

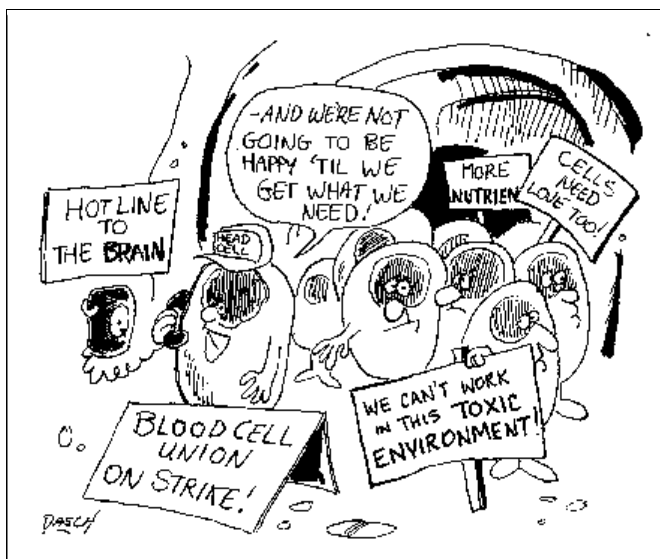
Sharing Health From The Heart

Issue 1

WELCOME TO OUR FIRST ISSUE

What's it all about? It's about all of us *sharing* what we've learned on our journey to better health—what has worked, what hasn't and what are some of the pitfalls? For us the first step was taking responsibility for our own health. We learn from and work with health professionals but ultimately we take responsibility for our personal health and well-being.

Who are we? Sharing Health From the Heart Inc. is dedicated to bringing you articles to help you maintain or regain



your health. We recognize the importance of addressing emotional and spiritual issues as steps to living a full and healthy life. In addition, we will bring you leading-edge information about the use of electricity for health.

Sharing Health From the Heart Inc. brings you books and videos with state-of-the-art information to inform you of the simplicity of applying gentle currents of electricity for health. We also recommend carefully selected books to help you make decisions to enjoy vibrant health—educational materials and therapies that we've personally found to be particularly helpful.

We're all researchers who take responsibility for our health. Please keep us informed about your experience with The Beck Protocol. Like many of you, each of us has tried an enormous number of products and spent huge sums of money before discovering simpler natural therapies.

We're here to report honestly on our product and protocol research. That is our promise to you!

WHY ARE WE GETTING SICK?!?

Have you noticed it's getting harder to be healthy? We sure have. We rely on air, water and food to sustain us. The quality of our air, water and food has changed. We don't notice when we consume a pollutant here or an additive there—they don't seem to harm us. Eventually, however, the pollutants and additives along with stress add up—to the point we get sick. Let's look at a few of the reasons:

AIR: We might as well all call ourselves "smokers." As a result of deforestation and industrialization, the air we breathe today has a mixture of thousands of different toxins in it. Not only that, but the air has about 30% less oxygen than what we enjoyed 200 years ago. One source put it another way, the amount of CO₂ in our air is increasing by 6.6 billion tons per year. Fallout from nuclear testing and nuclear accidents like Chernobyl and the smoke and particles released from massive fires like the oil fields in Kuwait all pollute our air. We all inhale the air surrounding this planet. Evidence of our air pollution is found even in pristine areas in the far north. As glaciers recede, tests on recently exposed soil indicate industrialized pollutants. As individuals we add to the mix with our automobile and lawn mower exhaust. So even though we don't roll our air into cigarettes, we do inhale it.

WATER: Chemical fertilizers and pesticides leached from our soils often find their way to our drinking water. In addition, heavy metals from industry may contaminate both our ground and surface water. The relatively stagnant nature of our water delivery systems encourages the growth of microbes. Then we add toxic chemicals like chlorine or chloramine to this soup... We call it drinking water!

SOILS: Dirt is dirt or soil is soil. Or is it? Most of our soils are sadly anemic. That means, just like many of us, they're tired. Why? Chemical fertilizers have created nutritional deficiencies. The vegetables and fruits are then as deficient in nutrients as the soils that nurture them. This makes them prey to bug infestations—just as a weakened body plays host to beasties like parasites and viruses. We spray layer after layer of toxins on the plants to kill bugs. Now we have a double whammy to deal with—fewer nutrients to help our immune systems wrestle with an increasing load of toxins.

FOODS: At the turn of the century, about 90% of the food available went from the farmer to the table—unpacked and unprocessed. Today, it's the other way around, about 90% of the food in a supermarket is dead—packaged, refined and stripped of nutrients. Once eaten, our cells have to struggle with the foreign invaders—additives such as coloring, sweeteners, flavorings, and

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WHY ARE WE GETTING SICK?!?

