

Kiss Corona goodbye

*Also cancer and most other health problems**

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To schedule a seminar call 262-377-2764

March 19, 2020 - I am reading an email from Citizens for Health “**Why aren’t we using high-dose IV-C to treat Coronavirus patients**”? Why? Too few doctors have read **Curing the Incurables** by Thomas Levy M.D. with 1200+ scientific references - see page 8 for diseases deemed “preventable and curable” with vitamin C. As I write this I am just over a serious viral infection that went into the lungs. Corona? Pneumonia? It doesn’t matter because God’s protocol *based on self-testing* that you will learn about in this report works for everything. At 82 my oxygen is high 90s, resting pulse 50s, and I still run. It’s about more than C. It’s about putting God back in medicine and healing back in church so we can kiss Corona goodbye – and cancer too.

Mar. 27, 2020 just reported by Dr. Mercola – “New York hospital using vitamin C for seriously sick patients” <https://blogs.mercola.com/sites/vitalvotes/archive/2020/03/25/ny-hospitals-using-vitamin-c-for-seriously-sick-patients.aspx>

To beat this last bug I did **urine pH testing** to monitor progress and test the healing powers of foods and herbs. You can learn to “**heal thyself**” if you trust God’s ways a little. Many lives may be saved. You can take approved meds and also apply these concepts (integrative medicine). Work with your doctor on this. The idea is to *let your body tell you what works and what doesn’t. Your body is your teacher.* The test takes five seconds - costs five cents.

In a nutshell - the urine pH test signals ongoing or upcoming health problems related to oxygen. It is the key to healing almost everything with the natural healing powers God put in creation or mother nature. These powers can balance body chemistry *based on testing* in ways no pill can. “Naturopathic”

doctors understand that most health problems have one thing in common sooner or later – **failure to eliminate acids which alters pH, reduces oxygen, and correlates with excessive retention of CO2 or carbon dioxide.** After years of testing patients DC Jarvis M.D., author of Vermont Folk Medicine, found that the urine pH test tells you when it's happening and alerts you *before* it happens based on principles of body chemistry.

Other doctors who work with pH have observed that *everything points to pH and oxygen* whether it's a sick child or an "end stage" patient on oxygen. No rosy cheeks – acid overload - welcome aboard Corona. The pH of body fluids is so important that Medical Physiology, a book doctors study in medical school, calls pH "**one of the most important aspects of homeostasis**".

Acid toxicity is a common story in old age as studies in the National Library of Medicine confirm, but it can happen at any age. It's about more than bugs. With low oxygen cells mutate – whoops a cancer (stop breathing to see how oxygen hungry cells feel). Immune systems become too weak to fight a virus or gobble up cancer cells. Now it's all downhill *but you don't have to go there.*

Nurses in a doctor's office use an "oximeter" to test fingertip oxygen even before testing blood pressure. You can buy one for \$20-\$40 at Amazon.com. It's a great tool to use along with urine and saliva pH testing to find out what works and what doesn't work to keep you young, healthy, alive, and vibrant!

Where do the acids come from?

Acids come from breathing (CO₂) and metabolism of foods that leave an acid "ash". Breathing and eating – we all do a lot of both. The acids are a good thing. Doctors describe the body as "acid in function but alkaline by design". Acids in body chemistry work in a "yin-yang" balance with alkaline elements, but acids can overload the system. The heavy lifting to *get the acid out* is done

by kidneys and lungs 24/7. That shows the importance of balance and buffering to maintain a healthy blood pH of 7.4. Your body needs YOU to help. Foods and drinks have a big impact short and long term on pH of body fluids.

This is the captain speaking

Sitting on top of every kidney is a “captain” adrenal or “survival” gland. They run the show with hormones that tell kidneys to go to work. Lungs help in a different way. When too acid our brains tell us to breathe faster. Dogs with more acid metabolisms pant more than we do. All biology functions within pH parameters set by earth’s north-south electromagnetic fields - the big picture.

