Joanne Fontenot

. . . . Out of the fiery trials of pain and suffering emerges a remarkable woman who with unusual inner strength and courage dared to try a new healing method...

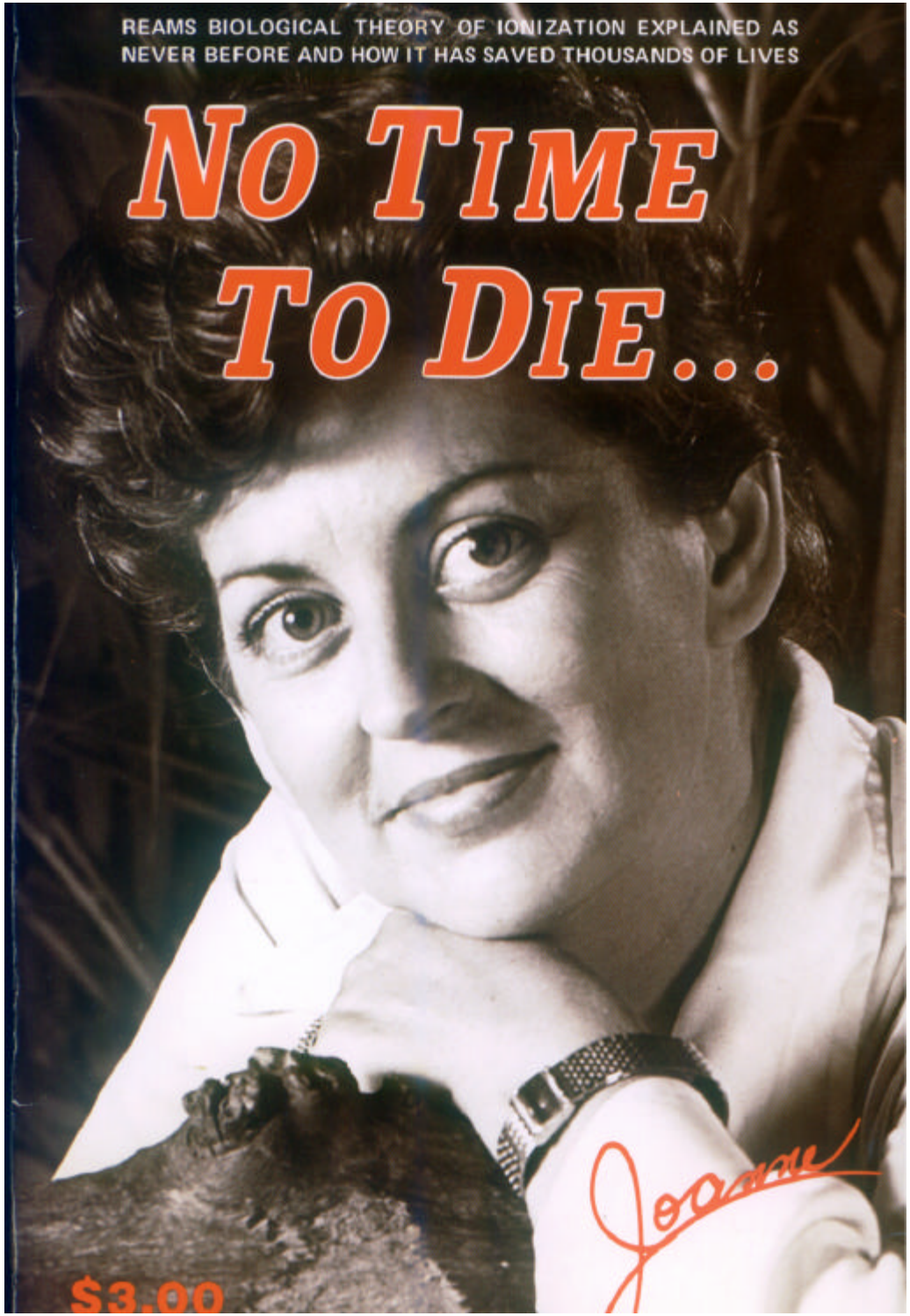
. NO TIME TO DIE! is her personal token of thanks to this revolutionary new healing technique, The Reams Biological Theory of Ionization which saved her life.

... Like Joanne, NO TIME TO DIE! is warm and tender. Also, like her, it is blunt, factual, and down to earth. She wastes few words arriving at the BOTTOM

. . . I predict that this Theory will alter the present Medical Techniques toward a natural, nutritional approach to the victory over degenerative disease, greatly reducing the misery of a sick and dying world ....

until it does, this book will help the average American find a way to care for himself in a spectacular new way .

B. B.
Anderson



DEDICATION

"Greater love hath no man than this: that he lay down his life for his friends. . John 15:13

The complaint against Jesus was that He stirred up the people. For this, He became a convicted felon and was executed in a perfectly legal manner.

It has been said of every prophet who ever appeared that he had the bad manners to mention things which might have been better left unsaid.

Among the Silent, there is always harmony. But, to sin by silence when they should protest, makes cowards of men.

The Courageous, it seems, are forever standing alone while the Silent look the other way. This book is dedicated to just two such men: Two Bible teachers, two Christian American patriots, two convicted felons, who, by the Grace of God, have never been afraid to stand alone:

CAREY A. REAMS
AND
NORD W. DAVIS, JR.

First Printing, October, 1979
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Post Office Box 1753, Fort Walton Beach, Florida

FOREWORD

WHY THIS BOOK HAD TO BE WRITTEN

"No man can be brave who considers pain the greatest evil of life. . ."

CICERO

In the Spring of 1976, Nord Davis Jr., published a small book which described a revolutionary new method of natural healing through the scientific application of diet: **THE CURSE CAUSELESS SHALL NOT COME.** Unfortunately, after only 300,000 copies, that book is out of print. In the FOREWORD to that book, the author frankly stated that he might very well go to prison for telling the truth about the connection between diet and disease in this Land of the Free and Home of the Brave. Having done his homework, the author knew that the powerful Medical-Drug Cartel would do all in its power to stop his book and discredit its contents. They have almost succeeded. He was indicted by the State of California, returned there under armed guard, and thrown in jail under a $ 100,000 bail.

Later, his book was the sole evidence that the State needed to convince a lay jury that he, with others, was guilty of a CONSPIRACY to practice medicine without a license. He was given a two year suspended sentence and more than $4,000 in fines, just for authoring a book! I was in the Court room as the jury filed in with the guilty verdict. I was overwhelmed with grief --not so much for the Defendants, but for the extenuating consequences for thousands of Americans who, by that verdict, were to be denied the freedom of choice in the maintenance of their health.

How many will die prematurely as a result of that one jury verdict will never be known. And, none of the sick and dying were represented on that jury... As the Bible warns us:

"My people perish for lack of knowledge. "

THE CURSE was written about a forbidden subject: A dietary cure for cancer. The book might just have well been written about arthritis, diabetes, heart disease, or any other one of Medicine's money making maladies. The legal weakness of **THE CURSE,** if indeed there truly was one, may have been in the author's use of certain terms, such as "cure," which are seemingly copyrighted by the American Medical Association.

I want the reader to be careful to note that, as author of this book, I have been astute enough in the politics of cancer, to avoid all such 11 copyrighted phrases" and medical terms. This book does not offer any cure

for any malady or disease owned exclusively by the medical monopoly. If you purchased it without this understanding, please return it for a prompt and full refund.

Even with these precautions, I do understand that there is a certain amount of risk in writing this book. Just think with me for a minute: For every medically-owned disease, there just happens to be a multi-million dollar tax-exempt foundation searching in vain for its cure. There are the "Cancer Society," the "Arthritis Foundation," and the "Heart Fund," all begging for your contributions. Medical diseases, and the chemical drugs used to mask their symptoms and relieve their pains, constitute big business and, I dare say, a major part of America's gross national product.

Take, for instance, the disease called by your physician, "cancer." You are being told by a multimillion dollar public relations program, that the cancer societies and the American Medical Association are working night and day in an effort "to find a cure for cancer in our lifetime." Yet, at the same time, every possible force, including the courts, is being used to prevent anyone, including many good medical doctors whom I know, from using known and effective cancer treatments on their patients. Occasionally, you read about this in the newspapers. How does this happen? For every disease, the medical monopoly has established what is known as **THE STANDARD MEDICAL PROCEDURE.** Only this treatment is permitted. If a doctor values his State license to practice medicine, he proceeds into any non-standard technique at his peril. In the treatment of cancer, he dare not suggest any but one of the futile three: Chemotherapy, Radiation, or Surgery. If the patient can afford it, or the State will pay for it, it is expected that a generous combination of all three will be often found necessary.

Let me show you just how counter-productive this Standard Medical Procedure can be. George Washington died in 1799 at the hands of his physician who, using the standard medical procedure of his peers, bled him to death in a futile effort to "cure" a cold. Yet, eighty years before that, in 1721, a scientist and physician named Boylston, was driven out of Boston for using an unorthodox medical procedure: Inoculation for small pox. America's first inoculations had just saved the lives of 280 patients but the physician was in trouble! Mobs burned his home to the ground and the treatment was ignored. Fifty years later, 25% of the American Revolutionary soldiers died of small pox, more than were lost from combat and exposure combined. *But, when Washington's doctor lost his patient, there were no questions asked.*

America's first woman physician, Elizabeth Blackwell, was banned from all New York hospitals for insisting upon using the then unorthodox procedure of washing her hands and clothing before caring for the needs of her patients. Today, no one bleeds the sick, except financially, but washing one's hands has finally become the standard medical procedure. Small pox, the main killer of the 16th century, is unknown today. Further, if you will notice, the physicians have found a way to make inoculations profitable.* Medical history has many skeletons in its closet...

When Nord Davis first wrote his **book, THE CURSE,** few among the general public were connecting medical disease with dietary deficiencies. Today, this understanding is becoming wide spread. Congress, responding to public pressure, now has teams that are trying to make the connection. It is, of course, inevitable.

In giving the reader a deeper understanding as to the need and purpose for this book, I must call your attention to a very important matter. It is common practice today for lay people to recommend certain pharmaceutical products to their friends who are sick, unable to sleep, or have some form of blemish or ailment. Lay clerks in every drug store in America are doing the same thing. Television commercials have actors and athletes promoting everything from de-caffeinated coffee to breakfast cereals, suggesting that their product will cure a malady such as tension, constipation, headaches, and just "that tired feeling."

Book stores have their shelves jammed with books promising a cure for just about every disease, and the readers of these books tell others what to do for their physical problems. Yet, in every State in America there is a Statute known as the "Medical Practice Act." All of them are similarly worded by agents of the medical and drug establishment, making it a crime for anyone, except a licensed physician, to give anything or suggest anything in the treatment of disease, blemish, ailment, disorder, or disfigurement --- including, as ruled by the California jury, common foods!

Legally, the very thing that the public, the drug store clerks, and the television commercials are doing all the time is practicing medicine without a license. Anyone, except a medical doctor, who suggests PREPARATION H, or a medicine for constipation, is guilty under these Statutes. Such people are almost never prosecuted because they are promoting the use of drugs! Instead, a form of selective prosecution under these Statutes is deliberately used to silence anyone who discovers an inexpensive solution to one of medicine's money making disease *that does not promote the sale and use of drugs.*

The case in point involved a two year old child, who according to medical testimony under oath, was terminally ill with leukemia. Carey Reams, his daughter LaVerne, and Nord Davis were standing trial in California for conspiring together to provide a *dietary supplement* to the chemotherapy treatment being given to this child by his medical doctor. No promise of a cure was ever made. No money was ever paid for such advice. All that had been done was to put the child on a cleansing fast consisting of pure water and a very diluted fruit juice. I was there during the trial. It was never established that the fast could harm the child or even interfere with the

* **It is this author's opinion that most inoculations are unnecessary and very often extremely dangerous. Most healthy bodies do not need them as a preventative measure.**

results of the chemotherapy.*

Nord Davis, according to sworn testimony, was not even in the State of California when the other Defendants, partners, in the alleged conspiracy, were suggesting the cleansing fast. The child's parents, witnesses for the State, admitted under cross-examination, that Nord Davis had never even met their child. Because of his book, however, the medical establishment has done its best to bankrupt and discredit the Defendants.

Carey Reams and his daughter freely admitted to providing the diet for the child. Their attorneys insisted that such was not the practice of medicine under the clear intent of the Statutes. The State refused to permit the scientific effectiveness of the fast to be considered by the jury. It was enough, they said, to prove that the child was placed on a fast by a non-licensed person with the full permission of the parents. Curiously, the parents were not included in the alleged conspiracy and never charged with any crime.

Having been one of Carey Reams' earliest dietary successes, I had gone to California to be a witness as to the wonderful effectiveness of his program. Others, like me, were standing by to testify, including some medical doctors who had seen its results. But, would you believe, none of us were permitted to take the stand! Our testimony, they said, would have been irrelevant since the dietary program, itself, was never put on trial. Perplexing, huh? Here was an opportunity for me to tell my story and have it on the record. I had been returned to my family, literally from the edge of the grave, after modern medicine had given me no hope. Eight years ago, I underwent the last surgical attempt, a second failure, to fuse my spine.

I am not presenting myself as a heroine in this book. I am no martyr. Yet, I have probably endured more pain, depression, discouragement, and chronic fatigue at 35, than most people do in a lifetime. There is something about suffering that gives one a gentle compassion for the sick and depressed. Still, as one who has known pain, I must agree with Cicero when he states that pain is not the greatest evil of life. The greatest evils are ignorance and silence. It was for people such as me that Carey Reams and Nord Davis now stand convicted. I asked these two men how my story was to be made known since I would not be allowed to testify. It was Nord Davis, with a whimsical smile on his face, who said:

"I think, Miss Joanne, it is time for you to write a book. And, if you do, I hope it grabs America by the nape of the neck and shakes it like a dog with a woodchuck. "

This book is not dedicated to the sick and dying who, I hope will devour its contents. Instead, it is dedicated to the triumphant living, and especially to these two men to whom Truth is more important than Consequences.

Joanne Fontenot
Fort Walton Beach, Florida

PROLOGUE

"Unless we put medical freedom into the Constitution, the time will come when medicine will organize into an undercover dictatorship.... the Constitution of this Republic should make special provision for medical freedom as well as religious freedom. "

Benjamin Rush, M.D.

Signer of the Declaration of Independence

During World War 11, there was a lot of talk about the FOUR FREEDOMS: Freedom from Want, Freedom of Speech, Freedom of the Press, and Freedom from Fear. None can deny that these are all wonderful and desirable, and worth fighting and dying for. But, what good are they if we are denied a Fifth Freedom, the Freedom of Choice. This gives us the right to choose our friends and associates, our jobs, where we live, and even our health care system. It is this little talk of freedom which we must seriously consider, and jealously guard, if we are to retain it.

THE FIFTH FREEDOM

In our private enterprise system, it is competition which keeps any business clean, healthy, and at the lowest cost. Competition weeds out the incompetent. Monopoly, on the other hand, always encourages a higher price, as well as dishonesty in product and service. Should monopoly now be allowed to creep in and take over America's health? Right under our very noses, this has happened! By statutory law, monopoly has taken away the right to practice in the field of health from all except one or two groups. Ask yourself this question:

"Why, with more hospitals and medical schools per capita than anywhere else in the world, is America one of the sickest nations on earth? And why then, with thousands of Americans suffering sub-standard health, and every hospital filled to overflowing, should any legitimate group of health practitioners seek to shut out the service of all ... save their own?

Has any one group made sufficient progress to justify the stand that they, and they alone, should be entrusted a condition which has grown so grossly out of proportion? Regardless of which group it may be, whether Allopathic (MD), Osteopathic (DO), Chiropractic (DC), or Naturopathic (ND), can any be allowed dictatorship over America's health? Let us be reminded that when there are none left to oppose or question the other's

methods and veracity --- regardless of who they are --- then, relative to health, we are firmly in the grasp of a vicious dictatorship with all its unquestioned evils.

