June 27 – July 1, 1977 7-C
Dr. Reams Biological Theory of Ionization
Dr. John Black & Doc. Reams

Tape 1 – Side A

God never repairs a damaged cell. Never! He throws it out and puts a brand-new one in its place. God is not in the second-hand parts business. You are made out of brand-new parts. You should keep them brand-new. Keep your vim, vigor and vitality for many, many years. And you know most people live no longer than they plan to live. They start early planning to live, plotting their life and their diet and their habits. Life would be different. You know, it's the easiest thing in the world to be healthy. It's the easiest thing in the world to be healthy. To be sick you got to work at it. You've got to break all the rules. You've got to get hooked on something, or inhibited by it, or tied to it. Variety is the spice of life. In a great variety there is safety.

So what I am trying to tell you, this is what the Bible message is about. It is, heal the sick. Heal the sick. God wants you to heal the sick. And some people think, oh that's just to be done instantaneously. Never, never, with diet or anything else. Do you know that the health message starts in the very first chapter of Genesis? The 28th verse. The very first chapter of Genesis in the 28th verse. We are going to have a lot more to say about that as the week goes on. But each morning, we're going to try to cover something different, so that you won't have to hear the same thing over. Then if you look in the 10th chapter of Matthew verses 7, it says, "As ye go forth, preaching, saying, the kingdom of heaven is at hand. Verse 8, Heal the sick, cleanse the lepers, raise the dead, cast out devils; freely ye have received, freely give."

So many times I have seen people actually possessed of an evil spirit that demanded the food that the evil spirit liked. They thought they could not live without it. And yet, you take that food away from that person, that that evil spirit was demanding, they call it a demon in today's language if you like, however the word demon is not in the King James Bible version. It says evil spirit. And then the evil spirit left. If you do not give him what he likes, then he is going to leave. So, whenever you are teaching people, to use a diet that fits their own particular body chemistry you are casting out demons. You are casting them out. You are doing your part and it's marvelous to know the power of the Scripture, the power that will be in your hands when you learn what diet fits each individual.

And in the 10th chapter of Luke, in the 9th verse, Luke the physician says this, "Heal the sick that are therein, say unto them, the kingdom of God is come nigh unto you." You know it's very difficult for sick saints to win healthy sinners to the Lord. Very difficult. And you know, the more ill you are, the weaker your faith. And the weaker your faith, the weaker you are, the weaker your works. So I am calling upon you this morning to open your minds and hearts to this beautiful message that's in the Bible, the health book. If anybody asks you to recommend a health book. You recommend the Bible, the best health book that was ever written and it's infallible. It works every time and within it has much more to say about the health message. I'm just going to tell you

enough about it this week, so that you will search the Scriptures and find in them that it is God who does the healing. Not you. Not I. I have no cures. I am not posing as a medical doctor. I'm not a medical doctor. I'm here to teach you the health message as it's written in the Bible. And if that's a sin, I'm a sinner. If that's breaking the law, then I'm breaking the law, but I'm here to teach you how to teach people how to be healthy.

It doesn't make sense to me for a person to become ill because of their diet, and go to anyone in the healing arts to get well, and continue eating the same foods that made them sick in the first place. Working against the doctor. Working against themselves. And for the undertaker.

So what we're here to learn is truths and more truth. I'll tell you this, friends, the most difficult thing that you are going to have to learn is how to unlearn some of the things that you have already been taught. That is the toughest part of this course. And I am not going to ask you to accept one thing, not one thing. You just put it into practice and watch God do the rest because my opinion and your opinion and no one else's opinion has a thing to do with it. You obey the laws of God and He will do the rest. It is not an opinionated situation. It's something that works. It works, and not only that, you will see that it works. I have had people that doubted every bit of it, and yet got well. Got well. I've seen it happen over and over again. I even used to know animals for many years, as well as people. On none that I used it, around us all the time I was doing research in it, and the animal fought me every inch of the way. And then there was not no part of it. Didn't like it. And yet the animal got well.

So, in this course, we are going to learn. God is still in this universe. And He still rules. I can feel it. I think it is His desire that all of us should be healthy. All of us should be in good health. The greatest gift that God has ever given to man is eternal life, and the second greatest gift is good health. It is good health. So what I am trying to tell you today is this: let's learn how to be healthy and how to teach others to be healthy.

This is our morning devotion. May God bless you this day and each day that we work together in this class. Our Father, I'm so glad that we can come together this morning to study. We want your precepts that have been hidden from us. Open our hearts and our minds that we might just see you. More of thy wisdom. More of thy gentleness. More of thy assurance. That we might learn absolute obedience to all to the rules that you have made. And then, whatever we do Lord, we will leave it into your hands to do the rest. We know Father that the best diet on earth is not an insurance policy for eternal life on earth. But we do know that You and You alone can make the journey more pleasant, more enjoyable, and longer and a greater blessing to all, this we ask in Thy precious name. Amen.

We open each morning by devotion. I'm glad that this is founded on truths that are infallible. And we are going to learn as you progress through this course that every degree of biological life can be expressed in mathematical terms. Now, in this first course, this is easiest of all the courses. And through this first course, you are only going to be peeping through the key hole to what it's about. And the more training that you can have in mathematics, chemistry, and physics, the more you will get out of the course. But if you have never opened a mathematical book, a book of mathematics or rounds of math, or you have never opened a book of physics or chemistry. Don't worry about it. Just open your mind and I will pour it in. Just open your mind and I will pour it in. We had one lady here that every time a mathematical problem hit the board, she fainted.

She was scared to death of it; absolutely scared to death. This is true. This is really true. So let's don't let these problems frighten you. They are a little different, but we will learn how to handle them as time goes along. You know, the human mind can only take so much at a time. So if you are in this business you are going to have a good foundation about what this course is about.

From now until about 12:30 tomorrow, we will learn the theory of this course. The entire eight courses of it. The entire thing. The whole thing. We'll have the entire theory, of this entire, well nine sessions all together. You will learn the entire theory of it. And each time we will come back and have a little bit more and a little more. I am trying to put in your minds in about 31 days of all nine courses. An entire four years of post graduate work. The 500 series of education. And some of you will get it and some of you won't. But if those that don't get it, there's the computer. And it can give it to you. The computers will be available to you. And this knowledge will be available to you. When you understand or not or whether you comprehend it or not. But you will know how to do your part. And to each, his own gift. In order to know what the course is, right at the top of this paper, you will see The Theory of Ionization. Right above that, write Biological Theory of Ionization. The Theory of Ionization and that's what this whole course is about. It's the Theory of Ionization, the Biological Theory of Ionization. How revealed? What makes this real? Where does our energy start from? We live from energy. We do not live from the foods we eat. We live off the energy of the foods we eat. So we are going to learn more and more about this.

One thing I want you to know too, right now, and remember this. That this is not a question and answer course. However, any question on the subject at hand, you may ask while we are on that subject, please write your questions down that do not pertain to the subject and they will be covered in due time and if they are not covered by the time this course is ended, then I will discuss each question with you or at my and your leisure, where they will be answered. The idea is, if we make this a question and answer course, we will not have any to cover what we've got to cover.

Actually, in this course, you are going to learn by doing. Tomorrow at 1:00 or 1:30 or when you come back in at 2:00, all the instruments will be on your desk. And at that time you will start actually learning what the instruments are and what they are for. But let me tell you one thing. Please do not go ahead of your instructor. Please do not go ahead of your instructor. Wait for instruction. Because that is very, very important, and you will waste time if you do, and not only that, confuse yourself. Wait for instruction. Do not go ahead of your instructor. Now, there is a reason for that. Because if you do, whenever the instructor is making an announcement about something, trying to get the point across, you've got your mind on something else, and later you are going to ask the very same question that's already been answered. And if you do that, you get into a merry-go-round and you can't get out of. So we will instruct you step by step by step, how to accomplish the most in the shortest length of time. So, this is what the course is about. Your questions will be answered. Some of you will have a lot deeper question with a lot more educational training behind them and between those questions and at break, if you have those questions, I will be here and I'll be glad to answer them for you, provided that they will not be covered in the future training. But each question will be answered.

This course on the Theory of Ionization does not start with food. It does not start with the digestive tract. It does not start with anatomy. It does not start with disease. It starts with energy. Energy itself. Now, you who are doctors will not need these amount of books that I have here on my desk. But you who have not had anatomy and studied anatomy, I recommend you get this set of books. It's about $80 and you can order and it will help you understand something about anatomy. I will be using some terms throughout this class that will redefine and rephrase. Books will be used for clarification of definitions and some of the questions and so forth to show that they can be applied anywhere, anytime, anyplace, under any circumstances because the Biological laws of physics are constant. It's only in the application of them that makes them different. And these books state this. We are going to have definitions in just a little while to teach you what the meanings of the words are as we use them in this class because I may use a word and you may have some other different idea of what that word means. And you will go away completely confused and if there is anybody tonight that is not confused, you do not understand the situation. And you won't be much better tomorrow. Because when you start working with these instruments it will begin to unfold to you and then you will see through it. If you do not have this Theory of Ionization taught to you, you will not understand what's happening when you are working actually with the instruments. But it fits together and by the end of the week you are going to feel quite confident. In fact, you are going to feel really confident. And you are going to feel really good. Until you go out and that first person bobbles in. And then you are going to understand that the whole world is going to drop out from under you, but cheer up, there's an answer and there is a way to solve it . You Doctors won't have that experience so much because you are used to it. But the people who are about to have the full responsibility on them, it's going to be quite new to you. But as you begin to work with this thing more and more and more, you will see that it's God's way, then you will. Now this course is not perfect. It has its weak points. These weak points will be pointed out to you as we go through. They have these weak points and they will be shown to you. It's not perfect. There's nothing perfect but God. However, there are three ways to check to know whether an error has been made in your equations or not. But, I'll have to refer you back to one verse in the Scripture. It's in the 4th chapter of Matthew in the 34th verse. And it says "that man shall not live by bread alone, but by every word that proceedeth forth from the mouth of God." Now these biological laws did come from the mouth of God. And they are necessary for good health and happiness. So we are going to learn how God did it and how to obey these rules, how to be obedient. There is another verse in the Bible that says, "Be ye perfect." Now this is going to be the toughest thing in this class, is to be perfect, is to follow exactly the instructions. We have a little later in this course, we will teach you how to make out, a chart of the numbers, where the name must be, the telephone number, the street address, the city, the zip code, the age, height and weight, the date, the numbers, the eye numbers, and so forth. And I'll just venture to say that 50% of you won't do it like we tell you. 50% of you will not do it. And will come up at the last minute and will have it done wrong and then you are going to have to do it over right. This has been our experience in the last class. So, I'm telling this hoping that this won't happen, but so far it has happened. But you must learn exactly to carry out the instruction. Carry out exactly as it says because mathematics is a very precise art and science. It's an art and science and it is also a language. And we are going to learn

something about this art, science and language of mathematics. Now, to you who have not had much mathematics or chemistry, when a chemistry married the mathematics, they had a physicist. So it's a combination of the two. When you combine chemistry with mathematics you have physics. And physics has a reason. And if there's a reason, there's a cause. And if there is a cause, there's a result. So this is what it's about. Now one of the most difficult things you are going to find as you step into this class is this: get your eyes off the numbers. Numbers do not tell you anything now and they never will, but they do talk. And they do paint pictures. If you don't believe numbers talk, even scream, just look at your bank statement on the first of the month. They don't tell you anything, but those numbers on the page lets you know what's happening. Do you see what I am getting at? They also paint a picture. And in plain geometry, you have 16 theorems there in geometry and through this geometry, you will learn angles, curves, and straight lines. Actually, you will learn nothing in plain geometry about curves except that it's not the shortest distance between two points. But in relativity, you will find that it is the shortest distance between two points. So you are going to find some conflict. In the different branches of mathematics, each are true on its own plane. Each is true on its own plane, so that will reach the same as is nothing. Sure, nothing, but you apply the same rules to everything. But we will see that as we go into this course.

Does each of you have this paper, the theory of ionization papers? Anyone who does not have it? The Theory of Ionization. It's the synopsis of this course. Everybody should have a copy of it. This is the synopsis of the course and what is taking place in the course and how and what we are doing and we will follow it pretty closely.

Except on this one, it says at this time there will be an introduction to equipment. Now this was raised for the very first course. And we handed out the equipment. But the people got their minds on the equipment and missed a bunch of it. So we decided, next time, do not give out the equipment until they were right ready to use it. So that all the equipment is here or most of it and the rest will be here, but we are not going to introduce the equipment to you at this time for that reason.

If any of you have any questions at any time, please write your questions. Please write your questions and we will discuss them at that time unless it is a question on the exact subject that we are talking about. These books on my desk are not to be taken off of my desk. You may look at them. Organize them, but do not take them away. Because I do not have enough for all of you. I do not sell these books. They are here and we will use them and explain to you some certain things that are in them from time to time during this course. So please do not take any books off this desk. You can stand right at the desk and when you finish with it, please put it back on the desk because when I need the book and it's not here, someone left it in their room or something, it's quite confusing.

We are going to be dealing in this class with energy. There are three kinds of energy. There is matter, which is a form of energy. There is heat and there is electricity. Those are the three kinds of energy. These three kinds of energy are the energies that we are going to be learning about, what they do and how they do it. If you should look at a box full of energy, in the broadest sense of the term, and we will narrow down on it as we go through the course, it would look something like the parts of a jigsaw puzzle. Very much like the parts of a jigsaw puzzle. And you feel the heat coming off a stove, whether its an electric stove, or a coal heater or a wood heater, those little particles of heat are actual molecules of matter. Only that, we don't think of them as matter, but they are.

They are actually substance. Actually we should call them substance rather than matter. These little particles are coming off and we are going to learn that there is two sources of energy. We are going to learn there is an anionic source of energy and a cationic source of energy. And the smallest thing that God ever made was an anion. And there is nothing any smaller than an anion. There's nothing smaller than that. It's the smallest thing God ever made and if you leave a single anion, you are in nothingness. Absolute nothingness. There is nothing any smaller than that. Now we call these small units anionic energy. We have these in different forms. They were discovered by a man named Milhouse. So, they are called Milhouse units of energy. Abbreviated MH. Also, there's a mathematical symbol well use too. It looks something like PI but not quite. So Milhouse invented this. Now, I want to talk to you for the next few minutes simply on anions. Just the anion. When you get into the books of chemistry, mathematics and physics, you are going to run into some terms that it takes a teacher to tell you what they mean. Because of the smallness of an anion, that one single anion, think of it now, one single anion was blown up to be the size of a golf ball, the nearest one to it would be 1,730 miles away. And yet everything that is made contains them. Think of them. How small they are. But yet, a single anion is so small that it cannot be divided. It cannot be taken apart. It cannot be halved. It cannot be cut into thirds. It comes in wholes completely. Anions come in wholes. But yet, we also speak of an anion as having up to 499 milhouse units of energy. And still to speak of it as being one anion. Actually, it's very difficult in our English language to differentiate between 1 and 499 and any number between them. So it just is counted as one anion. It's something like this. If you had a pitcher with marbles in it, each marble would represent an ion. You wouldn't have one solid marble in there. You would have marbles. So, actually, we just say one anion, meaning a combination of a differential power of energy. The smallest anion contains one milhouse unit of energy. And the largest anion contains 499 milhouse units of energy. It might be interesting to you to know, after I got my Doctor of Science degree, I could not figure the energy in one gram of anything. I did not know how. I fell flat on my face. And for about two years I almost went insane trying to learn to figure energy. You know I couldn't really find the teachers to teach me how. Dr Charles Northen was one of my teachers who taught me how to figure energy. Dr Northrop was another who taught me how to figure energy. People out in the field. Today there is a little smithering of it. Scant few mostly dated in chemistry and math in the colleges. A line here. A line there. A line somewhere else. But it is not collected and we in this course are putting it together so it will be collected. So we are going to learn how to harness these little anions and do something with them. An anion is energy and we are going to learn a little later in the next session about the different kinds of energy. And we will start expressing energy in mathematical terms in the next class right after the break.

Also, the next smallest thing that God ever created was a cation. The smallest cation contains 500 milhouse units of energy and you cannot take it apart. The largest cation contains 999 milhouse units of energy. There again, you have just like the marbles, but there is a vast difference between an anion and a cation. There's a world of difference in them. In an anion the electron, if you could split the atom open and watch the electron rotating, the electron is the outer shell, rotating around the nuclei. You would notice that the electron travels clockwise. It would travel in the clockwise direction if you face the clock. In a cation, the electron under the same conditions, would

travel counter clockwise. So actually, you will find the same principle possibly in electricity. The difference in a negative charge and a positive charge is the direction in which it travels. So therefore you find a similarity. In other words the negative travels in one direction and the positive travels in the opposite direction. Going in opposite directions. Here we have the same thing. Only, when you speak about electricity you are dealing in voltage and wattage and ohmage, but here you are dealing in milhouse units because its much smaller.

You also are going to learn in this course, and right now is a good time to bring it up. That in the first chapter of Genesis it says that God created each thing after its own kind. After its own kind God created. The animals, and the trees, and the plants, and man. He created in His own image, in His own likeness. So we are in the likeness of God. We are in His image. We are like Him in some respects. In tomorrow mornings devotion we are going to learn more about how we are different from God now. How we were once like Him.

But in dealing in this energy I've tried to give you a birds eye view of what this is about. It's about dealing with energy and according to its own kind. We are going to be dealing in this entire process on just one kind of energy and that is the biological energy of man. Now I am going to go up to the board now and write down the frequency upon which you live. And the frequency is the number, the amount of time it takes for one electron to travel around one molecule. It's the amount of time it takes one electron to travel around one molecule. So I am going to put up on this board the frequency of a human male: .0000024. That's the frequency of all human males on earth. All human males on earth have that frequency regardless of color, race, creed, nationality and anything else. The female frequency: .0000026. This is just a decimal so the people in the back can see it. That is the frequency of females. Aren't you glad there's a difference. The female of the species is always, that is where there is male and female, is always two higher than the male. And we will learn something about these other frequencies as we go. In the first chapter of Genesis where it says, and God created man in His own image, this is what it means: on the same frequency. On the same frequency.

Now, here is a rule. And you are not going to forget this rule. Once you know the frequency, then you can know the diet. Without the frequency you will not know the diet. This is absolutely inseparable. Unless you know the frequency then you cannot make a persons diet. There are some variables. Then you might say, well if that's true then, why can't we make one diet to fit everybody? That's the very next question you would think of. Well, I'm going to show you why in just a moment. Here's why. We are dealing with: on the frequency we have micronage. On the micronage we have milli-micronage. Under that, we have milli-milli-micronage. Micronage is the pattern that the anions and cations are stacked together to make the molecules. Micronage is the pattern that the anions and cations are stacked together to make the molecules or the elements, either one. You can have an elementary molecule or you can have a compound molecule. We will get into those definitions a little bit later. For instance, you can give ten carpenters or a million carpenters red bricks and tell them to build a two bedroom or three bedroom house. Not giving them any plans, but each one will go and build a two bedroom or three bedroom house. But no two of them will look alike. All of them will be different. So thats what makes us different.

Now the micronage in the plant and animal kingdom makes a difference in the species. The micronage makes a difference in the species. All in the same kind. For instance, you may have in the dog kingdom, the canine kingdom, you may have wolves, foxes, you may have ice dogs, hound dogs, blood hounds, pointer dogs, and you name it. And they are all dogs, but of different species. And in the cattle kingdom you have the deer, buffalo, elk, moose, angus, jerseys, holstein, and all of them are different species. The species is the different varieties on ---

--- **start of tape 1 side B** --- on the calculation of energy because we start with a single anion, a single cation, but we know the power of it. And when you have two known's, you are in business in mathematics. In calculus many times you start off with no known's and then you have to create your own known's. But here, we are blessed by having two known's or three known's. For instance we know the frequency, and we know what an anion is, and we know what a cation is, and in the next class we will begin to explain the very basic principles of calculating energy.