The GOOD NEWS

Even at “end stage” when organs are failing with urine pH above 7.0 *there is hope*. Alkaline urine is reversed by naturopathic doctors in children and even with the elderly in worst case situations. Alternative cancer clinics in Mexico report that when this happens a body goes into a “healing mode”. This helps to explain some “sent home to die” patients who lived to tell about it.

THE BAD NEWS

Natural methods of turning urine pH around are not “mainstream”. Your doctor, educated in a money-based medical system, may not understand or believe any of this. Natural healing works with fresh air, water, food, sunshine, herbs, supplements, lifestyle, fasting, praying etc. Drug companies can’t make money with these things. You cannot patent a natural biomolecule made by God that’s been around since creation. It’s the competition. Are we smarter than our Creator? Some people think so. It’s time to put God back in medicine.

“You can fool some of the people all of the time, and all of the people some of the time, *but you cannot fool all of the people all of the time*” (Lincoln - 1858).

Research online but be careful

Much information about pH online and off is misleading, contradictory, and confusing. Use common sense. If people live longer who eat more alkaline fruits and vegetables and the same people get more sunshine for vitamin D to increase calcium assimilation (alkaline mineral), then maybe there is something to the “alkaline diet”? The truth is that folks in Loma Linda California are some of the healthiest in America as confirmed by the “**Blue Zones**” study by National Geographic. They age healthy, eat more raw fruits and vegetables, and get more sunshine. We can learn from them.

We can also learn from doctors like Thomas Levy M.D., of “Curing the Incurables” and DC Jarvis M.D. Chapter six of Vermont Folk Medicine is titled “**The first yardstick of health**”. It’s all about urine pH testing. After years of testing and monitoring Dr. Jarvis found “Sickness appears on an ALKALINE URINE pH BACKGROUND”. He found alkaline urine correlates with, and is a predictor of, health problems – *and also often follows stressful events*.

Before getting into how to turn a dangerous alkaline urine pH around here are more *pH basics* that you must understand.

IMPORTANT BASICS

As in a “wet cell battery” the pH of a solution controls speed of electricity. A “lead *acid*” battery moves power fast to start a car. An alkaline battery to keep an energizer bunny going and going moves power slowly over a longer time.

Body pH also controls enzyme function. Enzymes are the “stuff of life”. Even a small deviation in pH causes enzymes to become “weak or inactive” (both quotes from a college level text on Anatomy and Physiology – see References). There are thousands of enzyme systems in the body that work from digesting food to producing cell energy to maintaining healthy cell membrane permeability – *the list goes on and on with all systems pH dependent*.

Testing – Testing - Testing

All “pH” is measured on a scale from 0 to 14 with 7.0 being neutral. Above 7 is alkaline, below acid. The scale is “logarithmic” meaning 6 is 10x more acid than 7 and 5 100x more acid than 7. That explains why small changes in blood pH can make a “life and death” difference. Most doctors testing pH of urine and saliva use Hydrion # 067 from Micro Essential Labs – see Sources. The test takes five seconds and costs five cents. You may wonder why you weren’t taught this in 5th grade or in Sunday school class.

How to test

Urine – expose 1 inch of the test paper to urine midstream – compare to color code within 3-5 seconds. **Saliva** – excrete FRESH saliva in a spoon and dip pH paper in – compare to color code within 3-5 seconds. The longer you wait the more alkaline the color due to oxygen exposure and less accurate the test. Don’t worry about perfect in this kind of testing. The idea is to get a “ballpark” reading to determine a “profile” or trend in multiple tests over days.

Urine pH - what is healthy or “normal”?

The National Institute of Health gives a range of 4 to 8. Doctors who work with pH are more specific. Dr. Axe says healthy people have a urine and saliva pH in the 6.4 - 6.8 range <https://draxe.com/health/ph-balance/>. Findings from numerous sources listed in the Reference section indicate a healthy urine pH ranges from a low of 5.5 to a high of 7.5. Vegetarians and those who eat more alkaline fruits and vegetables logically have higher numbers. A healthy urine pH range means kidneys and adrenal glands are working properly *to get the acid out*.

What is the danger zone?

