

Your BODY Is A SPONGE!

...needing sensible care
done NATURALLY!

The Why, When, & How
I Do It Simply!

by
CAR INGMAN

— A Spritè Mine Publication —



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PRESENTS

YOUR BODY IS A SPONGE!™

. . . NEEDING SENSIBLE CARE, DONE NATURALLY

by

Car Ingman

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MIRACLE II SOAP AND NEUTRALIZER

~ FORWARD ~

Think of that large cellulose sponge you may use for cleaning the kitchen or bathroom surfaces. Imagine every tiny pocket of air space, thousands of them, as individual cells that give life to the usefulness of that sponge. Those cells are what make it function. They absorb water and the chemicals such as disinfectants, degreasers, soap, surfactants, and other chemicals used to deposit them on the surfaces. It must be rinsed out in clean water to remove the grime and chemicals collected. Then it will have clean enough cells to absorb more filth, bacteria, dust, and many other unpleasant deposits including the chemical residue you just deposited on these surfaces. Repeating this process over and over cleans the surface and the sponge itself must still be rinsed over and over to be cleansed.

If you don't follow this orderly procedure, the sponge doesn't do the job well and if you don't clean it thoroughly, when finished using the sponge, it becomes a breeding ground for the residue bacteria, viruses, dust mites, and cultures of disease pockets already growing in it. It may now breed new, unknown combinations of bacteria, and viruses because the former types most likely now mutate from their survival within a hostile



chemical climate left in the sponge. As this terrible brew is moistened again with water for some casual future use, without thorough rinsing in another disinfectant before using to wipe a surface, it becomes deadly to whatever it touches. It distributes this new set of even more powerful germs, which the formerly used disinfectant may no longer be effective in destroying because the new germs are too strong and resistant through the mutation process.

This goes on every day in millions of homes and businesses making people sick, get sick, die and spread illnesses to others. Among the milder forms of illness is the so-called '24-hour virus.' BALONEY! That nausea and diarrhea are the body's means of getting rid of a bacterial contamination ingested into the system from filth on our hands, eating utensils, or food.

Now, most folks agree with this to some degree, but don't want to consider *THE SPONGE STORY AS A DIRECT CORRELATION WITH THE HUMAN BODY*. Also, there are some individuals who don't always wash their hands after going to the toilet, then eat their food and seldom get sick. However, they are the ones that contaminate things for the rest of us while they appear to have some natural immunity to their own filth.

Just as that dirty sponge could become badly contaminated and not function as it most effectively should, so, too, OUR BODIES can suffer contamination clogging the cells and causing us to stop functioning in normally expected ways. Sometimes a slow buildup over years creates alternate break downs in health, 'out of sorts' feelings, illnesses or nagging ailments and emotional instability. All the above and much more can be happening to us as a result of clogged, short circuited and malfunctioning cells. There are specific natural means to correct short circuited cells and further explanations

as to what that cell terminology means. This is made available in another chapter called 'Pressure Points.'

What can we do?

- A). Clean the body inside and out thoroughly?
- B) Take some medication and hope the problem symptoms go away?
- C) Ignore the problems and hope they go away?
- D) Try a little bit of various things till we get some symptomatic relief?

Only one answer, A, will remedy the average situation and return the body to normal functioning condition. More complicated problems may need the same basic cleansing to get the body back to a fresh start toward letting its immune system begin its natural healing processes.

Read on, friend, I'll walk you through it!

Car

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#



CHAPTER ONE

THE BODY'S WARNING SYSTEM

Cells are what make up our flesh, muscles, and bones. These tiny building blocks of our structure are all connected by nerve tissues that send the messages of aches, pains, numbness and other disabilities to carry out our daily duties and desires because of dirty, improperly functioning cells. Leaving the cells in this condition eventually causes illness and death! Therefore, how could any rationally thinking doctor prescribe more pollutants of pain relievers, nerve sedatives, sleeping pills, blood pressure reducers, heart stimulants and all the other symptom-relieving drugs when the body producing this pain and weakness - whether mental or emotional - RECOGNIZES that its basic cells need cleaning . . . *it does not need more pollutants poured into it!* Yet, this is exactly what the average American Medical Association doctor is trained to do with endless pressure from the drug companies to prescribe their products to make us 'feel better' or, better yet for them, to operate and surgically remove the offensive clogged and diseased cells with the addition of many more drugs used in the entire process. It is only the strength of our immune system that ultimately survives the constant barrage of (so-called) 'drug therapy' and helps us get well.

Even the marvelous antibiotics, once used sparingly for only stimulating our body's immune system to affect cures, are almost useless. Prescribing them too often for numerous little ailments not necessarily needed has caused our bodies to reject their helpfulness when needed today because we are already over antibioticized! Those antibiotics are also continuing to be administered to us daily, without our knowledge, in much of our food. Residues of them are in our meats, milk, and milk products. Government reports are altered and slanted to avoid announcing this information so those billion dollar industries are not harmed by the public's rejection of such products. In addition to lost sales, a cry for changing these practices would require a monumental cost to these companies, affecting profits, stock market, shares values, their bank credit and overall conglomerate clout.