Are there any questions at this point? Student question: The frequency that you mentioned on the board was the time that it takes an electron to travel around what? Dr Reams: One mol. Student: One mol of what? Dr Reams: Anything. It doesn't matter what it is. One mol of a human being. Your heart. Your fingernails. Your hair. The toes. The lungs or anything else. They all go around at the exact same rate. Student: But not the time, the rate. Dr Reams: Well the rate is the time. In other words synchronization. Dr Reams: Somebody have a question back there?

Student question: Who measured the male and female frequency? Dr Reams: Who measured it? I measured it the first time it was ever measured as far as I know, with an oscilloscope. Dr. Northrop taught me the only frequency that was ever known. He discovered the frequency of grapes in 1891. And that was the only one that had been discovered. Up until I was a student in college and was doing study under him. He taught me how the frequency of what it was of grapes and so forth and then from that I have discovered the frequency on some 16,000 different kinds I know that one will be the different species.

Student question: Will you repeat the definition of milli-micronage as the distance between an electron traveling in an orbit? Dr. Reams: Milli-micronage is the way light strikes the electron in orbit to give color and it's the distance they are apart that causes color. The prism of light. Color is only a prism. Actually, in reality in mathematics, color doesn't exist. It is only the reflection of one beam of light upon another that gives us color. With certain kinds of flowers, you look at them in one direction, they are green, in another they are purple, in another they are blue, another they are brown. The very same leaf of the flowers that you looked at is the way the light strikes that makes the difference. Any more questions about what we covered?

Student question: Just clarification. Going back to your example of the canine group. All of them would have the same frequency, but different species would have different micronage. Dr Reams: That's right. For instance, dogs have a frequency of 38 for the male and 40 for the female. Horses have a frequency of 44 for the stud horse and 46 for the mare. Just to mention some of it. Citrus a lower frequency of 9, but it's a different number of zero's. We'll get into that later. It's not the same number of zero's. Notice that citrus has an odd number and these others it takes a male and a female, but a

citrus tree is both male and female on the same tree and therefore it has an odd number. The reason I chose citrus is it just something that is rather unique. I don't know whether it has any actual bearing on the subject or not, but a female citrus blossom has five petals and a male blossom only has four. And some lemons have three on the wild lemon, but the male still has four petals. I just chose citrus because of the uniqueness of that, but that does not hold true with all blossoms it just happens to be so with citrus.

This time, I'm going to take up some definitions so that you will know what we are talking about. I have already discussed what an anion was and what a cation was and a mol is a molecule.

An atom is the smallest amount of matter that can exist. An atom of actual combined matter. Think of an atom as containing anions and cations. And we also think of a molecule as being about the same as an atom. An atom is the smallest amount of a substance. An elementary substance that can be measured.

An element is a substance with all molecules having the same number of electrons in orbit or probably the same number of electrons in orbit. But just because it has the same number of electrons in orbit does not mean that they are all alike. Because of the variables in the anionic and cationic power. I will explain it further in a few minutes, as soon as we get through some more definitions because we will have to explain that a little later on the board.

Then we have an electrolyte. An electrolyte is any is any substance that conducts electricity.

We also have the term catalyst. A catalyst is a substance that joins two or more substances, whether its elementary or compound substances, together without itself becoming a part of the union. For instance, water is one of the finest catalysts known. Also, we can think of a catalyst as a wrench joining a bolt and nut together. The wrench does not become a part of the union. Or a preacher that marries and man and a woman. He does not become a part of the union. He would be the catalyst. So we have certain substances in chemistry that's known as a catalyst that join other substances together without themselves becoming part of the union.

We also have terms like carcinoma. In the medical dictionary, carcinoma is called cancer. But also in the medical dictionary there is no word, that I know of, and if there is any doctor in this class that knows of a word that is between a perfect cell and a dead cell, I would like to know what that is. I have a book here that's an authority on the subject, approved by the American Board of Research in Medicine, that clearly distinguishes the difference between a cancer cell and a carcinoma cell and a good cell. This book is my authority. One of my authorities on the subject of carcinoma. For instance, a carcinoma cell is a cell that's somewhere between perfect and dead. It is something like a new tire. They may put a brand new tire on your car, but after you drive it five miles, it's an old tire and will be an old tire until it is worn out and then it will represent a cancer cell. When there is not another mile on it. You do what you will, but there is no more miles on it. That would be a cancer, so to speak. A carcinoma cell is one somewhere between perfect and dead. And this carcinoma cell may be one that is just beginning to lose energy.

So we come to the word illness now, we have to take into consideration a number of chained words that bring the meaning of what we are trying to say a little closer and zero in on it. Illness begins the day that you lose more energy than you take in, that you

burn up or consume more energy than you take in. There's two kinds of energy. There's the energy you use and there's your reserve energy. Any day that you take in less energy than you use, that day is the first day of your illness. This comes right back to the carcinoma cell. Again, I will explain to you something about a carcinoma cell. Every cell in our bodies should be exchanged every six months. And if they stay in longer than that or there about, the carcinoma cell, I'm speaking about adults now. Children even change them faster than that. For instance a baby chick changes every cell in its body every two days. I mean bone, everything. Everything every two days. The chick doesn't have cancers. It's in perfect health. It's growing up normal. It's a cell that is no longer in use and it is quickly replaced. You've heard it said that every cell in our bodies is changed every seven years. That proverb was made over 100 years ago. Maybe a lot more than that. And when that proverb was made in this country, the average length of life for males was 35 years and females, 39 years. So, if you take longer to replace the cells than 6 months for adults, it shortens the span of life. It shortens the span of life.

Now this brings us to the term cancer. There is only one cause of cancer and no more. Just one. And that is a mineral deficiency. Just a mineral deficiency. And cancer begins because there is not enough minerals to replace the cells that should be exchanged and therefore, they wear out. When a cell begins to wear out, certain things happen within that cell. The first thing is a separation or a dividing or not a definite dividing but a space that will appear in the heart of the cell, in the core of the cell, which will become filled with fluid. I'm speaking about one cell, now, that's becoming warn out. First it's filled with gas. A gas forms in there that causes this cell to expand. And in its cell it expands beyond its normal size because it is a carcinoma cell. It expands a little. In this expansion then it's gas and then water will push the gas out and leave. Then gas will be in the cell. And it will bring pressure on the next cell and its all because this cell is degenerated to be thrown out. This is the way nature throws the cell out, or casts it out into the blood stream. The pressure that is put upon it by the healthy cells around it, presses it into the blood stream and goes into the blood stream filtered out by the kidneys into the urinary tract and goes out. This is the way carcinoma cells are passed out of our body. They do not go back into the colon. They go out through the urine. And God made us that way so that we could be friends and be around each other and not have BO. If these dead cells come out through the skin, you could smell this for a mile or more. You couldn't use enough soap and we will learn about the use of soap a little later in the class. But anyway, God lets it go out through the urine and the solution is rather dilute and you are going to learn more about the exchange of cells.

People who are absolutely perfect and drink the right amount of water with their weight should have at least 40,000 cells in a liter of water (urine?) every day of their life. This is when they are drinking the normal amount. Children have lower than that. And whenever you are drinking the correct amount of water and you are in perfect health the urine should be as clear as the water you drink, absolutely clear. I'm speaking about perfect health now, unless you have eaten something with coloring in it. If you have eaten something with coloring in it, then it will change the color of the urine a little bit, but only temporarily.

So as you begin to study about what perfect is, then you will begin to see great things happen. Also, women who are in absolutely perfect health, the menstrual flow is transparent. It is crystal clear. There is no redness in it at all. It's absolutely transparent.

It is clear. There should be no blood cells in it when you are in perfect health. Absolutely perfect. So, what I'm teaching you is, once you know what perfect is, then you can find out what imperfect is and then how to work toward perfect.

In 1931, you will find this in "Mathematical Truth" if you will read that story, our neighbor had a little boy, 3 ½ years old that was said by the doctors to have epileptic seizures, having as many as eight seizures a day. And on this particular day, they had had him to the doctor and the doctor said, he cannot live until he's five years old. And that afternoon when I came in from the lab, his father, who was a superintendent of a large orange grove, packing house, and so forth, and our engineering firm was guiding him in the maintenance and care of it, and he and I fished together and hunted together, but he said to me that day, that evening when I had come in, what I just told you that you that the doctors said that this little boy could not live until he was five years old. He would go into a seizure and just not come out. He said medicine has failed. You've got to do something for my boy. So I went back to the lab that night, and for three days and nights, I was there in my lab, sitting and thinking, what could I do, what could I do? How can I help that child? I could not think of one place to start, just sitting there meditating. My mother would bring my food to me and when she had come back to bring the next meal, that meal had not been touched because I was in deep meditation and prayer. And on the third day, the thought came to me, if you knew what perfect was, then you could test this little fellow and find out how far he is from perfect and then make a diet to bring his body chemistry back to perfect and he would probably get well. So then, my thought was perfect. What was perfect? Then I picked up my pencil and started calculating what perfect was, what is perfect. Then I worked out an equation much longer than the one that you will be taught here on what a human anatomy should read like if it was perfect. And at that time I did not even know anything about frequency. This was about three years before I discovered what was the frequency of a human being. And then after seven days I had come up with an equation of which you are going to learn in this class. And not one decimal has been changed in this part of the equation. Some of the original equation was left out because of duplication and repetition, but now there is nothing else we can leave out.. I called the family in and we ran a test on this little fellow and I'm the first, as far as I know, I'm the first one to ever run hair analysis, and fingernail and toe analysis, tear analysis, wax out of his ear analysis, I really went through, and made a diet for this little fellow and then when they went back with this little fellow and in three months there was no more seizures. I never saw him for 35 years. I was in Orlando and this man walks up to me, about 40 years old and he said, "Are you Doctor Reams?" and I said "Yes." He said, I know you, but you don't know me. I said, I sure don't. If I've ever seen you, I don't remember you. He said I'm the little boy that had epilepsy. And then I asked him about is father and his mother and so forth. They had a bunch of children after that. He said I never had another seizure until I was about seven years old and we had a little fender bender accident. And he said, I might have had a light seizure at that time or it could have been just a shock. But he said, I've never had another. Now this little boy never had epilepsy at all. Not at all. He had diabetic seizures. And you cannot tell the difference by looking at it, from an epileptic seizure and a diabetic seizure. They look just exactly alike. There's no way to tell without these tests. However, we are going to learn quite a lot more about diabetes before this course is over. About how to

handle it and what to do and how to determine whether it is a diabetic seizure or an epileptic seizure. I think that most of you should learn that during this course.

So, the power that's in your hands to help people, the way God wants it done is greater than you can comprehend. Now you have some other words to learn the meaning of and there's three branches of chemistry. There's organic chemistry. There's inorganic and there's colloidal chemistry. Organic chemistry is the branch of chemistry that deals with the carbons, any substance containing carbon. Inorganic chemistry is the branch of chemistry that deals with substances that do not contain carbon. Colloidal chemistry is divided into two different branches. There's one field of colloidal chemistry dealing only with the measurement of size. For instance, you can have colloidal Gold. Colloidal iron. Colloidal manganese. Which is only a measurement of size. There is another kind of colloid and that is called a chemical colloid. A compound colloid. And this also conforms to the size and measurement as of size, but it also is different. Each true chemical colloid is a complete solar system within itself. It cannot be taken apart. It cannot be divided. There is just so many of them and no more. And without the colloids we would not have and bones or teeth or fingernails. In fact there would be no life upon the earth without the colloid. The colloidal structure of a vine and a tree, makes the difference, in whether the tree stands up or whether the vine climbs something: a rope, or a post, or a wire, or a tree. It's the colloidal substance in the wood itself or in the vine itself that makes the difference. So these are the three branches of chemistry that we are going to be dealing with as we take these courses and as we begin to learn the chain reaction that will be used in learning more about our own moralist human bodies.

Also, we are going to run across the word urea. Urea is nitrate nitrogen and ammoniacal nitrogen and proteins. Protein is the N value of substance. In other words, nitrogen. The N is the nitrogen. And it is the nitrogen in any substance that makes it a protein. And without nitrogen in the substance there is no protein. And we have two kinds. Nitrate nitrogen and ammoniacal nitrogen. We are going to learn what they do and how they do it and together when you mix these two together they are known as urea. You have two kinds of urea also. You have the soluble and the insoluble. The soluble urea is in, I am pretty sure in coffee or sugar and lemonade or something and it dissolves, but the molecular is like the cell of a lemon that gets in there. It doesn't dissolve. It's not soluble in ordinary solutions. And also whenever you urinate and you smell ammonia, the ammonia odor to it, that is the urea in soluble form. That's what it is. We are going to learn what urea does and how it does it. Whether it can be an advantage to you or a curse to you, whether it is good or bad. So this we must learn.

We are also going to learn about chelates. We hear today the word chelate. And it sounds so unique to use. It sounds so wonderful. It sounds so magnified, but let me tell you something. You have a liver and the liver manufactures over six billion different chelated molecules. Six billion different chelated molecules. And without chelates there would not be any such substance as matter. Matter could not exist were it not for the chelates. The word chelate means an atom with a claw, or an atom with an additional electron or additional power in one electron. So it can be just a little different, so a chelated material. Now I am not speaking for or against. Some invented chelates are only telling you what a chelate is. If its substance, if its mater, it's a chelate period. Because it's that claw that holds or catches on the next claw and the next molecule to bind the two together. Now we are going to learn something about how these things take

place. So this chelation process is what binds us together and we are going to learn how we are bound together and what holds us together and what takes us apart.

Now the theory of ionization is how we put it together and how we take it apart. That is what the theory of ionization means. We actually do not live on the food we eat. We do not live off the food we eat at all. We live from the energy we get or obtain from the food we eat. And we are going to learn a lot about this energy and the concentration of this energy and how much we can get out of the food we eat and the percentage of availability. We are going to learn this because the liver produces a substance called bile which is a hydrochloric base, better known as a hydrochloric acid. A base is made up with anions as electrons and acids are made up with a substance with cations as electrons. And that is the difference between an acid and a base. It's the direction in which the electron travels in orbit. Student in the audience: Would you repeat that a little more? Dr Reams: A base is a substance in which the electron travels clockwise in orbit when you face the clock. An acid is a substance in which it travels counter clockwise when you face the clock. Now I am going to give you a very simple example to help you understand something about this which is proof of what I've said. When you take a cutting and set it into a pot or set a plant into a pot, a potted plant, the roots, looking down at the plant, looking down into the pot will go around that pot clockwise, round and round and round and it doesn't matter whether you are south of the equator or north of the equator, they will still go around in the same direction. All the roots will go around and around and around that pot in the same direction, but let's suppose we set a vine in the pot and put a stick up in the pot. Say it's six feet high and a vine starts to climb that pole, that stick, and it will climb counter clockwise. Yet the roots go around clockwise. Why do you suppose they grow in opposite directions? They don't. They all grow in the same direction. It just depends upon where you start. I started at the middle. If you started at the bottom, they are the same direction all the way up. If you start at the top they are the same direction all the way down. So, there is no confusion in the laws of nature. They are constant. They are perfect. This is just one proof of the theories that I am telling you that nature is not in conflict with itself. It's in absolute abeyance to itself.

One of things that I want you to learn and this is the first time you have heard it in this class, but I will guarantee you that it won't be the last time, and that is go by the numbers. Go by the numbers. Follow those numbers. Believe those numbers. About six weeks ago Bob Johnston and I went up to Canada and took a week off, played hooky up in Canada fishing. And we flew up in our plane made available to us and coming back, we came through two fronts in which we had zero visibility. We were flying at 9,000 feet at one time and 12,000 feet at another. You could not see the propeller of the plane. You could not see outside of cockpit where we were. You could not see outside, the clouds were so dense. Yet, we knew every second of the time where we were on the map. We knew when we were crossing state lines, when we were crossing over cities, we knew where we were because of those instruments on the panel. We went by those instruments. They guided us through the storm. So, why am I saying this? Go by the numbers. Go by them. Do not think that you know more about it than these numbers. You won't. Go by the numbers. And we will teach you that during this class.

Also, lets come back to the word, colloidal. It's a complete little solar system within itself. These colloids are so fine that even gravity has no attraction upon them. No attraction upon them. In fact, they are repelled by both the negative and positive

poles. Repelled by both poles. They are so fine that one cubic inch would cover seven and one half acres and have a solid sheet. They are so fine that they will pass right through Pyrex glass with no problem at all. Right through it. So, they are wonderful little things to know about and without them, there would be no life on the earth. They are the diamond in the dew drop. This is what your fingers are made of, your fingernails, your palms.

When I was a little fellow about 5 years old, I think that my work began when I was at that age. The first sermon I ever remember preached, was preached at this time. Ron Smith was the pastor. He was a big man and he went home with my parents for lunch that day and he had preached on the resurrection of the dead. And while we were having lunch, I said to this man of God, I don't believe what you said in your sermon today, of course I was only a little boy, 5 years old. And I saw my parents. I can still see their faces, God help them. Something is going on here, what have I got, what have I hatched, you know? My God, what's he going to do next, you know? That expression I can still remember. I was too young to know what I had done wrong, Godly. He said to me, "What did I say that you did not understand?" And I said, "You said today that when Jesus comes, the graves are going to be opened, and the dead in Christ are going to rise, and go to meet Him in the air. And don't you know when something dies it goes to dust and you can't put it together again?" And he said, "Son, who put you together to start with?" I said, "Nobody. The doctor brought me." That's all I knew about it you know? And he said, "Well you are just a child now, but when you become a man, you will understand these things. You know I didn't understand them. The older I got, the more I didn't understand them, especially when I read about the martyrs burned at the steak and the people that were buried at sea and the ashes of the martyrs went up into the heavens and out over the oceans and they were brought down into the ocean by the rain and then the plankton ate the carbons and bigger fish ate the plankton and then the people caught the fish. How could God put it together again scattered over the earth? My problem was, I was trying to bring God down to my size. It can't be done. I was thoroughly confused. He said that some day, you will understand. And one day after I had been in my office, a laboratory, for about 3 or 4 years, the year was 1934, two police officers came in to my lab one day with some ashes from a building that was burned. They said to me, can you tell us whether this is a human being or an animal that burned in this building? I said, I don't know. I will try and see what I can do. The undertaker in that town was a good friend of my fathers and he had hunted and fished with my father and I had known him all my life. I went down to his crematory, to his funeral parlor. I told him my problem. I said, I need to borrow some ashes to do some laboratory tests on to find out if I can tell whether or not this was a human being or an animal. And he gladly cooperated with me and I returned every speck of the ashes to him. I didn't take any of it, didn't need it. I tested those ashes of quite a few people that he knew of, even different races. And I found out that these ashes that had been brought into me was not one person, but three people. There was one male and two females. I could not tell anything about the age because the carbons were not old enough. I also detected that the people belonged to the colored race. I didn't even know what section of town or anything else it was in, but it was in the colored section of the city and there was a mother and her son and daughter that had been missing since that day. They were evidently huddled together in one place whenever the fire took their life in a three story building. It was then that my question

was answered. It was then that I learned the frequency of a human being, male and female. It was then that I learned the micronage and the milli-micronage and the milli-milli-micronage. So the minister that I had asked the question to when I was five years old, was truly a prophet. He said, that when you are a man you will understand these things and I do.

There's another point I want to bring up right here, in the Book of Revelation, it says when the books are opened and your name is called you shall answer. This bothered me very much when I was in college and a young man. It bothered me because I realized how a body could be scattered over the face of the earth. But in the Greek, it says when the books are opened and your number is called, you shall answer as the needle is to the pole. So, it cleared it up. So today we say, I got your number. I know your name. I remember you. So these are how facts fit in, in this course that are going to be revealed to you and I will tell you this, how they were discovered and how God taught me his precepts. It's marvelous to see that you too, are going to be able to take these numbers that God has given us and use them for His glory.