I would not be writing this book if I were not deeply concerned about the good health of Americans. I love my native country and the beautiful flag that represents all the liberty given by the Constitution. In just the last two generations, Americans seem to have lost their vision, their joy, and care less about the beauties of life. Consequently, have you noticed, they do not go about singing as they work and play as our grand-parents used to do. America seems to have lost its heroes, such as George Washington, Abraham Lincoln, and Robert E. Lee. Our youth have substituted

AMERICANS HAVE STOPPED SINGING

them for men and women with far less caliber. I believe that Americans have lost their joy, of living because they are weaker, not wiser, and have lost too much of their reserve energy. Has it been planned that way? Any nation which has lost its ability to immortalize its heroes as models of character for its youth, is a dying nation.

Nations do not die unless they first become sick. Sick people do not sing, and neither does a sick nation. Those songs which are sung generally complain of sickness, sorrow, and trouble --- even the hymns in formerly joyful Christianity! I ask you for an answer: Where have all our beautiful, patriotic songs gone? I believe when the general health of all Americans improves, those patriotic songs will return. Birds or people, when they are healthy and happy, just naturally want to sing. When they are sick, they just croak.

In a little pamphlet, TO SIN BY SILENCE, published in June, 1978, Nord Davis wrote:

> *White sugar converts to alcohol and drives out your precious calcium. Dien your teeth start to decay. It all comes from a faulty diet, and the authorities are doing all they call to keep me from telling you this in print or in person. "*

Just two months later, in August, Judge Rich, Superior Court, Riverside, California, issued the following Injunction even before his case could be heard in Court! In an effort to silence Carey A. Reams, Nord Davis, Jr., **and some one hundred others** who have been connecting diet with degenerative disease, this Injunction states in part:

> *"IT IS HEREBY ORDERED that the Defendants ... agents, or any other persons acting in concert with them, or on their behalf are enjoined and prohibited from ... representing in any manner that by eating or otherwise ingesting specific foods, juices, supplements, or other substances, the metabolism of any person can be or is altered toward a specific or ideal state of better health or free of illness or disease ... Allowing or causing the publication* of, *or publishing material in any form whatsoever, either in California or from any other location directed at California ... (Suggesting the above.)*

In the light of what just about everyone knows about diet and its general relationship to better health, the Injunction is preposterous! I believe it would be held unconstitutional if tested in Federal Court. Freedom of Speech and the Press, two of the FOUR FREEDOMS, is still an inalienable American right. Those of you who still have enough reserve energy to object, might write to The Court; to the medical monopoly's agent, Mr. Earl Plowman, 3580 Wilshire Blvd, Los Angeles, California 90010, with a carbon copy to Governor Jerry Brown --- a man who would be President. Just to show you how preposterous this is, television, magazines and drug store clerks all over California are permitted to state that their products will "alter the body to better health." There are thousands of different "health-type programs" in California, some good, and some, such as the popular high protein diets, potentially dangerous. Strangely, the medical establishment seldom bothers these people even when they are *statutorily* practicing medicine without a license. Why then, do they seek to stop this one specific program? Simply because it works, where so many others fad! In the State of Virginia, Nord Davis has challenged the medical authorities and the District Attorney to a blind test of the RBTI analysis on hospital patients in Roanoke. He agreed, in advance, to plead guilty to the practice of medicine without a license if the accuracy of the analysis of 25 persons was less than 90%. Would you believe --- they refused? For some strange reason, the medical monopoly does not want this Theory tested in Court or in the field of science. Prophetically, Nord Davis wrote:

> *" - - . So, to stop our program, the Medical Associations and the State Boards of Pharmacy are now conspiring with the District Attorneys to pretend that the analysis of urine and saliva and the preparation of a diet therefrom is the practice of medicine! We are hauled into Court just for telling others that there is a better way to health . . . "*

I think you have a right to know that the authorship of THE CURSE ... has cost Nord Davis far more than just a summons to Court. Remember, he was never accused of giving anyone a diet. He was never accused of running an analysis on anyone's urine. No one ever accused him of treating any sick person. He was only accused of a criminal INTENT to do so! For this alleged INTENT, he was hauled to California under armed guard, incarcerated in the Riverside County Jail for I I days as prisoner #D- 1773 2, **and never permitted to make one phone call to his wife or attorney!** Nord Davis is still publishing his newsletters, sending them out free of charge, from Box 29, Topton, NC 28781. Those interested specifically in the Legal aspects of this matter request Off-The-Cuff #47. His bail was set at five times that of a

cell-mate charged with armed robbery. Though a peaceful Christian man, he was paraded to his Court appearances from the jail shackled between hardened criminals for the benefit of press photographers. Now, convicted of CONSPIRACY, for the mere authorship of a book, he has been stripped of all rights as an American citizen. He may not own a firearm; may not vote or hold public office; may not obtain a passport; and must travel by permit only! He was fined $4375.00. Nord Davis is a Korean War Veteran; the holder of 4 Navy campaign ribbons; and an Honorable Discharge. He has won the coveted **LIBERTY AWARD on five** occasions for patriotic journalism. Why must every scientific breakthrough be preceded by men, like Carey Reams and Nord Davis, who have to suffer for holding a new idea?

Yes, I am thankful to Almighty God for such men who are willing to stand firm to protect my Fifth Freedom. Had it not been for this formula, I may have been dead years ago, and this book would never have been written. My oldest daughter, Tammy, graduated from high school this year, and my second daughter, Sherry, is a Sophomore. They were little girls when it looked as though I wasn't going to make it 8 years ago. Yes, friends, I have something to sing about --- and to write about. May you enjoy reading it as much as I have enjoyed writing it for you.

Now, will you do something for yourself? Will you fight against the loss of your Fifth Freedom with us? Whenever you see the evil of monopoly raising its ugly head, no matter what altruistic form it takes, and regardless of its disguise, see to it that your pen, your voice, and your vote insures you of this Fifth Freedom, the wonderful freedom of choice, for it vitally concerns your most precious possession: your health.

There now appears to be a conspiracy between certain groups who fear the loss of money, power, and prestige, because more and more people are turning to the natural methods. On March 16, 1979, the Federal Food and Drug Administration published in the FEDERAL REGISTER, proposed new rules to force Americans to go to the physicians and druggists for vitamin and mineral supplements now sold safely and inexpensively over the counter and through the mails. The rules would classify vitamins and minerals as drugs instead of foods, and make them extremely difficult to obtain. It seems that Dr. Rush's predicted dictatorship of medicine is now just beginning to tighten its grip, and increase its power over the people.

The Messiah instructed His Followers to heal the sick. I can not find anywhere that He qualified that instruction, or predicated it upon the statutory laws of men. How many more men must spend time in prison, in the cause of health, before you speak up? Please do not wait until, with a loved one dying, you have to hear me say:

"I'm sorry, but the medical and drug establishment, and its

Courts, refuse to permit me to help you with a lifesaving diet. "

May God forgive.

PREFACE

Friends, I am not a scientist. I am not a doctor. I am not even a professional writer, but, 1, too, have done some homework, the fruits of which I hope will help you.

As you read, please understand that there is just no way, in so few pages, that every situation regarding the vast subject of natural health and healing can be covered. Nor, is it intended to be more than a guiding light and a starting point from which I hope you will study further. I have a story to tell which will give thousands information tastefully mixed with hope and encouragement for those who are sick.

Also, in spite of the strong language in the FOREWORD, I want it understood that I have no personal quarrel with any of the doctors who operated on me. I have to believe that they did their very best with the knowledge they had.

I had been working on my personal dietary program four years before Nord Davis ever wrote his famous book. Yet, it was his book, the very first on the REAMS BIOLOGICAL THEORY OF IONIZATION, that really sparked my interest in helping others with their health.

I have since taken numerous professional level courses so that I would know how to do this work safely and effectively. Now, I find that what I have studied so hard to learn to do, and what I wish with all my heart to be able to do for those who are sick, is illegal. Therefore, I can not, and will not, give specific advice concerning diet to anyone except under the direction of a medical doctor.

However, it is not unlawful for me to write a book and provide the reader with general concepts so that he can learn to care for himself and find professional help if he needs it. At the very least, it is hoped, the reader will know what to look for in our dietary approach to disease. It is not unlawful for me to tell you what I have done for myself. I have no intention of practicing medicine with a pen. It may be a very thin line, but I am willing to walk that line with you.

After reading this book, I hope that many of you will get into this fight for renewed life and a freedom of choice in health care. I hope that you will use this book as a tool and your Bible as your handbook for health and liberty. My objective here is to show you how I found a highly competitive alternate concept in the prevention and treatment of degenerative disease and to provide some good self-help ideas to solve everyday problems.

Joanne Fontenot

NO TIME TO DIE

"To every thing there is a season, and a time for every purpose under heaven: A time to be born and a time to die. . . Ecclesiastes 3:1-2

Slowly, I began to awaken. The sterile white ceiling was glaring in my eyes. I could feel my pulse banging in my temples. Suddenly, I realized that I had made it --- still alive through another operation. The IV bottle was hanging at one side and the blood bottle on the other, busily sending their life-sustaining fluids coursing through my veins. I was lying on my back with my head slanted downward, a position in which I would remain for weeks. I noticed my husband standing beside me with that

WHEN I THINK I'M GOING UNDER PART THE WATERS, LORD.

composite expression on his face ~-- love, compassion for pain, encouragement and hope all rolled into one -"Hello, Baby . . ." The above Bible verse began ringing in my ears and I knew that this was not my time to die.

As the days wore on, and as the IV drops kept up my strength, my mind raced back to where it had all begun. There were so many tests and X-rays. All of them, I was told, proved beyond a shadow of a doubt,

that these operations were necessary. It was either that, they said, or there was a chance that my back would break one day causing paralysis or death. The chances were 80/20. No other alternatives were even suggested. So, I turned the responsibility for my health over to the medical doctors. 1, as many of you, did these doctors a grave injustice by looking upon them as "gods" and expecting a miracle. There was no doubt in my mind that they could and would. But, they couldn't, and didn't, as I was to find out some ten months later. I realized too late the many things which I hope to share with you now. First, my health is my responsibility. Second, there are certain natural, universal laws set down by The Creator under

WHEN I FEEL THE WAVES AROUND ME, CALM THE SEA.

which all of creation is governed. It didn't matter that I was ignorant of these laws. What mattered was that I was a victim because of my ignorance of them.

In blind faith, I had expected the doctors to correct in just a few hours, an abuse of my body which had gone on for years. What an injustice to them!

I closed my eyes and could almost hear the drip, drip, drip of the IV bottle. Oh, if I had only known enough to keep me from getting into this dreadful condition. You see, as *A* child, I was taken to the doctor again and again with complaints of growing pains, but even then my root problem, a calcium phosphate deficiency, was not recognized:

… Nothing to worry about, she'll outgrow them. Many children have these growing pains and outgrow them. "

Or do they?

During my school years, I was a sickly child, constantly battling strep throat, earaches, and discouraging fatigue. Needless to say, studies did not come easily for me and to maintain a high scholastic average, my play-time was almost nonexistent. Later, at the onset of puberty, I suffered with severe cramps and excessive clotting during my periods. My two pregnancies were torture with "morning sickness" every single day, all day long, for the full nine months. The last five months of both pregnancies were spent in bed due to intense back pains. My first-born was colicky and fussy all the time. As she grew, I observed many of my earlier childhood symptoms were now also her inherent weaknesses.

"The Lord is long suffering, and of great mercy, forgiving iniquity and transgression, **and by no means clearing the guilty,** *visiting the iniquity of the fathers upon the children unto the third and fourth generation. . . "*

Numbers 14:18

By the time I was 28, there were shooting pains down my inner thigh with almost unbearable back pain which finally brought me begging to a local Chiropractic phy sician. After X-rays and a careful examination, he showed grave concern, and cautioned me to avoid so much as even lifting my pocketbook with my left hand. He felt that he could help me with a series of adjustments and other, therapies. Now, I wish 11 hIad let him try.

WHEN ICRY FOR HELP OH HEAR ME, LORD

AND HOLD OUT YOUR HAND …

TOUCH MY LIFE, HEAL THE RAGING STORM IN ME.

As the back pains grew worse and worse with each passing day, I became more and more frightened. I decided to seek more orthodox assistance, or at least another opinion, and went to a famous clinic in Louisiana. So, here I am with my whole life reduced to watching the drip, drip, drip of the IV.

Occasionally, I would look up and see my sister Helen looking down at me with fear and compassion written on her face. She knew that I had almost died twice on the operating table. Even as I watched the IV, I would drift in and out of consciousness. Severe infection had set into my back from the operation and I ran temperatures so high that I was blind for many days. I vaguely remember the breathing apparatus being brought in to clear my lungs to prevent pneumonia. It would be impossible to describe to you the pain endured at this time.

After 44 days, my doctor finally fitted me with a spinal chair-back brace which was to become a twenty-four hour a day crutch. The next day I left the hospital to begin my long journey through the dark tunnel of pain and despair, a seemingly endless tunnel with no light at the end.

After ten months of pain, drugs, and depression, it was time to return to my doctor for more X-rays and a reevaluation of my condition. While there was no evidence that I should be better, still, when the Doctor turned to me and solemnly said:

"Joanne ... your condition is worse now than before the spinal fusion attempts ... you will progressively get worse ... Of course, we can try surgery again ... maybe a 50150 chance ...

KNOWING YOU LOVE ME THROUGH THE BURDENSI MUST BEAR

..... tears streamed down my face. Dear God! I wanted to run What was I hearing? A death sentence? Must I wear this sweet instrument of torture **24** hours a day for the rest of my life?

"Aank you, Doctor. I know that you did all that you could.

Numbly, robot-like, I arose from the chair, knowing in my heart that what was before me was nothing. My life was over. My great-grandmother had died before she was 40; my grandmother had died before she was 40; my mother had died at 40; and here was 1, at 28, thinking I'd be lucky to make it to 30! Can you imagine the thoughts, the feelings of hopelessness, such a string of sickly relatives can generate?

"My children! What about my children? Who will do with them the things that a mother should do? Wouldn't they be better off with a whole step-mother than less than half a real one?"

HEARING YOUR FOOTSTEPS LET'S ME KNOW I'M IN YOUR CARE.

Oh, Dear Readers, did I feel sorry for myself! And why shouldn't I? Look at what life had handed me. I was a sickly child and a sicker adult. What did I do to deserve this kind of treatment from my Heavenly Father? After all, wasn't I an obedient child? Could it be that I had to be broken completely before God could use me ?

"Ah, Designer Infinite, must thou char the wood ere thou canst limn with it?"

If God was preparing me for a ministry to the sick, and He was, I was certainly not conscious of it for the next few months. My dear husband cooked, waited on me, bathed me, cared for the children and bore my burden as if it were his own.

As the pain and despair increased, I saw myself as a burden to everybody; myself, my husband, and my children.

I will do them all a favor, I thought, as I slashed at my wrist with a razor, trying to build up the courage

Eight inch scar on back ... reminder of 2 unsuccessful operations to fuse spine.

AND IN THE NIGHT OF MY LIFE YOU BRING THE PROMISE OF DAY ...

HERE IS MY HAND, SHOW ME THE WAY.

to make a fatal contact. Time and time again I relived this scene and in many other ways planned to end my life. There were plenty of drugs on hand and I often looked at those bottles as maybe the next solution.

Those of you who have ever experienced a serious physical problem understand what I mean by the mental gymnastics a person goes through, perhaps a thousand times a day. It is partly the mind, and partly the drugs' side effects. You know that, but the problem is that you can never quite figure out for sure which is the way you really think and which is the way the drugs make you think.*

WHEN I THINK I'M GOING UNDER, PART THE WATERS, LORD .....

