

# Sharing



# Health

## From The Heart

Issue 2

### 12 STEPS TO CREATING HEALTH

**C**reating health is a process not a destination. We create either health or disease with the things we do every day. In other words, if you take steps every day to create health, you will be healthier. If the steps you take daily create disease, you will be eventually be ill. If you have a destructive habit, start incorporating these 12-steps into your life rather than struggling to quit the habit. You'll find the habit will fall away when you have strengthened yourself and learned everything it has to teach you. If you take a backward step, do not use it as a reason to quit or give up. Take heart, forgive yourself, and put your attention back on the steps to creating health.

**1 Feed your body.** Most of us eat plenty yet our bodies are starving. The body starves when it is fed dead foods—processed foods with sugar, flour and rancid oils. To create health, the body must have a rich supply of nutrients. The best way to feed and build the body is by juicing, juicing, juicing ... fresh green vegetables; eating organic foods; taking natural supplements, enzymes and pro-biotics. Read *The Pro-Vita Plan!* by Jack Tips, *Nourishing Traditions* by Sally Fallon and *The Metabolic Typing Diet* by William Wolcott with Trish Fahey for an eating program.

**2 Drink lots of water.** Most of us drink lots yet our bodies are thirsty. Water is needed to flush toxins from the body and carry nutrients to the cells. Coffee, sodas and alcohol actually dehydrate the body—there is no substitute for water. “You are not sick, you are thirsty!” says Dr. F. Batmanghelidj in *Your Body's Many Cries for Water*. Drink 8 glasses of clean, purified water every day. If needed, add a slice of lemon for zest.

**3 Oxygenate your body.** We all breathe yet our bodies are oxygen deficient. Cells deprived of oxygen become diseased. Athletes have discovered how quickly injuries heal with adequate oxygen. To flood your cells with oxygen, you can drink freshly ozonated water and breathe deeply. A video, *Body Flex* (800-695-8748) demonstrates an excellent breathing routine for oxygenating the body.

**4 Move your body.** Exercise is crucial to moving nutrients into and toxins out of our bodies. Exercise stimulates the lymph, increases oxygen, and encourages bowel movements. The lymph is key to removing toxins from the cells and dumping them for removal from the body. If exercise is too vigorous for your level of health, you will stress rather than strengthen the immune system. Do what you can to

start—exercise can be as gentle as a walk around the block.

**5 Detoxify your body.** If the bowel is underactive, toxic wastes are absorbed back into the bloodstream; if the liver is toxic it can't process nutrients or neutralize toxins; if the kidneys are overloaded they weaken; if heavy metals are in the body it cannot heal. Parasites feed and thrive with weak body organs. These organs need to be cleansed and rebuilt. There are many herbal products to help do the job. For a deeper level of cleaning and building, it may take several programs. For natural products we recommend Standard Process Laboratories (1-800-292-6699), Systemic Formulas (303-703-3740) and American Botanical Pharmacy (310-453-1987).

**6 Get the mercury out!** Metals in the mouth are a major cause of illness for many of us. Mercury—an extremely toxic metal before it goes into the mouth and when it is taken out of the mouth—is supposed to be safe while in the mouth!? Find a biological dentist that knows the procedures as mercury must be removed carefully. The mining industry uses microbes to break down metals. Candida is specific to mercury. It may, therefore, be important to eliminate mercury and other heavy metals before dealing with candida and other microbes. (DAMS: 1-800-311-6265).

**7 Rest your body.** We have become sleep-deprived robots! The body needs rest, rest, rest ... to repair itself. Wind down in the evening to ensure a sound sleep. To prepare for sleep, listen to calming music, read something uplifting and don't eat before bed.

**8 Tune in to yourself.** It's easy to block out our feelings, our fears, our loves, our concerns. Negative thoughts or feelings aren't bad, they're only badly handled. Take time to honor yourself. Listen to understand yourself and what your body is telling you. Learn how to handle your thoughts and feelings in a loving way. Accept them to discover what you need to learn—a first step to stopping the turmoil inside ourselves. A practitioner, a 12-Step program, books, friends ... are some sources of help.