I want you to know too that under no circumstance must this class ever be considered as a class in diagnosis. It is not. I have never taught diagnosis and I never will. I will not teach it. According to Black's Legal Dictionary, that is acceptable by all the courts in this country, a diagnosis is a guess limited by experience. An analysis is something that can be proven. It's accurate. And if ten people or ten thousand people run the same specimen under the same circumstances, and they do it accurately, they will each come up with the same answer. It can be proven and expressed in mathematical terms. However, there are certain things that you can do with a sample, a specimen, and there are certain things that you cannot do. But you will learn that as you begin to work with it. So, as we learn to work with these things, we are going to strive in this course to all come up with the same answer on the same specimen, but you won't probably reach that until you finish the end of the second course before you will be absolutely accurate. You say that then if this is not absolutely accurate, then why have it? There are five patterns all together. And in these five patterns there are 2,600 differentials squared, added and then the square of the square. And just what does that mean? Well in one gallon of water there is approximately 20,000 drops. If all the water in all the oceans were converted to drops, you would only have one third enough to work out the problems that's in this equation. You would only have one third enough. And when you think of so many things that could happen and how few things do happen, well you know then that we are truly marvelously made. The greater God becomes and the smaller we become. The smaller we become, the more powerful God becomes and the more we depend upon Him. And the more that we can depend upon Him, the more He can do for us.

Also, I am going to speak about angina heart attacks. Angina heart attacks are attacks caused and brought about because of cholesterol plugging the heart. Now there is a lot more about it, but that's what I mean when I say Angina heart attack.

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Also, the word pectoris, is a Latin word meaning, pain in the chest. But by pectoris, I mean a heart attack that originates because there is too much undigested proteins in soluble form in the system causing the heart to beat too hard each time and as

it beats too hard, it becomes more fatigued. Finally it will start skipping a beat, and skipping beats. And you will be shown the zones in which an angina heart attack can take place and which a pectoris heart attack can take place. Whenever we study patterns this week. So this is what I mean by angina heart attack and pectoris heart attack. And it is perfectly possible to have both kinds at the same time.

These are definitions that I want you to know and to comprehend what we are talking about whenever we are talking about definitions. Also, as far as I know, there is no law whatsoever in this country preventing any of you from running these tests. None. There is no law that I know of that prevents you from running these tests for dietary purposes. If any of you run them for diagnostic purposes, that's between you and your accuser. But if you run them strictly for dietary purposes, I know of no law that it is in conflict with and the AMA and I have been fighting now for 20 years, since 1956. I was on call by the three largest hospitals in the Orlando area for 38 years doing work for doctors, medical doctors, for the patients, but for the doctors. In 1968, the central Florida Nurses Association awarded to me an award which came as an absolute surprise to me because I had not even thought about it. I was awarded the award as being the only Doctor in the three hospitals that knew exactly what he was doing. This is a true statement. I said, I thank you very much, but I think you've wrung my neck. And sure enough, immediately after that, I was arrested for practicing medicine without a license. For 38 years I've tried to give this to the medical profession. I thought they were angels of mercy, angels of light, and some of them are. But they are under the power of conformity that many of them would not like to be under. Even though they are not a member of the American Medical Association, they are still censured by rules of the American Medical Association. And unless they sell drugs, they are often denied the right to practice in hospitals. And I have doctors tell me, and I am not speaking against doctors, I have no malice toward anyone, I am only speaking about the corruption of the union, tell me, "I have to do things even though I know they are wrong because everything I do is censured." I had other doctors say, "Did you know that I have to send so many people to the hospital each month?" "Do you know that I have to sell so many drugs each month, so many dollars in drugs or I am censured?" I have had them tell me that. I don't know if this is true of all or not, but I have had doctors tell me that's how strict the association in their particular cities were. The AMA, the union itself and I have been fighting for 20 years. We are at war with each other and I enjoy the battle because it's for your liberty that I am fighting and I am only a soldier on the battle front and the history of American Liberty is written in blood. And my blood is no better than anybody else's. No better. It is not necessary for me to win the battle, but it is necessary for me to die trying. So I am fighting for this liberty. (applause from the class). Thank you. I had a meeting last Sunday and had a prayer meeting up in the mountains. My attorney Mike Green said, "Many people has criticized the medical doctors and their ways and means and criticized drugs", but he said, "Doctor Reams is the first man that has not only criticized them but has come up and said there is a better way and willing to prove it." So, this is what we are here for, to find a better way of doing old things. However, I will warn you, that there are many people that would rather die orthodox than to live unorthodox. So, you will find these people and Solomon said this, "There is nothing new under the sun." He was speaking about human nature. When Moses was leading the people through the valley of snakes, and they were being bitten by snakes, poisonous

snakes. Up on a pole, he put a serpent. And by the way, that's where the insignia comes from that's on the medical insignia. And all who would look would be healed. And you know, most of them wouldn't even look and they died. They said it wouldn't do any good to look at that old snake on a pole. Wouldn't do a bit of good. It wouldn't do any good. I thank God for the liberty in this country that we do have, and this is my country. I love this country and I'm willing to fight for it regardless of what comes up. I fought for it on foreign shores and I'm delighted to have the privilege of fighting for it on these shores and I am not humiliated or anything else, but I'll tell you this, when you start serving God and carrying out His laws that are written in this book, your lot is not going to be any different from anybody else's. The word blessed means happy. Happy are ye when ye are persecuted for righteousness sake. For so persecuted they the saints which were before you. Happy are ye when men shall revile you and say all manner of evil against you falsely for my sake, for yours is the kingdom of heaven. This is in the fifth chapter of Matthew, the first sermon that was ever preached. The very first part of that sermon was how to be happy. I want to tell you this, that you are going to find happiness in serving God, but Satan is going to set the hounds of hell on your trail. But remember this, as long as you can hear the hounds of hell barking at you, you are on the King's highway. And if their barks is not music to your ears, you better check to see if you are not on a detour. Now, I'm telling you, that when you start putting your religion into practice, things are going to pick up a whole lot. And remember this too, you'll never amount to anything until you get kicked out of at least six churches. That's the way that God promotes you. This is the way you get promoted, but find a place. This is going to cause you to be falsely accused and arrested. Expect it. Don't look for it, but be ready for it. And I'll tell you what to do. I want to tell you some things to do. When you get arrested, be as calm as you can be. Now I said this in the last class. The very same words I said in the last class. And you know I was arrested on Thursday afternoon standing here teaching the class. It was lots of fun. I was as calm and reposed as I am teaching the class. And at the banquet, which we will have another one on Thursday night, two people made the remark, that they have never seen anyone arrested with such dignity. So, when you get arrested, be arrested with dignity. Okay? Because God is on your side and one with God can win. One with God is a majority. So, what I am trying to tell you is if you would just read the Bible, it says in the time of the end, ye shall be brought before magistrates and falsely accused for my sake. So we are living in the time of the end, but I'll try to warn you don't feel down hearted. Don't feel whipped. Rejoice in the fact that they cannot stop you and if they put you in jail, start a revival meeting. You will never find so many sinners that want to get out and listen to anything in the world you've got to say, and you've got a captive audience. And not only that, but you've got the entire police department as your protector. So, what I have been trying to tell you is, don't be down hearted because you serve God. As long as the devil can say to you, "I've got a jail over there and if you serve God, I'm going to put you in it." And you are scared to death, you are worthless to God. You are absolutely good for nothing. And I know a lot of preachers that's good for nothing. And I'm not pointing any fingers at them at all. But, we hope very quickly now to start giving a course to ministers, to teach them how to biologically advise their people on where to get help and how to get help and where they themselves can go to get help. A few years ago, I had been stopped from practice temporarily in Florida, until I could fight the case through the Supreme Court of

Florida. One night at about eleven o'clock this pastor come to my door and he said, "My wife is having a heart attack." They were in their mid 30's. In fact, they took the last course here that we gave a month ago. He said, she is seriously bad. I only had a bath robe on, but he was so frightened, I went right out to the car and she was in very bad shape, but we got her into the living room and laid her down on the couch. I knew that she did not have time to get ten miles farther to a hospital. I knew that. She was unable to give a specimen at all, but some tests indicated she had acute indigestion and not a heart attack, so I immediately started treating her for acute indigestion and in 30 minutes she was perfectly normal and alright. But the thing about it is today, people don't have acute indigestion anymore. They all have heart attacks. There's no money in acute indigestion.

So, then we got a specimen. I wanted complete verification to know if what brought it about, I found it was a digestive problem that she had, but also found that she had a low calcium, and I said that any woman with acute indigestion like you have, isn't always this acute, but with a low calcium like this, most of them except for the grace of God, would be hard to live with and her husband said, amen! And she said, you are going to get tested too because you're hard to live with. So, then he was on the spot, so he got tested. And he had low calcium too. And they were at each others neck and this was at midnight on a Sunday night. And their confession, I became part of their confession there almost, they were telling me they were on the verge of divorce because they were at each others throat all the time. I said, well, this is a biological condition and what your problem is that your calcium's are too low and by the way there are over a quarter million different kinds of calcium's or more. I know that many and that's only some of them.

Also, each one needed calcium, but each one needed a different kind of calcium. In just two weeks, they were living together like humming birds again sweet as I ever saw. Now then, when one of them gets cross, the other one runs and gets the calcium bottles, and says, here honey, take your calcium. And they took this last course and they are doing a marvelous job down in New Orleans.

So, what we are trying to say is that many of our problems can be handled biologically, whenever we work on the energy. A loss of energy is the greatest cause of a loss of temper. Remember that. A loss of energy is one of the greatest causes of a loss of temper. So as we begin to work with this we are going to find that we have new power in our hands. New power to solve the very simple problems of life.

I'm going to put an equation on the board and I'm going to talk about energy. I'm going to give you the equation for energy, what energy is. And you can go into it deeper and deeper and deeper and make a terrific math out of it or you can bring it down on a very simple terms. That I'm going to bring it down on simple terms. You can make it as dangerous as an atomic bomb or you can make it as harmless as a soda cracker on the table. Either one, it depends upon the strength and the power of it. The equation is the same, but then you can dilute it down. For instance, you can take sulfuric acid and its powerful stuff, acid in itself, and it's truly an acid. It's not a base. And if you ever get any on you, it will never stop burning until it gets into the bone before it burns itself out. It's the calcium in the bone that will stop it. Unless you put some soda on it and then you harness it right now. A little bicarbonate of soda will stop it right now instantly. So, in other words, you are using an opposite anion to stop another anion. You are putting the

brakes on. But you can also dilute it down enough that you have very simple forms of hydrogen peroxide, a cleansing agent, and so forth, but we'll get into that later.

Now, energy: $E_1 = MC^2$, $E_2 = M + E_1^2$, there's different ways to say it. It all means the same. $M = E_1 + E_2^2$. Awe that's terrible isn't it? Isn't that a rough one? C? C.

(*Choose life or Death* has: $E_1 = MC^2$ $E_2 = E_1 + MC^2$ $M = E_1 + E_2C^2$)

Alright and the first one up here: $E_1 = MC^2$ if you burn matter then you have heat. Isn't that simple? Burn matter, you have heat. I am saying it in simple language, down in the dilute form now. Not in its greatest source, but in its source of ionization. This one says electrical energy: $E_2 = M + E_1^2$ matter plus heat energy equals electrical energy. In other words, you can burn matter in such a way as to have electrical heat through a dynamo. This one: $M = E_1 + E_2^2$ says matter is the difference in substance or heat plus electricity is converted to material is matter. Anything hard about that? Just put down on simple English. E_1 is heat energy. There's many, many different kinds of heat, like the parts of a jigsaw puzzle. I said to burn matter and you have heat. In other words, fire itself, is an anionic substance. This one $E_2 = M + E_1^2$ says that electricity is the difference between matter and heat or combine the two and you have electrical energy. Matter $M = E_1 + E_2^2$ is the substance between electricity and heat or combine the two, compound the two and you have matter. This is the theory of ionization. This is relative math. And relative math differs from the other mathematics in that, in regular mathematics you are dealing with angles and straight lines, but in relative math you are dealing in circles and eclipse in which if you go far enough, they meet. In ordinary math like geometry, parallel lines never meet. But in relative math, they not only meet, but they cross, not once but twice. And yet, there is no conflict between the two maths. Each one is separate and entirely different. So you are dealing in biological energy in relative math. And if you try to figure it in any other form, you can't. You cannot figure it. It's not there. But we will get into that deeper a little later on.

So this is what energy is, until you understand what energy is, you must just go by the numbers. Go by the numbers. I have had people that took the third course before it dawned upon them and some of them I don't know whether it has yet or not. But one person had three courses and then took the agricultural course and they saw the light in the agricultural course. So if you don't see the fullness of this, if it doesn't become actually a part of you, don't be surprised. The light will shine through. In mathematics there is a saying of, see through the problem. In other words, see through the problem. In other words, comprehend the whole problem. And this is what we are going to try to teach you in these nine courses all together. To see through the problem. To comprehend the wholeness of it. Do not try to look at any one number in the equation. A change in any one number, the least change in one number in the equation or the formula, will be a change in all numbers. Remember that. A change in any one number will be a change in all numbers. So these are things that you must keep in mind.

I'm going to give you now the equation for perfect health. I am going to put this on the board for you, what perfect health equation is, and this is the goal that we are going to be working toward throughout the course. The first is carbohydrates, the next is pH, the next one is saline, the next is albumin, the next is urea.

$$1.5 \quad \frac{6.40}{6.40} \quad 6 - 7Cwt \quad .04M \quad \frac{3}{3}$$

That is the perfect equation. This is the one that we are going to be working with and the only one we are going to be working with. This is the equation that God gave me in 1931. I told you about it a few minutes ago. However, I had a lot more things on it that I've left off. I discontinued hair analysis because you'd have to shave your head every day in order to get it because hair ionizes and by the time it goes three or four inches long, it's too old to zero in on where your problem is. So this is your equation. Now I'm going to ask, are there any questions about this equation?

Now I'm going to start the unlearning process. This is the part that hurts. You know, it's very difficult to educate the educated. Let's take hydrogen, for instance, just plain hydrogen. The hydrogen atom is made up of one anion and one cation. That equals one hydrogen atom. I want to give you a rule to remember here and you must remember it. This is in conflict of what you've been taught. All atoms, all elementary atoms under the same temperature and pressure, are the same size. That's different from what you were taught. All atoms, all elementary atoms under the same pressure and temperature are the same size. Do you realize that? Now, if that wasn't true, there would be no such thing as a standard of weights or specific gravity stabilized. There has to be. Or else everything would be in conflict with itself. It has to be. That is a rule. Under the same pressure and temperature all elementary atoms are the same size. Now, notice something here. I want to change something here.

Hydrogen is an isotope. That was a cationic atom. When the plus (+) was on the outside, but now then, we changed it. The plus (+) is on the inside and it becomes an anionic substance. It's still hydrogen. Yes. It's an isotope. An isotope atom is one in which the electron can change place with the ion in the center. The word ion can be either a cation or an anion. Ion is the nuclei. Whatever is the nuclei is the ion. And the electron is always the one on the outer perimeter. If the anion is on the outside, then it rotates clockwise, but if the cation is on the outside it rotates counter clockwise. This is the very basic principle, the very basic foundation for measuring energy. The very first steps in measuring it. Now, let's study this hydrogen atom for a few minutes. Let's assume, for instance, that this cation had 500 millhouse units of energy and this one only had 1 millhouse unit. That's the symbol for millhouse. Millhouse units of energy. Now what would be the total value of the millhouse units in a minimum hydrogen molecule? It would be 501. You add the two together. Let's suppose now, that this one in the center, was 999 millhouse units and this one was 499 millhouse units. What would you have? What would be the total millhouse units of energy? 1,498 wouldn't it? And still one atom of hydrogen. Do you see that? The power of the cation is 500 to 999. This is the lowest and this is the highest amount of energy that one cation can contain. This is the smallest amount of energy that one anion can contain (1). And this is the greatest amount that it can contain (499). Suppose that this one lost one anion. What would happen? You would have a cation. Suppose that this one gained one. What would happen? You would have a cation. Do you see how God makes this universe? He who controls the anions and cations, controls the universe. He is the master of them all. Anything hard about that? Isn't it simple.

Are there any questions about this hydrogen atom now? Because if not, we are going to take the next step. But I want to change some things here. Well, we don't have to change it too much. We can leave it like this. Let's take another. This one is going to be oxygen. That's oxygen. That's a "O". Make it like this and draw this one around like this. But I'm going to have to change this over here because it won't work like this. Okay, here we have H_2O. Water. We have two mols of hydrogen and one of oxygen. You were taught this: That you had to have 8 protons and 8 neutrons. This is what you were taught. This is not true. I'll prove it to you. Birds of a feather flock together. Nature will follow the line of least resistance and nobody can stop it. Anything having a ratio of one to one is hydrogen. So let's see what really would happen now. This one would have 499. This would have a 500. 1 millhouse units is not going to make any difference. It will still give you the appearance of 8 and 8. But you try to figure energy on this one. I got news for you. You will do what I did. You will fall flat on your face. You can't do it. It can't be done. But this way, you can. And here you've got 499 so to speak, and 500. Now we are talking about in singles. This is the baby ray of relative energy. This is the first day of kindergarten in figuring energy. We will learn to do it as we get later. Now, this is what you were taught, 8 protons and 8 electrons, but it isn't. It's 1 proton and 16 electrons, 16 of these pluses in orbit form the shell and then you've got…. What? Oxygen. Is there a question? A plus to a plus and a plus to a plus, you cannot join it otherwise. You were taught that opposite forces attract each other. They don't. They repel each other. They repel each other. They do not attract each other. They repel each other. The only thing that confuses you about a loadstone is that you were taught the names of the sides of the loadstone backward. That's all that's confusing you about it. You tried to prove it by a loadstone and you were just taught the names of the side of the loadstone opposite to what they are. You cannot figure energy on that kind of a basis. It cannot be done. This is the way to figure energy and the only way it can be figured. The only way it has been figured. And the only way it will be figured. And these top physicists know this. But they are not going to go out and tell what they know. You know, when I was a young engineer, started in business. The great depression was on. Actually, the people that hired me to work for them wanted just somebody to lay the blame on. And these doctors from these universities and these colleges would come to visit me in my lab. They would hear about the success we were having. God blessed it. It wasn't anything that we knew. It was just God's blessing that was on it. And I'd ask them all kinds of questions about this that and the other. And they made out to me like they knew the answer but it was too important to tell. You know, it took me three years to find out they didn't know it either. So, what I have is not too important to tell, but this is the basic very fundamental basis on the measurement of energy. And if you got this and understand it, you won't have any more trouble with it. But this is the basic figuring of energy on one atom of hydrogen. Now, let me say this. Actually, one atom of hydrogen in this form would be such a minute form of gas, it couldn't be found. It couldn't be located.

Let me tell you something else too. This one may only have an energy of 200, and this one may only have an energy of 750, and this one may have an energy of 340, and each one of these may have an energy of 600. So, by this, you can see that no two drops of water in the ocean are alike. Not two leaves are alike. No two snow drops are alike. It's impossible for any two things to be alike. Do you see how great this is now?

Do you see through? Are you seeing through the magnificence, the greatness, of the force that's at your fingertips? Are you beginning to comprehend how great God is? How great this power is? And this is just water. So, therefore, you can have light water, heavy water, dry water, and all pure water! And all between. All pure, 100% pure water. And yet have all these variables. Isn't it marvelous? Isn't it marvelous?

Tape 2 side B.