This is a WAKE UP CALL, Mr. and Mrs. America! Your well-being is not the primary consideration at all. Money, profits, and sustaining power is the bottom line . . . YOU have to take responsibility for your own body!



CHAPTER TWO

WHY AND HOW 'OUTSIDE' DEEP CLEANSING

Washing the outside is fairly easy. Properly, would be in a warm shower, washing the hair with a shampoo and rinsing thoroughly, towel drying and with a warm air dryer as desired. Reoclogging the pores of the scalp with chemical or oil conditioner after washing, or in the shampoo, is not good since the substance to condition the hair does an immediate reoclogging of the head pores. All such drying should be done after the rest of the body is thoroughly washed as follows:

The same warm water shower or tub bath should have a brisk rubbing of the skin with a wash cloth and a natural cleansing soap without a lot of chemicals in it. Remove all dirt and body oil residue and rinse thoroughly with warm water. Dry with a clean towel and retire for the night on clean bedding. Clean pores now breathe easier! Now the body gets a chance to restore itself with a clean start on the outside and a good night's rest. SIMPLE, and most effective!

CHAPTER THREE

WHY AND HOW 'INSIDE' DEEP CLEANSING

The brisk rubbing of the skin not only removes soil but stimulates a rich flow of blood to every little capillary and vein allowing that flow to cleanse the skin and deeper cells in underneath muscles. Poorly functioning capillaries and cells clogged from pesticide residues and other chemicals, drugs, cigarette smoking, alcohol, and other unhealthy habits are prompted to take in this forced flush of blood and begin again their normal process of cleaning and restoring themselves. Just as the dirty sponge has to be rinsed thoroughly in very warm, clean water, the body's internal rinsing process involves getting the blood to flow to every microscopic cell so it can exchange clean oxygenated blood for stale, contaminated blood stuck in the poorly functioning cells.

Stop eating anything for a full day! Just drink several glasses of distilled water. - NOTE: PUBLIC WATER SUPPLIES ARE NOT SAFE! - Bottled, distilled water is free of all contaminants (hopefully, if the business is honest). This a very good start on cleansing your cell-filled 'sponge' body.

The pollutants we accumulate during our lifetimes get lodged in the fatty tissues in each cell and collectively start breaking down the body's best performance abilities.



The American Medical Association just barely recognizes this, with recommendation of a liver stimulating laxative to flush the bowels without consideration of the clogged cells and usually overburdened blood supply in our veins and arteries. They also usually want to introduce a pain killer and other drugs immediately into the body for symptomatic relief without giving the body a chance to clear itself of built-

up wastes and pollutants. This is usually because everyone, including the medical profession, wants to get a speedy symptomatic-free recovery. Nice, if it could be accomplished for real healing, but those clogged cells keep building up with waste that eventually breaks down a sickly system again and again.

Years of intermittent discomfort, suffering illness and ailments usually result until we become thoroughly disabled or die.

Improper eating, sleep deprivation, excessive alcohol, *and use of symptomatic and illegal drugs* D-E-S-T-R-O-Y the body's natural ability to fight illness and recover.

You say, "We know this." But what will you do about it? All the above does not truly help bring about a cure, but merely may give temporary symptomatic relief and then work against the body's natural ability to restore itself.

IF YOU WANT TO BE WELL, then you must work at it daily. Stop the bad things and start the good. YOU are in charge of YOU, nobody else!

More On Deep Cleansing:

Fasting (eating no food and drinking only water) one day a week, can only help you and not hurt you, unless you are severely anorexic (underweight).

'Correct eating' is, next, most important! Billionaire executive, Ted Turner, said, "Eat a crappy diet and you'll have a crappy body . . . read crappy books and you'll have a crappy mind!" I will add, "Don't exercise regularly, but dwell on crappy thoughts and you'll have a physically, mentally, and emotionally H-O-R-R-I-B-L-E L-I-F-E!"



We MUST take charge of ourselves and stop relying on others trying to make changes for us with drugs. Start eating a balanced diet of fruits and vegetables and little or no meat. This will also cleanse, strengthen, and change the body's ability to restore itself. Homegrown fruits and vegetables untouched by insecticide are the ideal. The rest of us must make do with fresh or frozen and some canned.

Enzymes Aid Digestion:

Remember that digestion-aiding enzymes are found in only FRESH fruits and vegetables. Cooking kills them at 116 degrees and above temperatures. Canned, including bottled juices, are heated and precooked to kill bacteria and therefore have no fresh enzymes to aid digestion. The natural digestive enzymes in our stomachs decrease as we grow older and some illnesses and use of antibiotics also may destroy them. This is why Americans consume so many digestive aids like Tums and Rolaids. They may help relieve symptoms temporarily but do nothing to cure an individual's real problem of not eating fresh food regularly. You MUST eat some fresh fruit and veggies daily for proper enzymes!