On the alkaline side for urine the danger zone is a **pH above 7.0 but *only if you are sick***. Alkaline urine is not dangerous if you feel wonderful. On the acid

side below 5 is considered problematic but not as threatening because the simple fix is to eat more alkaline foods and lower stress levels.

Double trouble?

Double trouble is urine pH above 7.0 (blue) and saliva pH below 6.0 (yellow). This signals low systemic oxygen combined with failure in acid and toxin elimination – a double whammy. Test saliva pH along with urine. A healthy saliva pH range is a low of 6.4 and high of 7.4. Saliva should always go up over 7.0 when salivating or eating. In this worst case “profile” the numbers and colors are upside down. A toxic gut with bacteria producing alkaline poisons like guanidine and ammonia often correlates with this profile. To turn double trouble around you may need to work on more body systems than just pH.

More important basics

1 – Adrenal glands have the highest concentration of vitamin C in the human body. Remember the first paragraph of this report and **Curing the Incurable** by Thomas Levy M.D. Knowing this little detail might save your life.

Diseases deemed “curable and preventable” with vitamin C by Thomas Levy M.D.

Polio, viral hepatitis, measles, mumps, viral encephalitis, chickenpox, viral pneumonia, herpes, influenza, diphtheria, tetanus, streptococcal infections, bacillary dysentery, staph infections, pneumonias infections. POSSIBILITIES FOR PREVENTING AND CURING: rabies, AIDS, common cold, ebola virus, TB, pertussis, leprosy, typhoid fever, malaria, amebic dysentery, Rocky Mountain fever, more including elimination of various kinds of poisons, toxins, pesticides etc.

2 – We humans do not have the liver enzyme needed to manufacture C as most animals do. We have one advantage - more brains if we use them.

3 – Adrenals are impaired by diets deficient in vitamin C. Stress can wipe out vitamin C reserves and deplete other key nutrients such as magnesium, potassium, and B vitamins. The combination of poor nutrition and stress is all it takes to create a life threatening situation at any age.

4 – Under stress magnesium is the first to go followed by potassium (Peshek – see Reference section). Sodium is retained. The result is an imbalance of sodium and potassium (N/K) the “life-death ratio”. It makes sense that one answer for weak adrenals whether from poor nutrition or mental stress is to eat more foods high in C, magnesium, potassium, and the B vitamins.

5 – Blood pressure is an indicator of the sodium-potassium ratio as well as hydration. This should be understood along with the pH story and is the subject of a separate seminar your church might choose to host.

6 – Lifestyle basics – the better job you do with clean air and water, exercise, organic whole foods, positive thinking etc., the better your chances of success in turning a dangerous urine pH and related health problems around.

7 - The pH factor is only one of several systems to learn to test and balance at home for blessed control of health. Others are digestion, blood sugar, body temperature, and blood pressure. For more details visit www.phpower.org. For information on seminars in church call 262-377-2764.

8 - *A pathway to wholeness* needs two legs - a LEFT leg for body and earthly things; and a RIGHT leg for Jesus and heavenly things. This is “God’s protocol”. God created us to be whole in body, mind, and spirit. Since God is the Source of all healing power “all that heals is holy, and all that is holy, heals”.

9 - It’s time to put healing back in churches - Matthew, Mark, Luke, John.

10 - Earthly secrets will keep us healthy so we can live an abundant life for a longer period of time. That’s good. A gospel of forgiveness, kindness, and thankfulness is also healthy. What we learn from Jesus can help to keep us healthy and alive forever. That’s wonderful.

The next page is where the joy of healing begins.

* For informational purposes. You are advised to seek professional help whenever there is any indication of a need for such services. You may share this without making changes.

Nutrition-for-life – *Pathway to Wholeness*

It's about opening the door to the healing powers of creation as unique for every person as are genes and fingerprints. The options are endless. Oxygen needs to get to the cells, CO₂ out. With urine blue and saliva yellow upon testing with #067 Hydrion test paper urine needs to come down, saliva needs to go up. A minor deviation from healthy pH numbers correlates with minor health problems, a major deviation with major ones. SYMPTOMS + NUMBERS tell the tale. Factor in your medical status. Of course work with your doctor as you try to help yourself to better health.