…. given off. And the particles that get into the blood stream and that is what we live on is the energy there from that is on the frequency of our molecular structure down to the milli-milli-micron. This is the way we live by ionization. In other words ionization, did you ever know how silver plating, nickel plating, chromium plating is done? Do you know how that is done in tanks, from the positive to the negative or from the negative to the positive pole, it is the positive pole that takes the plate. It's the negative ion that's on the loose. It's a bombardment of the positive ion by the negative ion that makes it stick to the positive pole. I'll tell you a story that happened to me when I was a young engineer. It was in March of 1940. I got a call one morning at the laboratory that a man had a plating business in Daytona Beach. The only problem was, they wouldn't plate. And he had worked for Rogers Silverware for 40 years in Erie, Pennsylvania up on Lake Erie. He had spent his life fortunes in putting in a plating plant in Daytona Beach in which he expected to work 25 employees. There was still quite a lot of depression even then in 1940. A lot of people needing work. He had the most excellent plating plant that I have ever seen anywhere to be so new. Only thing about it was it wouldn't plate. It would not plate. He calls me and tells me what happened. He said, "I have called the universities. I have called everyone I know to come and help me." He said, "there's no use for me to call Rogers Silverware. They are not going to send anybody to help me." And he had a room about half as big as this with all kinds of post office like boxes in it from rings that needed plating, to silverware, and also bumpers from automobiles and in those days there was quite a bit of chromium and so forth and copper plate on the front of automobiles, but all of it wouldn't plate, also pistols and things from the police department. He had thousands of dollars worth of plating to do, except that his tanks wouldn't plate. And I went over there and he said, "can you make them plate?" I said, "Yes. I can make them plate." He said, "have you had any experience in silver plating?" I said, "no, but I can make them plate." He said, "well you come on over." And so I went right on over. When I got there he showed me all through the plant. He had the pumps in. He had everything for rotating the solutions. Everything was in. He said, "can you make it plate?" I said, "Yes, but there's one thing we want to talk about first. And that's money." He had just told me a few minutes before, "see that tank right there?" And it was a little tank half as big as this table. He said, "I've got $15,000 dollars worth of liquid gold in that tank and I'm just about ready to dump out the whole thing and go to the poor house." I said, "my friend, if you want the gold out of that solution, I can take the gold out for you. It's no problem to get the liquid gold out. But if you want it to plate, I'll make it plate." He said, "I want it to plate." He had a lifetime investment there. I said, "I will charge you $2,500 dollars to start this plant working." So, he went in the office and wrote me out a check, but somehow I had been at the hospital up all night working with some doctors, and I was just a little bit out of humor and he made some kind of remark that I wouldn't pay any attention to today, but then I wouldn't have his check. I demanded the cash. Chief Whitehead was the Chief of Police there for the city. He said, "how do I know you are not trying to take my money and run." I said, "okay, Mr. Whitehead is the Chief of Police for the city of Daytona. You have him come down and hold the money." I said, "you will know within two hours whether its plating or not." He said, "oh yes, we can tell in two hours whether its plating or not." So they

had to go to the bank then and get $2,500 dollars in cash before I would make them plate. So when he got back, the Chief of Police was delighted that he was the arbitrator between two business men over a $2,500 dollar investment. And of course at that time, the police didn't have too much to do. There were no drug addicts or so forth. People didn't have enough money to get drunk on. There just wasn't much misbehavior because people had to work too hard to get bread and butter. But when they don't have enough to do, then they get in devilment. But anyway, I went out to the car and I got some white powder and I said, "start your motors now and I began to pour this white powder into these tanks." He said, "all my life I saw the chemist up at Rogers Silverware do that and I thought it was all malarkey" and he said, "they never would tell me what that white powder was and here you are doing the same thing." I said, "yes, I'm doing the same thing I guess. I don't know what the white powder they use is, but I know what the one I am using is." So, in two hours, it was doing a beautiful job of plating, a lovely job, I mean it was just doing real good. So I explained both to him and the police that I was to get the money when the plating started. And it started doing beautifully and in two hours it was doing a beautiful plate. Now he says, "what are you going to charge me for that white powder?" I said, "well I'm not going to charge you anything, but it costs nine cents a pound and you can get it at the A&P store. It's table salt." In other words, the water had to have an electrolyte in order to carry the electrical charge. So once we gave the electrolyte, it carried the electrical charge.

Now the proteins in your diet is the electrolyte that distributes the energy over your body. This is exactly what happens. And if I had just made that statement without telling you this story, you probably wouldn't have remembered it. But the proteins are the electrolytes which distributes the energy from your foods to the right parts of your body according to its frequency pattern. And the same thing is true in plants. This is what nitrogen does to plants. It is a carrier to take and distribute the energy according to the pattern of each organ. Is there anything hard about that? There is nothing hard about it, but we are starting with a very basic foundation of a molecule to build up to a perfect molecule giving off a normal amount of energy according to the age, height, weight, sex, and race.

The diet differs for different races. The darker the skin, the more energy they pick up from the heat of the sun. This is why the colored race is generally a much happier race and a much more relaxed race than the white race is because their dark skin picks up more energy and therefore turns more of the carbohydrates to alcohol in their system, everybody has got a built in whisky still, and that's what controls our body temperature causing them to be more relaxed and a happier people because it's automatic, it's natural, it's not any extra, it's just the normal thing to do. And therefore, they enjoy the hot weather more than they do the cold weather because the heat draws out of their skin a moisture long before it does our skin, and as the air strikes it they are cooler than we are even though their temperature is giving off more heat. It expels it much more rapidly. Also, most of the time, the pores of a darker skin are larger than the pores of white skin. So, in making diets you have to consider your race in which you are dealing with. I am only speaking of biological facts that are true.

Now in the studying of alcohols in our system, which we will get into in a later course, it becomes a very, very interesting subject because people that are cold all the time, their pancreas is not manufacturing enough alcohol. And a person that has hot

flashes, it's manufacturing too much alcohol and are too hot all the time. I have known people that would wear an overcoat on the hottest day in summer, freezing to death because their pancreas was not functioning normally. So, these are factors that you are going to be able to deal with in diet and do a fabulous job. People whose hands are cold all the time or feet are cold all the time and the doctor says poor circulation. It's not poor circulation. It's a malfunctioning pancreas. And I'm going to show you and tell you what to do about it and how to deal with it.

Are there any questions at this point?

Student: Unintelligible.

Reams: No. It's 600 times 16, my dear.

Student: Unintelligible.

Reams: You multiply that by the number that's on the outside. We will get into that a little later though, when we begin to figure energy. This is just how we are going to do it. Each step is a little deeper, and a little deeper, and a little deeper and it's just so much fun. It's just like going down stairs when you are going up.

Reams: Yes.

Student: Unintelligible.

Reams: Yes you do have to figure the rate and also the climate and the time of year. And also, you Veterinarians who are dealing with animals have the same problem too. Whether you are dealing with white legged hens or whether you are dealing with black legged hens. You should change the diet a little bit. The black legged hens need a little bit more salt in their diet than the white legged. And the white legged need a little bit more sugar in their diet than the black legged because the black legged will become so fat on this exact same diet as the white legged hens until they produce less eggs. So these are little fine points that veterinarians should learn in order to get more energy from their food. Also the black legged stands the winter better than the white legged. They are not near so cold. So, therefore, the color does make a lot of difference. But you also must consider the climate where they live.

Reams: Yes.

Student: unintelligible.

Reams: No. It is not too fine a point. Not at all. For instance, that's the reason why so many men die before their wives because when they are healthy they have a natural instinct. Well I would like to have some so and so. Well I'll fix this and you are going to eat it. So consequently, he eats it rather than an argument and consequently the wife outlives him because she cooked what she wanted instead of what his instincts called for. My wife and I solved this problem very well. She fixes her food and I fix mine. I furnish hers and she washes my dishes.

Reams: Yes?

Student: Unintelligible.

Reams: Well, that all depends on their diet. If their diets right, they can do real good in both. But then they can stand a lot more heat as a whole than the white people. Than the whiter skinned. Ours evaporates. And theirs sticks to their skin because of the amount and volume it's coming out. It's almost like a steam all the time and the air is striking it and cooling. To give you an example, we didn't have air conditioners or anything like that to work in when we were boys. We would be working out in orange groves and truck farms and building highways and roads and the first thing we did in the morning when we

got to the job, if there was any water around, we wet our shirts. And immediately, then the air would strike our shirts and be cool. We would be perfectly cool all day. After the shirt was wet, we would put it back on, then sweat would keep it wet all through the day. If that shirt was dry, you suffered from heat and scald. If the shirt stayed wet, it was no problem at all. It's time to eat folks.

By the side of me is my oldest daughter, Laverne Frisby, and she will be teaching the laboratory techniques to you beginning tomorrow afternoon. She also has been my assistant in every class, and she know the subject. I was to make a speech one time at a high school in biology and the principal of the school asked me to talk about worms. The day I got there, the principal couldn't be there and the assistant principal introduced me and he said, I don't know what Dr. Reams' subject is but I am sure he is full of his subject. So, it's nice to know your business and to know your worms. This work that I have put on the board up to now is the baby ray of calculating energy. It's the very basic principles. But what you must remember is this: the elementary measurement that we were using is so small and so very, very impossible to measure except on very delicate instruments, by instruments you can know that its out there, but to segregate it into those factors is impossible for man to do it. I'll give you an example, I drew out on the board here this sample of the math for one drop of water. What would the minimum amount of energy that a drop of water could contain? Who would tell me that? Let's make it easier. Let's take one atom of hydrogen and do that. What is the minimum amount of millhouse units that one atom of hydrogen could contain? 501, now if that's the minimum, what is the minimum amount that one molecule of water could contain theoretically? What does oxygen contain? 8001. That's right. Do you see that? Is there anybody who doesn't see that? Some people don't see that. Alright, if one cation had 500 millhouse units of energy and there is 16 of them, 16 x 500 = 8,000 plus the 1 in the center is 8,001. Right? Do you see that? Is there anybody that doesn't see that? Alright, now that's your oxygen. Now, this hydrogen you've got two parts of that, 501 and 501 = 1,002. 1,002 + 8,001 = 9,003. Wasn't that tough? Wasn't that a tough one? Now we have the minimum amount that one molecule of water and there's about 5 million of those in one drop of water. Now, multiply that by 5 million and you will have 45,015,000,000 millhouse units of energy. And that's just water. That's just water. How much of our bodies are water? About how much of the normal people? I don't mean fat folks. I mean just all folks. Somebody said 85%? 80%? 60%? 90%? Which is it folks? If your numbers are perfect it's about 80%. About 80% water. Now you take a person that's extremely skinny. Very, very skinny. Now it will be higher on him because of the bone weight. What is the largest organ about your body? That's right. It's the skin. The skin is the largest organ about your body by weight, size, and volume. Did you realize that? You know, most people know more about their automobiles than they know about their own bodies.

I had a fellow in my office not too long ago and I told him he had a problem with his colon. He said, "I don't have one." He thought I was talking about a period with a comma under it. I said, "Well do you have a semi colon?" He said, "No, I don't have one of those either." So they know more about their automobiles than they know about these wonderful bodies that God has given us. So what I am trying to show you in this class is the principle by which energy is calculated. We are not going to get into calculating energy in this class. I only wanted to show you here the theory of energy and

what its about. Now what determines the specific gravity or the weight of a molecule? The number of electrons that's in orbit plus it's mass determines the weight of a molecule. The greater the number of electrons in orbit, plus the mass, under the same pressure and temperature, the greater the weight. Is that clear? What determines the weight of anything? The greater the mass in the center in millhouse units of energy plus the number of electrons, the greater the weight of the element.

What is the difference between an element and a compound? Two or more elements form a compound. So these are the way we are made and when we get into the fifth and sixth course, we are beginning then to deal with numbers according to our frequency. I showed you this morning what our frequency was. Now, as you go through the various foods: beans, rice, meats, all kind of foods, you will find that they have numbers and they will have frequency numbers. And these frequency numbers have to be in harmony with your numbers or they are not available to you. The food is not available to you. Now the lower your reserve energy rating, the less nutrient called TDN, Total Daily Nutrient, that you get from the foods you eat. In other words, it takes more, and a stronger, and a greater amount of hydrochloric acid to get the iron out than it does to get the protein out because of the greater the specific gravity. The greater the specific gravity, the more and stronger must be the hydrochloric acid in order to extract the energy from the food you eat. We breathe in oxygen and breathe out carbon dioxide. The lungs take in oxygen and take it over to the liver and mixes it with calcium which becomes the base of the hydrochloric acid that manufactures some six billion different enzymes necessary to keep us healthy during our life time.

Now, what is an enzyme? An enzyme is simply a vitamin, only it's a direct product of a hormone. We generally think of a vitamin as a product of a hormone, but it is something that has been synthesized by man in order for us to take it concentrated. But a vitamin is a product of a hormone.

A hormone is a product of an element. So, it's more important to take minerals than it is vitamins. However, it's very important to take the right vitamin, in the right amount, at the right time because vitamins at their best are only crutches and when you need a crutch, you really need a crutch. Use it, but get away from them as soon as you can. And you do that by taking minerals. So therefore, you can conclude that all diseases, regardless of the name of the disease, is a mineral deficiency. Nothing more and nothing less.

Cancer is only flesh decaying because its starved to death for the nutrient needed in that division. We can do tests today and you are going to be able to do tests and predict anywhere from weeks to years in advance where a disease will strike a person if they do not change their ways or their diet. Because a mineral deficiency of potassium will mean a brain tumor. A mineral deficiency of iodine or iron will mean carcinoma or cancer of the liver. A benzene deficiency will mean a cancer of the foot or the intestinal walls or intestinal tract. So benzene deficiency… yes, the feet, the lower legs, or the lining of the wall or cancer next to the bone. Now there's such a thing as having cancer in the bone marrow and also cancer on the outside of the bone because of a benzene deficiency. It's the benzene that causes the flesh and bone to stick together so to speak. It's together, but yet it's separate. It binds it. It's the substance that binds the bone to the flesh without each one growing into each other. It's a wonderful product. It's also the one that helps to give the intestines their ability to accept copper. The lack of copper can

cause carcinoma of the digestive tract or it can cause the arteries and veins to lose their elasticity so they will not expand and contract. And the body retaining too much salt is the one cause of hardening of the arteries and the only cause of hardening of the arteries and also the cause of varicose veins is the body retaining too much salt. Now I'm not necessarily speaking of sodium chloride, table salt. I'm speaking about all the salts. Whenever you buy a salt substitute, it simply means that it is not sodium chloride. So when your body is retaining too much salt, period. It doesn't matter which one. So anyone that thinks that they can take a salt substitute whenever the diet calls for a bland diet, has another thought coming. So some people say, what about sea kelp? Well that's seven times worse than any other form of salt. It's seven times worse because you have seven different kind of salts. If one of them don't get you, the other six will.

So these are things that you need to know about in dealing with the chemistry of your body chemistry or anyone else's body chemistry you need to know. These are principles that you can begin to figure now. I've only showed you the principle by which we are going to work in the future. And you who are biophysicists can take these principles right now and go ahead with it if you never had another second in class. But if you have not had biophysics, chemistry and math, it would be rather difficult; however, if you have had it, it would be excellent to get experience of someone who has spent 46 years in research in this field. And go from there rather than to do a lot of stumbling that's already been done. These are principles of mathematics and physics and chemistry that I want to get across to you so that you can comprehend and understand what these are about.

I want to tell you now something about these testing program. It has some weak points and right now is a good time to tell you about the weak points of the course. Actually, what you are going to pick up in a specimen is the amount of loss of energy. Is the loss of energy. A cell that is ready to be replaced loses more energy than a normal cell. In other words, it gives off too much heat in that particular cellular area structure. It's like an old tire. Every morning when you go out there it's flat. You try to find the leak, but there is no way to do it but replace the tire. Replace the cell. And the very fact that this cell begins to swell and expand makes it possible for it to press itself out and a new cell take its place by ionization. Actually by ionization. We say we grow. We actually do not grow. We are actually built. Stacking one molecule upon another. One atom upon an atom until a molecule is made, and one molecule upon a molecule until the frequency is made. So we are actually built the same way that ionization takes place in a silver plating tank.

This theory of Einstein's that I put on the board this morning explains to you, should explain very clearly, the principles of energy and we are built out of chelated energy. This is what we are. Just a bag, or bunch, or group, or mass, or form of chelated energy. There are some things that causes us to lose some of our energy. Whenever the body gets too much of anything or lacks anything, too much or too little, causes a loss of energy, reserve energy. And it isn't long before the reserve energy… as the reserve energy goes down, then weakness sets in. Now this energy I am talking about is based upon a scale of zero to one hundred. At four, it's called a PNR line, a point of no return. Below four, it's called PNR line, a point of no return. When the energy drops below four, there is no man that can do anything. If anything happens there, it takes a miracle of God to lift them up. However, we have numbers of people come in whose energy

rating is on four and some of them make it. Most of them do. I think that during the first two years or two and a half years we lost what, three people? Three? Three people I believe. And you've got to be in pretty bad shape to get in there. Pretty rough. Or a talent to become in bad shape. So what I'm trying to tell you is this. When the energy drops below four it shows it on the numbers and then it's time to get that patient to a hospital if you can. So, go by the numbers. Go by them. And we are going to give you patterns to go by that will guide you and let you know where you are, what you are doing, and which way to go.

This problem that I put onto your board this morning is just called the plain calculation of energy. But then when you begin to put your various energies together to form a molecule on a frequency, that is called compound energy. Energy on a frequency is called compound energy. Compound energy. And do you realize that many times a man can outrun a horse? Not for the first hundred yards, but for the first five miles a man can cover more ground than a horse, because in the first quarter of a mile the horse is spent. But man can keep trotting right on. And actually cover the ground a lot faster than it can a horse.

Elijah was an example. After cutting off the heads of 400 of baal's prophets he outrun the sheriff for sixteen miles to tell Jezebel what he had done. She wasn't very diplomatic. She said, tomorrow your head will be just like it. Well he had already run sixteen miles, but I don't imagine he'd run at all by what he did after that. I imagine he had got the idea then. And then he got out in a cave and he said, Lord, take me away. The world is too wicked for me. And the Lord said, no, there's many, many out there. You go down and preach to them. They need you. So, don't get to thinking that you are the only one that's left to fight the battles of life. But one of the things you are going to learn about your patients. Each one is going to think that they are the only one you have. There couldn't possibly be another. Doctor, you take care of yourself, but you take care of me first. This is the idea, people, desperate, needing help. Needing understanding, And while we are on this point, I want to tell you something; remember this; it's very difficult to keep physics and chemistry strictly in the bounds of physics and chemistry without considering a little bit of philosophy of life also. A theology of life. You are never any bigger than the person you fight with. You are never any bigger than that. Never, under any circumstance, let any patient get under your skin or upset you. Never. Never. Go by the numbers.

I had a lady come into me one time and her husband brought the numbers to me and I told him what he needed to do. One thing was quit drinking so much beer. Eat more food. In other words he was using beer for food. He had a terrific German goiter. About a 58 inch one. You know, his waist line. Cut down on the beer. Last time I saw him he was down to 44 inches. Too much beer makes you have a German goiter. When everything else fails to give you one, just drink enough beer and you'll have one. But anyway, then I said to her, you have a benign tumor in the left breast. She said, oh no, Doctor, there's nothing wrong with my left breast. I simply said to her, well, if I can ever be of service to you, let me know because I do not argue with patients, especially when I got the picture before me of what I know what I am talking about. About two hours later, she came back and the nurse said, this lady's back and would like to talk to you. So I said, have her and her husband come in. She come in very apologetic. She says, Doctor, there is a lump in my breast and I didn't know it was there and I want to apologize to you

for my bad manners. I said, no need to apologize. I'm glad you found it at this early stage. She said, will you give me a diet? I said, no. No. I won't give you a diet. You are going to have to go to your doctor now and get a letter of confirmation. Then you bring it back to me and then I'll give you a diet. So she did. She went to a doctor and the doctor wanted to put her in the hospital immediately and remove the breast. She said, no, I'm not going to do that. But she said, in order for my family to know that you had warned me to do it, please give me a letter to that effect. So that if anything happens to me, that they won't blame you for it. So he gave her the letter. She brought it back to me. I gave her a diet. Eight months went by. She checked in about every week for two or three weeks, then every three weeks, then finally about once a month. After eight months had passed, there was no trace of it showing up on the card what so ever. None. None at all. I said, you may go back to your doctor now and see what he says. She goes back and the doctor simply said, I missed my diagnosis. Missed it. The power of diet is great; when it's heeded; and you go by it; when you follow it; and so forth.

One other excellent thing about this system is, when a patient comes in, you do not have to bother about patient case history at all. Now on the computer, it will be necessary because it's a machine, and it's to help the patient if they return to another doctor or something in that order, but it has nothing to do with your report. It goes out because as a doctor, when you run a test, you can ask certain questions. For instance, suppose they were a borderline diabetic, you would ask, are you on insulin or on any demonese, and so forth. Or if they had any thyroid trouble, you can ask, are you on any thyroid tablets of any kind? In other words, you can ask those questions. Or to a woman you can say, are you pregnant? Because there are certain minerals that you give them if they are pregnant and certain minerals that you do not give them during pregnancy.

Tape 3, side A.

