



## From The Heart

### A WAKE-UP CALL

I was standing fifth in a line of candidates waiting to speak to the huge audience. I was running for public office and I was there to tell the people why they should vote for me. Suddenly I realized it was my turn to speak. A feeling of panic overwhelmed me: "What can I promise these people to make them vote for me?"

I felt an inner strength and calmness as a voice from within said, "You need only speak from your heart. Let these people know what you believe to be truth."

I walked to the center of the stage: "I believe we are here on earth for our spiritual growth. The government we form should recognize we are spiritual beings and respect our God-given freedoms."

I then outlined three principles:

#### 1) **Our government should be as small as possible.**

Why? Bigger government equals loss of freedom, loss of accountability and higher taxes. Only thirty years ago a family could live on the income of one parent—basics, holiday travel, education, medical expenses, and owning a home and car were all possible. Today that same family has to have the income of both parents as well as a high level of debt. Where do the taxes go? To organizations that take away our freedoms in the name of protecting us—organizations like the United Nations, the World Health Organization, the Federal Bureau of Investigation, the Food and Drug Administration, Health Canada. We pay to have our freedoms taken away.

If we want government to protect us and to pay for us, we create the opportunity for government to grow and control us. Smaller government means more freedom, more accountability, and lower taxes. We're kept on a treadmill that is speeding up. Will you listen to the Wake-Up Call? Will you take another step closer to your heart, to a Higher Power ... to God?

#### 2) **Our government should respect our God-given freedoms.**

To gain our freedom, we must give freedom. For example, we are fighting government bureaucracies to gain our freedom of choice in health care. We want others to give us our freedom. Are we willing to give others their freedom? Issues that push

our emotional buttons or issues based on our personal religious beliefs often limit others freedom. True freedom is allowing others to have their own beliefs. If you want your freedom, are you willing to give other's theirs?

To gain our freedom, we must also accept responsibility for our own choices. It is easy to point the finger of blame when something goes wrong. It is harder to accept responsibility for making the choice. Will you listen to the Wake-Up Call? Will you take another step closer to your heart, to a Higher Power ... to God?

#### 3) **Our government should recognize that each person has the ability to get answers from within—from a Higher Power ... from the Holy Spirit.**

This means a respect for each individual as Soul—a spark of Higher Consciousness or God. It means each of us has the ability to recognize right from wrong for ourselves. It means each of us has the ability to get answers from within to make decisions on a daily basis. It is important that government not interfere with this natural spiritual ability. It is equally important that we as individuals take responsibility for the guidance we receive and how we use it. Will you listen to the Wake-Up Call? Will you take another step closer to your heart, to a Higher Power ... to God?

After presenting these three principles, I awoke. I started my day by recording this dream in my dream journal—an important part of listening to my inner guidance. For me, a government based on these three truths would be based

on Natural or Divine law.

#### **So ... what laws do we need?**

What is necessary for government to help us keep order in society without controlling us? Most of us have no idea what laws are governing our lives. Why? Because we've abandoned common law. Today, we rely on political law—laws and by-laws formulated by bureaucrats and passed into existence on a daily



"DO ALL YOU HAVE AGREED TO DO  
AND DO NOT ENCROACH ON OTHER  
PERSONS OR THEIR PROPERTY"

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# A WAKE-UP CALL

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basis by politicians. Laws that are often pushed into existence by money or special interest groups. Laws that are not for the greater good.

In *Whatever Happened to Justice?* Richard Maybury says, "In short, we live in a world where it is assumed politicians have the divine power to make up law; they have become deities."

What is common law? Maybury explains that common law was developed by experience. As people needed to solve disputes and problems among themselves, laws based on common sense and for the greater good surfaced:

"It evolved carefully over many centuries ... By the way, I've noticed that this logic in the old common law is what causes many lawyers to become hooked on law. ... they are struck by its wondrous beauty. They know—they feel deep in their hearts—that they are in the presence of something profound. It's much the same feeling doctors experience when they study the human body, or astronomers when they study the heavens. They sense they are making contact with... what? Too bad common law is gone."