HELP me, Lord' I will do ANYTHING! And help finally came.

One day soon after, a friend came by my home to bring me some books by Dr. J. 1. Rodale, a teacher of preventive medicine. He told me how much more energy he had since changing his diet and that, just maybe, I .....might find some help as he had found. I began reducing my pain medicine so that my mind would clear up enough to comprehend what I was reading and, little by little, I felt I was on the right track. Lord, where do I go from here?

***In addition to the drugs, I was experiencing the mental symptoms of a calcium phosphate deficiency coupled with low blood sugar ... the same dietary deficiency responsible for the degeneration of my spine. Yes, this common dietary deficiency is often the cause of deep depression, insomnia, crying spells, tension, anxiety, and, especially, suicide tendencies.**

Then came the day that I took a second step . . . a most important step, and the turning point in my life. I went to a local health food store, searching for information. I began asking the owner, Mr. Homer Dodd, questions about vitamins, minerals, and diet. It did not take him long to see that my condition called for more than just supplements and a change in diet. He told me:

"I do not normally tell people about this man, because there are so many complicating problems surrounding him in what he does, but I am going to tell you because I believe you are desperate. He is not a medical doctor, but he is a nutritionist and a biochemist. .

And with that, he gave me the telephone number of Carey A. Reams. I tucked his number in my purse where it stayed for the next few days until I could find a way to present this to my husband, Joe.

One evening, when my courage equalled my pain, I pleaded with Joe to call Carey Reams. His response was negative as he felt the man was some kind of "quack." After all, he reasoned, since Carey Reams was not a medical doctor, what could he do that had not been already tried? So, while he was bathing, and getting ready to take me to the hospital for another "shot of deliverance," I hurriedly dialed the number and spoke to Carey Reams. I told him only of my surgeries and that my head ached unto death. I was crying with pain. Carey Reams told me:

"Go get a gallon of distilled water and drink as much as you can and within an hour your headache should be gone. And, come and see me. .

I told Joe what I had done and asked him to please get me the distilled water. I insisted that I was through taking drugs. Reluctantly, just to pacify me, he did get me the water and within 45 minutes my headache was gone.

That weekend found me comfortably packed among five pillows safely on our way to a little town near Orlando, Florida. His retreat was nestled among some 80 acres of orange grove beside a beautiful lake. The facilities were not antiseptic white and sterile like a hospital, but everything was peaceful. I felt a sweet spirit there. We were directed to a laboratory where the technician asked for a urine and saliva sample. After about ten minutes we were directed to Carey Reams' office where we had our first face-to face meeting. His presence filled the room and I knew that God was working through him. I knew right then that God was answering my prayers and that, somehow, I was going to get better. Now, I knew for sure that this was not my time to die!

WHEN I FEEL THE WAVES AROUND ME, CALM THE SEA .....

There was a card in his hand which bore my name, age, height and weight. Below these I saw a mysterious set of numbers, apparently derived from an analysis of my urine and saliva. Carey Reams was studying them through a magnifying glass as we walked in.* As we sat there anxiously waiting to hear the report, I asked if he knew what was wrong with me. He replied:

"Joanne, if from these numbers I could tell you that you had bone cancer or arthritis or any other disease .... would naming such a disease cure it?"

Before I could answer, he proceeded to explain that his primary purpose was to teach the Biblical Health Message and to point God's people to the natural heal h laws that govern the universe. He told us that naming a dreaded disease many times triggers fear; the person dwells upon it, and this lessens his faith and slows the healing process. Therefore, what is important is that the body be brought back as close to a biological norm as possible so that the body can begin to generate energy to heal itself.

This was all Greek, so to speak, to me, but as he explained more about the body chemistry's need to be in balance, it brought understanding. Our confidence grew as he described my every mental and physical problem right from those numbers, and especially when he knew of my "growing pains" as a child. All these, he said, were the result of a calcium deficiency. The urine and saliva tests showed which particular calcium combinations were lacking in my diet. Then he told me that I should stay at the Retreat for at least three weeks in order for my body chemistry to change patterns naturally.

Carey Reams

My husband, who has a background in orthodox medicine, was just as impressed as 1. No medical information had been taken and yet here, was this man giving us information about my past and present health with astounding accuracy --- all from those mysterious numbers. Carey Reams told me I was suffering from hypoglycemia, which is low blood sugar diabetes, and the medical doctors never tested me for this in all the time

***Carey Reams is a veteran of WWII where he earned the rank of Major, United States Army. His specialty: Chemical Warfare. He was nearly killed by the explosion of a Japanese land mine, lost the sight of one eye, and has only partial vision remaining in the other. He holds the Purple Heart and other military decorations. Because of his convictions for trying -to help those like me with their diets, he has been stripped of all rights as a U.S. Citizein. He may not vote or hold public office. He may not own or possess a firearm and must have a permit every time he travels.**

I was in their care. I turned to Joe and asked him if he would like to be tested. He agreed at once; we had the children tested, too, and their analysis produced similar incredible results.

Here was a new discovery which I predict will revolutionize medicine and place preventive medicine into the 20th Century. My friendship with Carey Reams was to become one of the most beautiful that I have ever known.

Within just a few days at the retreat, it became easier and easier to walk. Further, I was seeing fantastic results in the improving health of others there. Many were even more seriously ill than 1, and yet, there was a Spirit of Hope and Victory everywhere. Most of my symptoms, while they did not disappear at once, certainly lessened. As each day passed, my strength grew and so did my enthusiasm for this wonderful program. It was not all fun. I remember Carey Reams coming to see me every day asking:

"Joanne, have you thrown up today?"

I would groan that I had and he would smile and say, "Praise the Lord." Later, during some of his lectures on health, Carey Reams explained the importance of very sick people throwing up during this cleansing period as it is often a result of the body chemistry favorable changing from one range to another.

The first two weeks passed quickly. My ability to concentrate improved considerably and I was walking with a little less effort. My healing had begun and the war was on. There were many battles, some retreats, but no losses.

At the same time, another war was beginning. The medical establishment can not tolerate the challenge of the natural approach to health and healing. Everywhere, they try to smother out the natural in favor of the chemical-drug therapies. The more effective the natural method, the more vigorous the attack. Even in this enlightened age, the antiquated laws are still stacked in favor of the medical monopoly. Here in this Florida retreat, Carey Reams was arrested for just teaching the health methods of the Bible along with a simple chemical analysis of the body's by-products.

During the next ten months, I fought the fight daily but never gave up praying for a miracle and, to this end, was in every healing line for miles around, until finally, through an act of faith, I was able to remove the brace for short periods of time. Two years later, I no longer had to use the brace at all. This did not mean that my healing was complete yet, or that I could abandon the program designed for me by Carey Reams. The fact is, even if I could abandon it, I would not want to, for the natural way of eating is just so much more desirable. Remember, it took years to get into this condition and this can not be corrected over night, short of a miracle.

The change in my health was so astounding that the casual onlooker might miss the fact that there are inherent weaknesses in my body which needed attention then and still do today. Yes, I can eat almost anything now.

There is no bondage in following God's health laws. . . just freedom --freedom from sickness, disease and pain.

Of course, there are times that I can, and do, deviate from this program, but my body will not let me stray too far before it sets up complaints that can not be ignored. The lower a person's initial reserve energy level the longer he will have to remain on a program designed specifically for his body chemistry. Once your body chemistry changes, there is far less desire for the foods which made you sick in the first place. I do, however, want to add this word of caution that Carey Reams told us:

"If you are not serious about changing your eating and drinking habits, and staying on the program, it would be far better for you never to start at all. .

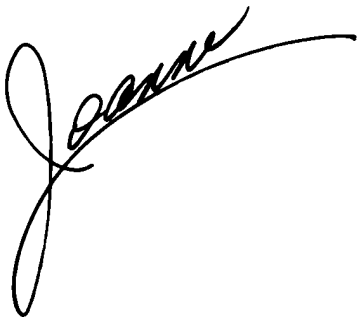
A FINAL THOUGHT

Have you ever wondered why some of the finest teachers of natural healing are not always in perfect health? Did you know that many of them are where they are today, because they were given up to die at an early age until led by God to His health message? For instance, Dr. Bernard Jensen, one of the world's authorities on Iridology, in perfect health at 71, was given up to die of black lung disease at the age of 20! Dr. John R. Christopher, Master Herbalist, tells us **that he was born with Rheumatoid Arthritis** and had a painful road back to health using food chemistry and herbs. He said that it was the use of distilled water which finally corrected his arthritis problem.

There are so many more, but these two men are shining examples of the caliber of those, who, having discovered the principles of good health, are now pouring themselves out, unselfishly, to teach those who have ears to hear.

So, what am I telling you? Why treat the symptoms when you can correct the cause? For someone condemned to the agony of a chairback brace for the rest of her life, I threw it away years ago! Without another operation, I function fully as a wife and mother. I am not getting worse **…**

but better! There is hope! .....If I can, you can!



A GLIMPSE INTO THE SCIENCE

"Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you. . Matthew 7:7

Where there are no miracles, there is no God. God is Omnipotent, Omniscient, all Power, all Knowledge, all Wisdoim and perfect love. That which is perfect can not be improved upon. For that reason, God is God. In the Book of Genesis, God made man in His own Image. Nothing else was made in the Image of God. There is something about our bodies which is in the Image of God: Frequency. The Hebrew word translated Image in Genesis, is tselem which means, according to Strong's Hebrew Dictionary, a representative resemblance or figure. This Image, being a resemblance that is, something which is the form but not the substance, has always been a mystery to the Hebrew people and generations of Bible scholars. What is this Image? What is this representative figure, an identity in form but not substance, wherein man is like God?

God also created each animal after its own kind and the species of the main different types of animals and plants under one kind. He told each kind to go and multiply according to their kind, and just how the kinds were kept separate has been a great mystery to mankind for centuries. Again, the Hebrew word for kind is most interesting and scientifically accurate, for it means a sorting, some means of portioning out. But, how?

The Great Mystery was the kind, or sorting, which kept the various kinds of animals and plants from crossing. God, in His Infinite Wisdom, gave each kind a number; a number according to its kind. Because of this number, it is absolutely impossible for the genes of one kind to cross with the genes of any other kind. Because of this number, the genes will not fit and therefore cannot adhere to each other. Because of this number, there can be no conception or pollination except within the kind. Because of the different numbers of the kinds, the crossing of two kinds does not produce a new kind or a different species. A kind can have malformations which appear to be different, or spores, but all species within the kind will have this same mysterious number. This number is frequency. It is in the area of this frequency that much of the science in this book has been developed. According to Carey Reams, the study of this frequency in chemistry and physics is the result of micronage. There are nine patterns of micronage in the chemical field and nine different shapes and all are three dimensional, by which all matter, whether it be animal, vegetable, or mineral, are made. Micronage is the pattern by which God stacked together the patterns of the elements into compounds to make up the individual kind.

For instance, one kind would be the oak tree family. Another kind is the cypress tree family. Another kind the cedar tree family, and so on throughout the vegetable kingdom. Then, in the animal kingdom, there is the family of horses, donkeys, and asses which belong to one kind. Each family has its own frequency and therefore its own kind. All dogs are another kind and this includes foxes, wolves, etc. There is the cattle family which include the varieties of Jersey, Holstein, Angus, and also deer and buffalo. There are different varieties of sheep, but they are all of the same kind. The reason why all these multiply according to their own kind is because of the frequency of that kind. It is impossible to cross the kinds because of the differing frequency of each kind.

Suppose we eat a lot of chicken. Would the micronage of the chicken cause us to grow feathers? If we ate a lot of beef, would the effect of that kind cause us to grow horns? Why do we not become like what we eat? The reason for this is frequency. The cow does not become green because it eats grass. God made each according to its own kind (frequency) and this frequency does not change because of diet. Can you imagine the confusion if it did?

Did you ever wonder how a red tomato, a purple beet, an orange carrot, a white potato, and green bean can all grow out of the same soil in the garden? It is because of the frequency (kind) that causes that plant to pick up different minerals and it is the different mineral content which makes the different colors. Who ever thought that God was that scientific when He created the world, or that precise in the original language of the Bible?

Later in this book, you are going to read a lot about ionization. You will read that we do not live on the food we eat but on the energy created by the food which we eat. It is the loss of our body's energy that determines our individual daily nutrient requirements. Well, this may seem mysterious to you, but did you ever smell a rose? That rose is losing energy and the minute particles you smell are part of the lost energy of the rose. But, did you actually see anything? Although you did not see these particles, you know they are there because you can smell them. What you are smelling is energy in ionized form, and it is in this small size that a particle must be before your body can assimilate it and use it as part of your body. It is with these minute ionized particles that all nature is said to grow. All of nature is built by ionization. The central theme of this book is the Biological Theory of Ionization as taught by Carey Reams.

The word *ionization* generally refers to the way a compound is put together and taken apart. Biologically, it is put together magnetically according to the frequency of that kind of plant or animal. It is the sub-harmonic frequencies, which Carey Reams uses to express the mathematics of *milli-micronage* and *milli-milli-micronage,* that sets a different micronage pattern in organ, gland or leaf within the body of the individual plant or animal. The milli-micronage is the pattern of the electrons in the outer orbit on any atom or molecule that the light strikes and gives color. Did

you ever see a plant which you would look at from different angles and the color would change from green to purple, from purple to red, and red to yellow? The different angles at which the light strikes the electrons in orbit make the difference in the color.

Under milli-micronage, we have milli-milli-micronage which is the *identity*, the sub-harmonic frequency which makes each person an individual and unique. It is because of the milli-milli-micronage that it is very difficult, almost impossible, to graft organs, glands and skin from one person to another. The milli-milli-micronage determines the size of the ionized particles from which any biological life is made. No graft of skin or organ can take place unless the milli-milli-micronage is a perfect mathematical fit, that is, the same size. We are marvelously made!

Frequency determines the kind; micronage determines the species; milli-micronage determines the color; and milli-milli-micronage determines the identity. This frequency number is embedded in the brain of all higher animals, according to Carey Reams. In plants it is found in the stump of the plant just above the ground which determines the fruit which it bears. For this reason, plants can be grafted or budded according to species, but you cannot cross the kinds and have them produce fruit. There is just no way that an olive tree can accept a grafted-in fig branch. Since it is scientifically impossible to cross kinds, it is impossible for man to have "evolved" from any other kind, including the monkey. Because of the frequency difference, conception between man and monkey cannot happen.

There is something else very, very beautiful about the physics of the structure of nature, and that is that man was created at the very top of all animals and plants with the highest frequency. He has dominion over them all. Carey Reams tells us that the frequency of man is .0000024 for the male, and **.0000026** for the female. No other kind has a decimal and 5 zeros. All higher animals have a decimal and 4 zeros, including the monkey and the ape. All higher plants have a decimal and 3 zeros before the significant digit. Lower animals in the bacterial realm and lower plants in the fungus realm have something odd about them and that is that these one-celled animals and plants have a decimal and 2 zeros before the significant digit. Simple compounds have a decimal and I zero, and the elements have no decimal.

The lower compounds are water, various gasses, etc. The elements are oxygen, nitrogen, etc. It is because of the frequency that we can prove that the Earth, the world, this marvelous Creation, could not have evolved or "just happened." Since God is a God of mathematics, He made it possible for us to understand these mysteries that are brought forth in this chapter. All these mysteries can be expressed in mathematical terms.

What does all this have to do with health? This book cannot take the place of a course on the Reams Biological Theory of Ionization (RBTI), but, as I headed this chapter, this is to be just a glimpse into the science which we are using.