Maybe you've been to doctors and they haven't helped – maybe “sent home to die”. If so your survival depends on what you can do to get kidneys and adrenals working to *get the acid out* and put your body in a “healing mode”. Try to find a naturopathic or nutritional minded doctor to work with in using the strategies below but *don't rule out conventional medicine*. Just because most doctors don't understand the power of God's medicines doesn't mean they can't help. Say close to God. “*With God all things are possible*”.

Interference factors - *side effects of medications may explain pH numbers*. Discuss with your doctor. Other interference factors to success in pH balancing are mercury in teeth & tuna and dental issues; toxic gut; pesticides and chemicals; missing organs; a cantankerous mate; unforgiven trauma; laziness; hopelessness etc. You may need a life renewal but all things being equal the strategies below can be life-saving. Choose what is right for you.

Let your body be your teacher

Kits offered by The Perfect Health Foundation include DAILY pH CHARTS to correlate: 1 - what you eat and drink; 2 – your numbers; 3 - your symptoms. As you make changes with food and supplements note changes in pH, how

you feel, symptoms. Connect the dots. This is how your real learning begins going from point A, where you are now, to point B, where you want to be.

DOCTOR BY DOCTOR - STRATEGIES TO CONSIDER

Thomas Levy M.D. – Curing the Incurables – vitamin C seems to help with just about everything. It strengthens adrenal glands while serving as a detoxifier, antioxidant, and much more including cell membrane permeability in 43 trillion cells to help the good get in and keep the bad out. Omega 3 fatty acids in flaxseed oil and fish oil are also important for this function.

How much C? Per Levy a major mistake is taking too little and stopping too soon. Much of the research with C has been done with intravenous injections of large amounts. By mouth some recommend increasing amounts to the point of “bowel tolerance”. Be aware of a possible rebound effect when you stop and also possible kidney stones from oxalic acid. **RECOMMENDED** – work with a knowledgeable health professional if using quantities of C above 3000 mg per day.

What kind of C? FRESH raw fruits and veggies are a first choice - lemon, Bell peppers, berries, fresh greens, apples, oranges etc. It may seem counter-intuitive to eat more alkaline foods to make an alkaline urine more acid, but remember the adrenal/C connection. For supplements some recommend “liposomal C” for better assimilation. Others favor FOOD BASED C for bioflavonoids, co-factors, electron spin. One idea is to have three different kinds of C supplements on hand and use them all if needed. **TEST TO FIND OUT WHAT WORKS FOR YOU.**

DC Jarvis M.D. and Vermont Folk Medicine

Apple cider vinegar or ACV – recommended dose varies but a start is 1 TBS organic ACV (Bragg) with 1 tsp honey in glass of water 1, 2, 3, or 4

times a day depending on need. ACV, vinegar in kraut, green olives, pickles etc. help keep blood sugar down as does lemon and water.

Honey - recommended alternative to sugar that weakens immune systems, per Jarvis honey helps keep blood calcium levels up (big deal).

Kelp – for trace elements missing in land based foods.

Oats, barley, corn, and rye over wheat. Wheat triggers the alkaline urine pH reaction per Jarvis.

Oranges and grapefruit – use caution - test for results.

Henry Bieler M.D. Food is Your Best Medicine – taught FRESH RAW GREENS, FRUITS, VEGETABLES, SPROUTS for C and other nutrients to heal weak adrenals. “FRESH” is key because C and other nutrients decline upon picking or harvesting. A bonus is thousands of little known “phytonutrients”.

Joanna Budwig M.D. reported saving cancer patients on their deathbeds - combining sulfur containing amino acids in cottage cheese with omega 3 fatty acids from fresh pressed flaxseed oil. Her testing of blood chemistry showed the dying were deficient in these. Sulfur containing amino acids (protein) may assist in acidifying urine since protein does 75% of blood buffering per Medical Physiology. NEVER MINIMIZE THE IMPORTANCE OF SIMPLE IDEAS. You don't need a Ph.D. degree in chemistry but you do need to know how to test pH and use common sense. The more pieces of the puzzle you get right the better your chances of putting your body in a “healing mode”.