Details of Deep Cleansing:

* Start the day with a large glass of distilled or filtered water after rising. Stretch, and open up the blood vessels.

* Do some stretching and loosening up exercises for 15 minutes and take a walk if possible.

* Shower and have a wholesome BREAKFAST of whole grain cereal with a tablespoon of raw unprocessed bran and a banana with almond milk or watered down fruit juice on it. Have a few slices of whole grain bread, toasted with fruit jam on it, if you like. *NOTE: Organically grown, fermented soy products - like tofu and soy sauce - are the only SAFE soy products.*



* LUNCH - skip it if you are overweight. Drink a few glasses of filtered water or have a piece of fruit OR learn about nonfat foods and develop a taste for them. Cottage cheese, rice veggie burgers, pasta, vegetable and fruit dishes all in moderation. Even if you are overweight due to family genetic inheritance, you must try something to overcome it. Doing so NATURALLY is by far better than using damaging drugs.

* DINNER - Work out combinations of food similar to those explained in 'lunch.' There are hundreds of possibilities! Common items used by many that are damaging to the immune system and work against the body's natural healing abilities are:

ACKKKKKKKKKKK



- caffeine (coffee and teas), sugar, saturated fats, hydrogenated oils, animal fat and grease, chemical, food additives, insecticide residues, heavily chlorinated water, tobacco and alcohol use, and any type of drugs. If these are part of your daily diet, you don't have to look any further to discover the basic reason for your discomfort.

Having worked out a sane and sensible eating program, you can now go on a more thorough CLEANSING, beyond that one day a week fasting, or even without fasting. The reason you must eat a nutritious diet is that deep cleansing removes some good nutrients from digested food while also removing toxicity and waste. Following a healthy regimen allows the body to bounce back toward good health, while being cleansed of all the bad, built-up things that caused the problem and conditions to exist.

The Bentonite Clay Cleanse:

The deep cleansing method of this type is simply accomplished by obtaining a bottle of pure Bentonite Clay, sold at any good health food store or online at [Now Foods](http://www.nowfoods.com) (<http://www.nowfoods.com>).

About \$5 will get a year's supply! This volcanic, purified, powdered clay can absorb 200 times its volume in toxicity from our bodies and almost anything that does not belong in our bodies can be removed by this miracle clay when done as I describe:

- Put 1/2 teaspoon of the clay powder in 10-16 ounces of distilled or purified water in a clean glass jar; close the lid and shake vigorously for ten seconds, which should mix it well. Place in a sunny location for six hours to maximize its potency, or drink it immediately upon awakening. If made in advance, store at room temperature and shake again to mix it before using as the first liquid of the day upon rising, a half hour before eating.

Eat the normal recommended diet explained above. During the day, drink at least three or more 12-16 ounce glasses of clean or distilled water.



ALSO, add one tablespoon of ground raw psyllium husk, obtained in bulk by the ounce at your local health food store, to 10-16 ounces of pure or distilled water; stir to mix; and drink immediately. Wash it down with more water. This psyllium will absorb 50 times its volume in water in your body and deposit it daily in the colon. It absorbs the waste with the Bentonite

Clay, filled with 200 times its volume of toxicity drawn out of the polluted cells and expels it in a large, soft, and easily passed bowel movement. Usually it occurs a short time after rising and drinking a glass or two of water. One of those glasses may be of the clay mix if you are still doing the cleanse during the recommended weekly period.

If you have a tendency toward constipation or slow bowels, this diet and cleansing should correct that. The psyllium dose increases the natural peristaltic action in the colon. A natural herbal laxative, cascara sagrada, may be taken the evening before beginning the cleanse, or any time during it, if the bowels do not move adequately once a day. Drinking lots of water adds to the natural, painless, and non-gaseous elimination of the bowels.

Dangerous conditions of hardened constipation can be the result of doing this cleanse and NOT drinking plenty of pure water several times daily. It is SIMPLE, follow the directions and help yourself naturally and safely to detoxification and good health. Discontinue use of alcohol, illegal or over-the-counter drugs that are not recommended or prescribed by a physician and seek your physician's advice on this matter if you are under a doctor's care for specific illnesses or ailments that you feel might be affected by this cleanse program.

The only discomfort that may be felt during the cleanse is occasional twinges of slight pains in areas of the stomach, or almost anywhere, as a result of severely clogged cells in organs, tissues, muscles or joints that are becoming unclogged as the waste buildup is being removed by natural body processes. None should be severe or persistent.

