

SPECIAL  
POINTS OF  
INTEREST:

- Learn About Your Immune System
- How Can You Prevent Allergies
- Are Buried Feelings Dangerous
- Make Your Own Moisturizer with Olive Oil
- How To Manifest What You Want

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# Raphaology Today

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## Strengthening Your Immune System

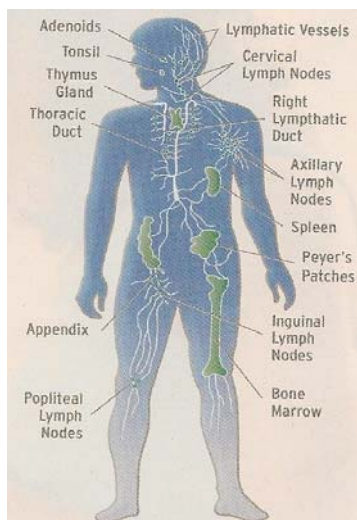
Our immune systems are governed by the Pineal gland located in the brain. This once little known gland is in charge of the many organs and cells that make up the body's ability to recognize and neutralize harmful pathogens that can threaten our daily health.

Our main immune organs consist of tonsils, adenoids, appendix, spleen, thymus, bone marrow, and the host of lymph nodes and vessels that are located in the groin, neck, knees, underarms, abdomen, and chest. The network of lymphatic ducts that transport and fluid flush-out waste, pathogens, parasites and toxic debris perform a daily ritual of sensing invaders, engulfing anti-bodies and histamines, and scavenging them out of the body through our main detoxification channels; lungs, skin, colon and sinuses, and kidneys. It is up to us to make sure that both the pineal gland and its network of immune functions are kept nourished, balanced, unblocked, and detoxified. Here's how:

First and foremost, keep stress at a minimum, this maximizes Pineal function. If you experience daily stress make sure you minimize it with adequate B-Complex vitamins that are accompanied by potassium for better absorption.

The main herb that repairs damage to the pineal gland is mustard; you can either eat it daily or take it in extract form, which

not only improves immunity it also regulates bio-rhythms and slows the aging process. Eating apricots, loaded with vitamin A, will boost Pineal function; apricots, either fresh or dried, will provide loads of energy, nutrition, and improve eye sight and perception.



**The various organs, lymph, ducts, nodes, and vessels that make up our immune system.**

Keeping your immune system nourished is accomplished through proper digestion and supporting the pancreas by drinking thyme tea or taking its extract, and eating red kidney beans and other nutritious foods provided on the Peak Frequency Foods list.

The colon can become the dirtiest part of our body and will support the immune system better when it is clean. Keep it

clean by eating red potatoes, 1 medium daily, and taking the herb Gotu Kola when it feels bloated, blocked or damaged.

Tonsils, which protect the mouth, throat and stomach, and Adenoids which protect the sinuses are repaired with the herbs Blue Flag and Lemon Balm, and are boosted with eating leeks and red onions. If sinuses are blocked or stuffy try marjoram inhalations or nettle pot therapy.

Healthy bones grow healthy bone marrow. Bone marrow makes white cells called B-cells, part of the "killer cells" of your immune system. To keep bones healthy eat barley regularly, take the herb Marshmallow to repair any damage, and boost bone density with Potassium along with making lemons a daily eating habit.

Your Thymus, located in the mid chest, is governed by Thyroid function. White blood cells, known as T-cells, are made in the thymus, and are another kind of "killer cell" for your immunity. Eat Cayenne pepper on your food to keep the thyroid strong, rub Rosemary essential oil over your thyroid area (located at the base of the throat) to boost its function, and breathe deeply every day to keep it clear.

Keep lungs clear and healthy with the herb Yerba Santa, detoxify it with Echinacea and vitamin C and boost its ability to breathe out environmental toxins by eating lots of mandarin or-



Herbal Teas are strong flushing agents for immune toxins.