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preservatives. Add to this insult hybrid forms of grains, vegetables and fruits developed for storage potential or resistance to bugs rather than for nutritional content. Then there's the cruel way animals are raised in crowded, confined circumstances and injected with a concoction of antibiotics and hormones. Diseased meat and poultry often pass inspection and land on our dinner plates.

STRESS: Many of us are running on a treadmill. To maintain a high standard of material living, family life often suffers. Life becomes a round of work, eat and not enough sleep. Recreation and relaxing activities are sandwiched into weekends.

With all this we expect our body to build healthy cells. It's enough to make a cell up and quit or make us sick! Which brings us to the question: *What is sickness or disease?* If we don't understand the disease process and how we create it, we put a label on the disease and look for drugs, surgery, herbs and vitamins to cure it. Oooops, in our society we can only give drugs and surgery credit for curing diseases—not vitamins, herbs or other therapies. The natural health movement has helped many of us recognize how we create disease. Over time, we give our bodies too many toxins to deal with and too few nutrients to build with. Our cells are overwhelmed and body tissue breaks down. Voilà, we get sick!

Are we depressing you yet? Then we better not mention: Electro-magnetic radiation (EMR's) from power lines and a myriad of electrical appliances including computers and cell phones · Lots and lots of synthetic materials and glues to build houses and furniture · Cosmetics and body care products with harmful additives · Mass vaccination programs · Mercury amalgams in our teeth · Overuse of antibiotics · Lack of exercise. Whew!

Where is the love in this world we have created? Our food and product supply is driven solely by profit. We must all start caring ... caring about ourselves, our families, our community and our earth. We need to support people and companies that care by purchasing their products. One example is to buy organic.

Television programs have aired disinformation in an effort to convince us that organic foods are not superior to those produced using chemical fertilizers and pesticides. We need to ask: "Is this information for my benefit or the benefit of a company that produces fertilizer or pesticides?" Who funded the research?

We understand that you may be feeling overwhelmed at this point. In our journey to better health, we've found knowledge is a good starting point. Frustration comes if we feel we need to act on new information all at once. Our experience has shown us that making one small change at a time is best. That's the way most of us learned to walk—one step at a time. Sometimes the change hasn't stuck and we've reverted back to less desirable habits. Eventually, however, a change stays with us and many small changes over time add up to a big difference.

Here's our goal with *Sharing Health From the Heart*: In this seemingly crazy world, we will bring you simple steps and provide information to help us build health and survive this wonderful and challenging time.

Three books provide an excellent guide on how to eat and cook for health

Pro-Vita Plan! by Jack Tips, N.D., Ph.D. Tips has both a clinical and research background. He reveals his finding that all but one of his patients proved to be protein deficient at the cellular level. Whether a heavy meat-eater or a vegetarian, cells are starved for protein. (That probably means us too folks!) He describes a system of eating to get protein (amino acids) to the cells in order to increase our energy and help regain our health. Excellent section on how our choice of fats leads to either health or disease. Order from Apple-A-Day Press, 1-877-442-7753 or 512-328-3996.

Nourishing Traditions by Sally Fallon, M.A. with Pat Connolly and Mary G. Enig, Ph.D. Subtitled: *The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats*. A cookbook with a wealth of nutritional information with tips and quizzes to help you select and prepare foods. Fallon describes how traditional ways of preparing and preserving foods improves digestion and enhances the availability of nutrients to improve our health. This book as well as Tips' could revolutionize the foods you choose and how you prepare them. These two books complement each other on all the essential points of both choosing and preparing our foods. Order from New Trends Publishing, 1-877-707-1776 or 574-268-2601.

The Metabolic Typing Diet by William L. Wolcott with Trish Fahey. One person's poison is another person's medicine. This book explains why! This book gives three effective steps to ensure your food choices lead to better health:

Step 1: Discover Your Metabolic Type. A revolutionary self-test is included to help you quickly and easily identify your "metabolic type."

Step 2: Identify the Foods That are Precisely Right for You. Outlines the foods that you need for your metabolic type.

Step 3: Fine-tune Your Diet for Added Precision. How to modify your dietary needs with amazing accuracy and change as you progress.

"If I have the belief that I can do it. I shall surely acquire the capacity to do it even if I may not have it at the beginning."

Mahatma Gandhi

Please note that information contained in this newsletter is a sharing of ideas. You must activate your own "truth detector" to decide if what is shared is truth for you. It is not to be construed as medical advice. Government regulations state you must consult a medical doctor for any disease.

What is the Difference Between Bob Beck's Blood and Tissue Electrification Units and Frequency Units?

Bob Beck applied his genius to designing units that would create microcurrents of electricity in either blood or lymph and tissue. The research at Albert Einstein College of Medicine in New York that caught his attention in 1992 was based on applying a gentle level of electricity—50 to 100 μ A (microamperes) to blood in a petri dish. When this current was applied viruses, bacteria, and other pathogens were neutralized so they could not attach to or enter the cells.