When researching common law, Maybury discovered two fundamental laws. "Two laws on which all major religions and philosophies agree. The two laws necessary for a civilization to develop and advance.

- 1) ***Do all you have agreed to do and***
- 2) ***Do not encroach on other persons or their property.***"

And, what can we do? Live our lives by doing all we have agreed to do and by not encroaching on other persons or their property.

## **Choices for the greater good**

Why are we here? The individuals who signed the Declaration of Independence must have asked themselves that question. The 56 men who signed this declaration were committing an act of treason against the Crown of England. Most of the men who signed had a family, were wealthy, and had gained the respect of their communities. In many ways, they had more to lose than gain by signing. These men knew the penalty for treason was death by hanging. They knew what they risked. They chose principle over the domination of a government that restricted their freedom.

One man is reported to have said: "My hand trembles, but my heart does not." He knew in his heart that the principle behind the Declaration of Independence was more important than his personal safety or fears. The British led a manhunt to track down those suspected of signing the document. Some, like Thomas Jefferson, had narrow escapes. "Of those 56 who signed the Declaration of Independence, nine died of wounds or hardships in the war. Five were captured and imprisoned, in each case with brutal treatment. Several lost wives, sons or entire families. All were at one time or another the victims of manhunts and driven from their homes. Twelve signers had their homes completely burned. Seventeen lost everything they owned. Yet not one defected or went back on his pledged word. Their honor,

and the nation they sacrificed so much to create, is still intact.

"And, finally, there is the New Jersey signer, Abraham Clark. He gave two sons to the officer corps in the Revolutionary Army. They were captured and sent to that infamous British prison hulk afloat in New York harbor known as the hell ship 'Jersey,' where 11,000 American captives were to die. The younger Clarks were treated with special brutality because of their father. One was put in solitary and given no food. With the end almost in sight, with the war almost won, no one could have blamed Abraham Clark for acceding to the British request when they offered him his sons' lives if he would recant and come out for the King and parliament. The utter despair in this man's heart, the anguish in his very soul, must reach out to each one of us down through 200 years with his answer: *No.*"

Each of the 56 signers was given a spiritual test. Each stayed true to their closing pledge: "And for the support of this Declaration with a firm reliance on the protection of divine providence, we mutually pledge to each other our lives, our fortunes, and our sacred honor."

The freedoms represented by the Declaration of Independence are being eroded—in all countries of the world. We are living in a time when we are again called upon to fight for our God-given freedoms. In Canada, a group has mounted a legal challenge to the government's move to push through the Multilateral Agreement on Investments (MAI). This agreement is an extension of the North American Free Trade Agreement (NAFTA). These agreements shift control of government from the people to industrial giants. We are in support of free markets and the freedom to operate a business but this is not what these agreements are about. Giant international companies now control our governments. A report questioning a high level bureaucrat during the legal proceedings in Canada states:

"The tenor of the answers of the witness and the body language of her and the observer from the negotiating team created the following strong impression: These are people accustomed to the power of the bureaucracy. The officials are in control and have been for a very long time, and expect to be for an even longer time. Their manner demonstrated the expressed position ... that all the domestic law of all nations will be changed in the face of globalization to accommodate the needs of corporations. Further, the bureaucrats have the power and, in effect, there is nothing that can stop them. ...

"The overriding impression created is that Parliament is not in control and will not be. ... Officials run the show.

"I came away struck by the enormity and extent of power and the arrogance we are confronting and attacking. Images of David and Goliath, of Christians and Lions swam in front of me. There was a distinct impression that the people running the government (whoever the government actually is) are our enemies."