…. with the computer. It's only a machine. So you are going to have to put the answer to these questions in a negative or positive way, either a no or a yes form into the computer. It will only be a number. You match the number and the number will go in. But what I am trying to say to you is this: When you see a patient, that's one thing, but that machine doesn't see them. And it's going to have to go by the numbers, so you will put the case history in, however, it's not necessary. Also, if you go by the numbers, it's not necessary to write down, I recommended A, B, C, D, E and F and so forth. When you look at the numbers, you will know what you recommended. Cause and effect. These numbers on these cards are a result of a cause and effect. Something caused them to be there and if they are there, then there is an effect. Because they are there, there is a reason that they are there. So as you work with this system, the more you work with it, the more accurate you will see that it zeros in on everything. In your report, we are down to truth and consequences what where we are now. On their sheet of truth and consequence. It's very difficult sometimes, to know what truth is unless you have some facts to back it up. (There was a bumping sound from a nearby computer.) You know, wood peckers would make good lawyers. Because they use their head all the time. They use their head to make a living. They are called the lawyer of all the birds because they use their head to make a living. While we are waiting for this knocking to stop, it reminds me when I was a boy, my father and I were walking through a cemetery. And there was an epitaph that read, "Here lies the body of a lawyer and an honest man." My father said, son, there's two of them in there. Discussion about the knocking. We either have to stop it or stop the class. One or the other. Because all you are going to hear on that (tape) is bump, bump, bump, bump. They have to do either one or the other because of these tapes. I don't want that to go through these tapes.

Question from a student: How many children do you have? How many? 5 now. One of my boys was killed by a drunken driver. I had two girls, two boys, and two girls in that order. And three of them are working with me. And the baby daughter is in college. In Rollins College. She will finish in another couple of years and then she will be with me full time. You know, I am a very fortunate father. I have people that marry into my family instead of out of it. I think that is real nice to marry into your family instead of marrying out of it. You've still got them. They are working wonderful together.

So as we learn to work together in these numbers, learn to go by the numbers. One thing that I want to impress upon you seriously, and absolutely seriously. You will never get this until you memorize these rules. We are going to say that there are certain rules that you must memorize in order to have it. You've got to memorize the rules. Memorize it and the more you memorize it and play it, the better. And also, if you fail to memorize it, you'll never get it. You'll never get it until you memorize these rules. I have these books up here, but I am not teaching out of them. I'm teaching you from 50 years of experience. Some of it I learned in college before I got into practice and 46 years in actual practice in using and proving these numbers. And they work. And they work. And not only this, as you use them, you will be assured, and here for the first time in your life you will know exactly what you are doing.

I had a patient come to me one time that had advanced collagen disease or old-fashioned scurvy. They looked like something you lifted out of the funny paper. They didn't anymore look human than anything in the world. They never even look remotely human at all. They didn't look remotely like a human being. I mean they looked so terribly that we could not allow them to come into the retreat at all. We had to have them in a private room and take their food to them. It was a colored lady and she was in terrible, terrible shape. The first day I called her in, I said to her, now, it's very important that you drink this lemonade like we tell you. Yes sir doctor. Yes sir. I'll do just what I am told. I'll do it tomorrow. So the next night I called her in, after I looked at the numbers, I said, now listen, I'm telling you for the second time. You must drink this lemonade like I give it to you. If you don't, I cannot help you. And then I said, I don't want to have to tell you again. The third day come and I called her in. She was only about 30 years old or 32, something like that. I said call your husband and tell him to come and get you. If you are determined to die, I can't stop you. You can't stay here. And she started to cry like a baby. She cried for about 5 minutes hysterically. And finally, she quieted herself down, and she said, doctor, why are you sending me home to die? Because you are pouring your lemonade down the toilet and not drinking it like I told you. And she started to cry again. After a few minutes, she said, "Doctor, I want to ask you something." She said, "How did you know that I poured my lemon juice down the toilet when I had the door closed?" Then she said, "If you just won't send me home, I'll drink every drop of it. Every drop. I'll drink it. I'll drink it tonight." And she did. And you should have seen her. She got well, but she told everybody, don't you dare pour that lemonade down the toilet. The doctor can see through the door."

So, you cannot fool these numbers. You cannot fool them. And when you give somebody a diet to go home and come back. You don't have to ask them, did they do it? You know whether they did it or not. If they do what they are told to do, those numbers on that card will begin to move toward perfect if their body responds. If you send them home, their bodies should respond because you will learn eventually which ones body need to come into a retreat so that they can be guided. You will find that 95% of all the people that's tested, can go home and do a diet by themselves, but about 5% them are going to have to have help. Now you will also find that they will come in waves. You may go through three or four days and hardly find anything wrong. And then the next, a whole group of them will need to be in. They come in waves. In fact, I ran sometimes two or three months without hitting a leukemia case. And then one day, I hit three in the same day. And then there was weeks before I hit another one.

In 1966, I ran across a lady that had a very peculiar disease. She ran a temperature all the time. Couldn't stop it. I found out that she picked up a special type of bacteria down in the islands Haiti and also in Italy where this particular bacteria is common. I asked her, "Have you been in Haiti?" She said, "Oh Yes." I said then, "You have a bacteria that you picked up there." I gave her one mineral and in three days she'd been over it. She had been running a fever for months. I never found another case until last year. A chiropractic student, well she's in her late 30's now, at Marietta, Georgia came in. Been running a fever for five years and no one could find out the cause of the fever. The very first question I asked her, "Have you been in Haiti or Italy?" She said, "Both." I said, "You said six years ago? You've had this fever for six years?" She said, "Yes." I said, "Then that's where you got it was in Haiti." So I gave her a mineral and in

one week, she was over it. One week! So when you know the frequency that you're working with, and you know the numbers, and you know what perfect is, it's just a matter of using that knot that's up on your shoulders, better known as your head, to put something together to help the person. Go by the numbers. Go by the numbers and you will see miracles happen right before your eyes. You will see things happen.

I had a mother from Fort Laughton Beach bring her 11 year old daughter in for a check up before she got ready to go to school. She was in pretty good shape. But she had an ingrown toe nail. And the mother didn't even know she had it. I said, everything is fine, but you have an ingrown toe nail. She was real white and her mother said, "Do you?" And she said, "mm hmmm. I have an ingrown toe nail." "Well why didn't you tell me about it?" "Because you would take me to the doctor and cut it out." She was trying to hope, or pull, or get that ingrown toenail out. She slipped off her shoe and sure enough, she did. The toe was about as red as a beet. And yet she wouldn't tell her mother she had an ingrown toenail. So, it's rather interesting to see what these numbers will tell you. And believe me, you cannot fool these numbers. They cannot be fooled. They cannot fool you. And as sure as somebody goes out of this class. As sure as you do. Every class does it. They'll send in the numbers and a few days later, they will put another name and address and so forth on it and send them back in. They will be surprised. They get the same answer both times. Cost you $5.00 every time you do it.

By the way, have they had these papers to sign yet?

In other words there's a $5.00 royalty on each of these tests that you do. But you are furnished all the equipment that you need.

Have you signed those slips yet that you agree not to teach this class to anyone until you have finished all nine courses? Well, we'll get them to you. The reason for that is to protect you. It isn't that we are trying to hold this information. But if you don't. You'll get farther and farther and farther out until we all get thrown out. And we've got to know that you know exactly what you are doing without any shadow of a doubt and then we want you to teach it to as many people as you can teach it to anywhere, everywhere and really, really, carry this thing to the end of the earth. But until you know you know, please abide by it.

In fact, I had one of the doctors in the last course, or one of the people who took the last course, bring me a whole set of cards. I think there was 20 some odd cards. With the pH exactly the same on every card. And the reason for it he hadn't got his equipment clean. He said, "I gave it a soda bath." But I said, "Did you wash the soda out?" "I didn't know I was supposed to do that." And we drove it home and drove it home and drove it home. So every pH was exactly the same, so he had a wrong reading. Then he had to go back and do all the work over again. Go back and do it all over again because he didn't get his equipment clean. Your system will not be any more accurate than how clean you keep your equipment. You must keep that equipment absolutely clean. Absolutely clean. And as you clean this equipment. Keep it clean. Follow the rule.

One more thing I want to tell you about in using this equipment is don't go ahead of your instruction. Do not mix up your pipettes because if you put a pipette in the wrong bottle, you bought an extra bottle of chemicals. And there is one of them that's kind of expensive. It's about $10 an ounce. And it's an excellent, excellent material, but it goes a long way. It's furnished. And when you pay the $5 royalty on each test, we supply you that material free because we know how many tests is in that bottle and 20% of those tests you are allowed for your family and charity patients. So, you are allowed that much. We give you a 20% allowance, but if you put the wrong pipette into a bottle of solution and ruin that solution, then that is yours. It's kind of got a Georgia guarantee like they have on some of the automobiles. If you buy a car and it falls apart, it's a Georgia guarantee, because both parts are yours.

So, try to get to the facts. Try to get to the bottom of the question. Find and see through the problem. Also, it's very important to get all the information in your mind that's in this course in order to get the information that the card indicates. And as I said this morning, numbers don't tell you anything. But why those numbers are there, tell you lots of things. For instance, the speedometer on your automobile doesn't tell you a thing in the world. It's just numbers on a dial. But whenever you are driving 70 miles an hour and you hear a siren behind you, you know what it means then.

Also, do not try to form certain patterns. Do not try to put people in categories. Do not try to make a number out of people, because they are all different. The conditions are all different. For instance, you may have a sugar that's too high in one person and too low on another and yet the symptoms are exactly the same on a sugar that's too high and too low because too much sugar does not prevent enough oxygen to get to the brain. And not enough sugar in the blood does not prevent enough oxygen to get to the brain. So, many times, too much or too little will have the same symptoms. So, trying to follow through on your symptoms to get the desired result. As you begin to work with these numbers and they begin to reveal themselves to you, as to what the problem is, you'll be able to help many, many people. But one of the problems you are going to have is that more people will want to be tested than you are able to test. You just cannot take care of all the people. It's very difficult to turn them away. It's very difficult to say no. And many of the times we are having doctors that take these courses say please don't send us any more people. Please take our name off of the mailing list as far as sending people out to us because we cannot take care of it. They are coming day and night. We cannot take care of them. And regardless of how fast we train people, we cannot get them all taken care of.

Now I want to bring you up to some basic facts that I want you to remember. That 98% of all operations can be prevented. 98% can be prevented.

Now, let's come back to the weak point in this course. I want to show you two or three that can't be prevented. For instance, you have an enlarged gall bladder. It's so enlarged until the weight of the bile in the gall bladder is crimping the tube that lets it flow into the small intestine just under the stomach and then to be pumped back up into the stomach. Therefore, it ferments and the person is sick and nauseated and sick unto death all the

time. Now if it is enlarged to that extent, surgery must be performed. It is also a very difficult thing to pick up on this test too, because as that gall bladder stretches, the walls are so thin, until it is very difficult to pick up enough energy to show. But the gallstones are very easy to dissolve. The easiest way in the world to dissolve gallstones is with olive oil. A tablespoon full of olive oil every day on your salad will dissolve gallstones. I've never seen it fail. Olive oil will dissolve gallstones and I have yet to see it fail.

So, another thing is hernia. Hernia operations. A lot of people are operated on two or three times for the same hernia and it will not heal. And it will not take. Get the body chemistry back in order and then have the hernia operation and sew the muscles back together that have spread apart and then they'll grow back together and stay together. Otherwise, they will not go together any more than your fingers like this. This is some weak point of this system.

Also, ulcers are very difficult to pick up with this system on the first test. Very difficult. There's many, many, different names for ulcers. Worry is one of the most common causes that brings about ulcers. Fretting, low calcium, lack of oxygen, in other words, it's a chain reaction. Because the gastric juices are flowing over it, so fast, and the water you drink, that it dissipates the energy over such a wide area, you have trouble locating it. After two or three days it's no problem. But the first test, sometimes it's rather difficult to zero in on the effect of an ulcer. Ulcers are the easiest thing in the world to cure; to get well; the easiest thing in the world. The first thing you want to do is put the patient on Lemon water and water according to their weight. Lemon water and water according to their weight until you have washed the mucus from the ulcer and until it begins to burn when they drink the lemon aide. You will be told whether to sweeten it or have it unsweetened. You will know how to do that a little later. It's not necessary to go into that right now. And then after you get that cleaned down to the point where it burns, where the ulcer exists, then put them on cabbage juice. Start them on 2 oz of cabbage juice with six ounces of water, freshly squeezed two or three times a day. This also depends upon the weight factor that we will take up later. The next day, you put them on 4 oz of cabbage juice; freshly squeezed cabbage juice and four ounces of water. The next day on six ounces of fresh cabbage juice and two ounces of water. And the next day, on pure cabbage juice. In about a month or six weeks they will not even have a trace of the ulcer. Also it's an excellent idea to give them naphtha tablets. It's a specially made tablet made from the sap of the olive, Lebanon, and locust tree. It comes from Israel. It's a wonderful thing for people that have ulcers. Then, while you are getting the ulcers well, take some honey comb, and if they have a low blood sugar squeeze out most of the honey, but if they have a high blood sugar, wash it out until there is no honey left in it. And then have them chew that honey comb until milk each day and that milk will hasten their recovery and the healing of that ulcer. And I have never seen it fail on an ulcer yet. It's a very, very, excellent remedy and it gets ulcers well. It doesn't matter whether it's a peptic ulcer, a deodenal ulcer or any other kind of ulcer. You will hear many doctors pronounce deo-de'nal du-od'enal ulcer, but the word is deo-de'nal, meaning 12 little ulcers in a mass, deo a Latin word, with denal is twelve. (unintelligible questions from the class)

So, as you begin working with these numbers, you will be amazed at what they will reveal to you and what they will show to you, the door that they will open to you as to how to help people.

A question about napthta (unintelligible). It's called napthta. You have to order them from our laboratories. We make them up. We get the material from Israel. You take 1 to 2 per day. Drink the cabbage juice up to 3 time per day. Chew the honey comb until it becomes a milk then swallow it. So this is what we need to keep in mind here, these things are cause and effect. We will be studying patterns on numbers in just a few days. The first thing you ought to learn is how to do the numbers and what they mean. I would like you to never refer to this as a diagnosis. Always refer to it as an analysis.

More unintelligible questions: Yes. Well, you still have your light food or graham crackers or milk or whatever you are eating, but you keep it up until they are well. Also, you will have a lot of people complain about difference in their throat. There's a lot of health books written on diet. They are all wonderful books. They've got people to thinking. Most people will say I'll do anything in the world, but don't make me think. Just don't make me think. Anything in the world, but don't make me think. These books have got people to thinking. And they've gotten them to take their own health in their own hands and do something about it, but if you just read enough of these health books and do everything that everyone says, you'll starve to death because every one of them is down on something. For instance, there's one of them that says this, all you need to do to live to be one hundred years old in good health is to take honey and vinegar and mix it half and half and take so many tablespoon full's a day. Suppose that you were a diabetic and had low calcium. It would cure it all right, just like cutting off your head to get rid of a headache. It would cure it. So, the thing you need to know is to know all the facts behind what they are trying to tell you. Now this way, you zero in and you know when to use vinegar and honey. There's nothing wrong with it if it's used at the right time and the right person and the right place. It's kind of like down in Georgia, there's a man named Jed. His friend called up Jed and he said, "Jed, my mule is sick. What did you do for your mule when he was sick the other day?" He said, "I gave him a quart of turpentine." So, he met Jed in town on a Saturday night and said, "Jed. I gave my mule a quart of turpentine and it killed him." And Jed said, "It killed my mule too." What you want to do is get all the facts at your finger tips before you draw any conclusions. You've got to get the whole story and don't jump at conclusions. You know, one reason so many people stay so tired easy, they are jumping at conclusions all day. The Bible says, seek to know the truth, and the truth shall make you free. Know the truth. Know the truth. Seek to know the truth and the truth shall make you free. Also it says, Study to show thyself approved unto God a workman that needeth not to be ashamed, rightly dividing the word of truth. And to study physics, and chemistry, and mathematics, it's still an absolute obedience to principles of the Bible.

So, if there is a cause, then there is an effect. If there is an effect, then there is a cause. Unless you can create the effect, you cannot take any doubt and stop the cause of the effect. You can create the effect or create the cause or vise versa with the power of diet. Learning to handle diet. Thomas Edison said, "The doctor of tomorrow will be a doctor who understands that diet is the best medicine." Diet is the best medicine. However, I disagree with his terminology. I never think that diet is a medicine. I do not think that diet is a medicine. Because if that's true, everybody is living on medicine.

There isn't any such thing as food. It's all medicine. So, the terminology sometimes is kind of hard to understand what we are trying to get across or what we are trying to do. Know the truth. And these numbers will tell you the truth. And when you start to do an analysis, don't try to make it come out anywhere. Let it come right out where it will. Just let it come whereever it will. Write it down as it is. Write it as it is. Keep your equipment clean, do the test, follow the rules, and in one little test you have to concentrate it for one minute or 120 strokes, which ever one is the quicker. However, if you do 120 strokes you have a minute in it, if you do it correctly. Now don't think that 50 will do, or 60 will do, or 40 will do. It might do it on 500, but the 501 you will lose a patient. So don't take the risk. Would you like that risk to be taken about your life? Would you want somebody guessing about what's right for you? Don't you guess either. Go by the numbers. Go by these numbers.

Are there any questions at this point?

Student: You started naming operations that were necessary. You mentioned gall bladder and hernia. Is that all?

Reams: No, that's not all. That's two of the most common ones. There are other problems that get out of hand. For instance, I have seen gangrene get to the point it was too late. Postmortea had already set in and then it's best to remove it, but if you could have got to it just before, it would not have had to be removed, but when the flesh starts to come off the bone, there's no way to put it back on.

Student: Doctor, have you encountered allergies to lemon juice?

Reams: Yes. There are people who have an allergy to lemonade.

Student: What do you do then please?

Reams: Well, then I just use plain water. I do not know of any food that some body doesn't have an allergy to. I would say that 20 to 30 maybe 40% of the people are allergic to lemonade.

Student: Dr Reams, suppose that beet juice in the kidney shows up red in the urine. Is that an indication of anything?

Reams: That's not anything to be concerned about. For instance, if you drink a can of cantain or some of this has pure orange juice, which "pure" is a trade name, it is made with a coloring and acetic acid. It doesn't have any natural orange in it at all. When you urinate you will think you have yellow jaundice the worst in the world. It's pure yellow and yet, you feel real good.

Student: The calculation of 8003 millhouse energy for water, is that distilled water, regular water, or fluoridated water?

Reams: That's pure water.

Student: You started the subject of mucus in the throat and didn't finish your comment.

Reams: All mucus in the throat is caused because of bacteria. Bacteria manufactures mucus and whenever you have mucus anywhere, anytime, anyplace, it's a product of bacteria. When you put people on lemonade, the first complaint that you are going to have is, I think I am coming down with a cold. I have a sore throat. Well, the thing is, the bacteria has eaten into the esophagus and therefore it washes the mucus off down to the bacteria and it burns for a day or two. Just tell them to keep drinking it. In a day or

two it will be past. All mucus is caused because of bacteria. The health books tell you to don't drink milk. Don't drink milk. Milk is for baby calves or baby animals. Yet, the Bible says, John the Baptist ate milk and honey. So who are you going to go by, The Health Book, the faddist, or the Bible? You have your choice. And while we have come to this, I'd like to talk to you about pork.

Student: Doctor, when people's teeth begin to sting because of the lemon juice.
Reams: The teeth sting?
Student: The enamel. The gums.
Reams: All it does is clean the teeth. It cannot harm the enamel. That is impossible. That's an old wives tale and there is no truth to it. I raised my children with lemon juice and salt for toothpaste.
Student: Doctor, when people grind their teeth and wear through the enamel, and many people have done this, and the lemon juice, many times stings.
Reams: Yes. It many times does, but it's because of a phosphated calcium deficiency that is causing it. While we are on the subject of teeth, before I get back to this other point is this: I've seen children break a tooth off right at the gum… babies after they got their front teeth and by the use of Min-Col, I've seen that tooth grow back out to be normal length. Your teeth should grow out like your fingernails. And whenever you are deficient in phosphated calcium, and you have cavities in your teeth, and you start taking MinCol, these cavities (fillings?) are going to fly out of your teeth, because the enamel starts to pressure on them and they will fly out, then you'll have to have them put in again. And after about the third time, that cavity will be clear out at the end of the tooth and you won't have it anymore. But the reason that your teeth are not growing out like your fingernails, not quite as fast is because of a MinCol deficiency. MinCol is a product made from bone meal. In a ton of bone meal there's about 60 pounds but all we have ever been able to get out is between two and three pounds out of a whole ton of bone meal. So, if you have to pay 12 cents a capsule for it, don't be surprised because it all has to be done by hand.

