

SPECIAL POINTS OF INTEREST:

- Eating and storing foods correctly can change life for the better
- Back pain: causes and solutions
- Real steps to getting what you want
- Vaccines may not be as safe and effective as represented
- Benefits of Water

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The Peak Way To Eat; *The Healthy, the Harmful, and the Hype*

Adverting Johns Hopkins latest findings of foods that either harm or heal; Harvard Medical School's campaign for good fats to lower LDL; and Sharps Hospitals deeming that early mal-nutrition leads to early mortality, there are signs all over the place indicating that we are either eating foods that harm us or heal us.

Fruits: these vitamin rich, carbohydrate packed, enzyme potent foods are what start the digestive process and energize the entire body, all day. Starting the day with fruits provides the support for stomach acid balance, high nutrient absorption, peristalsis (regular bowel movements), and the action of vitamins, which fuels organs. Eat fruits in the morning and in the afternoon, a total of 8-12 fruits and vegetables daily for optimal daily energy and balance.

Proteins: the human body can make all the proteins it needs, all you need to do is give it protein building blocks called amino acids. Any food combination of amino acids will become protein, such as grains (rice, wheat, corn) plus legumes (lentils, beans, seeds), avocado plus, other lean protein building foods such as raw almonds, red potato, and sprouts. Meat proteins can only be made into flesh protein on your body. Eating lean amino acid foods will build more lean body cells.

Baked Goods: especially bread, can hide some highly carcinogenic ingredients: bleached refined flour, synthetic enrichment, preservatives, dough conditioners, sodium, sugar, and indigestible fiber. Make sure you read the ingredients, which ideally says; whole grain (barley, wheat, etc.), yeast, honey, water, sea salt, and

that's about all. Bran muffins, even from the health-food store, can pack 800 milligrams of salt, and breakfast cereals deliver up to 600 milligrams.

Cooked Foods: a healthy rule of thumb for cooked foods is to have them constitute less than 50% of each meal. Fresh foods, from the Peak Frequency Food list, carry the highest enzymes, the most nutrients and will help digest cooked foods that lack enzymes. If over eating cooked foods make sure you provide yogurt, digestive enzymes, or pro-biotic microbes. Don't cook your salt. Real Salt™, sea salt,



The ideal meal is a healthy balance of: more fresh than cooked foods, less animal than plant fats, less pure protein than amino acid blends, and salting after meal is cooked.

and all other salt especially table salt, experiences a chemical change under high or prolonged heat and will become arsenic, that's poison. Either make sure food is minimally cooked with added salt or better yet add salt after food is cooked. Avoid foods with salt additives, but if necessary neutralize bad salt with an equal portion of Real Salt™. Do not cook with aluminum or non-stick pans, nor use the microwave.

Frozen foods: cannot be safely stored for over two weeks in a frost free freezer, which varies

its temperature to prevent ice build-up by repeating the thawing and freezing cycles. Foods stored over two weeks will experience cellular break down, known as "freezer burn" just as if it has been overcooked. Deep freezing, which is attained at a constant temperature, does not cause freezer burn and does offer food safe storage for up to 6-8 months; more for meat, less for fruits and vegetables. Freezing goat dairy will produce separation of fats and proteins.

Dried Foods: are the closest to fresh and raw foods. Dehydration only removes the water from foods and safely retains the essential oil and all other properties of nutritious foods. Dried foods stored properly in less than 72 degree heat, no air, and no light will preserve its qualities up to 2-3 years. Dried foods that are sulphured to retain color is a good source of the sulphur mineral, unless it is in synthetic form.

Leftovers: A good idea for pre-making meals for the next day or two, but re-heating is best performed with conventional heat, not microwave as this causes free radicals; the precursors to cancer, even in water. Green salads can be made in advance, just hold off on the salad dressing until before serving. Never re-heat spinach as it forms poisonous chemical reactions.

Storing: make sure all stored foods are in glass, stainless steel, ceramic ware, or crockery. Plastic containers breed and grow bacteria, some that you can't see or smell, and will reduce food's enzyme content.

Back Pain; Problem and Solutions (this segment not FDA approved)



The touch of skin-to-skin relieves acidity, brings comfort, and soothes chronically tightened muscles.

About 80% of people suffer back pain, especially low back pain, as a result of perpetual B-Complex vitamin deficiency, as commonly occurs under chronic *STRESS*. Chronic and excess stress drains vitamin reserves from the body, especially B vitamins, which neutralize acidity and are also used for every metabolic and digestive function. Always supplement B-vitamins together with potassium, its co-dependant mineral to assure absorption.