**9 Recharge the body electric.** The Beck Protocol of blood electrification, magnetic pulsing, ionic/colloidal silver and ozonated water is a research program that helps many people. Theoretically, the program neutralizes pathogens and works by revitalizing the body's electrical system. Applied Kinesiology and live-blood cell analysis using a darkfield

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# THE SCOOP ON IONIC/COLLOIDAL SILVER

Colloidal Silver isn't a new discovery. In the early part of this century it was used extensively by the medical profession in the United States for bacterial infections. It is often referred to as nature's antibiotic. It was reported to be expensive to produce and difficult to store, so when antibiotics were developed in the late 1930's they quickly replaced colloidal silver.

Here's an intriguing story about the hidden past of colloidal silver in Europe: "During the 1950's the proliferation of Nazi technology in chemical and biological warfare had spread like wildfire around the world. ...

"There is little defense against this kind of attack, and what few antidotes exist are withheld from the public as military secrets. One of the best examples of this is Movidyn, a substance that the Soviets discovered in their satellite state of Czechoslovakia way back in the 1950s. Movidyn is a form of colloidal silver. ...

"To the astonishment of the Soviet military, Movidyn also disinfected every germ warfare bacteria in the Soviet arsenal, even the newest designer poisons. In other words, Movidyn was *too* good. ... To this day, the Movidyn formula seems to have been suppressed from the world, ..."

From *The Secret War Against the Jews*, by Mark Aarons, St. Martin's Press, 1994

## How does Ionic/Colloidal Silver Work?

The theory is that silver in ionic or colloidal form blocks an enzyme on the cell wall that germs require for metabolism and survival. This enzyme is common to viruses, fungi, bacteria, and parasites. It does not affect enzymes required for tissue cells in the body.

**Colloidal Silver acts as a back-up immune system:** "Taking sufficient daily Colloidal Silver is like having a second immune system. It acts parallel to and independent of the body's own first line of defense."

Note: The above quote is from *Colloidal Silver and You...*, a booklet published by the Silver Education Coalition in Salt Lake City, Utah and endorsed by the Utah Silver Institute. It has a lot of gems of information about the uses of silver colloid. We do not have contact information for them.

Here's a **favorite story** from page 38 of the booklet: "Jill forgot to provide for her goldfish while on vacation. Upon her return she found them floating belly-up in some very stinky water. She changed the water and put the limp fish in the fresh water,

instead of the toilet, to give them one last chance. They didn't improve. She thought of Colloidal Silver, and added a few drops to the fish tank. Very soon, the fish were swimming merrily, and have been ever since."

## Medical Uses of Silver:

Since 1884, a dilute silver nitrate solution has been placed in the eyes of newborn infants virtually eliminating a disease that caused blindness in newborns. In 1884, Dr. F. Crede, a German obstetrician was the first to try this solution.

In 1968, silver was combined with sulfadiazine to produce a drug that is 50 times more powerful than sulfadiazine on its own. It has become the most widely used drug for treating burn wounds.

Research shows silver promotes the production of new cells so increases the rate of healing in both wounds and bone. Regeneration of whole areas of skin has been accomplished with silver treatments.

More recently, two companies have gained government approval for the use of silver in bandages to clear infections—Maersk Medical in England and under the name Silverlon® in the U.S.

## The Importance of "Colloidal" and "Ionic":

The body's most important fluids, the blood and lymph, are ionic and colloidal in nature. Therefore, it's easier for the body to use and assimilate a substance in these forms. Colloidal simply means a suspension of ultra-fine particles of one substance, suspended by an electric charge in another substance. With ionic/colloidal silver, ultra-fine particles of silver are suspended in water.

Modern-day units to make ionic/colloidal silver produce a largely ionic form of silver if a constant current is used or if the conductivity of the distilled water is increased by heat rather than by adding salt. In the ionic form the particles are simply an electronic charge. The particles are so small that size is not a consideration. In this form silver will not build up in the body, as the ions resemble the mineral form provided by plants. In ionic form, the cells readily use silver as a nutrient. With the colloidal form it is important the particles remain small enough for the body to readily use. When salt is used, silver chloride is formed and the particle size is larger. Used on a long-term basis, this could result in argyria. Argyria is a darkening of the skin that occurs if the lymph can't handle larger particles and pushed them out through the skin.

## References:

*Colloidal Silver, The Antibiotic Alternative*, by Lloyd Michael Canty and Zane Boranowski, 1994.

*Silver Facts*, from The Silver Institute, Washington, DC

*Colloidal Silver and You...*, The Silver Education Coalition.