Use this Informative chart for detoxifying, boosting, and re-building your immune system

*“To catch the reader’s attention, place an interesting sentence or quote from the story here.”*

anges or tangerines. Assist the skin by keeping it hydrated with plenty of water consumption, 8 glasses daily, and protect it with daily applications of extra virgin olive oil. The herb that repairs skin from the inside out is the herb White Willow and the food that boosts skin is pineapple.

Repair kidney damage with Sarsaparilla and eat daily amounts of papaya to boost the kidney’s function. Kidneys pH balances all body fluids, especially the blood, and provides stabilized electrolytes for immune elements to perform their scavenging functions.

Lymph circulation, pH balance, and detoxification is a key factor in immunity. To repair lymphatic damage use the herb Golden Rod, balance and mineralize its pH and function by drinking 1 cup spring water with ¼ teaspoon of Real Salt™ dissolved in it, and eat some daily banana that has been de-gassed with 5 hours of direct or slightly filtered sunlight.

Keeping your Spleen healthy requires repairing and restoring its function with the herb Witch Hazel and boosting its function with eating dark grapes. The spleen’s job is to remove old red blood cells from circulation, clean up . . . Whether we’ve been hurt, are

waste and debris in blood serum, and make new red and white blood cells.

Your appendix, the immune organ for the colon, makes lots of white blood cells to keep the colon clean, will benefit from the repairing properties of the herb Red Raspberry Leaf and will be boosted with eating kiwi fruit.

By following these guidelines to strengthen your immune system you will feel alive, happy, and truly immune to everything you don’t want, and attractive to what you do want. Here’s to your health

Immune Organ	Repairing Herb	Boosting Food
Pineal	Mustard	Apricot
Tonsils/Adenoids	Blue Flag, Lemon Balm	Leeks, Red Onion
Pancreas	Thyme	Red Kidney Beans
Colon	Gotu Kola	Red Potato
Spleen	Witch Hazel	Dark Grapes
Skin	White Willow	Pineapple
Appendix	Red Raspberry Leaf	Kiwi
Thymus/Thyroid	Cayenne Pepper	Rosemary
Bones/Bone Marrow	Marshmallow	Barley
Kidneys/Adrenals	Sarsaparilla	Papaya
Lungs	Yerba Santa	Mandarin Orange
Lymph	Golden Rod	Banana

## Feelings Buried Alive Never Die

afraid of being hurt, or are withholding feeling so we won’t get hurt we are carrying negative emotions. Bad feelings that get stuck or buried in organs or tissue do not just go away and can cause dis-ease. Negative energy festers and toxifies just like undigested food. Like stored toxic food that must be detoxified, we need to release negative emotions. If we are unconscious of our thoughts, we may re-cycle negative feelings in our brains. Stop and think if you have received a hurtful verbal onslaught and then unconsciously kept repeating it over and over in your mind, repeatedly getting hurt every time it re-cycles.. Letting go of negative thoughts and feelings as they occur we will not repeatedly injur us with every repetition. Make a practice of meditating, locating areas of the body that may be holding negative feelings and making the conscious choice to let all negative energies release from your body, and push them out.

# Why Peak Frequency Plant Therapy? By Jonathan: Thunder: Wolf-D.R.M. & Morning: Spirit: Wolf-D.R.M.

The body, in its need for nutrients, doesn't reach out directly for vitamins, minerals, carbohydrates, or proteins separately, but for the full light frequency those different substances carry. We literally live on light, not matter or its individual components. Our herbal extracts contain whole plant extracts that are suspended and preserved in 100% vegetable glycerin oil. Glycerin has the remarkable ability to assimilate and hold the full spectrum of sunlight from plants that no other extractive product can offer.