Bob Beck designed a unit to apply microcurrents to blood in a noninvasive way, or without a surgical procedure, to allow each of us to use this technology in the privacy of our homes. The original research intended that the microcurrents would be applied to blood while it circulated outside the body. Beck's blood electrification specifications are designed to deliver between 50 to 100 μ A to the blood while wearing electrodes on the skin over the two arteries on the wrist. The blood electrification unit actually outputs 3 to 7 mA (milliamperes) to overcome the skin's natural resistance and to ensure the correct level of microamperes are delivered to the blood. (This is less than a heart pacemaker which outputs up to 10 mA.) In order to penetrate the skin, the unit outputs from 27–31 volts of alternating current. The frequency emitted by the blood electrification unit is 3.92 Hz which is one half of the earth's frequency of 7.83 Hz. Microcurrents rather than frequency is the basis on which the unit is effective.

Hulda Clark's Zapper is designed to deliver frequency to boost health. Everything, either animate or inanimate, is made up of atoms. Electrons or particles of energy rotate around the nucleus of atoms at particular energy or frequency levels. The movement of these atoms create vibrations. Even though these vibrations are often invisible to the human eye and ear, delicate instruments have been developed to measure them. We measure the speed or wavelengths produced by these vibrations as frequency. We are able to either see or hear frequencies only when the vibration produces sound in the audible range or light in the visible range. Sound has a lower frequency than light.

Georges Lakhovsky and Royal Raymond Rife are considered the forerunners of today's frequency research. Their reported use of frequency, however, differs. Georges Lakhovsky published his findings in the 1920's so we have a record of his work. He was successful in using frequencies to reverse cancers in plants, animals and humans. He reported, "The remedy in my opinion, is not to kill the microbes in contact with the healthy cells, but to reinforce the oscillations of the cell..." Lakhovsky's Multiple Wave Oscillator generated frequencies up to 150 MHz. Every frequency generates additional frequencies in a specific series above the original frequency. These are known as harmonic frequencies. Lakhovsky stated: "The main thing is to produce the greatest number of harmonics possible."

Rife was a contemporary of Lakhovsky. Most reports on the work of Rife indicate his efforts were directed to destroying the microbes associated with specific diseases. Records indicate he was highly successful in reversing diseases but he recorded only the settings he used and not the exact frequencies that destroyed

specific pathogens. Ed Skilling, a noted frequency researcher, who studied Rife's work soon after his death, contends that Rife's frequencies were largely effective for the healing harmonics they produced—the same way in which Lakhovsky was successful.

Hulda Clark initially developed the Zapper to destroy microbes. Hulda Clark states in her books that the Zapper's frequency output of 30 kHz or 30,000 Hz will kill a wide range of parasites, bacteria, and other pathogens. Other researchers have commented that the frequency of the Zapper is not capable of penetrating the body. Many people, however, report health benefits from using the Zapper—on themselves and on their pets.

So how might the Zapper work? If the frequency is not capable of penetrating the body, it may work as a result of the frequency travelling along the skin and stimulating the acupuncture points in the body. This can promote a wide range of healing—acupuncture is a very powerful method of stimulating the body to heal itself.

In 2002, research by Professor Henry Lai of the University of Washington indicates that microcurrents even though minimal may be effective. The Clark Zapper they tested proved safe on white blood cells while the Zapper slowed the growth of leukemia cells in culture in the laboratory. The results of this study are startling and indicate there should be a great upswing in research into microcurrent research. The Zapper indicates effectiveness with a microcurrent output of only 0.14 milliamperes. This is much less than units used in The Beck Protocol yet even this output proved to be effective in the laboratory.

All AC microcurrent units produce a frequency and all frequency units produce microcurrents. The Beck units are designed for a safe and effective level of microcurrents. The frequency emitted may also be helpful. While the Clark zapper is designed to output specific frequencies for health, the microcurrent output, although minimal, is probably contributing to the effectiveness of the unit as well.

Gary Wade, a physicist, has published several papers describing in detail his theory of how frequencies work to destroy pathogens in the body. Rife's legacy proved that every microorganism has at least one ultrasound frequency that destroys it. Wade describes how the construction of the protein coating on viruses and bacteria make this outer layer easily disrupted by mechanical vibrations. This is why ultrasound vibrations are so effective in disabling pathogens. Once the outer protein coating is disrupted, the virus or bacteria loses its ability to attach to or enter a cell. Wade further explains how ultrasound frequencies acting on the skin, the ions in cellular water, and the cells cause the skin, cellular water and cells to generate a broad band of very gentle ultrasound frequencies. These gentle ultrasound frequencies produced within the body act to disrupt the protein coating on the pathogens. This means that a frequency that only acts on the skin is still capable of creating ultrasound within the body to act on pathogens.