*Bio/Tech News*, Special Report, "Hi-Yo Silver!" 1995.

"Silverlon®—The Amazing Contact Dressing For Many Kinds of Medical Applications, *The Spectrum*, April 4, 2000.

"The Role of Bacterial Control in Woundcare Beyond 2000,



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# THE BECK PROTOCOL

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## How long do I need to use the protocol?

Most report definite improvement after four weeks. Four weeks, however, is not long enough to clean up the blood and lymph and strengthen the immune system to the point it will fly when the use of the units are stopped. Dr. Carla Bozajeski, a naturopathic physician with extensive experience using the Beck units, says she asks all her patients to devote at least 90 days to any therapy.

Many of us are learning we need to do The Beck Protocol for many weeks before taking a break. When discontinuing the use of the Beck electrification units, it is best to continue drinking ionic/colloidal silver and ozonated water for a longer time. If all 4 parts of the protocol are discontinued at once, the immune system may not be ready to deal with the toxins without some support and symptoms will again flare up.

Those who do experience dramatic results within four weeks have usually already made the necessary changes in their lives to regain health. In these cases, The Beck Protocol has been the boost needed to overcome their problem. One example is the fellow who found drinking freshly-made colloidal silver allowed his body to shuck off all the debilitating symptoms of Lyme Disease. His testimonial stated that he had made lifestyle changes and had been working to keep his body healthy for many years prior to the tick bite. His immune system was strong enough so the colloidal silver was all his body needed to regain health. It hasn't been so easy for others.

William's testimonial is another dramatic example. After three weeks of following the Beck protocol, a blood test indicated he was free of any cancer. Both before and after using the units, however, he made major changes in his life: lightened his work load, moved to a brighter home, and accepted the love and support of friends.

In Noreen's battle with AIDS following a blood transfusion, she was at death's door when she made major changes to her diet and lifestyle. She attributes her success in regaining her health to The Beck Protocol. She continues to do all within her power to improve her health. She has come to accept that health is a journey and that life is to be lived to the fullest each day.

We've had reports from two people suffering from AIDS symptoms who quit the protocol after only three weeks. They ended up in the hospital. It appears unwise to stop prematurely as the immune system can be overwhelmed with toxins and pathogens. Jimmy Scott, Ph.D., a practitioner who uses The Beck Protocol extensively, warns that if we stop too soon the body may have eliminated the weaker pathogens but not the stronger ones. This would leave the stronger ones free to increase with no competition from the weaker ones. Symptoms could then return stronger than ever.

## What about maintenance?

After using the units for several months initially, it is probably wise to establish a maintenance schedule. Some report they use the units for four weeks every six months as maintenance, others

one week every month or one or two days a week. The Beck Protocol units are research units so you must experiment to discover what works best for you. You may want to consult a health professional for herbal programs to cleanse and build the intestinal tract, kidneys and liver in between electrification sessions.

The Beck Protocol is proving to be a valuable tool for many of us on our journey to better health.

## What if my wrists become irritated when doing blood electrification?

It is not uncommon during the first weeks for the skin on the wrists to become irritated. Steps to alleviate this discomfort are:

- 1) Use a milder salt solution—a commercial saline solution for the eyes is very gentle.
- 2) Use a commercial conductive gel instead of salt water.
- 3) Wash your skin immediately after a session and
- 4) Use a healing oil such as vitamin E or MSM lotion on your wrist after each session. Spraying with silver colloid is also helpful.

## What about the use of garlic?

Research abounds proving garlic strengthens the immune system. Bob Beck, however, found in his research on the brain back in the 1980's that garlic has a detrimental effect on the brain. We've also learned from a health practitioner that many yoga groups and philosophical teachings caution against the use of garlic as it is known to hinder meditation. Some individuals are also more sensitive to garlic than others and may actually notice 'brain fog' after using garlic.

Here's our read on garlic. Dr. Richard Schulze—probably the foremost herbalist in North America today—tells us we've created problems because we now use many medicinal herbs as common foods. A medicinal herb, of course, should be used shorter term when needed to best benefit from it's healing qualities. While Schulze does not include garlic in this list, we suggest that it is best used as a medicinal herb. That means we would use garlic from time to time to help strengthen the immune system.

## How can I see improvements?

**Chart your progress:** One way to see the changes is to list your health issues before starting the program—no matter how small. After one month check your list for improvements.