Weston Price D.D.S. – the original “blue zones” study of 14 of the healthiest people around the world with two things in common – all natural diets and SEAFOOD. Those he studied had little or no disease or dental problems and little or no need for hospitals and jails. www.westonaprice.org. If nothing else learn the value of RAW milk and dairy from healthy grass fed cows. Also read The Truth about the Weston A. Price Foundation by Dr. Joel Fuhrman M.D. <http://www.vegsource.com/news/2010/07/the-truth-about-the-weston-price-foundation.html>

Astragalus – a legume recommended by many natural practitioners as a near miracle worker for immune system support and more.

Broccoli sprouts - deserve special mention for sulforaphane, K, A, C, more.

Lemon and water – many doctors recommend starting the day with this. Some use it in a fasting program for a day or two with two ounces every hour or so, but don't get carried away with too much lemon. Citric acid can lower blood ionic calcium levels and activate the Herpes virus to give you a cold sore in minutes (Peshek). You can kill yourself on just about anything, even "healthy fruits and vegetables". Balance, moderation, and listening to your body *and to God* are the keys to survival.

Beta 1,3/1,6 glucan – deserves special mention for immune system support. This natural biomolecule found in nutritional yeast has been keeping people healthy for thousands of years. <https://www.action-inter.net/beta-1316-glucan.html>

More foods and herbs to support immunity and kill bugs of all kinds: ginger; cayenne and peppers of all kinds; cloves and oil; garlic and onions; oregano and oil; olives, oil and extract or tea from leaves...the list goes on and on.

Shotgun idea – shotguns work. Just ask a passenger pigeon. If you have a serious health issue why not take a multi-pronged approach? Don't count on just C or any one thing. God has blessed us with so many good options.

IF YOU LIKE THIS MESSAGE SHARE IT WITH YOUR PASTOR, PRIEST, FRIENDS.
IT'S TIME TO PUT GOD BACK IN MEDICINE, AND HEALING BACK IN CHURCH.

Sources

Body balancing kits start at \$24.95 from The Perfect Health Foundation. The website is www.phpower.org. James LeBeau is founder and author of the following manuals found in the kits. A detailed description can be found on the above website. **Balance Your pH** 226 pages; **Balance Your Digestion** 124 pages; **Healing Diets** with Robert J. Peshek D.D.S. 63 pages; **The Cancer Report** with Robert J. Peshek D.D.S. 36 pages.

Litmus paper to test pH – brand most used for urine/saliva testing is Hydrion 067 from Micro Essential Labs measuring from 5.5 to 8.0 on the 0-14 scale in .2 increments specific enough for this purpose. Available at Amazon.com and other sources for about \$9.00 per 15 foot roll - good for 180 tests if using about 1 inch per test.

Urine pH will fluctuate more than saliva in a 24 hour period not just from food and drinks but also reflecting circadian rhythm. Early AM tends more acid as body shifts into an energy catabolic mode- evening hours more alkaline as body shifts into anabolic “rest and recovery” mode. For more detail see the manual **Balance Your pH**.

Vitamin C and other sources

Liposomal vitamin C – websites below are great sources of information on vitamin C including protocols, risk factors, contraindications – also good sources for other health issues - <https://drjockers.com/health-benefits-liposomal-vitamin-c/>

Jonathan Landsman - https://www.naturalhealth365store.com/Vitamin-C_c_9.html

Bragg organic apple cider vinegar – check with local grocery and health food stores.

Websites worth visiting: scientific studies on what works for Corona virus - <https://www.worldhealth.net/news/scientific-look-botanical-plants-and-supplements-against-coronavirus/> More websites - www.KeepHopesAlive.org - www.drjockers.com - www.mercola.com – www.jonbarron.com – www.greenmedinfo.com.

References

Following are the primary sources used in reports, books, and kits offered by The Perfect Health Foundation. These sources are in relative order of importance. Some out of print books may be available at amazon.com.