(Defence of Canadian Liberty Committee Report, June 24, 1998)

***We are creating the society we live in—a society where fear and self-interest take precedence over truth and the greater good. We can change that one by one.***

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# HEIGH HO SILVER

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Read to the tune of the William Tell Overture

**W**e decided to test the ability of ionic/colloidal silver to kill pathogens in water. We also wanted to know the keeping quality of homemade ionic/colloidal silver—can it be stored for weeks and months and still be effective? Here are the results of three different tests each using three samples:

## Our Mad Scientist's Tests

**TEST 1:** Randy, our *mad scientist*, sent three 2 oz samples of water from the toilet to the lab. Both batches of ionic/colloidal silver had been made with the bring-to-the-boil method.

### Results:

Sample 1: Untreated. Measured a contamination level of 2400 Colony Forming Units per mL of bacteria (CFU).

Sample 2: One Tbsp. of ionic/colloidal silver added—this batch had been stored for 7 months and measured 5 PPM in strength. The lab found no detectable CFU. The toilet water had been sanitized.

Sample 3: One Tbsp of ionic/colloidal silver added—this batch had been stored for two weeks and measured 5 PPM in strength. Again, no detectable CFU. The toilet water had been sanitized.

**TEST 2:** Next we asked Randy to test the effectiveness of 3 Tbsp. of ionic/colloidal silver added to one gallon of water. This is the amount often recommended to purify water for drinking. The equivalent was to add 1/8 tsp of colloidal silver to a 2 ounce vial of water. Again 3 samples were sent to the lab.

### Results:

Sample 1: Untreated. Measured a contamination level of 420 Colony Forming Units per mL of bacteria (CFU)—still a high degree of contamination.

Sample 2: Ionic/colloidal silver added—this batch had been stored for 7 months and measured 5 PPM in strength. The lab found no detectable CFU. The toilet water had been sanitized.

Sample 3: Ionic/colloidal silver added—this batch was freshly made and measured 4.3 PPM in strength. Again, no detectable CFU. The toilet water was sanitized!

### Conclusion:

The ionic/colloidal silver stored for 7 seven months proved to be effective in both tests—the heat method\* produces an ionic/colloidal silver that keeps its effectiveness.

Note: Ionic/colloidal silver made by Constant Current was not tested as we did not use this method in 1998 when the testing was done.

**TEST 3:** Randy then tested colloidal silver made three different ways:

- 1) By the boiling continuously while making the ionic/colloidal silver method;
- 2) By the bring-to-the-boil and then remove from heat method;
- 3) By adding a drop of salt solution at room temperature method.

The toilet water used was highly contaminated containing a whopping 140,000 Colony Forming Units (CFU). He used only 8 drops (1/16 tsp.) of each per 2 oz of water—**only 1/2 the amount recommended for water sanitation.**

METHOD USED	STORAGE TIME	RESULTS
Untreated		140,000 CFU
Continuously boiled	10 months	No CFU detectable
Bring-to-the-boil	4 months	39 CFU
Room temp with salt	5 weeks	400 CFU

**Conclusion:** Using toilet water indicates home-made ionic/colloidal silver—especially using the heat method—is effective in killing a high level of bacterial contamination from water.

## Customer Experiments

1. Thank you Bruce for the toilet water testing idea. Bruce had the Dept. of Health in Ontario test his toilet water before and after adding ¼ tsp of colloidal silver—made by the bring-to-the-boil method—to 6 ounces of water. Before, the water tested “overgrown” with bacteria. After, the water had no significant evidence of bacterial contamination.

2. Tom recommends buying **distilled water** from out-of-state as it has to pass the more stringent Federal standards for purity—at least this is true in New York. He found the brands that had passed the Federal standards made more

effective ionic/colloidal silver.

Tom made 9 batches—5 from water that passed the Federal standards and 4 from local brands—using the hot water method. All had a yellow color. He then tested each batch using **bacterial cultures**. The 5 made with the more pure water stopped bacterial action faster than the others. Eight of the batches stopped all visible action within 15 minutes. The one batch that didn't was a dark copper color—it took almost an hour to stop the bacterial action.

To make bacterial cultures Tom mixed 1 tsp. of a septic system booster in a glass of warm water with a little honey. He says it will fizz and foam for days.

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.