One week of the month this severe buildup is likely to be 1/2 teaspoon of the clay on in *addition* to the morning continuing the cleanse through monitor your progress, daily bowel elimination



may be followed. If longtime your problem, then sprinkling your food at an evening meal, dose, would help greatly, a second week. Consciously remaining alert to adequate

I have taken this heavier dosage for as long as a month before gaining satisfactory changes for a condition explained later in this material. Directions on the bottle recommend a dosage not to exceed two teaspoons of clay a day. I am over 6 feet in height and was about 175 pounds in weight at the time of that treatment, and it resulted in excellent results. You may judge accordingly by your body's response to the dosage attempted.

How I Learned Of Bentonite Clay:

In 1992, I became ill after being bitten one evening around dusk, by five or six mosquitoes from stagnant pools of water laying in a mangrove, a former dumpsite in the Florida Keys. Living in the Keys for years, I avoided being outside around dusk and dawn and seldom got mosquito bites. One evening the panoramic sunset sky was so beautiful, walking along the ocean's gentle lapping wavelets on the island shore, I ignored the hour and suffered the consequences in a most severe and debilitating way.

Within two days I had intermittent fevers of 105 and 106 degrees, pain so severe, up one side of my neck and into the back of my head that it closed the eyelid on that side of my face. Body aches and pains and complete weakness, barely able to walk, told me that I had contracted encephalitis from the mosquitoes.



For eight years my vagabond sailor's lifestyle allowed no room in the budget for paying any type of medical insurance. Therefore, whatever was to befall me, or my lovely First Mate, was up to us to handle. Relying on more than 15 years of constantly increasing knowledge of vitamin and herbal nutritional supplements and proper eating habits, reflexology and many other natural healing techniques, I knew that all this knowledge could help in overcoming almost any illness we might incur.

A few years before, my First Mate had contracted the identical symptoms from mosquito bites received along a river in another area of Florida. Hundreds of dollars in doctors' visits diagnosed it as an unknown, flu-like virus and put her on \$150 worth of prescription medicines, monthly, which he said she would have to take for life. Previously, she had been in perfect health and most athletic, energetic and a bright, sensible person. This most excellent and highly recommended doctor said my First Mate had possible brain damage, heart valve damage and could not live without taking the expensive medication every day for the rest of her life. ALL THIS DEVELOPED from a 'new type of flu!' Also, the entire city had reported over 10,000 cases of this 'flu,' all with identical symptoms, filling every available hospital bed, emergency rooms, and doctor's offices.

The mosquito population was extreme that winter and symptoms were identical to encephalitis. However, when I discussed this very likely possibility with a leading doctor on staff at the largest hospital, she insisted it was merely a constantly mutating flu virus that was running rampant. When I insisted on a test for Malaria and Encephalitis, the doctor said it would take two months before the tests could be performed at a special laboratory, at an outrageous cost. She then insisted there had not been any diagnosed cases of those illnesses in years and that I was wasting my time and money even to consider such tests. THE HOSPITAL AUTHORITIES DID NOT WANT WORD OF THE MOSQUITO-BORNE ILLNESSES TO GET ANY PUBLICITY and affect the winter tourism trade, if the truth was reported to the public, via the news media.



MORE BALONEY! This typical diagnosis by the First Mate's private doctor was the result of treating symptoms of illness with drugs, in hope of effecting some relief, but not in trying to CURE the patient. A disgusting state of affairs repeated, most likely, millions of times daily, nationwide. This is probably a result of patients who want no part of laborious cleansing routines, that take a few minutes a day of diligent attention to taking care of one's self. The average American would rather 'pop a pill' and feel better, going about doing the same things that might have contributed to the illness or ailment. The only problem with this is that it catches up with you eventually, causing more and more severe problems.

Not knowing about deep cleansing with clay, at the time we treated her alternately well and very weakened state with fresh vegetables and fruits, with occasional days of fasting, while on the prescriptions for one month. Weaning her off the medicine, a few days at a time, observing her reactions, finally got her functioning on her own abilities after several weeks. It took several months of proper nutrition and alternating doses of various increased vitamins until all symptoms subsided. Now 26 years later, my First Mate is still the picture of good health and vitality!

My bout with the illness left me with a state of chronic fatigue syndrome for almost a year after getting bitten, in spite of all the good things I did to get well.



One day I decided to stop at a little health food store in a town in central Florida. While waiting to get a few vitamins, I noticed the store was owner operated and her conversations with other customers were most thorough and attentive to their problems. So, I told her of mine. She said it was obvious that my system had not thoroughly cleansed itself of the ailment from which I had suffered and she suggested I go on the clay cleanse for a month. I did and was feeling almost good as new after a few weeks. Whatever had been lingering in my system had disappeared. I WAS NOW CURED!

In subsequent visits to this wise lady of 72 years of age, she told me many stories of miraculous healings in her life and many others lives, over a lifetime of using and recommending Bentonite Clay with a good correcting vitamin and nutrition regimen. God bless and keep you in perfect peace, dear Julia, wherever you are.