Student: What's the sign of an allergy to the lemon juice?
Reams: We will tell you that later because what a lot of people call an allergy is not an allergy at all. They think that just because it makes them sick to the stomach, that's an allergy. That's not an allergy.

Student: Where are the MinCol available? Do you have them?
Reams: See Mr. Haskins. He has them. I don't have anything. I have given everything I have to the Lord. All I have is the clothes I wear and the food I eat.

Student: What about pyorrhea Doctor?
Reams: Pyorrhea, again, is a mineral deficiency that MinCol will take care of plus using mouth wash to keep the bacteria out. It's a phosphated calcium deficiency.

Student: Is flossing, using dental floss, with pyorrhea damaging to anything?
Reams: No. It doesn't do much good in the long run. Temporarily, unless they supplement their diet with minerals, it will not solve any long lasting thing at all.

Student: What about the source of lemons? organic or inorganic?
Reams: You know I was in a health food store about 18 months ago and I saw a can of honey. It said this, organic honey. I told the lady in the health food store, "Listen, I see you have organic honey. I'll give you $50 a quart if you can get me one dozen jars of inorganic honey." Do you see what I am saying? Some people think that because it's got organic affixed to it, it's just right. Organic simply means that it contains carbon and it's impossible to have a carbohydrate without carbon. $C_6H_{22}O_{12}$ is ordinary table sugar, white sugar. So, you cannot have your sugars without carbons.

Student: Organic is a different word. They use it that no sprays, no pollutants have been put on it. They don't use it the technically correct way. It is important that it not be sprayed.
Reams: Listen, these companies that advertise, simply go by the law. There may be a conscientious company now and then, but they go by the rule of the law. They go by the letter of the law that's set down by HEW. And while we are on this subject, if you are manufacturing vitamins, you must state the milligrams that's in it, but if you are manufacturing minerals, you do not have to state the milligrams in it. Vitamins are read in milligrams or parts per million, and minerals are read in percentages. It takes 10,000 parts per million, or 10,000 milligrams per gram to equal 1% of one gram. So you see how confusing it can really get. Is that clear? Is there a question on that?
These are facts to keep in your mind and memorize them. Memorize them.

Any other questions now before we go farther?

Most of the time, yes, but the reason they've got it in the first place is because the liver is malfunctioning. While we are at this subject too, there's two divisions to the nervous system. We have what we call the cranial nervous system which goes through the spinal cord and the vagus nervous system or the auto sensual nervous system with that nerve that goes down through the side of your neck. It does not go through the spinal cord.

Note: Tape 3, Side B appears to be blank. There are points of audio blips on side B but no voice is detectable.

Start of Tape 4, side A…

Reams: Yes?
Student: I seem to be at a loss for the reason to make distilled water?
Reams: Undistilled water many times has a lot of urea in it from anhydrous ammonia. A lot of it has sewage in it; plain sewage. It has been dumped into deep wells. And a lot of it has fluorine in it and I would guess national medication. I have seen children 12 years old that have no teeth. Never any come through because of too much fluorine. Their teeth have never come through. I've seen adults and some of them now 50 or 60 years old still have their baby teeth because there was so much natural fluorine in the water. Until they never got their adult teeth. Here they are grandmas and great-grandmas with baby teeth still in their head. So this is what fluorine does. And I have seen other children and their teeth just barely through the gums; it hasn't grown any at all because of too much fluorine. So, whenever you get into this study of fluorine's and fluorides and things of that nature, I am not in favor of national health rules.

I am against national inoculation. In fact, it kills more children than it ever saves and more people than it ever saves. Read the book, "The Poisoned Needle". Read that book. Also, I took my children and sent them through school with no vaccinations. And I was told that they could not enter school unless they were vaccinated. And I said to the principle, a very good friend of mine, and a church member of the same church, I said, "It is your job to educate. It is not your job to medicate." He said, "Well I still have to have an inoculation certificate from a doctor." I said, the Federal law says that my child must go to school. This was a parochial school. I said, "If you refuse to take my child in school, I will have to enter suit against you and the school board for practicing medicine without a license." I will send my child to school, but they will not be vaccinated. So he said, "I'll tell you what you do, you send them on and we won't have any problem at all." And they never did. They never did have any problem. So, you do not have to be vaccinated. You have the right of the freedom of choice.

Student: If a person has to go on distilled water for the rest of their life is there any danger of problems drinking it?
Reams: Listen, when you drink water out of the ground, you don't know what the mineral is, but these tests will show you what minerals you need. You take the ones that your tests show that you need and forget about those unknown ones.

Student: Does drinking distilled water over one's lifetime pose any danger to removing minerals from the body?
Reams: No. No. This is what we are teaching, the very system of the theory of ionization. You are put together like silver plating, nickel plating, chromium plating. There's no danger of it taking the minerals out of your body. In fact, I don't think that any water can take the minerals out of your body. The thing is, the food that you are eating isn't putting them in there.

Student: unintelligible.

Reams: The calcium deposits in your blood vessels is caused because of too much insulin. And that's the only way it can get in there. You are either taking it or your own system is manufacturing it. And that crystallizes the blood vessels and that's the only thing that I know of that will crystallize blood vessels, is too much insulin.

Student: Will the water be fruitful? Health speaking?
Reams: If you drink the water systematically, yes. If you are on insulin, or have a patient on insulin, you have got to be awfully careful in what you are doing. They can be gotten off of insulin. They can be taken off of insulin, but they've got to take themselves off of it. Don't you take them off unless you are a doctor. And if they will drink the right amount of water, it will begin to wash the insulin down and down and down, because the insulin stores up. It's a salt in its crude form and it stores up in your muscles and in your fat like salt does in pork. And then whenever you start to drink water to wash this out, it's very difficult to keep too much from coming out some days and not enough other days. And when a person goes into a deep withdraw and the insulin then drops off and the sugar rises because everything you put in your stomach they vomit it up because they are in withdraw like an alcoholic is when he sobering up or when a person that's on pot, heaves and tries to upchuck. Then you have to put them in a hospital where they can get intravenous sucrose solutions to balance off the excessive insulin for a few days until you can get the vomiting stopped. And then you take them back and continue on the program and then you and you can get them completely off of insulin, but we will be on this subject of insulin a little later in which we will go into explain to you the ratios between glucose tolerance tests and your total carbohydrate. There's a great difference in it but now is not the time to go into that because we will get into that when we are studying the problems of handling some of the maladies that you are going to be confronted with.

Also, you are going to find people that are on drugs; been on drugs for years. And when you put them on a diet, if you are not careful, their body will release so much of these drugs at one time it will kill them. You have to put them on, pull them off, put them on pull them off, put them on, pull them off, for two or three weeks to keep their body from releasing so much of these drugs until they will die. So be careful. You have to know what you are doing. And it's these type of people that you do not give a diet to go home with. They have to be in under supervision.

Also, in giving these diets to people that have problems you have got to be very careful that they carry out your order. That they carry out the order. So, at home, they may do it and they may not, so just don't take a risk. If they are determined to take every short cut known to get to the cemetery, you can't stop them. There is so many people in such a hurry to get to the cemetery that nobody can stop them. They take every short cut that they can think of.

I had a lady come in from Miami a few years ago when I had a place in Florida. She was in very, very, high society in Miami. In fact, the society was so high and she was a very wealthy woman and she walked like the earth wasn't quite good enough for her dainty little feet to touch. She had been there about an hour and a half or two hours and one of

the nurses called up and said, "Mrs. so and so from Miami is ready to go home." And we had driven 75 miles from an airport to bring her in and I said, "Well, I'll be over in a little while. Tell her to get her things ready, but we will take her to the bus, but we are not taking her back to the airport even if she pays for it, because her pride was about to kill her. Her pride was just killing her. So I went over there and I said to her, "Honey bunch, you about ready to go home?" "Yep. Sure am. I'm ready to go." "What's the trouble?" "It's too crowded in here. It's too smothery in here." I said, "I have news for you my dear. It's a lot more smothery in the cemetery and a lot more crowded." She had already been pronounced by her medical doctor as cancer terminal and also cut open and sewed up and said there was no chance for her to live. She was in critical condition. So, she said, "Doctor, will you show me my room?" I said, "Yeah, I'll show you your room." So we showed her her room. The next day I gave the order to move her to a different room. And of course, when you give the order, the employees are going to take it out and she raised all kinds of sam. She didn't want to be moved from that room. She had just got acquainted with the person that was in there. She didn't want to move, but she moved anyway. She come over to see me about it. I said, "I'm just awful sorry. There's nothing I can do about it. If they want to move you, the thing to do is move and make the best of it. So, she stayed in that room a day or two and then I had her moved again into another room. Oh, she raised sam again. She had had her way so long that she was spoiled rotten and she had such a narrow group of cronies down there and she had to learn how the people lived. Each time we moved her, she liked the people she was with. So after about a week, she gave her heart to the Lord. Beautiful spirit! And three weeks later she was ready to go home. Her numbers were right. And she said, "I don't want to go home doctor. I want to stay here. I want to stay here because I have never had such a wonderful experience in all my life. I never knew what I was missing. If I hadn't have been dying, I wouldn't have come here. When you first moved me from room to room, it liked to have killed me. It made me so mad, I just about died, but now I see it was a part of my getting well. I have seen how other people live and they are wonderful people and I want to stay here. I've got the money." I said, "I'm awful sorry my dear. You go back to Miami. Find your groove down there and go to work for the Lord. You have wasted enough time now on your riches and pride and every thing. Work for the Lord." The last I heard of her she was doing a beautiful job. One of the most active workers in one of the large churches in Miami. So God can use anyone. And she's well. She got completely well. So what I'm trying to tell you is, let the Holy Spirit tell you how to handle a patient. Go by the numbers. Let the Holy Spirit guide you. The purpose is not only to get the body well, but to touch them so that the Holy Spirit will fill them and thrill them, that they will never be the same again. This is what life is about.

I believe that all of the healing arts are religions because God is the great physician. Since man cannot heal anybody, then it links us to a higher power and if we are linked to a higher power, no one of the healing arts has a right to say that the others can't exist, even though they get laws on the books stating that they are the only ones. Saying that if you do not live by drugs, you have got to die by them. I don't believe that's democracy. I believe that's tyranny. And I am one that's going to be found teaching a better way. A better way. And also, when a person is ill I want them to have all the help they can get from the chiropractor, the medical doctor, the naturopathist, the osteopath, the dietitian.

This isn't really one of the healing arts. It is the best crutch. It is the best help that all the healing arts ever had. And it's so wonderful that you men you women have come in trying to fill in and trying to do something a little bit more for your fellow man. I hope that you will do one thing. That none of you will ever try to commercialize on the sick and the dying. A workman is worthy of his hire. We do not tell you what to charge or how much or anything of that nature. That's up to you, between you and your God. But if you will render a service to your fellow man, you'll never want for anything. God's blessing on a nickel is larger than a five dollar bill without it. So try. Try not to be guilty of commercializing on the sick and dying.

It's time to eat supper.

I started a medical laboratory for Doctors. Fifty years ago, they didn't even know the value of laboratories at all. It was unknown. They did know a little bit about a microscope, but very little. As far as I know, I had the first medical laboratory in the southeastern part of the United States. I had it for about three or four years and then I sold it to Lewis Herring, who still has it in Orlando today. You doctors didn't know at that time really what a medical laboratory was for. They simply sent patients there to help that kid get through college. And then more and more, they began to see some value in it, but I was not dealing at that time with diet at all. I was dealing strictly with the blood chemistry that I had learned in college. I also realized, even then, the power of diet.

I want to tell you about an incident that happened when I was in college. In my junior year, I had a professor of Chemistry. That was his first year of teaching after he had received his doctorates degree. I was taking heavy, heavy, courses in Chemistry and about two weeks before the end of the year, this doctor came to me and said, "I am failing you in Chemistry this year." It's the only course I ever failed in college. I had a straight A average. Yet, he was telling me, "I am going to fail you in Chemistry." I said to him, "Why are you failing me?" He said, "You have been copying the experiments instead of performing them at the bench." And I said, "Sir, I have never copied any experiment what so ever. I have never copied one." He said, "You have performed, according to the papers that you've have handed in, every experiment in the book." And he said, "It's impossible to spend the few hours that you have spent in the laboratory and hand in that many experiments." I said, "Sir, I did the ones that I was supposed to do at the laboratory bench." And I said, "The rest of them, I worked out by mathematics." He said, "Oh, you can't do that. You can't work these out by mathematics. It has to be done at the bench by actual experiment." I said, "Sir, I would ask you to give me any equation you wish to on the board and I will work it out in math for you." For the next two hours, he gave me problem after problem and I worked it out by math on the board for him without performing it at the bench. He said, "I'm still failing you because you are too accurate." In other words, he was throwing his weight around. It didn't make a lot of difference to me at all, so I did have a chance at another elective I wanted to take the next year, but it didn't make a lot of difference, so the next year I took the course over again. I only did exactly what he told me at the bench as far as his orders were concerned. But that year, I had a lot of extra time in the laboratory. So I started analyzing foods: beans, squashes,

tomatoes, peppers, onions. He would come over and say, "What are you doing?" And I would tell him. He said, "Awe that's not going to amount to anything. It's not going to amount to anything. If it was going to amount to anything, some body else would have already done it." I said, "It doesn't make any difference to me whether it ever amounts to anything or not. I want to know what they are made of. I want to know what's in them." You see, it was then that God was leading me into this path that I am now teaching you. So, if you will take every problem that you will ever have and turn it into a stepping stone, you can rise to higher plains. So, I'm so glad that he failed me that year, because if it had not been, I might not have got channeled in. But by the end of the year, I knew all carrots were not alike. I knew there was a great difference in beans, cumbers, tomatoes, peppers, you name it. And there is a terrific amount of difference in those things.

So, now then, we are actually working with energy, that we are going to learn, something about, that comes from foods. And one of the greatest deficiencies in our foods today are calcium's. Your body has more calcium in it by volume. I want to use a word incorrectly in order to exaggerate enough to help you remember it. Calcium is a singular and plural word. So I'm going to call it calcium's. Our foods are more deficient in calcium's than any other one element today. In all foods and in our bodies and in all biological life, there is more calcium than any other one element by weight and by volume. So, keep this in mind in finding out something about foods.

I'm going to give you a rule to go by that you can remember and memorize and know that it is true. The higher the natural sugar content of any food, the higher the mineral content of that food. The higher the sugar content of any food, the greater yield there is per acre and the less cost per package it cost to produce it. Now this is a very, very, important statement. So, if you will tell me what the sugar content a produce is, I can very closely tell you what the yield per acre is. It's very, very, accurate.

This brings us now to our subject that we are going to discuss tonight. And that is our specimens. Did you realize that urine analysis is much more accurate than blood analysis? Because blood changes every five minutes or less. I have seen people with a perfect blood sugar and in thirty minutes, they would be out in a coma because of low blood sugar. Low blood sugar is caused because the pancreas produces too much insulin. Your own pancreas produces too much insulin and drops the sugar too low. So urine analysis is much more accurate than blood analysis.

For instance, you may test someone and the test will show that, your test will show that your body has a very high cholesterol, and yet they go get a blood analysis and it shows that there is a low cholesterol. Or both may be done at the exact same time for that moment, and one will say high, the urine analysis will say high cholesterol, and the blood analysis will show low. Cholesterol is only fat in the blood, oil, that's all that cholesterol is. It's just oil in the blood. For instance, you may find that the oil is high in the blood an hour or two after eating and yet two hours later it will be very low in the blood. But when we say that there is a high cholesterol, we are not talking about the oils that's in the blood. We are talking about the ones that are actually in the arteries and veins. I have seen autopsies performed in which the medical report showed that cholesterol was normal

and yet find the arteries and veins clogged with cholesterol. How do you account for that? Because the blood changes too rapidly. There's one reason and only one reason and I've told you already once today and won't tell you twice. One reason for high cholesterol in the arteries and veins and that is, what did I tell you it was? Too much salt retained in the body of salts. How many kind of salts are there? About 48. 48 different kinds of salts. There's two different classifications of salts. You have your urea salts and you have your chloride salts. All of them are salts. And all of them can cause the blood vessels to loose their power to expand and contract and they loose the power of dilation and coming back to normal. And then cholesterol forms on the lining of the blood vessels in order for the blood to get from the heart through the arteries, to the capillaries, and thru the capillaries back to the veins and back to the heart. As you begin to work and study and to understand something about this anatomy, this body of ours, the more you understand about it, the easier it will be for you to comprehend the problem that the numbers denote. You ought to be able to draw out a picture of any organ in the body. You should be able to draw it free hand, any organ that's in the body. It doesn't have to be like an artists conception of it but enough to explain it so someone can understand it.

This urine analysis is more accurate than blood analysis because it is a collection of what is in the blood. The substances that's in the urine comes out of the blood. Remember this statement. The urine analysis over any 24 hour period would be equal or be the same as the blood analysis over that 24 hour period. It has to be that way or else we would die. There would be no harmony. There has to be blocks and things in order to stop us and control us. The blood analysis for any 24 hour period, equals the urine analysis for the same period. Numerically equal by volume of sedimentations that you might find in it of any kind and all kinds. Over any 24 hour period, it's equal. The total carbohydrate.

Now this brings us to the point of sugar in the urine, of the carbohydrates in the urine, and also the glucose tolerance test. What I am going to tell you now is very, very, important. Very important. According to the allopathic scale you become a diabetic at about 120. That's 120 mg of glucose per gram of blood. Some doctors don't consider you to a diabetic until you get to 130, 140, 150 and 160, but the original scale said 120. Now, they do not take into consideration what so ever, any of the carbohydrates that's in the urine. Now let me show you something. You may have a blood glucose test of 80 and a urinary carbohydrate sugar of 4.5 and be a full fledged diabetic. All of the symptoms of lack of oxygen in the brain is beginning to manifest itself . You may have an 80 glucose tolerance test in the blood and a 4.5 carbohydrate in the urine and be a full fledged diabetic. Or, any number above 4.5 in your carbohydrate test. But you also may have a 500 glucose test and a 1.5 or less carbohydrate and still not be a diabetic. This is true what I am telling you. It is true. Now, when you are getting people off of insulin, or when you are giving them a… we don't take people off of insulin. We give them a diet so they don't need so very much. As they begin to move through withdrawal, in other words coming off of the drug of insulin, they go through holy terror just like any other drug addict. Sometimes we have to put them in the hospital to have glucose given them until we level off the glucose test and then immediately after that, that glucose begins to bounce like a rubber ball. You can't keep up with it. It just about frightens the doctors to death. In the meantime, we keep the carbohydrate down below 1.5. In a few days, it's

leveled off to normal and they are doing beautifully. So, what I'm trying to tell you is that Go By Your Numbers. If I were you, at this stage, unless you are a medical doctor, and have all the facilities necessary to test on your glucose and have the glucose ready, I would not attempt to take anyone off insulin until you are trained in this field to do so. Insulin has never cured anyone of being a diabetic. And what high blood sugar does, and I repeat, it keeps the oxygen from getting to the brain. And also, if it's too low, the oxygen does not get to the brain. This is what diabetes is, a pancreas that's manufacturing not enough insulin. The hyperglycemia is high blood sugar and hypoglycemia is low blood sugar. Both is diabetes. It's a malfunctioning of the pancreas.