"OUR MAD SCIENTIST"

# Two Models for Health

Two models for health have co-existed over the past century—the Natural Health Model and the Medical Health Model. The Natural Health Model is the older of the two approaches to health as this model dates back many centuries. During the 1900's, however, the Medical Health Model established dominance to the point where an understanding of the Natural Health Model has been lost to most of society. Here's an outline of the two models:

## NATURAL HEALTH MODEL

### What creates disease?

We create disease—how we deal with life, our lifestyle and exposure to environmental toxins over time creates disease.

### How the body is viewed:

All aspects of the individual—physical, emotional, mental & spiritual are recognized as affecting health. The body is seen as a whole. For example, if cancer erupts in one part of the body, it reflects a problem that involves the whole body.

### How do you restore health?

The goal is to learn how to create health before disease manifests. Once disease symptoms appear, radical cleansing therapies are more important than diagnosing a condition or disease. The body has the ability to heal itself if given the proper tools. The key to helping one person may not be the key that works for another, however all therapies, are a stepping stone to improving health.

### What type of research is accepted?

Creating health is a personal journey for each of us so we determine effectiveness by word-of-mouth, practitioner experience, testimonials, books, intuition, lectures, case studies and personal experience. Because everything we do creates health—rarely is it one therapy—the Medical Model for effectiveness cannot be applied. Therapies are designed to work with the body and although they tend to be safe, safety needs to be proven. Safety may be established through historical or empirical evidence.

### Who is the practitioner and what is their role?

Practitioners acquire education or training in one or more natural health approaches. The role of the practitioner is determined by the individual—they may act as the authority, as a consultant or as a facilitator.

### What is the role of the individual?

To recognize the role we play in creating health or creating disease. To seek out practitioners and therapies that help.

### What is health?

Health is having abundant energy—physically, emotionally, mentally and spiritually. Health is a long-term process and commitment.

### How does the government view this model?

Government tends to view practitioners and suppliers as quacks who prey on the sick. They risk being charged with practicing medicine without a license or shut down. Individuals are seen as gullible and desperate victims.

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**WHAT IS THE TRUTH?** Most health practitioners and suppliers within both models are caring individuals who want to help others. Proponents of each model view the other with skepticism and mistrust. Both models are valid and can provide effective health care. Both models should be allowed to exist without either model being accountable to the other. Should we as a society be able to restrict other's beliefs and freedoms? This is what is happening now. Don't we as individuals deserve better?

## MEDICAL HEALTH MODEL

### What creates disease?

Disease is often viewed as something that just happens to us—genetics and microbes dominate research into the causes of disease. Lifestyle is gaining acceptance as a cause.

### How the body is viewed:

The body is viewed in parts. Specialists become experts for a disease or an area of the body—heart specialist, brain specialist, oncologist, etc. For example, if cancer erupts in one part of the body, as long as it is treated, it is not seen as a problem for the rest of the body.

### How do you restore health?

The goal is to diagnose disease as early as possible. Symptoms and tests are used in order to diagnose a condition or disease. The emphasis is on drugs, surgery and radiation as tools used to heal the body or to manage the symptoms. Therapies that work for one person's condition must be able to consistently work for others with the same condition.

### What type of research is accepted?

Formal double blind studies to prove safety and effectiveness are the only recognized research method. Effectiveness needs to be proven because a therapy must work consistently for a particular condition. Safety levels must be established as therapies used are often toxic to the body and can do harm. Studies also help to determine side-effects.

### Who is the practitioner and what is their role?

Practitioners must qualify as a medical doctor. The doctor is the authority on what is needed to restore health and may specialize in a particular area of the body or in a particular disease.

### What is the role of the individual?

Individuals are expected to follow the doctor's advice.

### What is health?

Health is viewed as an absence of symptoms or diagnostic evidence.

### How does the government view this model?

Government tends to view the medical health model as the only legitimate approach to health care. As a result, this system has total power and control over our health care system. Medical doctors who adopt the principles of the Natural Health Model risk losing their licenses.

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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