Other causes of back pain, i.e. injury, birth defect, and bone loss can be greatly helped with B-Complex sup-

plementation in addition to other therapies such as:

Myo-Fascial Release Therapy gentle manipulation unblocks connective tissue and allows flow of energy, revitalizing cells and relieving tension, trauma, and spasm. (see pg. 4)

Cranio-Sacral Therapy repositions head and back to alignment with softly guided movements to release blocks, restore flow, and regain flexure. (see pg.4)

Acupuncture uses hair fine needles to stimulate energy restoring transmissions to entire meridian length bringing relief to en-

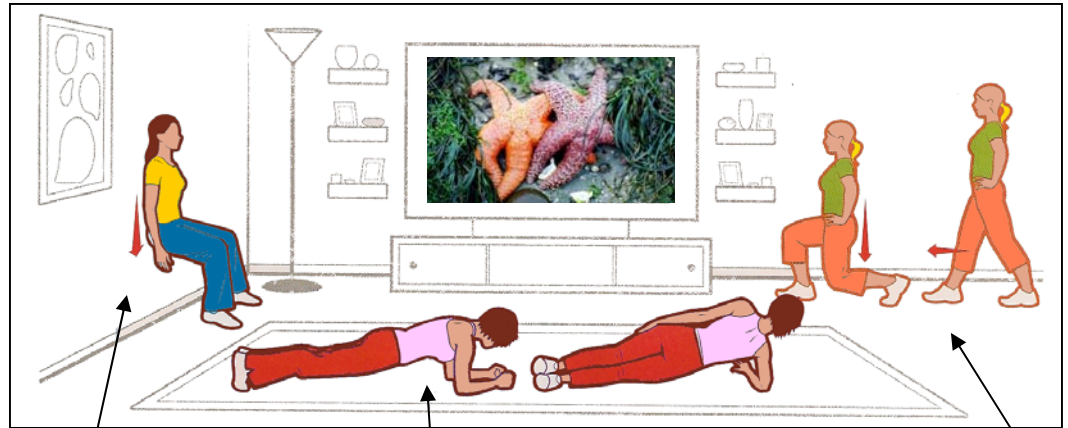
ergy deprived areas.

Chiropractic adjusts vertebrae to realign spine and relieve pinching; restoring oxygen supply and blood flow.

Physical Therapy exercises to restore flex, extension, and rotation to frozen, seized or injured areas.

Herbal Bone Therapy for bone loss or excess bone growth, every morning: 60 drops Red Clover extract 40 drops Nettles-Iron/Calcium 60 drops Marshmallow In 1 cup water with the juice of 1 lemon for 40-90 days In all situations, keep moving to keep oxygen, nutrients, and fluids available to painful areas.

Strengthen back during television commercials (or any time)



Wall Sit

Strengthen the core; quads and glutes, by holding this sitting position against the wall for 30-60 second intervals with feet shoulder distance apart, and squatting until knees are at 60 degrees.

Plank

Works the core and upper body by using elbows and forearms for support, hold a push-up position for 30-60 seconds, working up to 2 minutes. Do both sides and front.

Standing Lunges

Take one large step forward with right leg while standing. Sink halfway into a lunge and hold for 5 seconds, then sink further and hold for 5. Rise up half way and hold 5, then full stand. Repeat using left leg.

Simple, fast, yet effective exercises can be performed during the day to improve flexibility, and back and muscle strength

“The most common reason we fail is the sub-conscious mind, which undermines our efforts by unconsciously repeating limiting behaviors”

How To Get What You Want

Most of our problems arise from the belief that we are running our lives based on conscious, ego-driven desires, yet our lives don't usually match our intentions, resulting in thoughts like “I can't get what I want.” The most common reason we fail is the sub-conscious mind, which undermines our efforts by unconsciously repeating limiting behaviors we see others do. This “invisible” guide causes your

habits and thoughts to repeat self-defeating behavior that you are not aware of. Take these steps to re-write your sub-conscious patterns.

1. Listen to your thoughts, if they are re-runs of earlier dialog or conversations, create new thoughts that reflect your true intentions
2. Be present in the moment, and take full accountability for your every thought and response, don't operate on auto-pilot.

3. Stop blaming others for your problems and lack,, keep the sub-conscious mind focused on the goal.
4. Pretend you are constantly on good behavior, like you are trying to impress someone, and do not let your bad habits/ behaviors out, instead present your very best self at all times.

By exposing the subconscious mind to its limiting behaviors it can observe automatic responses and change them so they support your conscious choices.

Vaccination Is Not Immunization

While health authorities continue to credit vaccines for disease declines, assuring us of their safety and effectiveness, there remain alarming contradictions from US Food and Drug Administration and Centers for Diseases Control, among other reputable sources. In the US M.D.s continue to report thousands of serious vaccine reactions annually, including deaths and permanent disabilities. Fully vaccinated populations continue to experience epidemics, and researchers attribute dozens of chronic immunological and neurological conditions to mass inoculation programs.