There are numerous other herbal combinations, more specific, in what organs or areas of the body they help to heal. I have recommended the clay cleanse because I have found it to be a very good general cleanse for the whole body, especially for accumulated waste that we have collected from outside sources.

Many other ailments and illnesses may develop for reasons other than accumulated pollutants. The means for their treatment and cure is addressed in an excellent book called 'Body Reflexology' by Mildred Carter, found at health food stores. I have used it and its earlier entitled editions with excellent results for over thirty years. I tell of the effects on my life this wonderful book of healing has had, in various other books I have written. Buy and begin using her book as soon as possible. *Learn how to HEAL YOURSELF!*



You need to WAKE UP, GROW UP, and TAKE CONTROL OF YOUR LIFE! This basic understanding of 'how to begin helping yourself' is just the beginning of your ability to take charge of your *physical, mental, and emotional* bodies. Yes, we are three distinct bodies in one, which we all must learn to manage and live with for the well-being of ourselves and all those around us.

While some of us may suffer with lesser quality health than what others seem to enjoy, in spite of the self-abuse of their bodies, I reiterate:

* *PROPER NUTRITION*

* *REGULAR EXERCISE*

* *DRINKING PLENTY OF (DISTILLED) WATER, and a regular practice of*

* *DEEP CLEANSING...*

... will turn 9 out of 10 people's health from poor to good, I GUARANTEE!

CHAPTER FOUR

HOW CAN I CLAIM 'GUARANTEED'?

Because the world has a number of ultra-highly evolved Spiritual Masters who are serving mankind selflessly and have taught this to all who inquire of them, and far more that we all need to know. The most enlightened and chief among these Masters has been teaching and helping people worldwide since 1977. He has dictated books of knowledge and answered thousands of questions posed to Him. While tens of millions know about Him and have been helped in this knowledge, the rest of the world knows nothing of Him. He has come to help mankind avoid self-destruction.

A spiritual body exists also, and when properly aligned with the Spiritual Forces of Light, can further correct our health. Again, only 90% of us can be healed completely. The clear Teaching is that 10% will find perfect peace in their situation and find happiness in spite of it. There is a PURPOSE in all things that we experience upon this earth and this lesson we must all come to

realize in this lifetime or eventually in those lifetimes yet to come. No person may flee from further pursuit of the Truth, once they have become aware of even one statement of it. Each tiny spark of its knowledge draws us to find out more, as each leads to 'greater knowledge and understanding' and a final enlightenment in greater and greater degrees.

When Dr. Linus Pauling discovered the benefits of Vitamin C in this past half century, he experimented with giving patients large doses for many illnesses and ailments. He found that over a period of years the cure rate was averaging 90%, including deadly cancer. At that time, chemotherapy had its rate of patients who survived the treatments at 3%, while 97% died. Vitamin C was the answer, taken as prescribed!

Only a few folks saw the light of this Truth and continued toward the vitamin, herbal and natural healing methods. The drug companies, led by greed for profit, ignored the inexpensive healing means and got government approvals to treat us with complicated derivatives of natural herbs, DRUGS which only stimulate a degree of symptomatic relief. The Food and Drug Administration, the American Medical Association, doctors, hospitals, medical clinics, and pharmacies are mostly in business to make huge profits at our expense. It has become clearly evident of this over the past 30 years as the drug hysteria and bungling medical profession falls way short of bringing most of us effective cures for many illnesses without causing great suffering. Much good is done through many medical procedures, while much detracts from it with massive prescribing of a multitude of drugs. All this happens because we do not seek spiritual TRUTH and its multitude of benefits.

All of mankind will learn in the next few years what many already know and are trying to teach others: WE ARE ALL ONE INTERRELATED AND INTERDEPENDENT RACE OF LIVING BEINGS who must look

THE ART OF LIVING Living within the Laws of Life



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out for the well-being of each other and the total environment which supports our continued existence on Earth.

I, too, had to learn these things, being totally illiterate of them as a young man. Until we make an effort to pursue the TRUTH of what life is all about, and what part we each should be contributing, we will suffer all the misfortunes that might come our way and not be of any real benefit to ourselves, family, friends, others, or our environment as we could be, living in full knowledge of Truth.

I will gladly provide detailed information to any who request it. I can be contacted at considerall9@windstream.net or you will find more information and valuable links on these three websites: [Consider All](http://considerall.wordpress.com/) (<http://considerall.wordpress.com/>); [Viveka Speaks Up](http://1viveka.wordpress.com/links-of-value/) (<http://1viveka.wordpress.com/links-of-value/>); and [Share International](http://share-international.org/books?d=AWT) (<http://share-international.org/books?d=AWT>).



CHAPTER FIVE

Additional Ways To Increase Vitality

. . . AND PROTECT OUR NOW CLEAN SPONGE BODY

7 Rays of Light

Scientists know that there are 7 Rays of Light, easily seen by placing a glass prism in sunlight and observing the seven distinct colors of light passing out of the other side of the prism. What they don't know is that each color is a different beam of energy, which enters everything it shines upon and releases its potent essence into the rocks, soil, plants, trees, animals and humans. That is why it is good for us to be in sunlight, even on a cloudy day, for at least 15-20 minutes a day, as simply and most effectively while walking about tending to our responsibilities.