Student question: unintelligible.
Reams: How does high blood sugar? Well, for instance, sugar is a carrier and if there's too much sugar in there, then there is not enough room for the oxygen. And low blood sugar, it's a carrier, but if you put too much in the brain, then it will not release the oxygen to the brain.
Reams: Yes?
Student question: unintelligible.
Reams: We will come to that tomorrow or the next day whenever we get into the problems. We will come to that later. All I'm telling you now is this actually exists.
Reams: Yes?
Student question: unintelligible.
Reams: It is possible that with the tablets to make some qwerk at the reading, but if you have a high urinary sugar and a high glucose, you are a diabetic.

So, let me tell you this. Remember this. Diabetes starts when we are children. And I do not believe in hereditary diseases at all. I believe the parents feed the children on the same food that made them have their problem and therefore, they become a child of the same disease as their parent. I know mothers that are breast feeding their babies who are diabetics, yet they are not high enough for insulin, but the baby also has the same urinary sugar reading that the parents have. In other words, they are a candidate for it. Babies do not have the resistance that older people have and therefore they become diabetics. Also, remember this, diabetics are made by eating starches and sweets after 2 o'clock in the day. They are made by eating starches and sweets after 2 o'clock in the day.

Student question: How about fruits?
Reams: Fruits are sweets, just the same as pie. It doesn't matter. So many people think that if you are a diabetic, it's perfectly all right to eat honey. It isn't! You would be amazed how many people are allergic to honey, especially those who have low blood sugar. It causes the pancreas to flush, flush, flush, flush, flush and therefore the blood sugar stays too low. The system that is advocated by the medical profession today about high proteins, and no sweets, for low blood sugar patients, simply keeps the patients in the doctor's office. We break every rule. We practically take them off meats and put them on sweets and they get well in two or three weeks from low blood sugar. It's one of the easiest things in the world to do. Because if the pancreas is manufacturing too much insulin, then find out the sweets or carbohydrates that does not cause the pancreas to

manufacture too much insulin, and then give them those and it will drop to normal. So these are factors you must remember and you must follow them religiously. You must follow them religiously because the blood test is inaccurate.

Reams: Yes?
Student question: unintelligible.
Reams: Yes, up to about 2 o'clock, providing you are going to work the rest of the day. You burn it up. The best time to eat your sweets and starches is earlier in the day or before 2 o'clock in the day.

And one of the reasons that so many people are so ill is they never eat any breakfast and they eat a brunch and a big dinner in the evening. They roll and tumble all night long. Miserable. Get up in the morning feeling like something the cats drug in and couldn't eat. And then, they are not hungry. They can't eat breakfast. They have another brunch and another big dinner. They have just taken every shortcut that they know to the cemetery. Their irritable. Their cross. Their lips are stuck, stuck out wanting somebody to step on them. They are just miserable. They seem to enjoy it because they keep doing it day after day after day and week after week and month after month doing the same thing. The thing to do is go on about a 3 day fast and start eating right. Start eating a good hearty breakfast. Eat your large meal in the middle of the day and very light soups at night. And sleep like a baby. Get up hungry and ready to go the next day. That is the way your meals should be eaten. And if you will do that, it will do a lot of good in helping you to get your body chemistry back into order. Also, you should have, and when I say You, I mean you and your patient, should have a definite time a day to take a bath at a regular interval at a regular time. You should have a regular time for the bowel movements every day. And you should have a regular time to eat each day within an hour or half an hour, one way or the other. You should also have a definite time to do certain things that's necessary in the daily dozen every day. Get your body back in rhythm. Your body is a machine, a rhythm really. It is a biological machine of rhythm and if you have no pattern what so ever, then you get into trouble.

Water. Everyone should drink water. No milk. No juice. No nothing will take the place of water. Water is a cleansing agent and you must drink water to wash out the old cells and the dead cells out of your system, or else they are going to accumulate in your muscle and give you trouble and give you problems and give you aches and give you pains.

So, as you work with these numbers, you will see and begin to pattern and begin to picture what's taking place right before your eyes. As you work with numbers and with people, you will begin to build up confidence in yourself and in the diet. And in their ability to fulfill and to carry out your orders. And the people will begin to feel better and begin to tell others and you cannot take care of the people that will come in asking for help. The demand cannot be supplied. You who are not doctors, I would try my best to get under the wing of a chiropractor or some licensed doctor in the state. Try to work under those conditions. Try to work under a doctor, under his wing and you'll be protected a lot more and be able to do a lot more good. There are many Christian doctors

today that welcomes any kind of help they can get, and it is wonderful to be able to work with these great men.

Whenever you do a urinary analysis, you are not trying to make those analysis come out to anything. You want to know exactly where those numbers are. That's all you want to know. As we work together with these numbers, we are going to be more and more specific, more and more accurate, be ye perfect, be ye accurate. Practice does not make perfect. You have heard it said, "Practice makes perfect." That's not a true statement. It's a false statement. Perfect practice makes perfect. You can practice wrongly all the days of your life and still doing it wrong. It's perfect practice. And whenever you are doing your work in writing diets, you are practicing making diets for individuals. You are making it. You are working, but it's perfect practice makes perfect. And what you want to know about these human analysis as close as you can find out, is where they are on the scale of testing equipment that you use. And after you….

Start of Tape 4, side B…

…from having heart attacks. For instance, a lot of children have heart attacks, but not like adults. Actually, the high urea causes the heart to get so tired it just cannot beat any more and it stops. And a high urea is the cause of crib deaths. I have tested the urine of many babies that were brought into the hospital dead on arrival at the hospital and found that their urea was 30. The total urea was 30. Died with a heart attack. In other words, cardiac arrest. When the doctors could not find any cause of death. Find that urea at 30. Also remember this: that 16,000 children drop dead on the school ground each year with heart attacks all because of a high urea. Undigested protein is a high urea. Undigested protein and this all can be stopped. It all can be stopped immediately. Heart attacks can be blotted out of this nation in 30 days anytime that people take a notion that they want it done. There's no need to have a heart attack. None at all.

On New Years of 1960, in one week, I tested five men. All of them were in the zone for a fatal heart attack. Four of them went home and did exactly what they were told and reported the next day only 24 hours later and were completely out of the zone for a heart attack. One of them made all manner of fun against me. His test was done between 9 and 10 in the morning. He was in the critical zone. He made all manner of fun of me. He said there's nothing true. The reason he had come to start with was because his wife had been on the program for about six months and she had got so much benefit out of it, he said, "I've just come in to satisfy my wife so she won't nag at me." I tried to tell him to only go home and drink so much water every half hour and then report back for a test in so many hours. He wouldn't do it. He refused. He said, "There's nothing wrong with me." At 5 o'clock that same afternoon the telephone rang. It was his wife. He had been pronounced dead on arrival at 2 pm that day at the hospital. You better believe these numbers. You better believe them. Or you will find some folks will be seriously dead. You better believe them.

Also, a little over a year ago I tested a man. It was in March. Who was the bishop of a church. I was trying to get the churches to take this over and work it through the church. There was about 27 people there that day, ministers, that I tried to get them to work it through their churches. One great chain of churches. All of them turned it down, but this one bishop that was head of all of them, a young man only 42 years old, he was in the zone for a fatal heart attack. I said to him, "You are in the zone for a fatal heart attack. Unless you take steps to turn your body chemistry about face, you are going to be in serious trouble." "Nothing wrong with me", he said. "That's just where you are very wrong." Then he said, "How long do you estimate I have to live?" I said, "Six months." I missed it three days. He lacked three days of making it. He died about 30 minutes before he was supposed to preach a Sunday evening service. Fatal heart attack. You better believe it. You better believe these numbers because they will not tell you wrongly. Go by the numbers. Go by those numbers. Don't kid yourself. Don't kid the public. Tell it like it is.

Now, it is not necessary to tell anyone anything. If you just give them the right diet. They will get well, but the thing about it is, it's kind of like this story. I heard this story

about three ministers dying. All arrived at Saint Peters gate at the same time. They had their papers and their credentials there and Saint Peter was asking them all kind of questions about their faith and their doctrines and so forth and while he was discussing it with them, here come a teenager driving up in a sports coup, you know and slammed on the brakes and spun around and throwed dust over everybody. And when the dust cleared, Saint Peter looked and saw who it was and said go on in. They opened the gate and let her in. You know. She dashed off and spun her wheels and went on in. You know. And the preacher said, now wait a minute Saint Peter. Something's wrong here. Something's wrong. Here we are ministers of the gospel. Spent all our life in Christian work and here you are asking us all kind of questions about our theology, and about our doctrines, and about our dogma, and you just let her go on in. Saint Peter said, that girl has scared more hell out of people than you ever have.

So some people, you just can't get it through their head unless you scare hell out of them. They are not going to do anything about it. You know. You've got to really shock them in order to get them to save their own life. They will pay no attention to it. So, it's true, that if you speak gently, they don't even hear you. You've got to frighten them. Almost scare them to death. I don't mean unjustly. I mean with truth. You know, that truth is a fearful thing. I never mind anyone telling lies about me. That doesn't bother me in the least. What bothers me is when people tell the truth about me. You know that when I goof and they tell the truth, that nearly kills me, because it draws me a little closer to the Lord. I'm just as human. It just hurts all over at times. You know. I make mistakes, but I'm man enough to say I'm sorry. I'm man enough to say, forgive me. It takes two people to make an argument. Don't ever argue with one of your patients. I love my wife so much because she taught me to love trouble. You know, when she finds fault with me it's because I have not lived up to her expectations. And I deserve her just criticism. I love it. And when she criticizes me I simply say, thank you dear for teaching me. If it wasn't for you I might not make it through the pearly gates. She can't stay mad at me, you know. So when people criticize you say, thank you for teaching me. Thank you for teaching me because actually, I think sometimes Satin does more to get some of the folks into heaven than do some of the church members because he picks on them until they are so miserable they are ready to leave their sinful ways and turn unto the Lord.

So, what we need to do is to do whatever is necessary to help somebody. To help them diligently, but some times you cannot get it through their head by speaking kindly to them. You have to make it very, very, very, very plain. After all, anyone that criticizes you gives you a chance to improve yourself. Take the criticism. Weigh it closely. Weigh it in the balance. And if it's true, try not offend again, but if it's not true, put it in file 13 and then you are through with it. And never let anyone get on your nerves. Never.

And please do this. Reserve the right to have your own prejudices. Don't borrow any from anybody else. Make your own. Do not become prejudice because of somebody's words about somebody else. Reserve the right to have your own and to make your own prejudices. And do you know what prejudice is? It's being down on that which you are not up on. That's all that prejudice is. It's just being down on something that you are not up on. But, you may find also, that just because you are not down on it, doesn't

necessarily mean that you are up on it. And you will find the most valuable people in your life is the one that gives you the toughest time because they are putting problems before you, for you to solve. You can take those problems and you can make worries out of them if you want to or you can take them and make stepping stones out of them to rise to higher planes. It all depends upon what you do with them. How many of you ever worry about anything? Hold up your hands. Hold them up high. I can't see them. How many of you worry? Why shame on you. Shame on you. What I'm going to tell you right now is worth the price of the whole course. My wife stayed two weeks behind with her worrying for 25 years. And one day I felt so sorry for her because I love her dearly. So I went to the Lord and asked Him, what is worry? And this is what He said, worry is the devils prayer. Then all that you have to do to stop worrying is change the person you are praying to. Now you just told me who you have been praying to. Are you going to pray to that rascal anymore? My shirts come in these little baseboard folders that come back from the laundry. And I just wrote on that, worry is the devils prayer. Stuck them up over the house. You know, for the past 11 years now my wife hasn't worried any more. You cannot pray to the Lord Jesus Christ and worry at the same time. It's absolutely impossible.

There's three causes of worry. Worry is got about because you like to stay in the valley of indecision. That's one cause of worry. Another is, that God has given you a problem, that you are too lazy to do, or you are in too big a hurry to do, or you just don't want to do it. He's trying to give you a stepping stone to higher ground and you won't have it. And the third thing, it may be an answer to prayer to teach you patience.

Did you ever pray for patience? You know, I thought I had patience conquered one time. I really thought I had it concurred. I drove up to a stop light and there was a man ahead of me that wouldn't move on when the light turned green. And I became terrifically impatient. And I thought of all kind of thoughts that I would like to do, you know, to teach him how to drive an automobile. You know, just thoughts. It's no harm to let a bird fly over your head, but don't let him light in your hair. But one day, I said, Lord why doesn't that man go ahead. He said, because you haven't prayed for him. I put him there so you could pray for him. So, from there on, when they don't go ahead, when the stop light turns green I pray for them and they move on immediately. But one day, I drove up to a stop light and there was a station wagon ahead of me. It said on the bumper sticker, if you love the Lord, toot your horn. So, I tooted the horn, toot, toot. He stuck his head out the window and said, "You idiot! Can't you see the light is red?" The idea was good but the timing was wrong. Oh yes. In fact, I've enjoyed it ever since. So, what I am trying to say is, there's a brighter side to life. And regardless of how rough the going gets, you can always say, "this too, shall pass away." And before you know it, it will be over. The problem will be over. This too shall pass away and before you know it, the problem will be lighter and lifted.

There is also people that will become your enemies. If you read the book of Job, it will help you to understand what to do with your enemies. You know, Job was perfect in his day. It meant that he kept the royal law. He lacked one thing. And he had an awful time until he learned that one thing, and that was to pray for his enemies. When you learn to

pray for your enemies, you have got it made then. If anybody gets in your way, put them on top of your prayer list so high up until you can't see them until you climb high enough. It doesn't make any difference. And this will solve your problems. There are answers to your problems. And you are going to need a philosophy of life and a theology of life if you stand this work and stand up under it.

It may be the finest thing that ever happened if you never see the pictures. It may be the finest thing that ever happened to you. I'll tell you why. I had a number of young people, highly qualified, who were graduate biophysicists. Each would stay with me about 5 to 7 or 8 months and then they would quit. Each one would say, "I wouldn't have this job for a million dollars a day. I have learned to see the pictures and I cannot take what I see. I cannot stand it." And some of them, in fact, one of the finest ones I ever had, was a young lady about 25 years old, that worked in the lab for about six months. And she could not take it any longer. She began to see the pictures and she became emotionally involved with every patient. She cried all day. She couldn't take it. She had to quit the work. So what I am saying, if you never see a picture, you may be blessed. But you can also go by the numbers on the computer or by the number that you were taught and still help them without seeing the picture. I see pictures at times that makes me ill, very ill for a few hours and sometimes for a day or two. I am very hard to make cry, but sometimes I see pictures that I cannot keep the tears from flowing from my eyes because I am so helpless. They are beyond the point of help. The numbers say so. They are beyond the point that I can do anything for them. You know it's a joy to do things for people. What will hurt you most and what hurts me most is what I cannot do for people. What I cannot do. And remember this, the best diet on earth is not an insurance policy for eternal life on earth. And I have also news for you too. That if you live long enough, all your patients will die. All of them, but you can keep them alive longer and happier and healthier than anyone else. You can do that and this is within your power.

And there is one thing I would like you to resolve to do and I have already resolved to do it. And that is, when I take my vacation in heaven, I do not want to leave this planet sick. I want to leave here in good health. It's kind of bad to go on vacation when you are sick.

So try to keep these things in mind. And be lifted up. And remember this, there is nothing that God can't do. And remember this, that no drug has ever cured anyone. Insulin has never cured anyone from being a diabetic. Not one. It's killed many. There's no drug that cures any disease. It only delays the time until nature can do the repair work. It does relieve pain a lot. But when you stop to think today, that America is 37 in the list of poor health, of all the nations in the world when we have the finest hospitals, the most money, the very best of everything. America is 37 in the list of poor health (1977). This statistic comes from the insurance companies and also the United States Government. In the amount of dollars and cents and days off of work, the days spent in the hospital, and things of that nature is where it comes from. America has one of the greatest absentee workers of any nation in the world. The greatest absentee. And drugs have failed the American people. They have failed. So, it's time to use something else besides drugs. I am not against drugs. I am against the abuse of drugs. So when

you wake up in the morning with a headache, the red lights on telling you something's wrong. Don't just take an aspirin and cover it up. Try to find out what's wrong. Whenever Suzie and Johnny can't get along and they are fighting all day and they are crying and screaming and pulling each others hair, don't up and spank them. Find out why they are cross. It's probably because they are constipated. It's very difficult to have a good temper and be constipated at the same time. Haven't you heard someone that was rather cross and someone else says to him, you are full of crap. He was practicing medicine without a license. It was true what he said. It was true what he said. So, it's the truth sometimes that so humorous to us. You know, truth. The gospel truth.

When it's presented like it is without any fan fair, it's amazing what we can do when we have the power in our hands, the numbers in our hands and know what to do with them. We can do so much with them. And yet without them we are so powerless, so powerless. We don't know. So some people want to know, "Why do I have to come into the retreat? Why can't I do it at home?" Well, the reason is, we do not know where your body chemistry numbers are going to go to. In fact, any diet that we would give them would probably be good 48 hours or less. And then their body chemistry would change and then the diet would be all wrong again. The wrong diet is just as bad as the diet they are on. So, the thing to do is to find out and to watch the diet and the body chemistry change so that you can change the diet according to the body chemistry changes. I wish we never had to have a retreat at all. I wish it was possible to give every person a diet and let them go home and do it and be healthy. But, some of them cannot do it.

So, as we work with people and get them down and start through the withdrawal, they are awfully glad, very glad that somebody knows what they are doing, because when they get deep in withdrawal they are just afraid of one thing. They are afraid they are going to live. Yes, just afraid they are going to live. It is pretty rough going through withdrawal. What is withdrawal? Withdrawal is their body chemistry changing from one range to another. That is withdrawal, a change in body chemistry from one range to another. And that is exactly what it is.

As you work with people, you are going to find people that come in and get a test, they really don't need to be in the retreat, they can do it at home. You give them a diet to take home and tell them to come back in 30 days or so many days, and they go home and they forget about it completely. In three days or two days, oh yes, day after tomorrow I am supposed to see the doctor again. Then they really get on the program. They really get onto it. They do everything you tell them. And when they get back and you run the tests again, you find that they are in withdrawal. It's upset their body chemistry. And you say, "You just started on the diet two days ago or three days ago." "Yeah! How'd you know? How'd you know?" Well sure, if they had started thirty days ago, that milestone would be behind them, you know. And their body chemistry would be in a different range from what it is. But when they only start two or three days before they get there, or two days or one day, then they don't fool you on this at all. They don't fool you at all.

Some will come back and haven't done a thing. Nothing. Not a thing. Haven't done a thing and get another test and pay their fee. And, you just have to say, I'm sorry, you did

not do what you were told, whenever you get ready to follow the instructions, then do it. Tests without following the rule will not help you. "Doctor, I was just so busy, I just couldn't get to it." "Well, what did you come back for?" "I don't know. You said come back."

One Doctor that came to one of the classes had only been home a few weeks when this man that teaches Karate and he has a liquor store and a health food store in Pittsburg. He came in and this Doctor called me all excited. His number was at the top of a fatal heart attack zone. He called me and I told him exactly what to do. He said, "Well, doctor, this man is an athlete. He looks like Hercules. Big Muscles. Strong." He said, "There's nothing wrong with him. He just come in for a test." I said, "Nothing wrong with him?" I said, "He practically could die at any minute now." So, he told him exactly what to do, "Go home and drink so many ounces of water starting at 4 o'clock the next morning and be in at me at 3 o'clock the next day. It was according to his weight." I said, "As soon as he gets in, you get a test and call me back." So, he called me back the next day, right on time. No change in the numbers at all. No change in the numbers. So, I said to the doctor, "This man didn't do what he was told." He said, "He swears he did and he's on the other telephone." I said, "I'm sorry. He didn't do what he was told." And he said, "Well he claims he did do what he was told." I said, "Then if he said that he did what he was told, which I don't believe it at all, you tell him to buy a cemetery lot, make out his last will and testimony and go around shaking hands with his friends and tell them good bye, because he has either a brain tumor that doesn't show on this, or damage to the vagus nerve. One or the other. There is no chance for him to live 30 days." And the next day, right across from my desk, there he sat, all the way from Pittsburgh. He drove all night. And there he sat, across from my desk. He said, "I was in doctor so and so's office yesterday and you'd like to have scared me to death." He said, "Will you take my case?" I said, "No. I won't take your case. I'm not even about to take your case. You go back to the doctor." He said, "Why?" He said, "Doctor, listen I'm scared. I am scared now. I'm afraid." And I said, "Well, I can't do you any good. You swore you did what I told you and it didn't change the numbers. I can't help you any." And he was as white as a ghost. I meant he was white. Looking like Hercules now. Big muscles. Athlete. And he was as white as a ghost. I said, "I'm going to ask you one question. If you answer it like I want it, like it is, then I might help you." I said, "Did you do what doctor so and so said to do?" He said, "No. I didn't." I said, "Who are you trying to fool?" I said, "If you had a done what he said, I wouldn't take the case at all, because you are helpless. Now, then, since you have told the truth, I have a chance to help you." So, I put him in the retreat for 5 days. And you should have seen the difference. A complete change in personality. Not only that, but he gave his heart to the Lord. He went back and sold the liquor store and now he's just in the health food store and Karate. Teaching people there. So, it's wonderful what the Holy Spirit can do for you. Heal you. But he moved completely out of the heart attack zone.