Later in this book, you will be introduced to a seemingly simple formula concerning the RBTI as it relates to the human body and kind. This formula is a series of relationships and these are in five ranges, the details of which may be beyond the scope of this book. Nature will follow the line of least resistance, so each person's individual numbers determined from their urine and saliva tests, taken under certain conditions, will always indicate the line of least resistance in their body at the time the specimens are taken. The Theory advanced here, and proven by thousands of sick made well, is that these individual numbers can be compared with a set of perfect numbers, and a diet calculated that will bring that body back to perfect. Nature does the rest. This is the mystery of the entire Reams Biological Theory of Ionization: *Create the line of resistance where you wish it to be!* Food (or lack of food sometimes) and Rest are two of the means by which the line of least resistance can be changed from one range to another, bringing the numbers toward the perfect range.

AND NOW, THE SCIENCE

The **REAMS BIOLOGICAL THEORY OF IONIZATION** is a unique series of tests of the urine and saliva which, when taken together, very accurately monitor the complex body functions. These tests will indicate the various mineral deficiencies. By comparing the results of these tests with the perfect equation, one is able to measure, graph, calculate, and record the way his body is functioning on a timely basis. The more efficiently we are converting our energy, the closer our body chemistry will be to perfect. It is possible to simply measure any aberrant from the norm, and by calculating the deviations in terms of energy, we are able to correlate the results into a picture of the state of our health. Therefore, it is made possible to measure the effect and determine the cause!

THE BASIC PREMISE OF THE RBTI IS THAT ALL DISEASE IS THE RESULT OF A MINERAL DEFICIENCY.

Disease is not an animal preying upon a person. It is a mineral deficiency caused by the lack of mineral in our diet or our body's lack of ability to assimilate the mineral and to extract from our foods the particles of energy to restore and replace the worn out cells. The average length of life of a cell should be about six months in an adult. Therefore, every cell in the body should be replaced about every six months and if it takes longer than this, then we are aging prematurely. Because of this, it is very important to eat a wide variety of foods and to choose our foods with great care. The concept here is that by selecting a diet that contains the needed minerals, the body will have the necessary raw materials with which to replace the dying cells of an organ or gland.

Look at the diets of Americans today. Some eat only foods which please their tongue or tickle their taste buds. Others eat only that which is available in a fast-food restaurant. Most drink just about everything but pure water. If one does not eat the wide variety of foods, and drink the water necessary to ionize the foods into solution, how is the body supposed to get the wide variety of minerals needed to keep it healthy? It can't.

It never fails to amaze me that American science in agriculture understands biological life well enough to feed the world using sod tests and mineral supplements in the sod, while American medical scientists fail to see the connection between human biological solutions and the mineral intake required to establish and maintain a normal body. Could it be that, in this enlightened age, they really do not know what "normal" is?

Let's take your most vital organ, the liver. It needs lots of phosphate of calcium, iron, and oxygen to make new cells and produce the billions of enzymes used throughout the body. Suppose you ate foods that were depleted of calcium -- i.e., the farmer faded to put down enough calcium phosphate and lime. Suppose you ate mostly meat and potatoes. What would happen to your liver? If this condition went on long enough, there might be a hundred different symptoms as the various organs and glands slowed down because of limited enzyme input. Eventually, your doctor win diagnose "liver trouble." Why? Because without the needed calcium, there is just no way that the liver can replace worn out cells. Because of a simple lack of calcium in the diet, you could experience everything from indigestion to high sugar.

In my case, I was so depleted of calcium that my body, *in a last ditch effort to survive*, began to rob the calcium phosphate from my bones. This was what was causing my bones and back to ache. Calcium was robbed from my muscles and there were cramps in my legs. My menstrual periods were painful and irregular. At 28, 1 had all the symptoms of beginning menopause. I was tired -- literally exhausted --- all the time.

Because of a simple calcium deficiency, your doctor may treat you for indigestion. He may prescribe a tranquilizer for nervousness or hypertension. Or, he may treat you for a malfunctioning thyroid or suppose you have an adrenal gland problem. He may think you have a heart problem because he can hear it beating too hard. This hard beating goes on night and day and keeps you tired all the time; keeps you from sleeping well at night, so that you wake up tired in the morning. You will not feel like eating breakfast.

Yes, and most Americans, if they eat breakfast at all, will eat exactly the wrong thing for this calcium deficiency: Two strips of bacon, two eggs over easy, hash-browns, two slices of white toast, two cups of coffee with two spoons of sugar in each. This breakfast, 4 to 7 days a week, is guaranteed to keep you tired all the time. I will tell you why later.

CAUSE AND EFFECT

As you have been given a glimpse of already, and as you will see throughout this book, there is a certain cause and effect. As a student of health, instead of a diagnoser of disease, I am not particularly interested in the nature or the name of the medically-named disease. If your liver is not working up to par, what real difference does it make if the *symptoms* happen to be indigestion or cold feet? As you know, the medical treatment will most often be to remove the symptom and take away the signaling discomfort for a while. Do not expect a physician to discover a liver problem until you are very, very sick.

What is important is that the body be brought back to as close to a biological norm as possible so that it will begin to generate energy to heal itself.

No doctor, no drug, no spinal adjustment, and no therapy, including diet, ever cures anything. If the person gets well, it is because the body chemistry has changed.

Body chemistry can be changed by Chiropractic adjustments because these relieve spinal pressures on the nerves. It is often changed by the use of herbs. *It can be temporarily changed by the use of drugs.* Science is now showing that body chemistry can be changed by the negative-positive ion ratio in the atmosphere. But, on a day in day out basis, it is most effectively and permanently changed by the diet. Mental attitudes, which alter organ and gland secretions, also change body chemistry. If a person holds anger or hatred; is unforgiving; feels rejected or unloved, the body chemistry will change and these changes can be measured by these sophisticated tests. In a recent article, Norton Cooksley, MD, Head of the Department of Internal Medicine at Leeland Hospital, Northport, Michigan, wrote:

"To really help heal someone, you have to love them -- let them know that you love them. Love makes all things possible. It is life-giving. Its life-sustaining reality can not be denied. "

The weakness to the medical approach to health is that they seem to have so little concern for, or knowledge of, the normal body chemistry. What is a normal urine PH, for instance. Does it matter at all?

Of course it does! If a person's urine pH is on the acid side, that is, the pH is "low," the dietary approach is quite different than if the pH is alkaline or "high." Now, if the person preparing this diet is unaware of this one fact, or is *not permitted by law to test for it,* the proposed diet could produce unfavorable results. What happens to a person with an acid pH, say 5.20, if he is given extremely high doses of Vitamin C? The Vitamin C will not assimilate if the pH is below 6.40, and the Vitamin C will actually tend to drive the body even more acid. That person will continue to lose energy.

popular belief, with this acid pH, the person will have a tendency to "catch a cold" and some fruit juices will actually make the condition worse! Instead, that person needs lots of pure water which has a pH of 7.00 and alkaline-forming foods. Most people survive a cold in spite of what the doctor or the pharmacist does for them.

The perfect urine pH, as well as that of the saliva, is 6.40 for a human being. Likewise, and I will cover them later, there are perfect readings for the urine carbohydrate (sugar), the urine salts, the albumin level, and the urine nitrate levels. Until the discovery of the Reams Biological Theory of Ionization, no one knew what the perfect numbers were, how to test for them, or how they were inter-related. If these levels are kept within the perfect range by proper intake of balanced foods and by maintaining a proper mental and spiritual outlook, such persons will be free of disease and live to a ripe old age. Medical diseases are not the Cruel Hand of Fate striking at random, but are the direct result of a cause.*

There are two axioms of health that I want you to memorize. I will show what they mean as I go along through the book:

1. **ANY DAY THAT A PERSON BURNS UP MORE ENERGY THAN HE ASSIMILATES FROM HIS FOOD, THAT IS THE VERY FIRST DAY OF HIS ILLNESS.**

2. WE **DO NOT LIVE FROM THE FOOD THAT WE EAT BUT FROM THE ENERGY CREATED FROM THE FOOD THAT**

This may seem like double-talk. What am I teaching here? What is the difference whether it is the food itself or the energy created from the food? Right here is where medicine has missed the mark! If we just lived off the food, then any "food" might be just about as good as any other food. Diet, then, would be rather insignificant and nutrition only speculative. It is from these two discrete axioms that the Reams Biological Theory of Ionization was born. I am going to be the first to admit that I do not fully understand just how the RBTI works. But, I do know how to make it work. There is a difference. I do not know just why a stamp sticks to an envelope, but I can surely lick a stamp and make it stick."

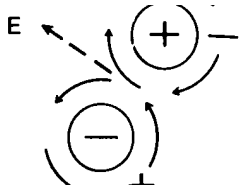
From now on, we are going to be discussing the creation of energy in the body and will be discussing ANIONIC and CATIONIC foods and minerals, so let's define some terms as given to us by Carey Reams:

***Even inherent weaknesses are the result of a cause. See THE BOTTOM LINE section of this book, item #17 for a deeper study of this problem.**

****I know a stamp "sticks" because the moisture in my "lick" has ionized the glue to the point that it will interact with the molecules of the envelope paper. Without water, no ionization and no "stick." But, I still do not know HOW it works. I do not want a lot of letters from you scientists asking questions about the science or further details than are in this book. I suggest that you take one of the courses available.**

"A single ANION contains the smallest amount of energy there is. This single ANION may contain as little as one Millhouse* (mhos) unit of energy. However, an ANION may contain as many as 499 Millhouse (mhos) units of energy and still be known as an ANION. The word ANION is both singular and plural. An ANION atom, as well as an ANION MOLECULE, has a positive ion, known as a CATION, as a nucleus. One single Cation contains as little as 500 Millhouse units of energy and may contain as many as 999 units and still be a CATION.

The orbiting shell of an ANION molecule rotates in a clockwise direction. A CATION molecule has an ANION as its nucleus and has CATIONS, or if you prefer cationic electrons, in its outer orbit. This outer orbit rotates counterclock-wise. But, why is this important? Because here is the vital key to health as expressed in science! All energy in human bodies is created by the resistance generated when these oppositely charged ions rotating in opposite directions come together. Think of that, you physics majors. In college physics we have been taught, and generally quite true, that resistance consumes energy. But in the ionization chemistry of the body, it is the resistance between the orbiting anions and orbiting cations that actually creates energy! In chemistry, the measure of this resistance is the pH. But, pH is neither a qualitative or a quantitative measurement. It is just resistance."



The above explanation is sophisticated enough for the scientist, and has stood the test of hundreds of professionals who have studied under Carey Reams. For the average reader, however, here is how the Theory works in very practical terms. Suppose you ate foods containing only CATIONS. Do you see what would happen? With no ANIONS present to create resistance, there would be no energy. The same would be true, in theory, if only ANIONS were present in the diet. Understand, there is no way that there can be a diet with only anions or cations present, but potentially, the energy in all foods is predominantly cationic. Sick people have one thing in common: They do not get enough *anionic* substances in their diet to allow them to get the MAXIMUM RESISTANCE, and thus the maximum energy from the cationic foods that they are eating.

When the improper balance of anions and cations exists, the pH is something other than 6.40, and it is said that we do not properly "digest" our

***1 am aware of the fact that the term MILLHOUSE is not found in the standard physics and chemistry texts. If the term offends the classic student, it is suggested that the term be defined, for now, as the smallest amount of energy found in one anion and leave it at that.**

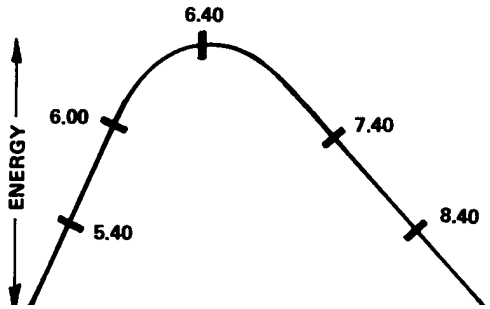
foods. Recent studies indicate that "cancer" patients, because of a lack of anionic enriched foods and minerals, fail to digest proteins. Doctors can test for this by a method discussed later in this book. The average reader will notice this by an excessive amount of "foam" or "suds" on his urine. There should be none! I have found that most medical doctors are surprised to learn of the relationship of cancer to undigested proteins. Almost none of them have learned to take their cancer patients off meats or to increase the intake of calcium phosphate in supplement form. Some have even made the fatal mistake of putting such patients, who are often over-weight, on a high protein diet! When their patient dies "unexpectedly" of a heart attack, they have no understanding that one major cause could have been the excessive nitrogens (Nitrogen X 6.4 = the % Protein) in the system. So, the root cause of most illnesses is just one thing: an improper balance between the anions and cations necessary to produce reserve energy. Stated in another way, degenerative disease is always caused by a mineral deficiency in the cell structure of the affected organ or gland which results in a loss of reserve energy. Understand, all this theory has no practical value unless there is a scientific way to test for it. The Theory has no value if Statutory Laws prohibit such tests or the medical doctors refuse to use them in preparing diets for their patients. Strange as it may seem in this Land of the Free and Home of the Brave, the medical cartel is so powerful that they have made it unlawful in most States for any person to run a urine analysis on anyone except himself, unless he is a medical doctor, or working under a medical doctor in a research facility! Dear Reader, as you read this book, ask yourself if this is what you wish as a sovereign citizen of these United States. I am providing data concerning these tests for the exclusive use of the reader and I am not endorsing or promoting anyone who is not using these tests in a lawful manner. It is hoped that RBTI Research Centers will be soon established across America and staffed by medical doctors who are interested in natural, drugless, healing.

There is one simple test that will get you started. It is called "pH." Everyone knows that pH has something to do with acids and alkalines, but now you know that it is a measurement of the resistance, and thus the energy created, by the balance of anions and cations. It is, in reality, a measurement of the ratio between acids and alkalines. The maximum energy from the foods will be obtained with the pH at 6.40. Did you know that you can purchase a pH test strip at any drug store and find out at once just where you stand? You should test the urine and saliva two hours after you eat and not with the first urine elimination in the morning.

Now, let's take the next step. All foods, *except the freshly squeezed lemon, are cationic.* There are no other exceptions!

To digest food, the liver sends bile into the duodenum. This bile is anionic in nature to digest cationic foods. Suppose the liver bile is very weak or the liver produced only 50% of the bile needed: What would happen to the pH of the bile and food combined? It would stay cationic, or acid, wouldn't it? So what do you do? Take the "plop, plop--fizz, fizz!"

But, you ask, if the lemon is the only anionic food, where is the liver supposed to get the anionic materials needed to make bile? It is supposed to get its anionic materials from the minerals found in cationic foods. There are only three: Potassium, calcium, and chlorine. If you are deficient in these three, count on it, you are sick. There is no way that your body can operate without them. Through this book, you are going to read a lot about calcium, as your body needs more if it, by volume and by weight, than any other mineral. Why? Because calcium is the key mineral that the liver needs and the liver is the "key organ" of the body. Now comes the question: Have you ever heard of a physician measuring the PH of the ionized urine and saliva to test for a calcium deficiency? Physicians do take a calcium test of the **blood** but such tests do not prove whether the calcium is there from the foods or because it has been stolen from the b



Any sharp deviation from the pH of 6.40 means a sharp loss of energy. With the pH either high or low, and having it that way over a long time, anyone has a loss of reserve energy and is sick. There are no exceptions, NONE. Understand, too, that pH is an exponential measurement. Because cationic values are greater than anionic values, the energy loss is twice as much going acid as when going alkaline. This means that a drop of I is really a drop of 100 times. A drop from 6.40 to 5.40, (going acid), means the person is getting only one-hundredth times 2, or one-two hundredth (1/200th) reserve energy. A rise in PH from 6.40 to 7.40 is a drop in energy to one-hundredth-divided by time.