Ocean Potion:

If our skin is easily sunburned by the rays then, as well known, we should only spend a few minutes in the sun, daily, until our skin tans enough to resist any burning redness from our 15 minute exposures. Here is a *key* to preventing damage to our skin, even without using chemical sunscreen products. Each evening after being in the sunlight apply a great *healing, neutralizing and health giving balm* to your skin. It is called Ocean Potion (skincare) which is a creamy lotion whose main ingredients are vitamins: A, C, D, E, Aloe, Sunflower seed oil, Tea Tree Leaf Oil and nearly 20 other natural herbal ingredients. Massaging it liberally into any sunburned area, in the evening, relieves the burning sensation and heals the skin overnight to a pleasant, comfortable feeling tan. I have used it for over 10 years and never had any cracking or peeling skin, even though I have been sunburned numerous times even when using strong high number sun screens.



My skin has been burned hundreds of times over the years from decades of working in the outdoors. As a result I developed numerous small and larger skin cancers on my arms and legs from the many years of excessive sun before I started using Ocean Potion. Realizing that the cream was so filled with excellent healing ingredients, for years I have applied it to the skin cancers and watched 95% of them disappear in a about a year's time, leaving no scars. I also took the Bentonite Clay Powder as an internal cleanse for my 'contaminated sponge body' which did a cleansing healing from within as the creamy potion healed from the outside. My aged skin, at 72, has a few small and fading skin cancers left that are slowly disappearing or are very minor stabilized discolorations which carry no threat.

I also comb the lotion into my scalp as a 'hair cream' for my head. After a week of using it with just one light application, I was delighted to find it never deteriorates, becoming oily or smelly like other hair creams. A large 20-ounce bottle of the Ocean Potion is sold at Wal-Mart Stores and costs less than four dollars. Its contents last for several months of regular use. I consider it to be one of the best products I have ever used!

CHAPTER SIX

Long, Soft, Green Pines

The final word on the *7 Rays of Light* is that Spiritual Masters, providing vast amounts of information to mankind for about the last 150 years, have stated that one of the most beneficial trees to have on our properties, or to be able to walk by or sit near them on a walkway or public park, are the large growing long, soft, green needles of the White Pine. The reason they are so beneficial is because they absorb but do not retain the 7th ray of light. They actually redistribute the 7th ray to their surroundings which enhances the air immensely for every living thing around the trees. In addition, they absorb and filter large amounts of carbon dioxide from the air throughout the day, releasing copious amounts of fresh, pure oxygen.

Our little acre in the mountains has about 100 white pines of every size in our surrounding woods. I have cultivated and mulched them well for a decade. Twenty-six years ago I had a chest x-ray that showed the doctor that I had a large amount of scar tissue in my lungs, as a result of exposure over many years to the multiple homeowners' tasks. Working with and around such pollutants as fiberglass, while insulating two houses' attics, perpetual construction work on a dozen homes, fiber glassing and painting cars and our live aboard sailboat; all of which had caused lung damage. The constant abusive exposure made it difficult for my lungs to cleanse themselves, which caused me to be always coughing and trying to clear the congestion. (I had meanwhile also discovered *mullein and fenugreek herbal teas* are excellent aids to drink, as needed, to help eliminate that mucous build-up.)



When we moved to our present mountain home, the many white pines' extra oxygen and 7th ray emissions helped clear my lungs immensely, enabling me to work about 10,000 hours on large projects like: building our two-plus car steel garage; enclosing our screened porch into a year round live-in addition; creating gardens; walkways; massive landscape improvements; and maintenance on everything on the property. It had become a regular lifestyle, wherever we lived, for the past 50 years of my life. My lungs have become so well renewed that I was able to do these numerous projects of demanding effort.

CHAPTER SEVEN

PRESERVE TEETH AND GUMS ALL NATURALLY

A clean, healthy mouth, gums and teeth should be at the top of the list to maintain good health. Dentists have told me that if I only floss and brush my teeth once every 24 hours, with a quality toothpaste, I can keep my mouth in good condition. That can help avoid the formation of tarter on our teeth, under which cavities will form and grow in size. However, American toothpaste manufacturers *don't need to add fluoride in them*, which supposedly is helping children's teeth under age five form more properly. This chemical, which is a manufacturing impurity of aluminum, even in its supposed minimal controlled amount of fluoride in toothpaste, is a deadly impurity that accumulates in *children's and adult's bodies*. Worst yet, they add it to the public's drinking water, again for the possible same benefits as in toothpaste.

There are answers to avoiding these dangers:

- * Drink and rinse your mouth with distilled water only
- * Use the all natural 23-herbal ingredients toothpaste Auomere Herbal Toothpaste.