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BALANCING BODY CHEMISTRY WITH NUTRITION - 262 pages - STUDENT'S MANUAL FOR BALANCING BODY CHEMISTRY WITH NUTRITION -171 pages -NUTRITION FOR A HEALTHY HEART - 295 pages - CLINICAL NUTRITION - 133 pages - CROSS INDEX TO DR. PESHEK'S BOOKS - 50 pages. Dr. Peshek's books are available from The Perfect Health Foundation 262-377-2764 and International Foundation for Nutrition and Health.
VERMONT FOLK MEDICINE by B.C. Jarvis M.D. published by Fawcett Crest New York ... distributed by Cancer Book House, 2043 N. Berendo, Los Angeles, CA 90027
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Published by Alternative Medicine.Com, Inc. 1640 Tiburon Blvd Suite 2 Tiburon, CA 94920

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HYPOTHYROIDISM: The Unsuspected Illness by Broda O. Barnes M.D. and Lawrence Galton, published by Thomas Y. Crowell Company New York, New York

CORRELATIVE URINALYSIS: THE BODY KNOWS BEST by Dr. M. T. Morter, Jr., BS, MA, DC. Published by B.E.S.T. Research Inc., Rogers, Arkansas 72756 (- written for doctors- Dr. Morter has a book for lay persons titled YOUR HEALTH - YOUR CHOICE published by Fell Publishers Inc. Hollywood, Florida)

TEXTBOOK OF MEDICAL PHYSIOLOGY by Arthur C. Guyton, M.D. published by W.B. Saunders Company - Harcourt Brace Jovanovich Inc. The Curtis Center, Independence Square, West Philadelphia, PA 19106

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ANATOMY AND PHYSIOLOGY by Anthony and Thibodeau -published by The C.V. Mosby Company

THE NATURAL PHYSICIAN'S HEALING THERAPIES by Mark Stengler M.D. Published by BottomLine books. More information at www.bottomlinesecrets.com

DIET AND NUTRITION – A Holistic Approach by Rudolph Ballentine, M.D. Published by The Himalayan International Institute Honesdale, Pennsylvania

COMPOSITION AND FACTS ABOUT FOODS by Ford Heritage - published by Health Research, P.O. Box 70, Mokelumne Hill, CA 95245

THE CALCIUM FACTOR by Carl J. Reich, M.D., published by Bokar Consultants, Inc., P.O. Box 21270, Wickenburg, AZ 85358, U.S. price is \$17.00 postpaid.

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NUTRITION, HEALTH, AND DISEASE by Gary Price Todd, M.D. published by The Donning Company, 5659 Virginia Beach Blvd., Norfolk, VA 23502

BODY CHEMISTRY IN HEALTH AND DISEASE by Melvin E Page D.D.S., published by Nutritional Development, St. Petersburg Beach, Florida 33706 - Price Pottenger Foundation, P.O. Box 2614, La Mesa, CA 92044-2614

THE EARLY WARNING HEALTHBOOK by Dr. V. McVerry - published by O'Sullivan Woodside & Company, Phoenix, Arizona

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PRO-BIOTICS: THE REVOLUTIONARY FRIENDLY BACTERIA WAY TO VITAL HEALTH AND WELL BEING by Natasha Trenev. Published by Harper & Row Inc., 10 E. 55th Street, New York, NY 10022 ... also available from Aurora Book Companions.

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FOODS THAT HEAL by Maureen Salaman, published by Statford Publishing, 1259 El Camino Real, Suite 1500, Menlo Park, CA 94025. Available from Aurora Book Companions

RAW FOOD BOOKS ... first recommendation is THE UNCOOK BOOK by Elizabeth and Dr. Elton Baker. Published by Drelwood Publications - distributed by Communication Creativity, P.O. Box 909, Buena Vista, CO 81211... also available from Aurora Book Companions ... see above. A second good book is EDIE MAE'S NATURAL RECIPES by Edie Mae Hunsberger ... also available from Aurora Book Companions.

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CANCER FORUM is a quarterly publication of F.A.C.T. (Foundation For the Advancement of Cancer Therapy), Box HH, Old Chelsea Station, New York, New York 10011, 212-741-2790