your reaction and you'll immediately notice how much better you feel. Externally, spray in eyes, ears, nose, throat, teeth, skin, body and on your face for a nice glow. It kills bacteria, viruses, fungi, externally and internally.

## **HYDROCHLORIC ACID**

Put 2 to 4 drops in a glass of water at mealtime. Repeat 3 times a day, using no more than 20 drops a day. As digestion improves, take less. If you have a negative reaction or are not sure, check with a Natural Health Practitioner who can test for low HCL. **Never put drops straight into mouth as HCL dissolves tooth enamel.**

## **DIGESTIVE ENZYMES**

Take 1 to 2 capsules with each meal, up to 6 a day. They are very potent and you can almost feel the food leaving your stomach. These enzymes relieve the full feeling, heartburn, possibly hiatal hernia. After your digestion begins to improve, daily maintenance of one capsule with each meal is recommended.

## **NICKEL ELIMINATOR**

Take 1 capsule daily. If no side effects, take 2. With decades of accumulation, eliminate nickel slowly so as not to overload the bladder/kidneys. If you experience slight headache, pain, muscle/joint aches in the upper leg, groin, inner thigh -- not too worry! It merely indicates how much you are loaded up with nickel. So go slower, 1/2 capsule a day or 1 every other day. It gets better and better each day. **Initial clues are substantially more hair growth and disappearance of some skin disorders.** Your goal is always to eliminate nickel from your body no matter how long it takes.

## **HERBAL METAL CHELATOR**

**Always shake bottle before using.** Suggested dose 10 to 40 drops 2 or 3 times a day. Drink, use externally. You can mix with water. Wonderful for circulation problems, head and brain; rub around the eyes, ears, neck, clogged arteries, pain areas, joints, muscles as it can relieve pain. You often feel its effect right away, but it can take weeks, months or longer depending upon the problem. Use regularly internally, externally until circulation improves and afflictions, deficiencies diminish or disappear. Use less initially as you may get a headache as metals are stirred up and you don't want to overload the bladder and kidneys.

## **LIVER FLUSH - SUPER PHOS 30**

*(See Instructions).* **Eliminating liver stones is one of the most powerful things you can do to restore health.** Keeping bile ducts open and clear so enough bile is produced is essential. Bile is bright green and turns feces dark brown. Without enough bile, fat remains in the bowel contents, feces float and are light, even yellow or orange. This is a clue to bile duct blockage as well as high cholesterol. A flush can be repeated 3 or 4 times a year until very few stones come out. If hundreds come out the first time, repeat flush 3 to 4 weeks later. **Your goal is a stone-free liver.**

## **SEE AGAIN EYE FORMULA**

*(See Instructions).* The eyes should not be the organ to eliminate pollutants from the body. Do not begin until 4 weeks of colon cleansing, preferably after the liver flush. Start SLOWLY, monitor your reaction. *See Again* is a powerful detoxifier that draws toxins, fungus, pollutants, mucus from the eyes. The eyes may be full of mucus in the morning. This is normal, the healing, curing process. Most use the eyewash repeatedly without problems. If the eyes initially get worse, they improve in days, some times longer.

## **OREGANO OIL**

**It burns, so use carefully.** Use daily, it destroys all kinds of bacteria and penetrates gums and dental crevices. Put *one drop* on fingertip or plastic spoon and dip in wet toothbrush. Avoid lips, tongue. Brush gums, teeth, around fillings and wherever you have dental work. It burns slightly, but you get used to it, and you can instantly feel its effect of eliminating bacterial infections.