In the face of thousands of reports, studies, clinical trials, and research that finds vaccines dangerous, ineffective, and deadly medical science continues to stake their identities and reputations on vaccine efficacy despite evidence to the contrary.

Is the use of vaccines really what it is cracked up to be? What follows is some information that may prove useful in making choices.

1. The FDA VAERS (Vaccine Adverse Effects Reporting System) annually receives doctor reports indicating 11,000 serious reactions and permanent disabilities to individuals and an additional 120 reports of death (the majority from pertussis/whooping cough [DPT] making the vaccine 1,000 times more deadly than the virus). The FDA estimates that only 10% of adverse reactions to vaccines are reported, and more than 97.5% of vaccine related deaths go unreported.

2. National and international studies have shown vaccines to be the leading contributor to SIDS (sudden infant death syndrome), accounting for between 5,000 and 10,000 infant deaths annually. Studies show the highest rate of infant death in US occurs between 2-4 months of age, precisely when the first 2 routine vaccines are given. Research clearly indicates that some children die within 4 days after inoculation while others succumb within 3-4 weeks. In the mid-1970's Japan raised their vaccine age from 2 months to 2 years and saw their incidence of SIDS drop dramatically. England, Germany and Sweden all saw a significant drop in

SIDS when they dropped from 80% to 30% childhood vaccines. From 1986 to 2001 US government has paid out \$1.2 billion to parents of vaccine-injured-and-killed children.

3. Medical literature reports a surprisingly high number of vaccine failures. Measles, mumps, smallpox, polio, and Hib outbreaks have all occurred in vaccinated populations. In 1989 the CDC reported "among school children, measles outbreaks occurred with vaccination levels greater than 98%, and outbreaks in measles repeatedly occurs in areas where 100% of the population has been vaccinated". Studies examining this phenomenon conclude "The apparent paradox is that as immunization rates rise to high levels in population, measles become a disease of *only* immunized persons". A more recent study shows that measles vaccine "...produces immune suppression and contributes to an increased susceptibility to infections".

4. The clinical evidence for vaccines is their ability to stimulate antibody production in a recipient. This is suspect when during a diphtheria outbreak in 1950 British Medical Council studies concluded that there was no relationship between antibody count and disease evidence; resistant people had extremely low antibody counts and afflicted people had high counts. Further it is reported that children with agammaglobulinemia are incapable of producing antibodies, yet they recover from infectious disease as quickly as do other children. There are virtually millions of other factors in immune defense response other than anti-body production including; white blood cell production, bio-chemical messengers (including hormones and neurotransmitters) and digestive factors.

5. Medical research indicates that vaccines commit immune cells to the specific antigens involved in the vaccine, rendering them incapable of reacting to other infections. Immunological reserve is actually reduced, causing a generally lowered resistance to infectious disease agents, increasing the risk of contracting other virulent viruses up to 50%.

6. Polio, the reportedly most successful vaccine on record, was in-

creased 50% in Vermont and 62% in Massachusetts in 1959, even after triple IPV (injected polio vaccine) was administered. In 1962 Dr. Bernard Greenberg, at University of North Carolina School of Public Health, testified that not only did the cases of polio increase substantially after mandatory vaccination, but the statistics were manipulated by the Public Health Services to give the opposite impression. According to Dr. Viera Scheibner, 90% of polio cases were eliminated from statistics by health authorities' redefinition of the disease after the vaccine was introduced, while the Salk vaccine was causing paralytic polio in several countries where there had been no previous polio. Jonas Salk, inventor of the polio vaccine, testified before senate subcommittee that nearly all polio outbreaks since 1961 in the US were caused by the oral polio vaccine, and remains the sole cause of polio in the US today.

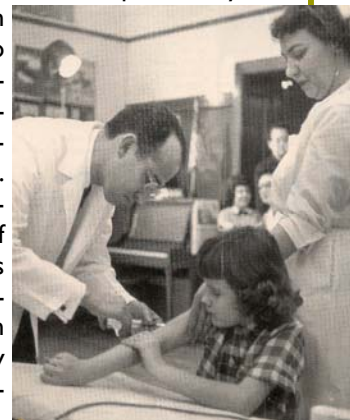
7. Long-term adverse effects of vaccination include mass chronic immunological and neurological disorders such as autism, hyperactivity, attention deficit disorders, dyslexia, allergies, cancer, shingles, and other conditions, many of which were rare before mass vaccination programs began.

8. Dr. Richard Moskowitz, of Harvard Medical School, says that the way vaccines are evolved is to make a weakened strain, just to the point where they don't produce any immediate inflammatory response. In this form the altered virus or bacteria can penetrate deeper into our cells than would naturally be possible, and they can remain latent for short to long periods of time. Then when something, such as another vaccine is introduced, triggers them into action, they can manifest themselves in virtually any place or system of the body, causing catastrophic dysfunction, degenerative disease, or death.