***Ironically, Nord Davis' sister, age 45, died January 1, 1979 as the first drafts of this book were being written. Nord Davis insisted for two years that her tests showed a maximum calcium phosphate deficiency. Her medical doctors insisted that she not be given any calcium phosphate supplements because her "blood calciums were too high I" Yet, they knew that her bones were degenerating and did a spinal fusion operation similar to mine. Her treatment was at one of the most prominent Boston Clinics. Of course, she was given Chemotherapy and radiation as treatment for cancer. She did not die of cancer, but of liver failure. Now, do you know the reason?**

With the saliva pH at 5.40 and the urine pH at 7.40, only one-thousandth of the energy is available as if both were at 6.40 - divided by time. Such a deficiency in minerals means a loss in "reserve energy" when the body chemistry is moving away from perfect rather than toward perfect. The faster the rate of change, the greater the energy loss. Do you see why I can state that those with a pH substantially off from the norm of 6.40 are those with the worst potential health problems?

I will be discussing the pH in greater detail in relation to the other tests later in the book, but, for the moment, does naming some medical disease, or diagnosing an illness, correct the pH problem? Have you ever had your physician consider your urine and saliva pH in regard to energy or diet? Do you see why I am not interested in medical disease or symptoms? There are a number of tests on the urine and saliva which are just as revealing as this one, but the pH is a key one that is quick and easy, and anyone can do it for himself.

If you can alter your diet in such a way as to bring the pH back to 6.40, you are on your way back to good health. No exceptions. But, understand, getting that pH correct and stabilized is not as easy as it sounds. Excessive pressures at home or on the job will affect it. Chronic low pH is a tough battle, especially if the pH of both the urine and saliva are below 5.40 day after day. Such a case usually needs professional help at a retreat or a nutritional health spa. Such a person has a great loss of reserve energy, and there are very few with this condition who are unaware of some serious problem.

Some people have become sick so gradually that they have forgotten just how good they once felt. As your health improves, you will notice that your pH will begin to hold steady in the 6.20 - 6.80 range. If your pH changes every time you eat, and that swing varies from below 6.20 to above 6.80, you know one thing: there is a serious mineral deficiency in your body. You had better get busy and find out why.

Before going on, I should warn you that there can be a point in the tests of a very sick person that both of the pH readings may be 6.40. They will not stay that way for very long and the other numbers will always be way out. So, just because you happen to find your pH at 6.40, you may not assume that you are in perfect health. However, with a pH out from 6.40, you can always **assume** a potential problem. Assume you find a pH of 7.80, what do you know? Aside from poor and slow digestion, this person drinks very little water. That being true, we then can expect his salts to also be very high. These high salts over-ionize the colon and rob from it its elasticity. Here is a colon that is all stretched out of shape -- do you see the pot-belly? There will be pockets in the colon which have been there for a long, long time, and there are waste products in these pockets preventing the assimilation of the mineral energy in the form needed to rejuvenate the system. This person will have body odor and it is likely that his complexion is breaking out because of the over-load on the waste system. Yes, all that, and more, from just two numbers, pH and salt.

"SUGAR . . ." While the key to good health is partly found in the acid/alkaline balance, there are other factors which weigh into this balance. One of these is the level of carbohydrates being thrown off by the body through the urine. The medical profession, even in this day and age, still insists upon measuring only one form of carbohydrate -glucose -- in the blood. Research has shown that this is a very faulty picture of the operation of the pancreas and its manufacture of the enzyme, *insulin,* When the pancreas does not manufacture enough insulin, the person will have "high sugar" and may be diabetic. Generally, if a person is found to have 120 milligrams of glucose per gram of blood, the MD insists that the person is diabetic and is sold the drug called Orinase. If his blood is found to have 145 milligrams or more glucose per gram, the person is sold synthetic insulin. Research is now discovering contra-indications to the use of insulin. A doctor friend of mine told me that a person may actually have as high as 300mg of glucose per gram of blood and not be a full-fledged diabetic at all, because the urinary carbohydrates were constantly below 1.2 brix. While the person would not be a diabetic, though incorrectly diagnosed as one, this condition is undesirable and the person with these test results would be very ill.

Cecelia Rosenfeld, MD, writes that one of the prime causes of marital discord -- nutritional deficiency -- is often overlooked. In her practice, she found that a surprising number of "broken marriage" spouses suffered from a blood-sugar imbalance. Many of these husbands and wives showed symptoms of irritability, violent temper, abnormal sensitivity, and extreme fatigue. Corrective nutritional guidance dispelled these unpleasant symptoms for many spouses and, in the process, often bolstered up their crumbling marriages.

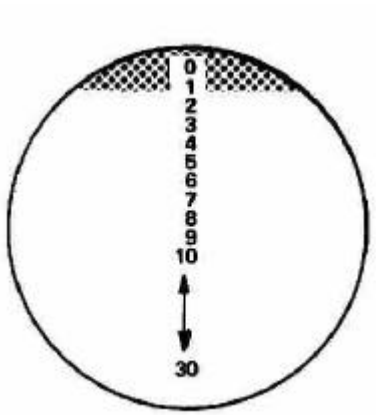
The STANDARD MEDICAL PROCEDURE fails to recognize the tremendous importance of the *total carbohydrates* in the system. There are people whose bodies can handle glucose just fine, but are diabetic to other forms of sugar. Some people are allergic to just one form of sugar, such as honey. The **STANDARD MEDICAL PROCEDURE** will never find this condition!

Further, some people can use the sugar in the blood even if it is higher than "normal." What is important, then, is what the body is throwing off. The more accurate measurement of the total carbohydrates is to measure the urine with a refractometer. The refractometer, of course, was not invented when the glucose tolerance test was made the **STANDARD MEDICAL PROCEDURE. Today, a good** instrument can be bought for around $200.

This test does not require the drawing of blood; can be done as frequently during the day as you wish; and does not require waiting for, and paying for, a lab report. It takes only a few minutes and can be done with high accuracy by anyone. Yes, *anyone!*

The level of carbohydrates in the blood changes far too quickly for any kind of scientific value in the glucose tolerance test. One moment the glucose may be "too high," and in just the next few minutes it may be found to be "too low." The results of such a test always depends upon chance -- the precise moment of the drawing of blood.

But, as research is finding out, the urine carbohydrates at any moment will very closely approximate the average of the blood sugar fluctuations between each urine void. The urine sugars thus draw a mean between the highs and the lows on every kind of activity and under varied physical requirements. I believe that this is a far better indicator of the operation of the pancreas than random samplings of blood glucose. The refractometer* I use has a scale from 0 to 30 brix. Pure distilled water will read "0" when a few drops are put into the instrument. A normal, healthy body will have a reading of 1.5 on this scale when the urine and saliva pH is also at 6.40. Those with a reading above 5.5 are borderline diabetics" re gardless of the random glucose tolerance test readings. Further, in spite of any glucose tolerance test result, a 1.5 brix urine carbohydrate reading means that the person is not diabetic *and should not be put on insulin!* It is tragic that many non-diabetics are put on chemical insulin because of the **faulty STANDARD MEDICAL PROCEDURE** glucose tolerance test. As every physician knows, and as is so indicated in the PHYSICIANS DESK REFERENCE, chemical insulin never cures the diabetic, and does severe damage to the body of both the diabetic and non-diabetic. While chemical insulin *does appear* to control his disease for a few years, it causes hardening of the arteries, especially the delicate ones in the eyes and brain. This eventually causes blindness and is often followed by a "stroke" when the insulin destroyed blood vessel in the brain finally ruptures. Because it is a "salt", chemical insulin causes cholesterol to form in the blood and takes away the elasticity of the intestines. Eventually, the diabetic on insulin develops colon problems and high blood pressure as well as varicose veins. I will cover some of these later. Just remember, we are not concerned about the medically named disease of diabetes at all. The RBTI approach to it is just the same for all other diseases and glandular inadequacies -- provide a dietary program which will get the body to function again on its own.



***The refractometer is so accurate at measuring carbohydrate content that it is widely used to evaluate the quality of agricultural produce. As any farmer knows, the higher the sugar content, the higher the mineral content. Read that again! What are we after in diet - high mineral content? Housewives, with just a little training, can learn to pick out the best food for their families. Without a refractometer, how do you know if you are getting your money's worth? How do you know whether those "fresh string beans" actually consume more energy to digest the cellulose than you get out of them in mineral content?**

****Unless all of the seven numbers in the Reams Biological Theory of Ionization formula are perfect, any urine sugar reading between 0 and 4.9 will indicate a tendency to low sugar even though that reading is above the perfect 1.5.**

So far, I have discussed the pH and sugar levels and a perfectly healthy

$$1.5\ \frac{6.40}{6.40}$$

person would be noted as shown here. Now, watch closely! The objective here is to figure out a diet with which the liver and pancreas, working together, will produce a urine sugar of 1.5 and a pH of 6.40 *at the same time.* If the pH of the urine and saliva are not at 6.40, the urine sugar reading of 1.5 does not indicate a perfect operation of the pancreas. Do you understand that? Stated in another way, it is quite possible for the urine sugar to fluctuate up and down through the 1.5 reading with each new sample of urine, but unless the two pH readings are at 6.40, there is always a loss of energy. Let me give you two examples of what I am teaching

$$3.5\ \frac{7.40}{7.40}$$

here. In looking at these numbers, and taking them by themselves for a moment, you have a person whose digestion is very slow, and constipation is a problem. He feels tired all the time. Even though his sugar is "higher" than 1.5, this person tends to have low blood sugar most of the time. Think of what you see in just these numbers - can you picture what this person looks like? With low sugar and low energy, do you see a person who is hungry all the time? Do you see that weight could be a problem? Do you see a man who comes home from work to find fault with just about everything? Or, do you see a nagging wife ready to fight over nothing at all? Now, take this next set of numbers and note that

$$2.0\ \frac{6.00}{7.20}$$

there doesn't appear, at first, to be very much change in them. What do you see here? The urine is acid while the saliva is alkaline. This person will bruise easily, be prone to colds, have a problem in the lungs. This person is very irritable and, if a woman, has menstrual problems possibly even showing symptoms of menopause. One

might expect cramps in the legs, and complexion and body odor problems. There is a foul odor in the stools, pains in the hands and feet, and indigestion.

I have given these two examples this early in the book knowing full well that they are an incomplete picture because there are some interacting other readings we will be discussing later. Here are three readings, sugar and two pH, that do vary independently of each other, yet none of them are perfect unless and until all the **RBTI** numbers are perfect at the same time. This is a rule that you must never forget! Now that you understand this, there are four more numbers which must yet be covered. All seven of these readings must be perfect at the same time or none of them is perfect. These seven, along with age, height, weight, sex, and race, when considered deductively together, can show an amazing picture of a person's health problems, as well as the means to correct them naturally. The Reams Biological Theory of Ionization is the first time that the complex human biological life has ever been expressed in mathematical terms. It is far beyond the scope of this book to teach the reader, even a professional physician or scientist, all that these numbers can indicate. Professionals who have studied hundreds of classroom hours under Carey Reams, are just beginning to catch a glimpse into the extent of what these numbers show. The perfect equation, when I finally lay it all out for you, is not as simple as it may first appear. According to Carey Reams, these numbers represent 2600 to the 2600th power differentials, each differential indicating a slight change in either a gain or loss of energy. My objective in this book, as far as the science is concerned, is to teach you that with the use of these numbers it is possible to develop a dietary approach so that the natural reaction of nature will bring these seven numbers as close as possible to a perfect balance. When you do what these numbers indicate should be done with the diet, your body, with its inherent desire to be healthy, will do the rest. (see bottom line item # 18).

Here are just two illustrations of what I mean. Many students of nutrition have failed to recognize the connection between the carbohydrate level of the urine and the assimilation of Vitamin C. If the body fails to manufacture the insulin enzyme, or manufactures too much of it, the body will not assimilate Vitamin C at all! What good are high doses of Vitamin C in such a case? Now, observe: artificial chemical insulin, manufactured by the drug companies, while it does appear to regulate the carbohydrate (sugar) levels, *does not make Vitamin C available to the body as the natural enzyme does!* Where is the general health of any person going if Vitamin C cannot be assimilated? Shown here is a partial set of numbers of a 29 year old, 5' 4"

$$3.0 \quad \frac{8.2}{7.8}$$

180 lb. woman, who tried unsuccessfully for 13 years to have children. Because of the high pH she was unable to become pregnant. Because of the tendency to low blood sugar, she would have been prone to miscarriages as the low blood sugar would have limited the oxygen supply to the fetus and it would die and abort. Yes, there is a dietary solution to even this prevalent problem among women. This woman, after just three months on the RTBI program, became pregnant and delivered a healthy son nine months later.

According to the dictionary, "salt" is a chemical compound derived from an acid by replacing the hydrogen, wholly or partly, with a metal (mineral) or an electro-positive radical (ion). As you can see from this simple definition, and our previous discussion concerning acids, the pH (meaning potential of hydrogen), minerals, and ionization, salt plays an important part in body chemistry.

Salts in the body are electrolytes -- conductors of the minute electrical currents that keep our body going. Without salt, life itself would be impossible. As with every good thing, however, too much of a good thing is very harmful. When there is too much salt in the system, the electrical resistance is lowered in the body's ionized solutions and excessive currents will flow to the various organs and glands. One common effect is to feel the heart beating too hard when there has been no exercise. The perfect salt number is 600-700 micro-moos, expressed as 6C to 7C.

The highest salt reading one might ever expect to find is around 60C -or about I OX normal. Try to think of the salt number as part of a scale from 0-60 and its relative position along this scale. As with the carbohydrate readings, we are measuring the total combined salts, both organic and inorganic, being thrown off by the urine.

Any salt reading above IOC means that the person is not drinking enough water and the body electrolytes are too concentrated as a result. It could mean that he is using too much sodium chloride (table salt) in his food in relationship to the other salts in the body and the water he is drinking. In any case, this high salt causes the blood vessels to dilate. It causes them to lose their elasticity or flexibility. The medical profession calls this result of high salt "hardening of the arteries." Naturally, once the arteries do not flex properly, the heart is required to pump harder and the doctor then diagnoses "high blood pressure." If this is allowed to continue long enough, the next diagnosis will be "heart disease." Why must so many people continue to suffer so many problems when just drinking the right amount of pure, distilled water would correct so many of them?*

Instead, television commercials are permitted to state that So and So margarine has "no cholesterol!" This is true and grossly misleading because

***Throughout this book, I am referring only to steam-distilled water. Distilled water is available from most drug stores and has the unique ability of picking up from the body's Ionized solutions these salts and other compounds, flushing them out of the system. just as rain water picks up minerals while passing through the earth. For further information about home water distillers, write to INTERNAL HARMONY, P.O. Box 707, Shalimar, Florida 32579.**

* ***A similar hoax allowed by the Food and Drug Administration is the advertisement that "Sanka Coffee is 95% caffein free." All coffee is 95% caffein free, for there is no coffee bean grown which has any where near 5% caffein.**

no margarine "has cholesterol." Cholesterol is a substance manufactured by the body to act as a lubricant in the blood circulation system. It must be there! It is not dangerous, normally. However, when the salts are too high, the arteries do not expand and contract with each heart beat efficiently enough to keep the cholesterol moving, it tends to collect on the walls of the arteries and veins. It is actually held there magnetically because of the over-ionization of the circulation system. It is this build-up that is dangerous, because it can break loose in large pieces and work its way to the heart. This is what your doctor will diagnose as an "angina heart attack." Its only cause was simply the failure of his patient to drink enough water to reduce the salt levels. Your doctor should know this, but have you ever heard it before? Since there is nothing in the STANDARD MEDICAL PROCEDURE requiring him to test for this condition, and few doctors would know how to make such a test on their own, few Americans even know what their salt level is.

'IT IS NOT HOW MUCH SALT YOU USE, BUT HOW MUCH SALT YOUR BODY RETAINS THAT COUNTS.'