**Blood cell analysis using a darkfield microscope:** Darkfield microscopy allows you to see graphically the changes and improvement in your blood. The blood and lymph systems are two of the main components of the immune system. They are dynamic not static. That means these fluids are either getting 'cleaner' or 'dirtier' on a day-to-day basis and either

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## 12 STEPS TO CREATING HEALTH

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microscope are two ways that indicate the benefits to the body. See the booklets titled *Electricity—For Health in the 21st Century*, *The Beck Protocol*, and the two videos. You can build your own units as the schematics are available on the web or in *The Beck Protocol* book.

**10** **Bring laughter into your life.** Laugh, laugh, laugh. Laughter releases stress, strengthens your immune system and opens your heart to love. Look for ways to react with humor. Lighten up!

**11** **Find great health practitioners** ... and keep looking until you do. Find practitioners who work from their hearts for your greatest good. I have three health practitioners who avoid fear-mongering, have open minds, are educated and loving individuals—a chiropractor and two kinesiologists, one works more with the emotions and the other is more physical. I am honored to know them. This is how you should feel about a health practitioner. All three of these practitioners use muscle testing to allow the body to tell them what is wrong and what it needs. I believe this is the future of medicine—listening to the body on an individual basis. The practice of modern medicine is based on treating an assembly line of robots—on finding one cause (i.e. HIV for AIDS) and one cure (i.e. vaccine/chemotherapy). We are not robots, we are each unique. We need to discover our individual causes and cures.

**12** **Learn to listen.** When we learn to listen to ourselves, we learn to listen to others. Contemplation is an excellent tool to learn to listen. Sit quietly with your eyes closed and sing a word that opens your heart. I use HU, but it could be your dog's name, your baby's name, God, Jesus or ... Put love into singing the word, then sit quietly and listen—for about 15 minutes. This exercise builds a bridge to tap into your inner being—to discover who you are, what you need to do, and why you are here.

To listen is to love. There is always something to learn about love. Open yourself to learn about love—to love yourself, your family, your neighbors, your co-workers. Smile at strangers—big, tall, fat, thin, odd or normal. Give love to animals—rats, birds, dogs, cats, lions, mosquitoes! Learn to love babies, old folks, young 'uns. Take the time to feel the love in sunrises, sunsets, rain, snow, sun.

*Love is what so many of us search for without realizing it is within us. Love is the true healer.*

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

## THE BECK PROTOCOL

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strengthening or weakening our immune system. While using The Beck Protocol to electrify the blood and lymph, darkfield analysis shows the improvements in the blood. Once you stop using the units, if you are not maintaining a healthy lifestyle, the blood will again become a breeding ground for viruses, bacteria, and other pathogens. Toxins from faulty diets and stress will again overwhelm the immune system.

Gaining and keeping better health is a lifestyle—it takes more than a commitment of a few weeks.

**Blood Theory:** Many who use a dark field microscope to examine blood, follow the Enderlein theory. This theory states that we naturally have a bacteria in our blood—referred to as an endobiont, protit or microzyma. If we keep our blood and body's healthy, this tiny unit of life works in harmony with us. When we die, however, it is the task of this bacteria to break us down and 'return us to the earth.' It does this by evolving into pathogenic stages that break down the body. The problem today is our lifestyles trigger this bacteria to evolve to the pathogenic stages while we're still walking around! To check for pathogenic forms when viewing blood, the blood cells are broken open to allow the contents to spill into the surrounding milieu. Under the microscope these pathogenic forms are readily visible.

**Case History:** Blood was observed four times for a young man who tested HIV positive—prior to using the Beck protocol and then at one month, two months and three months into the protocol. Before beginning the Beck protocol, his blood had lots of the pathogenic stages (octopus-like forms). After one month, the forms were still present but were not as bright. After two months, the forms had devolved back to a less advanced stage (worm-like forms). After three months, the blood was looking better with very few of the pathogenic stages visible. There was still considerable improvement needed. After taking a break, he has started The Beck Protocol again and continues to feel well.

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.



**Sharing Health From the Heart**  
is published by:

Sharing Health From the Heart Inc.

[www.sharinghealth.com](http://www.sharinghealth.com)

[www.politicsofhealth.com](http://www.politicsofhealth.com)

Published under the direction of Carole Punt.

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Printed in Canada.