Like ours, the work of Dr. Enderlin of Germany, Dr. Naessens of Canada, and Drs. Flanagan of America on Somatids, tiny "light" bodies found in abundance in healthy organisms, finds that Somatids are the precursors to DNA and may actually be **the** "life force". Activated Somatids are actually carriers of enormous amounts of light into the cells which have a consciousness raising effect, will restore full health to individual cells, and will have a positive impact on the human species.

Dr. Alexis Carrel, a Nobel Prize recipient in medicine, demonstrated that living cells can be kept alive indefinitely under specific circumstances. Dr. Carrel said, "The cell is immortal. It is merely the fluid in which it floats that degenerates. As far as we know, the pulsation of life may go on forever."

The fluid in which cells float is cellular water composed of liquid crystals. When this fluid is deficient in crystal light the cell begins a death process by keeping toxic substances inside the cells, which damages the cell itself. Since we are comprised of cells, their individual fate becomes our own. We find the improved regenerative properties of the combination of herbs cold extracted in vegetable glycerin to be unsurpassed.

According to our findings, no method of herbal extraction, other than that performed in vegetable glycerin, carries this high amount of activated Somatid light bodies. Remarkably enough, our findings also indicate that the levels of peak frequency light, including Somatids, are constantly growing in the herbs extracted in vegetable glycerin. So the extract, after some time, actually contains more healing properties than the freshly cut herb possess on its own. The other part of the high amount of healing energy in this kind of extract comes through the personal auric energy field of those who prepare and handle each ingredient part of the final product.

During the course of our research we found glycerin extracts to be indigenous to European culture. In first using that method of extracting, rather than alcohol

or vinegar, we immediately found better, faster results. Now after fine tuning our herbal therapies we have developed single herbs and herbal combinations cold extracted in pure vegetable glycerin and combined them with herbs containing a specific color frequency, to create a team frequency that is many times stronger than their individual components. We find those plant frequencies, when teamed together have more remarkable healing power than any other form of herbal preparation. Naturally, we call it Peak Frequency Plant Medicine.

Khohala: Ian: Wolf-D.R.M., now the overseer of Raphaology and the exclusive steward of Peak Frequency Plant Therapy, by virtue his powerful healing experiences including complete recovery from a broken neck, is highly qualified to add his individual healing ability to each bottle of herbal extracts. He is the wonderful man who brings you Peak Frequency Plant Medicine for healing on every level. The addition of his knowledge, experience, and abilities to those possessed by the individual plants bring healing unsurpassed by any other herbal product. He proudly offers you Peak Frequency Plant Therapy.

**"We literally live on light, not matter"**

## Moisturizing Olive Oil

The king of oils is Extra Virgin Olive Oil from the Mediterranean region. Used for centuries by royalty in many lands and cultures, olive oil carries the most skin emollient, healing properties of any plant oil. As a moisturizer for skin it will provide every element the skin needs to protect and balance. Daily applications will also help the skin convert the ultra-violet

rays of the sun into vitamin D, our immune system vitamin. For those who have never been able to tan, olive oil applied before sunning will help the skin develop melanin (natural skin pigmentation) and filter out harmful radiation better than any sunscreen. Love your skin, love the sun, and use olive oil for a beautiful, golden tan.



## Make Your Own Moisturizer

1 cup extra virgin olive oil  
 1 teaspoon avocado oil  
 800 mg. vitamin E oil  
 30 drops lavender essential oil  
 15 drops germanium essential oil  
 or other essential oil favorite  
 Pour all ingredients into a glass bowl and mix well. Pour moisturizing mixture into a glass or plastic dispenser and keep handy for use after shower and before sunning.

## Dr. Morning's Missive

Happy spring to every one! I offer this message with the fondest hope of my heart that we all act to manifest our true purpose of being. Please remember that we are not just human beings, we are humans doing what we came here to do. Manifest your purpose.