Anyone with a salt reading above 15C can expect to have cholesterol beginning to form in the circulatory system, even if they do use So and So Margarine and fry with Thus and So. Above 25C, it is already a potential problem. Above 40C, it is now serious and an angina heart attack is a reasonable probability, and with the other numbers considered, the time frame of that attack can be rather accurately predicted.

Research has shown that too high salt over-ionizes the nerves of the stomach and may well be the primary cause of ulcers. Water, just pure water, can solve this problem, too. High salt over-ionizes the food, causing it to cling to the walls of the colon resulting in constipation.

In studying under Carey Reams, as I have, one learns to *see* what he looks at. There is no way you can see inside the colon or blood vessels. However, there are tell-tale signs of too high salt. Varicose veins are the result of too high salt, and in spite of superstitions to the contrary, the primary cause. Other people will have reddish blood vessels showing on their face or nose caused, always, by too high salt. Remember, this is also happening in the brain where some of the most delicate blood vessels are located. Do you see why high salt, and remember, insulin is a salt, may cause strokes?

Here is why the RBTI tests are so vital! Doctors tell us that everyone needs to drink 6-8 glasses of water per day. The body can only assimilate 4 ounces every half hour, so an 8 ounce glass will accomplish no more than a four ounce glass, the rest filling the bladder. You are almost never told that there are many exceptions to this rule. Anyone with high salts; anyone with high sugar; anyone with low blood sugar; anyone with high urea numbers must be very careful with this much water. Such people, (and how will you really know without the **RBTI** tests) must begin drinking water very gradually, increasing the amount as all the numbers begin to approach perfect. Then it is generally one ounce for every two pounds of body weight, taken systematically at the rate of 4 ounces per half hour until the total is consumed.

Here is the set of numbers we saw on a previous page with a salt reading added to it. Now, what else do you know about him? A said he was irritable, but now, because of the low and high salt you know that he is tired, and even tired of being tired. Cholesterol is now a problem, and depending upon his age, he may have angina pains which are confused for indigestion. Again, depending upon age, he may have varicose veins and hemorrhoids. But notice, if he drinks enough water to bring the salt down, he may also lower the blood sugar and become weak and dizzy. This condition can be helped with a little honey held in the mouth under the tongue for as long as one can. Because I had low blood sugar, I made it a practice to carry honey with me in my purse for those dizzy moments. At least 25% of the population have low blood sugar and most are totally unaware of it! Some believe that low blood sugar is a major cause of those "unexplained" auto accidents as the driver literally passed out for a few seconds. This happened to me a few years ago as I was driving speedily down the road on my side, minding my own business -- suddenly, the next thing I knew I was on the wrong side of the road demolishing another car. What a rude awakening!

2.0 $\frac{6.00}{7.20}$ 30C

"ALBUMIN . . This is the 5th number in the RBTI formula. It is an estimate of the number of minute particles or cellular debris" seen in the urine. If your other numbers are perfect, there will be no particles observable by the naked eye. There should be nothing swirling or floating around in the urine, even when examined with the aid of a light. A clear urine means that digestion, metabolization, and energy utilization are nearly perfect. There should be 40,000 particles per liter of urine per 100 lbs. of body weight when examined under a microscope. This is perfect and recorded as .04m. Most people have 4 million particles, a hundred times normal, per liter! This is just how sick most of us really are! Take a specimen of your own urine and look at it. If you can see **any particles at all,** the reading would be recorded as 4m. If the urine is very cloudy, and little strands" are seen, it means that there is an acute need of a dietary program. It always means that there is trouble somewhere, and do not be misled to believe that these are "just phosphates."

2.0 $\frac{6.00}{7.20}$ 30C 4m

noted as shown here. With his other numbers this far from perfect, we would expect to see a 4m, wouldn't we? In fact, if we saw a perfect .04m it would mean that the body is not throwing off the cellular debris that it should with numbers like this. A

perfect **.04m,** in this case would indicate an even more serious problem because there is a loss of energy in the body which is progressing so rapidly that the body chemistry is not replacing the worn-out cells. Thus a .04m, with other numbers far from perfect would mean that the blood cannot throw out the dead cells and replace them with new. When this happens, the blood becomes thicker and thicker and extra stress is placed upon the heart. Sometimes, if you learn to see what you look at, you can observe this happen with terminally HI patients at the hospital. When you first call on them to visit, and the urine is being collected through a catheter into a plastic container, you will notice that the urine is often cloudy as the body fights for survival. If you happen to be on a round-a-clock visit, there will come a time, perhaps 10 to 72 hours before death, that the urine appears almost clear. Then you know that the loss of energy is so rapid that there is no more replacement of the dead cells and it is just a matter of time. Remember, this terminal patient is not drinking sufficient water at this time. Suppose instead, you examine your urine sample tonight and find it cloudy and begin to drink the proper amount of water. Do you expect to find your numbers approaching perfect in just a day or two? No. Your numbers will still be out from perfect, yet suddenly you notice that your urine **appears** almost clear. Does this mean that your loss of energy is so rapid that there is no more replacement of dead cells and it is just a matter of time with you, too? No! Why not? Because you are drinking water and a careful examination of the urine would still show far more cellular debris than .04m. Do you see why, unless all numbers are perfect, no number is perfect? America is so sick that one rarely finds a legitimate .04m.

"UREA . . ."

In the RBTI, there are no numbers which are more important than any other numbers. They are all an equal part of the total mosaic which draws a picture of each individual's unique biological life pattern. However, most RBTI students find the last two, the urea numbers, the most fascinating. At the present time, there is no instrument available which will measure the urea directly as the refractometer does with the carbohydrates; the pH meter does with the pH, or the salt meter does with the salts.* This test still requires a simple chemistry procedure and a value comparison of colors against a standard graduated set of scales. **The RBTI** uses a scale divided into increments which are calibrated from 1- 18. 1 can only begin to scratch the surface in this book. If I can only help you glimpse through the keyhole, figuratively, seeing even a fragment of that which can be known and accomplished with these numbers, I will have succeeded. If this book whets the intellectual appetite of just a few thousand of you to go on and study further to help restore the sagging health of America, all that I have suffered will not be in vain.

***Any reader wishing to purchase any of these instruments, or obtain further information concerning how you can study and learn more in this vital field, please write to INTERNAL HARMONY, P.O. Box 707, Shalimar, Florida, 32579.**

Urea is simply undigested proteins (nitrogens) in the system. It, too, is a salt. There are two kinds: anionic nitrate nitrogen, and cationic ammoniacal nitrogen. The more of each that the body is throwing off, the darker will be the respective color on the scale of 1-18. These test result numbers are expressed in the RBTI formula with the nitrate nitrogen on top and the ammoniacal nitrogen on the bottom. If all the other numbers are perfect, these two should show 3 on a scale of 1- 18, and be indicated as shown here.

$\frac{3}{3}$

Remember, as with the two pH numbers, this is not an arithmetic fraction. The higher either, or both, of these numbers are, the more total stress is found in terms of waste products and mineral imbalances in the body.

The top number is an indication of how well the body handles proteins, and the higher the number, the weaker the liver and/or the production of pancreatic enzymes. If these unwanted amino acids build up in the blood and tissues, they interfere with the exchange of new cells. This is a vital consideration for anyone with a low reserve energy level. With either of these numbers very high, it is an indication that some serious problems exist or may soon exist.

The bottom number is also an indicator of protein digestion. A high number here likewise may indicate a very slow base exchange -- the throwing out and replacing of dead cells. Or, either number very high could indicate that the person just isn't drinking enough distilled water (pure water).

When either, or both, of these nitrogen readings are very high, they cause the heart to beat harder. Very high ureas is the direct and only cause of

PECTORIS HEART ATTACKS

all pectoris heart attacks. These nitrogen salts are also electrolytes and the higher they are the greater the stimulant to the heart. When both numbers added together constantly equal a sum of 20 or more, that person is tired all the time.

Before going on, here is the RBTI formula for a person with perfect numbers.

Age	Height	Weight	Sex	Race
1.5	6.40	6C-7C	.04m	3

I suggest that you might go back and restudy this book beginning with the discussion of pH. Remember, the farther away from perfect the numbers are, the more ill the person is and the more reserve energy he has lost. The nearer perfect all the numbers are, as a general rule, the healthier he is. Here is one of the exceptions: Very often, when a person has been very sick for a long time, he will have numbers which come back to almost perfect two or three days before he passes away. This is a mystery which we do not

understand -- all of a sudden, he appears to be getting well, but then, just as suddenly as he "improved", he seems to fade away. But, returning to our primary thought, the nearer perfect the numbers are, the more energy he is gaining and nature is repairing the damaged areas.

Now, let's look at our test person with the complete set of RBTI

2.0	6.00 30C 4m	10	numbers, ignoring, for the moment, the **age, height, weight,** sex, and **race.** Note that in
	7.20	10	

addition to the angina stress on the heart from the high salts, there is also a high stress on the heart from the high ureas. This, with the low sugar, indicates to you that this person is exhausted all the time, with his heart beating too hard, day in and day out. Can you see that he drinks almost no water? This person is taking just about every short-cut possible to the cemetery.

Let's look at another person through the keyhole of the RBTI analysis.

6.4	6.00 22C 4m	10	Do you see that he is a borderline diabetic, if we can use the medical term for a moment?
	6.80	11	

With a 22C salt and a 21 total urea, this person is in the range for a minor heart attack. With a 6.00 urine pH, do you see a calcium deficiency which would cause some minor tension? Do you see that this person runs on nervous tension and is tired most of the time? With the saliva pH at 6.80, what do you know? The saliva pH and the bile pH should be identical, so you know that the liver is not getting enough oxygen to combine with even the limited calciums, and therefore, you can suspect some lung problems. With the salt 3X normal, and the urea salts 3X normal, do you see a beginning colon problem? Do you understand why, if either his pH's were above 7.20, the colon problems would have been even more serious? Do you see the possibility of varicose veins or hemorrhoids? Often, hemorrhoids are inside the rectal tube and may not be noticed except for some discomfort and occasional blood signs.

"AGE . . ." The numbers just mentioned are those of a man 50 years old.

lower reserve energy of those past 40, he would be in more danger of a heart attack than a boy of 18 with these same numbers. Age, therefore, is a very important factor in the RBTI and must be considered along with the numbers. All that this man needs to do is drink his water to bring down his sugar, salts, and ureas. They will come down in just 24 hours and he will be out of danger from a heart attack.

"HEIGHT AND WEIGHT . . ." The man above is 6' and weighs 160 lbs. Do you see him as thin.

lbs. instead. What would you know? Instead of being a border-line diabetic, you could assume, for illustrative purposes and not diagnostic, that he probably is a diabetic. You know that his body is retaining salt. These salts have now affected his colon and his transverse colon is prolapsed -- do you see his tummy hanging over his belt? This man would now have diverticular pockets in his enlarged colon. Do you see that?

The purpose of this book is to provide a better understanding of nutrition and an increased harmony in the human body. The material in this book is not intended to be diagnostic or prescriptive concerning any individual's medical problems. All material contained herein which pertains to disease or medical terminology has been included for descriptive purposes only and no attempt to cure anyone is intended or implied. Specific individual advice relative to disease should be used in cooperation with a doctor licensed to so treat, and preferably one who understands nutrition. The author assumes no such

Every one of you owns a thermometer. Do you take certain readings with this scientific instrument and make medical judgments therefrom? Do you often tell friends and neighbors what they are to do when a child's temperature reaches 104º? Tell me, is this the "practice of medicine without a license?" Certainly not! Yet, you can describe quite a bit about any person with such a temperature, can't you? If you talk about a person with such a " number" on a certain scale from 850 to 1100, is that the practice of medicine? Certainly not! The RBTI just goes a little further with certain other scientific instruments and analytical tests, and from these value judgments and deductive reasoning, can precisely set a dietary program and, if necessary, monitor its effects every step of the way. Is this the practice of medicine now, just because the average housewife does not yet own a refractometer? Is it the practice of medicine just because you have found out a new way to use the commonly available pH test strip? In my heart, I would like to be able to teach you how to be able to care for yourself with a good diet, regardless of how severe your health problems are. While this book can point the way and light the path, you can see now that it is impossible for any book to teach you how to provide yourself with a "good diet!" Without knowing where your carbohydrate, pH, salts, and urea levels are, can you see how foolish, and even dangerous, certain authors are who just offer their readers some form of "miracle cure" or dietary regimen? Without knowing the body chemistry, any such attempt is merely a hazardous guess. Veterinarians spend some 1500 college classroom hours learning how to structure a diet for cattle and poultry, creatures whose natural, limited diet of grass and grain will let them live to the animal's ripe old age. But, man has the most complicated dietary requirements of any of God's creatures, *and not one medical college in America requires any scientific clinical dietary knowledge for humans!* It appears that the universities consider animals more important than people. Since when is the diet of cattle more important than your diet?

One popular author, for instance, is a medical doctor who suggests a "vinegar and honey" diet as a general answer to everyone's problems. This book has been on the stands for years, and no one interferes with its sale.

7.0	5.40	20C	4m	11
	5.40			12

Suppose his reader happened to have numbers as are shown here. Because he is unable to handle his sugars, how can this honey be anything but counter-productive? With his pH this far acid, the vinegar, if it did anything at all, would tend to drive him even more acid, and could make him very, very sick. Not only should the RBTI tests be made before any corrective diet is suggested, but there should be a law protecting the public from those, ***including ungodly medical doctors,*** who presume to suggest any diet without even the faintest idea of the person's basic body metabolism!

Are you beginning to see why these statutory laws, (those which heretofore have been interpreted by the Courts to make these 7 analytical tests "the practice of medicine without a license"), are actually **intended** to keep the sick returning to just one form of healing therapy: the orthodox medical doctor?

Let me just give you one outstanding example. Today, the big "health fad" advocated by the medical doctors, and others, is the so-called high protein diets. High protein diet breakfast drinks are sold widely by the milk companies and through the television media.

These diets are always deficient in anionic minerals and the fresh vegetables and fruits in wide variety needed for balanced nutrition. Now, suppose that this diet was given to this lady with numbers as shown here.

55	5'2"	160 lb.	F	W
4.5	7.40	40C	4m	12
	7.80			14

At 5' 2" and 160 lbs., it is obvious that she needs to lose some weight. At her age, you can just bet she is nearly exhausted, even wakes up tired in the morning. Being this tired, and being constipated too, she is just about impossible to live with. So, her doctor puts her on a high protein diet. What can be wrong with that? It keeps her off the carbohydrates, doesn't it? Everyone knows that proteins are the building blocks of the body, don't they? Well, let's see what would happen based upon what we know from the RBTI tests. Notice, she gets no help for her low sugar, ***(except "she is more careful now to use B- "for her splitting headaches,) and she*** **gets** no help for her maximum calcium phosphate deficiency. Instead, her doctor prescribed a tranquilizer for "her nerves." (An unlicensed clerk at the local drug store has sold **her EXLAX, and PREPARATION H,** in the large economy size.) She will get no help for her constipation, high salts and high ureas, because so little water is taken with these diets. She has a real problem with cholesterol even though she faithfully uses a corn oil margarine with all her fried foods. I could go on and on about this poor lady, but do you see the major problem? Look at the danger of her high salt and high urea, coupled with an age of 55. Because she is not assimilating proteins well, her ureas already have her in a zone bordering a fatal heart attack (total 26). The prescribed high protein diet will actually push her ureas into the fatal pectoris heart attack zone of 28! Once the pectoris heart attack hits, it will immediately send shock waves up and down the arteries and veins. This is what may break loose the heavy cholesterol built up because of the high salt, and she will immediately go into an angina-pectoris (thrombosis) heart attack. *Any person with these numbers will not survive such an attack!* Why doesn't someone tell America the real truth about the dangers of this popular weight control scheme? Why should anyone be given a license to blindly suggest Such a dangerous diet without even knowing the facts in this book' *Are we purposely being denied the truth?*

The RBTI, as stated in this book, instead of being driven from America by the jealous medical establishment, should be made available to anyone who has any suspicion that he has a mineral deficiency. It should be made a STANDARD MEDICAL PROCEDURE!