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Pictured below: Dr. Jonas Salk administering first Polio vaccine



Vaccination Is Not Immunization (cont'd from page 3)

9. A study published in the *New Zealand Medical Journal* in 1996 revealed that an epidemic of diabetes followed a massive campaign to vaccinate children against hepatitis B. The study showed a 60% increase in childhood insulin-dependant diabetes occurring in the years following the 1989-1991 program of inoculating children aged 6-16.

Other studies show widespread use of the *Haemophilus meningitis* (meningitis) and the mumps vaccines have resulted in diabetes epidemics. Dr. Randall Nuestaedter states, "Tampering with the immune system can produce disastrous results".

10. Vaccine components include known carcinogens (cancer causing agents) such as thimersol (mercury), aluminum phosphate, and formaldehyde. Formaldehyde alone causes low grade encephalitis (brain inflammation) in infants on a wide scale; 15-20%, according to Harris Coulter, Ph.D. Other findings show that formaldehyde side-effects also cause brain damage, learning disabilities, seizures, epilepsy, sleeping disorders, diabetes, obesity, and impulsive

violence, all disorders that afflict vaccinated societies and are not present in non-vaccinated societies.

11. Most parents feel compelled to vaccinate their children as a disease-preventing action based on pediatrician's advice, slanted scientific public reports, and "every body else is doing it" practices, when there is no 100% success rate, and vaccine research findings indicating vaccine failure is epidemic. Recent epidemiological and individual laboratory studies indicate that homeopathy and naturopathic practices are far more effective at disease prevention. There are no toxic components and no side effects to herbal and food based disease prevention and immunological boosting, and studies even show that natural efforts have been effective at reversing many of the disabilities caused by vaccine reactions.

12. All 50 states in the US allow for a medical exemption for vaccines, and some states allow homeopaths and naturopaths to issue exemptions. Exemptions are indicated if prior siblings have had severe reactions, if severe allergies are active, or family his-

tory adverse reactions increases present family risk. Few pediatricians check for indications of increased risk before administering vaccines, even though an 10 lb. two month old receives the same dosage as a 40 lb. two year old. The three exemptions allowable are medical, religious, and philosophical. Contact local officials, web sites, or public libraries, to determine exemption status for local schools.

At birth certain immune defense systems are already in place, even though all adult anti-bodies are not yet formed, infants can recognize over 1 million different foreign substances and antigens. Infants who are breast fed receive maternal antibodies and immune-cell stimulating substances that provide massive immunity to infection. Vaccination destroys these factors, as well as triggering other DNA responses that activate disease causing factors elsewhere in the body.

"Flue shots" contain more harmful ingredients than any single viral influenza, and more people die of the vaccine than the flue every year.

Why Water?

Do we really need eight-8 ounce glasses of water daily? Can't we obtain our water by drinking juices, teas, and coffee?

Your body fluids cannot be exchanged with anything but water. All other fluids that contain anything other than water must go through a digestive process and are used as foods first, and then fluid with the exchange rate much slower than water alone. Some fluids, especially sports drinks and sodas, cause the fluids to be retained and inhibit their exchange, causing cells to dehydrate even though they are floating in fluid.

Your body contains roughly 4 ½ - 4 ¾ gallons of water and this entire amount of fluid needs to be replaced every nine days or illness sets in, meaning you need to drink 64 ounces of water daily. Every day we lose a pint of liquid by breathing, and that's if you're just sitting still. The loss of just 10% of body water



can mean severe illness and a loss of 20% can mean death. Dehydration is a prime concern because unless body fluid in blood, lymph, and cells is rapidly exchanged with water our body fluids stagnate, toxify and produce cellular damage in skin, organs, muscles, bones, and hair.

Plastic is the perfect host environment for bacterial growth, therefore water cannot remain "clean" when stored in plastic. Please do NOT re-use or refill plastic water bottles, or if you must, wash thoroughly and add a drop of food grade hydrogen peroxide to every 12 ounces of water to kill bacterial presence, or swish bottle with three drops of tea tree essential oil in one cup water to flush toxins, drain and fill with spring water before drinking.

Best choices of water are: mountain spring, glacier, volcanic stone aquifer, alkaline, and molecular structured... save the distilled water for short term cleansing only.

Who Ya' Gonna Call?

For Your Therapy
Locations & Contacts

Myo-Fascial Release Therapy
Contact Joseph Nalls:
213-820-8880

Needle Therapy
Contact Fenik Hacobian:
818-469-4391

To obtain liquid herbal, vitamin, mineral extracts contact:
818-446-0077 or
714-669-0779 or
e-mail: raphaology1@yahoo.com



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