The three simple steps to manifesting your purpose are:

\*Clarity \*Duration \*Passion

### Clarity-

For a thought to become "real", it must be a clear, concise and sustained pattern of energy. A thought that remains a "fuzzy" collection of constantly changing patterns is incapable of sustaining itself long enough to crystallize as a manifestation. In the event that it does, it may appear to you as a series of incongruent, possibly confusing situations, mirroring the fuzzy thought which it is attempting to express. Make a clear image or picture of what you want or desire in your mind's eye and create a compartment in your brain just to house that crystal, clear image. Visit that image often and reaffirm it.

### Duration -

With clarity as the key component, without the ability to sustain the clarity, the thought is not maintained for a period

sufficiently long enough to develop form as it descends into successively denser levels of experience. It is a "copy" of the blueprint that gets passed down through the creation matrix, gathering the energy at each level to sustain it into the next level and become "real" or visibly manifest in your world. Hold that thought!

### Passion -

It is the energy of e-motion (energy-motion), or passion that sustains the thought-seed as it takes form; in-the-formation of your energy, within the creation matrix. At any point, the seed may dissipate if the sustaining energy (passion) is lost. As the magnetic fields of earth weaken, the thought becomes increasingly potent and less energy is required to sustain the form as it manifests more quickly.

For those of you who do not "know" your purpose, create it. Just use your thoughts to determine your purpose, use your clear feelings to choose whether the purpose is correct for you, and then begin to act on purpose as the passionate creator you truly are. As you think and feel, you create: you are quite literally creating within each second of your life!



# How Can I Get Rid of Allergies?

Allergies are a build up of toxins, histamines, or acids inside the body. Often one little bit more of any one of those elements puts the body into crisis overload causing it to use one or more of its detoxification channels to unload. Here are some things you can do to avoid allergens and what to do if you already have allergies:

- Avoid cows: milk, cheese, and ice cream - cumulative amounts of indigestible milk proteins form into putrid layers and stick in the small intestines and colon causing a build-up of histamines, toxins, acids, bacteria, and auto-intoxication.
- Avoid apples, oranges, and grapefruits; each of these low enzyme, high acid fruits cause excessive mucous production, swelling, vitamin depletion, and exacerbate existing dysfunctional and allergic conditions.
- Avoid "white" foods such as refined sugar, white rice, processed and enriched flour, which classify as food drugs, causing artificial energy boost, quick drop-off, and chemical reactions that form histamines, acids, and parasitic presence.
- For "Leaky gut", a condition of small

lesions in the walls of small intestine that causes seepage of intestinal fluid into the abdominal cavity. Use cayenne pepper, centaury, thyme, chamomile, sarsaparilla, and eat plums, red potatoes, kiwi, and raspberries.



**Allergic reactions may appear in the form of headaches, swelling, itching, sneezing, coughing, or congestion.**

- For seasonal, pollen, and dust allergies use natural anti-histamines to prevent, cleanse, and eliminate: stinging nettles and bee pollen taken in small doses and building to large doses, royal jelly, sarsaparilla, fenugreek, and alfalfa.

- For bee stings, spider bite, and insect bite; raw honey for bee stings, tea tree oil topically for insect bites, stinging nettles for hives (histamines), and sarsaparilla for poisonous snake bite.
- For dry sinuses, swelling in sinuses, dry/watery eyes, or itching use vitamin A, B-Complex vitamins, slippery elm, marjoram, and chamomile.

Tea Tree essential oil; topical, anesthetizes area, kills spores, fungi, and kills topical bacterial infection.

Lavender essential oil; topical, relaxes spasms, kills bacteria, calms breathing and shock.

Chamomile; penetrates into organs and kills bacteria, reduces swelling and cramping, and speeds healing.

Sarsaparilla; internal and topical, neutralizes all toxins, food poisoning, snake bite, insect bite, pesticides,

Lobelia extract or essential oil; internal and topical, dilates passageways- throat, lungs, and bronchia

Peppermint essential oil; topical, opens ducts, vessels, and passageways for increased digestive.