Let's carry this just a little further. Here are the numbers of a mother and her child. Her doctor has put her on one of those high protein diets to help her get her weight down. Often, a young mother like this gets this advice from a friend or druggist. We know because of the pH that she is constipated, and even for a young lady, has dizzy spells and times when she cannot get her thoughts collected. But, what about the butterfat in her milk? What is happening to her milk? We know that it is thin and watery because of the calcium deficiency of the mother. We know that the protein content, along with inert elements from the mother's system, is going up. When this happens, along with the excessive protein the mother is taking for "her diet", it will push the baby's urea from 24 to 28+. What will happen to the baby, who has very little reserve energy at six months? The mother should notice that the baby's stool has a highly putrid odor and that there is a heavy odor of ammonia in the urine. But, the mother doesn't feel good herself, and what she pays the most attention to is that the baby cries and cries. The mother may think that the baby is "just colicky." Actually, its little heart is hurting him because it is beating so hard from the high stress placed on it by the high urea and high salt!

20	5'6"	150 lb.	F	W
1.0	7.20	20C	4m	8
	7.60			12
6 mo.	30"	15"	M	W
2.5	6.80	28C	4m	12
	7.00			12

Since the baby has been changed and is warm, she thinks no more about it. The next morning, she finds her baby dead. Her medical doctor,

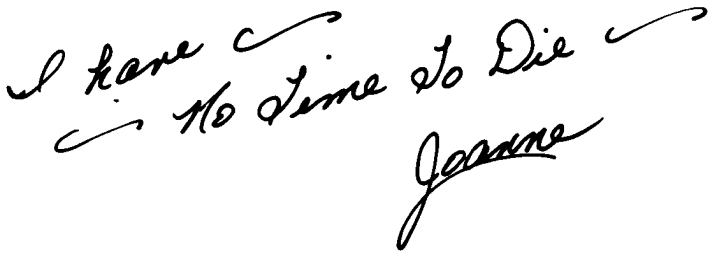
even after an autopsy, can not find a thing wrong and reports another mysterious crib death." It is not mysterious at all! An RBTI analysis will show the urea at 28 or higher. Here you see a brokenhearted mother whose child died needlessly because she was never warned about the high protein diet and the necessity of making sure her baby gets enough distilled water to drink. Mother, if you learn nothing more from this book than this one thing, this book is still worth every penny you gave for it.

Everywhere I go, I am asked if "this or that food" is good for you. I want to be polite, but how can I give them a short, but intelligent answer? What is good for one person may not fit the body chemistry of the other. Once you are able to determine your own body chemistry, you will be able to answer your own questions. There are some foods which are definite "no-no's", and I have listed these, along with a few rules which will fit any body chemistry in THE BOTTOM LINE portion of this book. I hope that you will memorize them.

AND NOW FINALLY …

Hasn't this been an unusual book on nutrition and diet? Have you ever seen one book on diet that did not provide even one diet for the reader? Anyone who has eaten from a hospital menu knows that the science of nutrition is far more complex than "calorie counting." A *calorie,* of course, is that amount of heat needed to raise one gram of water 10 C. Because of the difference in body chemistry, no two people get the same amount of energy from any given food, so this measurement by dieticians is meaningless.

Far more can be done with nutrition than any medical school ever teaches its graduates. What is hoped by this author is that the RBTI will become the greatest aid the medical profession ever had. I hope that every school child will be tested so that the inherent problems can be discovered and corrected early in life. I do not want any more children to have to suffer, as I did, because of "growing pains" which "went away", only to have them resurface as surgery at 28. Since this is my goal, against almost impossible odds, to have these scientific tests accepted professionally in my lifetime:



The Bottom Line

by Joanne Fontenot

A distillation of gems and thoughts arising out of my study of the Reams Biological Theory of Ionization and related health techniques.

1. Think with me, fellow Christian, are your gastric juices any stronger than those of Brother Moses, the ancient head of Israel? Would it be reasonable to suppose, American diets being what they are, that they are nowhere near as good? God, through Moses, instructed us in Leviticus I I and Deuteronomy 14, concerning the care and maintenance of the body. The Manufacturer has issued His Instruction Book. Now, there are some who say that the health laws of the Bible were meant only for Israel, which may be true in the strictest sense. But, it seems logical to me that any food which would make an Old Testament Israelite sick just might make a New Testament Christian sick too. Do you really believe that the Dispensation of Grace has changed the human digestive system so that unclean scavengers, like the swine, can now build healthy bodies? It is interesting to note that trichinosis is so conspicuously absent in the Middle East where little or no pork is used, due to the religious laws of the Jewish and Islamic faith. Trichinosis is characterized by headache, chills, fever, and soreness of muscles, caused by the presence of trichinae in the intestines and muscular tissues. Trichinae is a small slender, nematode worm which infests hogs and usually gets into the human body from pork which is infected with the larvae. (Cooking does not always kill them.) Did Christ's death on the Cross not only cleanse the soul of the repentant sinner, but, in addition, perform a fantastic miracle by making the catfish and the lobster safe to eat? Where in the world did we ever get this foolish idea? Scripturally, we must believe that scavengers, including the swine, are not healthful to eat. Now, in this age, the RBTI tests are showing us why. It is not just that the swine may not be clean from an antiseptic point of view. It is

because of his digestive tract -- the manner by which he assimilates his food -that makes his meat unacceptable. Because of this, it can now be shown scientifically that pork releases too much energy too quickly for human consumption. Have you noticed, those who eat the "unclean meats" generally age too quickly'?

2. Throughout this book, I have been discussing the ionized solutions in the body and their effect upon our health. The base for all solutions in biological life is distilled water. Every ion in these solutions, gets there either from the food we eat, the water we drink, the air we breathe, or from the body itself. This book is primarily about foods and their input to these solutions. It is assumed that most people will make every effort to find pure air to breathe. If the air gets bad enough, we can see the problems and even feel it as we breathe. Unfortunately, this is not always true concerning the water we drink, and we often assume that because our water appears clear and clean, it must be good for us. This one mistake has caused millions of people to suffer needlessly. Almost everyone is aware of the fact that the municipal water companies put chlorine in the water. Many have been tricked into putting the poison, sodium fluoride, in the water under the pretext that it will reduce or prevent tooth decay. Fluorides in "inorganic" form have been known to be extremely dangerous to health. In addition to these two additives, the water companies are permitted by law to insert numerous other chemicals into the water to "kill the bacteria" ignoring the fact that if these chemicals kill harmful bacteria, what are the side effects upon the human system? You might, just as an experiment, boil down a gallon of your household water to half a cupful and then just see what chemicals and crud are going through your body tampering with its delicately balanced ionized solutions! It is beyond the scope of this book to even try to predict the effects of a lifetime of exposure to these chemical agents which were never intended to be a part of man's biological ionization patterns.

So, in discussing the water we drink, I am only talking about distilled water. I am fully aware of the nutritionists, who, not fully understanding the ionization process, suggest that the body needs the minerals found naturally" in the water. The quantity of any helpful mineral in the water is very insignificant when compared to the minerals taken in through the food. While there may be some good calcium, iron, or magnesium ions in the public and private water systems, why also risk the excesses of copper, lead, arsenic, mercury, and cadmium? Since there is no practical way to separate the good from the bad -- even if one knew what was there -- I believe that it is far safer to start with a known and standard solution, distilled water, and rely on the foods and supplements to supply what is needed according to the numbers.

Personally, I regret that I did not know for years what I was drinking. For two years I had followed my own special nutritional program until after moving into our new home. Even though I was trying to eat properly, the old symptoms, with which I had suffered for years, began to reappear.

A LOT CAN HAPPEN TO WATER ON ITS WAY TO YOUR TAP!

Discouraging? YeO Back came the chronic depression, the listless fatigue, headaches, crying spells, irritability, lack of concentration, suicidal tendencies, and a number of others which were equally agonizing. After investigation, we finally found that the bluish-green stains on our new basins and tubs were an indication of excessive copper . . . that's right **…** I had copper poisoning! I **was drinking distilled water,** but enough of that deadly copper was being absorbed through my skin during bathing and picked up on our dishes while being washed, to affect the delicate ionization pattern in my body. Our household water, pumped from our private well by way of copper piping, contained 10 parts per million copper, enough to bring back the mental confusion and physical aches and pains. You should ask yourself these questions: Could some of these elements, hidden by ionization in my water supply, be causing me to feel tired and ache in different parts of my body? Could I be confusing this for some medical disease associated with these symptoms? Am I accumulating poisons in my body with each drink of water I take, or absorbing these elements through my bath water?

In ancient Rome, the wealthy and elite had water piped right into their homes -- through lead pipes. Those with this luxury soon sickened and died and the physicians were baffled. Some say that this caused the fall of the Roman Empire. I am happy to say that our plight did not end as the Roman Empire's, but as soon as this problem was corrected, there were almost immediate changes for the better in my health as well as for other members of my family. Today, I feel great! It is wonderful to feel so good! All the old symptoms are gone and, as never before, . . . my tomorrows look brighter. So, my advice is for you to know your water. It is vital to your health. The wise man does in the beginning what the fool does in the end.

3. Most people do not drink anywhere near enough water needed to properly maintain the body. But what is the right amount? To any general rule there are some exceptions. However, except for those **abnormally** over or under-weight, the proper amount of distilled water may be calculated as follows: Divide your weight in half. The figure you get is the number of ounces of water, in addition to juices and other fluids, your body needs per day on a systematic schedule. Example: 120 lbs divided by 2 = 60 ounces of water. Most people do not drink this much in a week, and were it not for the water extracted from foods and the air they would soon die. There is a word of caution: Those who suspect a low energy level, or who have high or low sugar, salts, or ureas, or who have not consumed much water for a long time. should disregard the above general rule and go by their RBTI numbers, and the advice of professionals trained in their use. Regardless of one's weight, few bodies can assimilate more than 4 ounces every half-hour and few will need more than 80 ounces per day.

4. Most children drink very little water, content to drink the readily

available soft drinks. You should keep no soft drinks in your home to tempt them. Let them have some GINGER SNAPS -- and they will drink the water they need. I do not know what our modern soft-drink scientists have come up with recently, but here is one laboratory analysis of the famous COCA COLA:

> *"Oil of lemon, oil of cinnamon, oil of nutmeg, oil of coriander, citrate of caffein, tincture of NUX VOMICA, white sugar at the rate of 6 lbs. per gallon, COCAINE, lime juice, and carbonated water. "*

Now, isn't that nice? Cocaine, of course, is poison, so is Nux Vomica from which strychnine is made. The Food and Drug Administration, which is trying to take Vitamin C away from you, approves of COKE! Isn't it odd that the slogan for this product suggests that it "adds life?"

5. RBTI tests have shown that the gastric juices of children under 12 are not strong enough to properly digest meats of any kind. Naturally, the All American Hamburger has become a staple in their diets. Why? Surely, it can not be all in ignorance!

6. RBTl tests have shown that the gastric juices of children under 8 are not strong enough to properly digest nuts and nut butters. These push their ureas too high making them too tired to do their school work or keep their rooms clean, etc. If all else fails to constipate them, try peanut butter and white bread.

7. The Bible says that the diseases of the animal are in the blood and the fat. Neither should be part of your diet. To get the blood out of your meat, soak it over night in salty water and rinse **thoroughly, then soak** in fresh water for 24 hours changing the water two or three times. Take as much fat off as possible and cook meat well-done. The rarer the meat, the stronger the gastric juices required to digest it. Is it any wonder America is in such poor health?

8. People in poor health should go easy on meats and heavy proteins. Two or three meat meals (3 or 4 oz.) a week is plenty! One of the objectives of the RBTl is to get the body to begin a cleansing and healing process. When this is going on, naturally it consumes energy and people feel weak. Heavy proteins stop the process of elimination and this, *not the meat itself,* makes you feel stronger.

9. One of the final objectives of proper nutrition is to get the body to retain Vitamin C. Without the natural oils on the body, according to Carey Reams, the Vitamin C is lost through the skin very quickly. Therefore, go easy on the use of soaps while bathing, then the use of a bath oil is recommended.

10. Medical Doctors today sophisticatedly study disease symptoms and the reactions to drugs, but have missed the causes and, therefore, in some respects do not know as much of the art of healing as did the great physicians of the past. It is partly the patient's fault, for all he seems interested in is the relief of pain. So the doctor obliges him with chemicals and pays little attention to the real cause of the illness. Almost a hundred years ago, when the chemical doctors were considered quacks, Thomas Edison, the famous scientist wrote:

> *"Until man duplicates a blade of grass, Nature can laugh at his so-called scientific knowledge. Remedies from chemicals will never stand in favorable comparison with the products of nature **....** the living cell of the plant, the final result of the rays of the sun, the mother of all life. When correctly used, herbs promote the elimination of waste matter and poisons from the system by simple, natural means. They support nature in its fight against disease; while chemicals, not being assimilable, add to the accumulation of morbid matter and only simulate improvement by SUPPRESSING the symptoms.*

While drugs are excellent in removing pain (and I thank God for them in crucial times) they are, nevertheless, very ineffective in replacing the mineral elements needed to restore the worn out cells so that the body can restore and heal itself. One famous doctor has written:

> *"Drugs never heal but do often give relief of pain which gives a person a sense of well-being while the malady merrily goes on its destructive way, slowly but surely destroying its captor. "*

For instance, pantothenic acid (Vitamin B5) is needed by the body to cause the oil to be in the cartilage of the joints. When the chemical, CORTISONE, is administered, it destroys the body's pantothenic acid, the very substance the arthritic is already deficient in! To cover the pain, the essential vitamin needed for repair is destroyed. Instead of the **drug** companies advertising:

> *"Mother used to use aspirin when her arthritis flared up, but she is more careful to use B-- now **...***

An honest drug company would also tell its listeners that arthritis sufferers need more raw, uncooked foods, more pure water to drink, a good calcium phosphate supplement, and a product available from health food stores **called ROYAL JELLY,** which is the finest source of natural, organic pantothenic acid known.

> *"We must be ready and willing to move in with the art of medicine when "nature" needs help and can be helped with the forceful and decisive use of drugs and other procedures, especially in life-threatening situations. But we also have to learn to keep our hands "off" in conditions that do not warrant the application of powerful and dangerous drugs, or the use of radical and risky*

surgery. "

"I am convinced that while the modern laboratory is an essential part in making a correct diagnosis, many learned and dedicated physicians place too much reliance on negative findings. As a result, many patients are driven to nervous and mental institutions ... because no attempt has been made by our profession to seriously consider, or even try to correct deficiencies and imbalances in nutrition and glandular secretions. "

Sam E. Roberts, M.D.

I have the utmost respect for skill, therefore, it is not my intention to discredit the skillful surgeon or anyone else in the healing arts. However, I think that man will one day look back on this era of blood and butchery with horror and pity for the souls who laid their bodies on the sacrificial altar of surgery, believing that it was the highest development of science and man.

What is the solution? It is not the relief of pain, but rather, the prevention of pain; not the cutting out until there is nothing left to be cut; not the selling of harmful drugs until the body is wasted and lost. My suggestion to you is this: Any time you go to anyone in the healing arts, and you do not show an improvement within a few weeks, **it is time to get another doctor.** Please do not keep going to the same person and progressively get worse all the time! I made this mistake for years, and had I not taken the suggestion of Homer Dodd, a health store owner, I would have been dead and buried years ago, and my tombstone my only receipt for my doctor's lack of knowledge and my lack of wisdom.