Auomere Herbal Toothpaste* is 'Ayurvedic' which means 'life and knowledge.' Ayurveda is the ancient holistic science of India which aims at a total harmony of Mind, Life, Body and Spirit to balance with nature's rhythms. I learned about it in a health food store in Florida in 1998 after having spent time at a dentist's office having a lot of necessary work done to my teeth, as was the norm for me every several years.



I have used only that toothpaste for the last 14 years, just once a day. Miraculously, since switching to this holistic toothpaste, I have not once had a dentist work on my 24 remaining teeth and my gums are perfectly healthy. Two of my teeth were badly decayed and broke off over time,

but continual flossing and brushing healed the remaining stubs and, while tender for awhile, the nerves healed in each stub and I can easily chew on the remains, along with some others that had some decay in them, which healed, and those teeth are strong and usable without any ill appearances.

* Brushing the entire tongue thoroughly, after the teeth, is also necessary to provide an entirely clean mouth while we sleep.

The couple of hundred dollars that I saved on dentist's fees yearly (with the least expensive, decent, humanitarian dentist I could find) I gratefully and happily sent financial aid to Children International, who provides schooling and medical care for children in Guatemala. Operation Smile also does surgery for children in other countries in need of medical care for grossly disfiguring cleft palates. With the outrageous cost of dental and medical care in the United States, along with many other costly services, my wife and I have always strived to live as non-wasteful and thrifty as possible. We maintain our 20-year-old vehicles in like-new condition, as well as ourselves as much as possible. This thrifty practice will be necessary for most of us as worldwide economic and financial collapse arrives in the near future as a result of wasteful and corrupt governance from locally to nationally for many, many decades.

I am inspired to inform and encourage the reader of this information because conditions are not hopelessly corrupt and outrageous, beyond our abilities to *change things for the betterment of all*. As we learn of the *truth of things* and what is clearly coming upon mankind now, we have to become frugal in our lifestyles and help others as best we can while spreading the word about *what needs to be done*.

*Auomere toothpaste can be purchased at any health food store; they can order it for you; or you may inquire about it yourself at www.auomere.com. It is so concentrated with ingredients that you only need a 1/4 inch of it squeezed onto your toothbrush. Therefore a 4-ounce tube of it lasts 3 times longer than the average tube of toothpaste.

CHAPTER EIGHT

LIQUID STABILIZED OXYGEN

Another miraculous product that I discovered several years ago is available from a genius doctor who has been developing natural nutrition products which help people's immune systems overcome all kinds of ailments and illnesses. While attending college to become an ordained minister, Doctor LaMar Diltz* became ill with arthritis and a nervous colon. After two and a half years of traditional medical treatments and prescription drugs that yielded no relief he began a search for *natural solutions* to cure himself. He accomplished his needed return to good health over 30 years ago and then began his campaign in a clinical environment as well as private practice to use a 'common sense approach' in coupling modern technology with natural therapeutics. This enabled him to produce a line of nutritional supplements which have helped many people unlock the healing power of their bodies.

Around the time that I was treating myself for nearly 20 skin cancers on my arms and legs, I also was dealing with poison ivy rashes which I suffered with for approximately eight months of every year and of which I was very allergic to, easily contracting it from working in the woods around our property. I used a topical solution of Calamine Lotion (which contains the ingredient Bentonite Powdered Clay) and Homeopathic pills to stimulate my immune system and was able to overcome the rashes in about two to three weeks. I used the treatment several times during the year to overcome the spread of the poison ivy rashes into the skin cancers and causing excessive itching, burning, and seeping from the combined ailments. By sheer will of my determination I mostly had to ignore the agony, as the many duties around the property had to be continued.

Around this time I heard about another one of Dr. LaMar's homeopathic product's, Liquid Stabilized Oxygen, and its tremendous healing benefits. I bought a bottle for about \$30, including shipping costs. I took about 10 drops in a glass of water twice a day and watched the poison ivy rashes, also on my arms, dry up quicker. I found I also had much more energy to do the very heavy duty work always required in numerous projects around our property.



Dr. LaMar's brochures have hundreds of people's endorsements telling how well his products worked for them and their families. While he has several dozen natural healing products available, this is the

only one that I ever used and always had very positive healing results whenever I used it.

NOTE: In researching for more information on this subject, several websites exposed themselves, stating the invalidity of the claims of this product. Citing their reasons also exposed their ignorance; their errors resulting in damage to those desperately needing its relief but refrained out of confusion. On the market for 40 years, rescuing users from chronic and debilitating ailments, Dr. LaMar's product has none of those falsely stated ingredients. It has sodium chlorite, a health-giving mineral, which is a main ingredient among the other valuable ingredients in his secret formula. Drug companies have tried for years to get the formula from him so they can duplicate it with other useless chemicals and make billions by selling it for a high cost.