Wade explains that pulsed intense magnetic fields also work to create ultrasound frequencies in the body to neutralize pathogens. This offers another explanation for the effectiveness

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THE DIFFERENCE ...

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of the magnetic pulse generator that Bob Beck developed to create microcurrents in tissue. The magnetic pulse generator when used over lymph nodes, or anywhere on the body, induces microcurrents within tissue. Beck designed the unit based on the research that microcurrents neutralize parasites, viruses, bacteria and other pathogens. According to Wade's theories, pulsed magnetic fields may also be effective by creating ultrasound frequencies in tissue that destroy the outer protein coating on pathogens. (Sound frequencies above 20 kHz or 20,000 Hz are considered ultrasound.)

Whether it's microcurrents or frequencies that are neutralizing or disrupting the outer coating of the pathogens, the result gives our immune systems a better chance of clearing these pathogens from the body. The important point is the body heals itself. We're finding effective bio-electric tools to help the body do that. Microcurrents, as in the levels produced by the units developed by Bob Beck, seem to offer a more immediately powerful approach than frequencies. It is up to each of us to decide what we want to try. It is also important to remember that natural health therapies are meant to stimulate the body to heal itself. That means that what works for one person may not be the answer for another.

Adverse Reactions: As pathogens die off, they must be eliminated from the body. If the liver, kidneys and colon are not working efficiently enough to get rid of the toxins quickly, one may develop flu-like symptoms. It is important to drink enough water to help flush the toxins from the body. In order not to overwhelm the elimination channels, especially with The Beck Protocol, it is best to start electrification slowly. It may be best to start with only 20 minutes daily and gradually increase the time to two hours.

While many people report how either electrification or frequencies have helped restore their health, ***we think it is important to keep in mind that with every protocol there are a few that react adversely.***

References:

"Curing Cancer with Ultra High Frequencies," George Lakhovsky, *Radio News*, February 1925.

"Low-intensity electric current-induced effects on human lymphocytes and leukemia cells," <http://www.drclark.net/news/lairsearch.htm>

"Exciting Possibilities in Pulsed Intense Magnetic Field Therapy—A Physicist's View" Gary Wade, *Health Freedom News* Aug/Sept 1998.

We are dedicated to bring fresh viewpoints, tools, and up-to-the minute health research to help each of us build a better life, discover our truths, and live from our hearts ... in these rapidly changing and challenging times.

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THE BECK PROTOCOL

How does electrification work?

Bob Beck based his research on US Patent #5,188,738—filed by the medical doctors who found that microcurrents of electricity neutralize viruses, bacteria, and other pathogens in blood in the laboratory. When we use the Beck protocol, we're attempting to neutralize pathogens while the blood, lymph and tissue are still in our bodies. For blood electrification, the electrodes must be placed accurately—directly over the arteries—in order for the electricity to penetrate the arteries. Some have mistaken the blue veins showing on the wrist for arteries. Arteries are pulse points and do not show like veins.

Remember, blood in the body is not in a sterile controlled laboratory and, therefore, is subject to all the conditions that affect us—physical, emotional, mental and spiritual. As with any therapy that works with the body's natural processes, we need to make lifestyle changes for lasting results. Without change, our cells will still be subjected to the stresses that created the disease.

Can I take food supplements while using the units?

Microcurrents of electricity may make the cells walls more permeable than normal—often referred to as electroporation. This is only in effect while actually using Beck's blood electrification unit. The cell walls go back to normal quickly after a session. Ionic/colloidal silver and ozonated water do not create electroporation.

We feel it's important to continue to give the body the nutrients it needs. We continue to take food supplements—even herbs while using the units. We make sure the supplements we take are natural sources rather than the high potency synthetic sources. If you have any doubt about the potential toxicity of a food supplement or herb if it is magnified, consult a knowledgeable health practitioner.

Bob Beck warned that drugs—both pharmaceutical and recreational—may be even more toxic if magnified. If you want to use the units while on a mild prescription drug, Bob Beck suggested in his workshops to take the medication shortly after a session and then wait 24 hours before the next session to give time for the drug to be reduced in the blood. We still don't recommend using the Beck devices if taking any prescription drugs. See a health professional for advice. Avoid nicotine, caffeine, alcohol and sugar as well.

The Four Parts of The Beck Protocol

1. Making and drinking ionic/colloid silver—a natural antibiotic.
2. Blood electrification using a bio-stimulator unit.
3. Lymph and tissue electrification using a magnetic pulse generator.
4. Drinking freshly ozonated water to help flush out toxins.

With this protocol, it is important to drink plenty of water throughout the day; avoid potentially toxic substances such as prescription drugs, alcohol, caffeine, sugar and tobacco. It is also advisable to consult a health practitioner about a program to cleanse and strengthen the kidneys, liver and intestines. These are key organs in helping the body get rid of toxins during electrification.