I L It is very easy to be healthy. To be sick, you truly have to work at it, often for a long time. You must break all the dietary rules of common sense and never rest. You must eat a narrow range of foods and eat the same breakfast every day of the week. You must eat in a hurry, and if possible, pick a fight with someone at the dining table with each meal. Watch the bad news on TV while you eat, and be prepared to discuss as many unpleasant subjects as you can while you eat. There are plenty of things around that are wrong, so find fault with as many as you can. Make it a point to discipline the children while you eat, and after you have driven them in tears from the table, rehash their failures with your spouse. Try to wait until just before you eat to tell your spouse about the lost contract, the accident with the car, the unpaid note at the bank, and the disturbing phone call or letter. Do not permit soft music to be played while eating. Never compliment your wife on the food, but point out the fact that it is not seasoned to your satisfaction. If you are going to be sick, you might as well make her sick too. If your body still has enough reserve energy to overcome these guaranteed ways of getting sick, write me and I will send you an advanced list. A crust of bread, with love, is better than the roasted ox in unharmonious conditions.

12. 1 suppose that many of you are confused about what is read in all the books on diet. If you were to follow the advice of all of them, you would probably starve to death, for every one is down on something or promotes one thing to the exclusion of all else. What has worked for one person, may not work at all for you, because of the differences in body chemistry. Did you notice that I did not even tell you what MY personal diet program is? If I did, there would be hundreds of you who would latch onto my diet without even considering your own body chemistry. Christians like to say that they obey God's word, believing the Bible from cover to cover. Here is one instruction which most of us have failed on:

11 *... And God said, Behold, I have given you* **every herb** *bearing seed, which is upon the face of all the earth, and* **every tree** *in which is the* **fruit of a tree yielding seed;** *and to you it shall be for meat. "*

Genesis 1.-29

While it is true that later God did qualify what was not to be eaten, it is clear that we are to eat of every herb, and every fruit which is the seed of a tree. God is teaching here that man needs a wide variety of foods in order to be healthy. Other animals can be content with just a limited diet because the digestive system is designed for that limited diet. If I were to ask the average reader to name the different fruits he had eaten during the past year, he might be lucky to name a dozen, and in a general diet, less than 4! How about the vegetables? Do you see that the lack of variety means a lack of minerals needed to maintain our bodies? A wide variety of fruits and vegetables will always fit anyone's body chemistry and generally tend to bring it toward perfect. **Variety is the spice of life!** Breakfast is always the most important meal of the day for this variety and yet it is the most abused. Almost everyone, and especially those who are sick, have this in common, either they eat very little breakfast or their breakfast is the same day after day. Eggs should be limited to 4 a week at breakfast, and try to figure out a wide variety of cereals topped with a wide variety of fresh fruits. The fruits Which you do not especially care for, such as the pear, may be just the food your body needs. For some strange reason, custom has it that we should eat some form of pork -- sausage, ham, or bacon -- for breakfast. These are a definite 11 no-no". There is always a measurable loss of energy from eating pork products. Eat most of your breads and carbohydrates in the morning. Soak cereals overnight.

Your big meal of the day must be the noon meal so that you will burn up the energy during your working day. You do not need or want it while you are trying to sleep! Strictly speaking, you should limit your meats according **to RBTI** test results which show the strength of your digestive juices and their **ability** to handle these meats. When in doubt, limit your meat meals to two or three a week. Except on rare occasions, you should not eat meat at night.

Generally two leafy salads should be eaten every day. If you are at a salad bar, try to remember to pick up a little of every different vegetable there, and select the greenest leaves of the lettuce. Before bed-time, that is the supper meal, have a different soup every night with your salad. You should think of your diet as having about one-third of your food in the raw state, either as fruits, salads or juices.

13. RBTI tests have shown that many people can not digest the bulk of many vegetables high in mineral content, such as the California carrot. I believe that every home should have a good commercial grade juice extractor, such as the ACME JUICER, so that vegetable and fruits can be juiced. These

are an inexpensive, but delightful, addition to any meal and is the easiest way to get the wide variety of minerals into our families. Everyone needs a glass of carrot juice per day and 4 ounces of a juice of the green vegetables all mixed together, and **sipped slowly.** Any good health-food store will have the books by Dr. N.W. Walker which provide a variety of juice combinations. If you need information on the above juicer or Dr. Walker's books, write to the INTERNAL **HARMONY** address provided elsewhere in this book.

14. The following are a **few foods which** must be eliminated from your diet. I do not have space to give the reason for each except to say that RBTI tests show that they all cause a decrease in reserve energy.

Alcoholic beverages
Cocoa, chocolate
Oriental tea
Shortening and lard
All foods with blood and fat
White sugar
Pork in any form
Processed lunch meats
Skin fish and shell fish
Shrimp, lobster, oysters, clams
Duck, goose, coon, rabbit

RBTI tests have shown that most Americans eat far too much of other foods, some of the following which I have learned to limit in my family's diet: Cheap grade canned goods are cheap for just one reason -- they are low in mineral content. Don't waste money on them! Milk products tend to over-load the lymph, sinus, and waste systems; carbonated drinks; roasted and salted nuts are too hard on those with weak digestive and colon systems; white rice and white flour have most of the minerals processed out of them; pasturized honey and cheeses because the heat has destroyed the natural enzymes; black Pepper and nutmeg because the sharp edges on them damage the small intestines.

15. Cleanliness is Godliness. Scriptures tell us that God will not dwell in an unclean temple, and since the body of man is the temple of God, Christians will understand why the body must be kept clean, and in good repair, inside and out. Uncleanliness begins with a deficiency of calcium and the limited consumption of water. Some people actually boast of how little water they can drink. What do they think they are? A Volkswagon? Since the colon, or bowel, is one of the most neglected and ignored parts of the body, let me bring some very important findings to your attention.

As the colon becomes clogged, so does the mind. Ever notice how irritable and irrational you become when constipated? Therefore, we can reason logically that what we eat has more to do with our thinking than what we think has to do with our choice of foods.

If you have spent your life property eating a variety of herbs and fruits as God intended, you should have a very healthy colon and need read no further. When the colon is clean and normal, it functions as a sewage system moving the bacterial poisons out before they become a problem. However, if neglected, the colon becomes a stagnated cesspool, distilling the poisons of decay and putrefaction into the blood. The blood then carries all the digested materials the body cannot use to the different eliminative organs of the body: the lungs, the kidneys, the colon and the skin. Then when the blood passes through these organs, they extract those specific waste materials which they can handle and eliminate.

The energy of the body is the working power needed to carry on the functions of life. It is this energy, or vitality, that helps the body make new cells, to tear down old tissues, to assimilate the minerals from the food and to eliminate all waste material."

Suppose that the energy required for proper functioning of these organs isn't sufficient **…** then this material is retained in the system poisoning the brain and nervous system so that we are weak and listless, poisoning the lungs so that we have bad breath; the digestive organs so that we are distressed and bloated; poisoning the blood so that the skin is sallow, unhealthy, and foul smelling.

In short, every organ in the body is poisoned. We age prematurely, look and feel old, the joints are stiff and painful, dull eyes and sluggish brain overtake us, and the pleasure of life is gone. Because a poisoned blood stream cannot help the body assimilate the needed minerals, chronic disease and an unhealthy colon seem to happen at the same time. As you can see, the chain of events from this point on are about as numberless as the sands of the seashore. Who can speculate which symptom will show up first? If the failure of the body to assimilate minerals was caused by a clogged colon, of what value is medical treatment for these symptoms?

People who are not aware that they have a colon problem are often in the

worst condition of all. When you are not eliminating properly, deposits of fecal matter build up along the walls of the colon or in the pockets of the colon. These pockets become a perfect incubator for the breeding of many undesirable parasites. Now you can see why even a mild case of constipation is a serious problem? Even if you are not having symptoms of constipation, this does not necessarily mean that the build-up is not already there releasing poisonous waste products back into the system.

I am convinced that unless the colon is clean and free, freeing the blood of an overload of toxins, and relieving the overworked eliminative organs, you will never regain perfect health. If there is any one area of your back-to-vibrant health which should be stressed, this is it. Anyone with a pH above 7.20 needs colon therapy. Find a means of colon therapy which fits your needs and use it according to your numbers, your doctor and your dietician. Some will need oxygen colon irrigation while others can manage with the enemas

When it comes to colon therapy, I have told people about the things I have learned, and many finally have the courage to try it -- usually not until they have exhausted all medical and drug store possibilities. As soon as they begin to obey the simple rules, the body begins to heal itself, even in some cases where the doctors have given them up to die; where they had spent thousands of dollars, or as I had, their entire life savings. Remember, the foot does in the end what the wise did in the beginning. For further information on colon therapy under professional guidance, write to INTERNAL HARMONY.

16. Just as juices help the body assimilate minerals from the food, mineral supplements also make these minerals directly available to the body. But, how do you know if they are doing any good? How do you know if you are taking too many vitamins, or not enough? The purpose of these supplements, when it comes right down to The BOTTOM LINE, is to help the body shift its chemistry. You will know their effect by the **RBTI** test results and by no other means which I know about.

17. When a person goes on a fast, what lie is actually doing is forcing his body, often rather reluctantly, to shift its chemistry patterns. Also, when he drinks water in a rhythmic schedule, he is forcing his body to change its chemistry. If' his body is way out from perfect, even a slight shift toward perfect may leave him feeling nauseated, dizzy, and tired. Often, he feels that this cannot be good for him since he feels so bad. But, remember, a drunk, when he is recovering from his alcohol, has a "hang-over" as a sign of improving health. Remember how much better you feel just **after** you vomit? Once that body begins to approach perfect, by the numbers, he will feel better than he has in a long time. He will have more energy from less and less food. There will be no body odor. Bowel movements will become natural and almost odorless. This shift can take from as little as a few weeks to as long as several years with those whose systems are depleted of minerals and highly toxic. But, when the numbers are moving toward perfect, there is one thing he knows: He is on the way up instead of down and out.

18. There are some energy losses that diet will not correct. Less than 1% of people have a brain tumor in the part of the brain in which the vagus nerve finds its source of electrical impulses which causes the vital organs to function normally. There is a possibility that one of the branches of the vagus nerve to one or more of the vital organs is damaged so that the message from the brain does not go through to that vital organ. In either case, the diet or medicine will not change this person. Only a miracle can help him.

19. Inherent weaknesses have often been handed down from generation to generation, as in my case, because of a lack of variety, improper eating habits, and not taking proper care of the body. A lack of calcium in the mother produces a calcium weakness in the baby. Carey Reams has stated that a deficiency in calcium will mean a deficiency in oxygen, and a deficiency of both means a weakness in attitude. **This person does not have the intestinal fortitude to eat what he dislikes.** The dining table becomes just a filling station to him. He eats too much of one thing and not enough of another, thus becoming a "junk-food junkie." Carey Reams says that any food can be considered "junk food" when it is in excess, abused, misused, or intemperate. A 16 oz. steak, eaten twice a day, is junk food. When people eat only the foods they like, and avoid the foods they dislike but need, there is soon a breakdown in the organ which needs the minerals in those foods to maintain itself in perfect condition. If the mineral to maintain the nerve sinews is not adequate, then the messages from the brain do not go through the capillaries in that organ causing a painless degeneration to start which may be present for years before it is discovered! Unless the blood is circulating perfectly through the capillaries, it cannot carry the mineral needed to maintain the perfect health of those capillaries. Too often, this is discovered too late for recovery. Since disease strikes in the weakest part first, it will strike in the area that has the greatest mineral deficiency. It is well known that the various organs are made up of a variable ratio of some 66 different elements. Therefore, it is very common to have deficiencies in any number of organs at the same time. All too often, a pain in one area is the result of a disturbance in another organ of the body. How does this happen?

First, because the liver does not have enough water and calciums to maintain gastric juice strong enough to extract the mineral energy from the diet. The lungs, being one of the most delicate organs in the body, will be among the first to decrease their efficiency because of lack of minerals. Then the oxygen does not get to the liver to help manufacture some 5 billion enzymes needed daily to maintain perfect health. During our lifetime, the liver manufactures approximately 6 billion different kinds of enzymes. For any given day, at least 5 billion enzymes are required to keep us in vibrant

health and our numbers perfect. Certain enzymes are required for infancy that are not needed in later age. Other enzymes are needed when coming into puberty and into adulthood, and still others at senior citizen age. Herein lies the one billion enzyme difference in our body functions at various ages. All forms of "drugs" that do not contain the minerals in which our bodies are dificient, damage the most delicate organs, which are the lungs and the brain, often giving a very false feeling of well-being. This feeling leads people to believe that they are more intelligent and that their thinking is clearer than it really is. The very opposite is true! As the lungs begin to lose their ability to take oxygen from the air, a very slow process of mental retardation sets in. This affects grades in school, promotion in business, and efforts to succeed, and one will not be able to reason why. Most people will become more difficult to get along with and many border on schizophrenia. All together, this affects their income and consequently, they never seem to have enough money to meet their wants or expenses. Many turn to crime at this point. Lack of variety of foods is just as damaging to the body as drugs. In either case, the body loses energy and becomes weaker, not wiser. The weaker anyone is, the less faith he has in God, his fellow man, and himself. The less faith he has, the less works -- all because he is becoming weaker, and the weak cannot do the work of healthy people.

20. In reviewing this book, Dr. Reams wants it understood that all drugs are "chemical therapy." It has never been established that the cancer treatment known as "chemotherapy" has ever cured any cancer or that it extends the life of the cancer patient appreciably; "Chemotherapy" is not a natural healing method and it almost always destroys the liver of the patient. Both "Chemotherapy" and "atomic radiation" are based upon an erroneous premise as to the cause of cancer. In this case involving Dr. Reams and Nord Davis, the "chemotherapy" treatments were very painful for the two year old child, cost more than $15,000, did no good whatever, and, as brought out in Court, a final lethal dose was given by the attending physician (100 mg. CYTOXAN) which caused its death. No charges were ever placed against the physician.

21. Since the conviction of Carey Reams and Nord Davis, for conspiracy to practice medicine without a license, the Medical establishment has temporarily succeeded in stopping the use of the RBTI nationwide. While we do know that some of Dr. Reams' students do run these tests, we may not lawfully give out their names until we have evidence that they are working under the authority of a licensed professional in any particular state. Every effort is being made to establish a research foundation, first in scattered places across America, and then eventually in some 2,000 locations where these **RBTI** tests can be lawfully run and a diet prepared therefrom. This takes time and money, and at this printing, we do not have any of these locations established. However, you can help me establish a mailing list of interested persons by writing here to THE BOTTOM LINE and requesting that your name be added to the mailing list to receive information on the location of the nearest **RBTI** research facility set up in your area. Please be patient for a reply.

22. Dr. Reams is forbidden by the terms of his probation to teach the **RBTI** to anyone except medical doctors. There are a number of his students who have jumped into this void and are teaching the principles of the Biological Theory of Ionization. Reports on these classes are being carefully watched for, first the accuracy of the science, and secondly, the legalities involved. Just as soon as it can be determined that both of these criteria have been met in a professional and legal way, those on THE BOTTOM LINE mailing list will be notified of these classes and the cost. Let me know if you are interested in taking the **RBTI** course.

23. In this battle, there are no heros, for each of us does what he has to do under the circumstances and in the situation he finds himself. For any who may be motivated to write, there are only two people with the authority to annul this unrighteous conviction: Mr. Ken Pike, Deputy District Attorney, Riverside, California, and Governor Jerry Brown, Sacramento, California. For more information concerning this most unusual case, write Nord Davis for the "Conviction Packet" and send $1 to cover printing, postage and handling to Box 29, Topton, NC 28781.

STAMP

The Bottom Line
P. O. Box 1753
Fort Walton Beach, FL 32549