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CHAPTER NINE

HOMEOPATHIC HEALING

"HOMEOPATHIC" - As I recall, this original explanation is of Dr. Hahnemann, working in the United States in the early 1800's. He had experimented with a means of stimulating the human immune system by introducing a treatment, for any ailment, called 'Homeopathic.' For an example, in the case of poison ivy allergy, it involved taking a tiny bit of the poisonous plant and mixing it with pure water. Then he would take a one-ounce vial of water and mix only a drop of the previous mixture in it. He repeated this mixing process several times until he had a mixture of only 1, 2, or 3 parts of the original poison to a million parts of pure water.

He then recommended that the patient take a few drops of this mixture several times a day, for one day and then reduce the amount taken to four (4) times a day until the rashes go away. This stimulation of the immune system with another minute infection of the poison ivy caused it to cancel the effect of the poison ivy's rashes in a week or so. This is an example of how it treated my poison ivy and was done similarly for numerous ailments and illnesses.

Today the Hylands Company has developed numerous treatments for many things, in a small bottle of tiny tablets, to be melted under the tongue, similar to the drops of treated water's instructions, and the same healing effects are the result. After suffering this trouble for several years with poison ivy, the nearby herb store where I bought the tablets, suggested that instead of taking the tablets until the rashes went away, I should take the tablets at the dose suggested for three months, continually, whether I have any signs of the rashes or not. The reason for doing this was to stimulate the immune systems' power so strongly for this extended period of time, that it could *make me completely immune to poison ivy infections permanently.*

I did this in summer of 2009 and have never contracted poison ivy rashes again for the past four years. After suffering from these debilitating rashes whenever I got near poison ivy plants for about fifty years of my life, *I am now completely immune to this poisonous plant.*

CHAPTER TEN

MIRACLE II SOAP AND NEUTRALIZER

This is the ultimate product that our sponge-like body needs. This was the final treatment I washed my skin cancers with daily and then applied a bit of the Neutralizer gel upon them. In several weeks they all disappeared except one little one, which serves the purpose of showing people what all the others were like in a larger state.

This combination of perfected cleansing soap and neutralizing liquid and gel are made from 100% purified water and natural organic minerals and materials in an electrically energized process that is perfected to cleanse both the inside and outside of animal or human bodies and energize them into good health.

A detailed story of its 'God-given formula' with specific instructions to a Louisiana man in 1981, and his history of making it and giving it away to people for 5 years, is clearly stated by him in a 20-page booklet of numerous cures effected by people and the miracle effects upon plant life that were bountiful beyond anything ever seen. ([Amazing Story!](#))

(<http://www.miracleiisite.com/Amazing-Clayton-Tedeton-MiracleII-Story.htm>)



An example was given by Gilmer Lee who mixed four ounces of Miracle II soap and four ounces of Miracle II Neutralizer in 25 gallons of water and sprayed it upon each acre of his land to detoxify the soil. It caused the ph levels in the soil to become perfect for plants. His tomato plants grew 20-foot-long vines, producing many tomatoes all through a summer season of temperatures over 100 degrees. He sprayed the plants for foliage, feeding every two weeks with two ounces Neutralizer per gallon of water. He used the mixture of soap and neutralizer for

insect control during the growing season. And more:

- Gad Garland reported adding four ounces of Miracle II Neutralizer to 25 gallons of water sprayed on each acre of grazing grass. It grew super naturally and caused his cows to grow 10 pounds heavier, per week, than those grazing on unsprayed grass.
- Al Alderman reported spraying one gallon of Neutralizer into a one acre crawfish pond which made them grow double their size.

The free 20-page booklet tells of all these miraculous effects from these four Miracle II products given to benefit mankind at this critical time for individuals in need of assistance to gain healing and good health for themselves, families, acquaintances, crops and animals.

Miracle II Soap and Neutralizer: As of 2004, these products were sold in 26 countries by cooperating distributors at affordable prices. (Find out more at www.ncpmiracle2.com)

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Note: I have no business association with any company, product, or individual of anything mentioned in this book. I share this helpful, healthy information, freely, to help all who finally recognize the dismal condition of their body and seeking healthy alternatives to its restoration. The natural alternatives within this booklet are the 'common sense means' to bring good health to mankind and our mutual environment.

Thank you for sharing in our effort to get this information to all mankind. It is valuable information, meant not only for my benefit, but for the benefit of all. Please check out my other books, also available on the two first links below, and also valuable in the reformation of all humanity and Earth. A lifetime of research and diligent practice of everything I write about is shared FREELY with all concerned citizens.

Again, I will gladly provide detailed information to any who request it. I can be contacted at considerall9@windstream.net or you will find more information and valuable links on these three websites: Consider All (<http://considerall.wordpress.com/>); Viveka Speaks Up (<http://1viveka.wordpress.com/links-of-value/>); and Share International (<http://www.share-international.org/>).

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