You will notice also the people that's in the fatal heart attack zone, when they move out of it, there's a complete change for the better in personality. A complete change in personality. The tension is all gone. There is also, I said that your face is a mirror of your soul. You see people with wrinkles in the forehead and you will find people with a

high urea. Another telltail symptom that they are in the zone for a fatal heart attack. People with wrinkles in their forehead. So what I'm trying to tell you is, go by these numbers. Go by them. Believe them. They are accurate. And you cannot fool these numbers. You cannot fool them.

Are there any questions?

Those numbers are there because a certain condition exists in your system or the patients system and for no other reason under the sun they are there for that purpose and they denote what is wrong. They denote what is wrong.

And then I want you to learn to be very, very accurate. Very specific. Learn to say exactly what you mean and mean what you say. I had not been married very long when my wife asked me one day. She said, "Would you bring me a spool of black and white thread?" And you know, I hunted that town over for a spool of black and white thread. And finally, I couldn't find it so I brought her a spool of grey thread. Black and white makes grey. And I said, "Honey I tried all over town to find you a spool of black and white thread and they didn't have it so I brought you some grey thread. Would that do?" She said, "Honey I didn't mean a spool of black and white thread." She said, "I meant a spool of black and spool of white." I said, "Honey that isn't what you said." "You said a spool of black and white thread."

So, learn to say exactly what you mean. It's very important. I had that brought home real clear to me one morning down in Blue Ridge Georgia. The maid was in cleaning my room, my office on morning at, I was in at 7 o'clock and said, "Would you please take out my waste basket?" And I never paid any more – the phone rang and I got busy. The secretary come in. She brought me a bunch of mail, some of it junk mail. I started to throw it in the waste basket and the waste basket was gone. And there was all the paper piled on the floor. She did exactly what I said. She emptied all the paper on the floor out of the waste basket and took out the waste basket. I haven't seen it since. She did exactly what I said, but was I surprised. So I learned then to say, "Take out the paper in my waste basket and bring the waste basket back."

Learning to say exactly what you mean is very, very important. This really happened. You can't believe it really happened, but it did happen. And I am still teased about the waste basket down there, which I enjoy.

Most people that have high blood sugar drink a lot of water already, but they do not drink it systematically because nature is trying to wash out the sugars but they are not doing it with the rhythm enough. They drink too much at one time and it doesn't go to the tip end of your toes or down to your fingernails. It doesn't matter what you weigh. Whether you weigh 100 pounds or 300 or 400 pounds. Generally 4 ounces every half hour of water or lemon water will go to the tip end of your fingernails and wash out the carcinoma cells and cleanse the temple. Purify it. Make it beautiful and clean again. Every half hour. Until you drink half your weight in ounces each day. Divide your weight by two and call it ounces and that's how much water or lemon aide you should drink each day. Yes? -unintelligible- Oh yes, you can have more if your like. If you wanted more, yes. Or you can drink it as you need it. Now here is a very important factor. The water you sweat out doesn't count. You sweat out. It goes out in sweat. You have to drink extra to make up for it. Your refractometer will tell you how much extra to drink. – unintelligible- Yes, it does, but if you drink it systematically like I have told you, it won't. It's too much at one time that does that. It's too much at one time. You are not supposed to drink if you are ill. We'll get into vitamins at a later moment in time to deal with this.

We are dealing tonight in cause and effect. Cause, there is an effect of every cause and a cause of every effect. If your body is working perfectly that sugar will sit on 1.5 twenty four hours a day and won't go up or down. It's automatic. It doesn't matter how many potatoes you eat or how much sweets you eat or what time of day you eat it or anything else. And remember one thing, that we are talking about diets for sick people. We are not talking about diets for log rollers and bulldozer drivers. We're talking about diets for sick people. People who are ill.

Unintelligible student question / comment. If they are, then this applies to them, but if they are not, they won't. They won't be a log roller very long if they are very sick because they can't roll the log. Yes? Unintelligible – No. Just later in the day. Just go later in the day when it's cooler. – unintelligible – Now then, we are going to put on the board. Laverne is, how to make out a laboratory analysis card. She's going to put it on, how to fill out a card. Please pay attention to every word. Record it exactly or you are going to do it over. Please pay attention.

Laverne: Okay in the left hand top corner, you want to put the person's last name. And then the middle initial, the given name or first name, and then whether it is a Miss or Mrs or Mister. In your far right hand corner you want to have the phone number. The next line down, you want the address. The street, address, apartment. The next line down you want the city, state and then your zip. Now you are going to skip a line and you want the person's age, height and weight. As I mentioned before, you have the name and address in the left hand corner. You have your telephone on the far right. You have your age, height and weight equalized across the card. You don't want it grouped up in one little spot. You want it spread out across the card. And you do not have to put age, height and weight. You just put the age, height and weight. You do not have to write it out because when you call it in or something you just call it in. You don't have to say this is age, this is the height, and this is the weight. You just call it in what it is. Okay, you drop down another line and you will put the date in the far left hand corner. You skip a line here and you skip a line here. You will put the date of the test to the left and then you will skip over just a little space and you put your sugar- your sugar reading then your pH. The pH is written with a straight line, top and bottom unless it is a second test. The second test the product you use an x. But your first test, make sure that line's straight. Then you will put the saline, the albumen, and the urea. The urea is also used with a straight line. You do not fit the line at an angle it has to be straight. Okay, then you will skip a line and you will start with the right eye. And you will record those numbers which will be shown to you later and then you will skip a line if you have room and then you put the left eye. And that's it.

There is a reason for doing it exactly alike every time. Yes? --unintelligible—Yes. Yes? –unintelligible—There is a reason for having every card exactly alike because if you are going to shift them around and move those numbers all around, you will never see the picture. You've got to have them exactly alike every time so at one glance, you can read the whole card. Now about the eye numbers, I want to start telling you something about it and we will tell you again. If all of the blood vessels in the eye were stretched out end to end in one eye they would tell us that they would be 80 miles of them. The least bit of carcinoma cell. The smallest amount that is not washed out of the system by drinking sufficient amount of fluid, dilate these blood vessels of the eye. And you will see whether or not nature is cooperating with you or not. This is the purpose of

the eye numbers. You who are using the computers, it will not talk to you unless the eye numbers are on there. You've got to have the whole thing. The whole thing or else it will not give you any answer back. So please get everything recorded on the eye numbers and completely. They are not hard to make and you will be taught how to do it. Now I would like for you to practice some tonight after you get into your room, in doing this.

Every time on the last day, they come up with it wrong and we will not read your card unless it's recorded exactly as its said here. There is a reason for it to be done like this. Even whenever you go back home its still to be done like this. And the purpose is eventually you will be able to see some pictures thee. We'll begin to pick up some patterns before this course is over. And then you will begin to see the importance of it. But if you've got to hunt all over the card for any number or if that line is a slanted line, it becomes a fraction and it means something else. When that urea is 3 over 3, that is not a fraction. The top number is nitrate nitrogen and the bottom number is ammoniacal nitrogen. Nitrate nitrogen, the top number is nitrate nitrogen. And the bottom number is ammoniacal nitrogen. There is only one saliva reading on there and it's the bottom number of the pH. Remember this about the importance of the pH reading of the saliva. The pH of the saliva equals the pH of the liver bile. It's quite constant. Let's suppose that we have a very high pH. And we put food in our mouth and it's saliva that I am speaking about. Then it coats our food and we swallow it. And then it goes into our stomach with a high pH equal to that of the saliva, the liver bile. What's going to happen is there is your food is going to digest very, very, slowly. Very slowly.

And you are asking for a good case of constipation. Now let's suppose that the pH is real low. Say 5.2 or 5.30 or 4.80. The saliva, I am talking about. And then you eat food. Saliva surrounds it. It goes into the stomach with a low pH saliva that is from the liver. Then you've got an acid plus the alkalis that's in your food. The calcium, the chlorine, and the potassium. It's going to break through that coating and you are going to burp, burp, burp gas. If you have a low pH saliva and that would mean the hydrochloric acid, so to speak, would have a lower pH and then you eat food that is acid, you've got not one acid, but you have got a triple acid there. Consequently, the calcium's, the potassium's and the chlorines in the food is going to finally break through the coating and when it does, gas is going to form and you are going to burp, burp, burp, burp, burp, because your body chemistry is out of ratio. The proportion isn't equal. Now, the pH of the saliva and the urine should be 6.40, even though some of the books say 7.20, 7.40. That isn't correct. You find someone with a 7.20 , 7.40 pH and you will find person's with gas and ones that need a colonic. One of the finest fruits in the world to eat to prevent constipation is a pear every morning for breakfast. They say a pear a day will keep the colonics away. It's rich in magnesium. It's very rich in magnesium and it – Yes?

Question from class- It's better than nothing but the fresh pear is best of all even though it's hard or crisp. It will still work. The magnesium is still very active in it. So here we see cause and effect. Cause and effect. If your body is acid, you should not eat citrus fruit or real acid fruit for breakfast. If it's alkaline, then you should eat acid fruits for breakfast the juices. So these are principles of cause and effect. To give you more energy out of the food that you eat. Unintelligible question.. Generally. Generally speaking. Yes. People that die with cancer or are dying with cancer have highly acid bodies and one of the first things that you want to do is get that pH up. Vitamin D is the

finest way in the world to make calcium's available to you if the pH is below 6.40 or even 6.00. Actually, I stop doing vitamin D about 6.00. When the pH is about 6.00, it's an excellent thing to keep in mind to try to keep that pH up to 6.40 or above if you can. Keep it as near 6.40 as you can. And if these numbers begin to come toward perfect, you know then that the patient is improving, is getting well. One thing I want to tell you about people who are seriously, seriously ill, they are almost like a vegetable. They don't seem to care whether they live or die. No fight in them. But the first day you go into see the patient and they chew you out top to bottom, rejoice and be exceedingly glad for that day you have won the victory. That day you know your patient is going to live. They care. They are beginning to fight and they really care. So nothing makes me so happy as when a patient chews me out that has been seriously ill for a few days because I know that patient is going to get well. They care. They begin to take on life. Their adrenalin glands are flowing.

I'd like to tell you about a patient that we had though, brought in on a stretcher, a lady in her 30's. Whenever the person that tested her, read her numbers to me, I said there is nothing wrong with this woman. Nothing wrong. I can't see anything wrong with them. But since she is bed ridden, has to have a bed pan, has to be fed, cannot wait on herself, I do not understand. I cannot see why it hast to be done. Send her down to the retreat and let me study this case. So they sent her down. Sent her little short cute Amish nurse with here that was much older. Old enough to be her mother. And for three solid weeks, we watched everything that she ate, everything she did. Had to be bathed. Had to be fed. Couldn't go to the bathroom. Had to be everything done for her. Her tests was showing practically perfect. Almost absolutely perfect. So I said to the chiropractor one day, "I want you to go with me to see this patient." And as we walked over to her room, I said, "Don't pay any attention at all to what I am going to say to you today because what I am going to say to you is for her benefit and not yours." And he understood. He was a young man in his 30's. So I went in and I began to describe this patients symptoms. I said, "She remembers whenever she was possibly a baby in arms or may have some memories of when she was still back in the womb before she was born. And she remembers how cozy and comfortable she was and she is trying to get back into this position. She does not care who she has to kill just so long as she carries her point. She doesn't care how much trouble she puts anyone through. There's noting in our tests to indicate that there is anything wrong, but yet she insists that everything be done for her. And I went on like that for about 30 minutes. I was trying to make her angry. I berated her in every way I could, talking to this Chiropractor Doctor. Finally, I saw some tears coming out of her eyes and I went outside to leave because I couldn't make her angry. This dear sweet little Amish lady about 4'10" tall followed me down to the other end of the room and she shook her finger right at my nose and she said, "Dr Reams, I want you to know I don't like what you said to that dying woman." And I said to her, "Do you really want to help that woman in there?" She said, "I certainly do." Would you do anything in your power you could for her? "I certainly would." Alright, I am going to tell you something now. You may think I'm wrong, but let's just try an experiment. Now, this person couldn't hear it. We was to far away for her to hear it. You go in there and you tell her, "That the Doctor was right." And she's going to start to tell you, "That the Doctor don't understand. He don't comprehend. He don't know what he's talking about. But you say, "Yes he does know." And let's just try it for 24 hours. And she did

just exactly that. And do you know what happened? She got up and dressed and went to supper that night and went home well in three days. Three days. So the mind has a terrific power over our being, but sometimes it takes the wisdom of Solomon to zero in on it. I believe that diet has more to do with your thinking than your thinking does with diet. Of course, you've got to choose your foods. But if your diet isn't right, it's very hard to think right. And very sick people are incapable of making up their minds as what is best for them. They must be told in no uncertain terms what to do. Of course, they don't have to do it, but then you are not responsible.

Tape 6 - Side B:

Now, he'd a kept eating tuna fish, and then taking, if I'd a sold him the materials, which I could have done if I'd a wanted it, but I've only found two cases of that in ten years. Two cases. That people were highly allergic to tuna fish.

I've only found one case that a person was so allergic to Irish potato. White potatoes. Until they were nearly dead. Hooked, absolutely could not live without having potatoes three times a day. And this was a doctor's wife that had been through Mayo Clinic and also John Hopkins hospital. Over $8,000 dollars they spent in Mayo Clinic, trying to find out what was wrong with her and said it was all in her head. Couldn't find out what was wrong. The very first test showed that she was allergic to ordinary white potatoes. And I just took her off of white potatoes. In one week she began to gain. She could not walk without help. She was nearly dead. Absolutely. A walking skeleton. Hooked. Inhibited. Killing her. The white potato. I find people mildly allergic to them. But I find some people that are well, like her, in the final stages. Now, she would have went to her grave eating white potatoes.

And there's not any food I know of that somebody's not allergic to. In fact I have allergies to certain food myself, but I know that those same foods are good for other people. So I don't keep them from having them. I go by the numbers. I go by the numbers. Just because they disagree with me, I do not say, they're not good for anybody.

So many of the health food books are written on the diet for the writer. They really are. They're written on the diet of the fads of tradition and of the writer. Because everybody is supposed to be exactly like them.

But these are written according to the numbers of each individual. The important thing about these tests is they let you know these things. Whether you have too much sugars or carbohydrates or not enough; Whether your body is too acid or too alkaline; Whether your body is retaining too much salt or not enough salt; Whether your body is retaining too much of the albumin, called old carcinoma cells or throwing it out. There are conditions and times that they throw out too many cells. It also lets you know whether your proteins are digesting or not digesting. It also lets you know whether you have too much iron or not enough iron. Let's you know whether you have worms or whether you don't have worms. It lets you know whether you need iodine or not iodine. Or whether or not you are getting enough oxygen into your lungs or not getting enough oxygen.

Whether you are drinking enough water or whether you are not drinking enough water. They let you know a lot of things. Or whether you are lacking in potassium or whether you have too much potassium. And all it does is, you make a diet to fit that body chemistry. It's not necessary to know what the malady is at all, to even name it or know where it is. And you also know whether or not the body responds or doesn't respond. You also know whether the person is gaining energy or losing energy. So this is what these tests tell you. It tells you how to be healthy. And what is good health? Any person have a high reserve energy is in good health.

Anyone that has a low reserve energy is in bad health, poor health. There's three groups of people when it comes to health. There's one group of people that's not sick, that wants to be. There's one group of people that's very sick and they know it. The saddest group is a person that's very sick, very low energy, and does not know it. These are the three groups of people.

And you will be working with these people. And as you work with them, you do not need to become emotionally involved. And as I said yesterday, if you never see the pictures, you may be blessed. You may be blessed. Because you can correct the diet whether you ever see the picture or not. Whether you ever know the malady or not. It can be done if you know enough math and chemistry and physics. It can be done, but it is not necessary to help people. I believe that within four years that this will be demanded by our parents of the school children. It's wrong to feed the kind of diets to our children that's fed in most school cafeterias. It's abomination of abomination.

I attended a church banquet one time. And the food that they set before the Lord was abomination of abomination, pork chops, spare ribs, abomination of abomination. It made me sick. And you know that whole congregation looked sick. They did. The whole congregation looked sick. In other words, they prefer to eat what they want, even if it makes them sick. They will not and do not want to change.

Also, there's no money in good health for the doctors. And what I'll tell you what will put yourself out of business, but don't worry. You won't go out of business as long as there's Pizza Hut. (Laughter from class members). As long as there's Kentucky Fried Chicken and Maryland Fried Chicken. Now there's nothing wrong with a Pizza Pie. There's nothing wrong with a fried chicken. It's the abuse of it. Too much. Every day in the world. Too much of it. Why Kentucky Fried Chicken and Maryland Fried Chicken twice a year won't hurt you.

And a lot of people are down on white sugar. A few pounds a year won't hurt most people. And I just mentioned a few minutes ago about potatoes, white potatoes. They're the poorest food on earth. Of all foods, the white potato is the poorest of all foods. It's tasteless. And unless you put the gravy or something on it, sour cream, you won't even eat it. It's tasteless, chalky, stuff, thing, substance, that turns into sugar in your body and you get sugar energy only from it. And people that eat lots of white potatoes are taking every short cut they can think of to the cemetery. Now, also, four baked potatoes a year

won't hurt you if you have low blood sugar. Low blood sugar. But if you have high blood sugar, it will hurt you.

So what I'm trying to say, temperance in all things. There's a time for certain foods and a time not for certain foods. There are people that are allergic to fish, that cannot eat fish at all. In other words it turns to ptomaine poisoning in their stomach. They cannot take it. It's a biological thing. It's a genetic thing. There are people that's allergic to nuts. They can't eat nuts at all. You name it. There is somebody that's allergic to it. Even lemon aide. They're allergic to it. There are people that's allergic to onions. There are people that's allergic to Mangoes. In other words, their face swells up until it doesn't even look like a human face. And you know what a Mango is don't you? A Mango is where a woman goes. (Laughter from class members.) So, there's people that's allergic to foods, so learn to find out by these tests, what they are allergic to. You won't learn all the allergies the very first time. So that's why you have to come back the second, third, fourth, fifth, until the ninth time. But then you'll be able to pretty well zero in on these things.

I want you to learn all nine courses because suppose that we might have atomic warfare or something. Or that our power plants might be knocked out. And the computer is not available. Then you can go right ahead with your work just the same. Just the same. You will not be stopped at all. And the more that you can know about this, the better prepared you will be able to handle each situation. You will know exactly what you are doing.

Yes? (unintelligible question from student). Yes. And they have a little calcium. It's just like two crabs meeting. (laughter from class). Husbands can't get along with wives. Wives can't get along with husbands. Can you have a low calcium? But get the calcium up and they love each other. A little calcium. The only ketch is there's a quarter million different kinds of calciums. You have to get the right one.

Yes? (unintelligible question from student). That's personality differences.

This is what these numbers tell you, is how to be perfect. How to get the diet to fit the person. Remember this statement too, that practically all maladies start with a malfunctioning of the liver. Practically all of them. The liver manufactures about six billion different enzymes during our life time and five billion at all times. It manufactures that many and it starts with a malfunctioning of the liver. The liver manufactures the parts of, it begins the basic foundation of the manufacture of the parts for the various organs of the body. And while we're here, I want to tell you something about one of the products the liver manufactures. It's called glycogen.