

# BODY ELECTRONICS

## \* The Science of Bodily Regeneration

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### A Guide to the Application of Body Electronics

There exists a razor's edge which one must traverse in order to rise above the current traditional methods of allopathic medicine and the less traditional methods of body balancing. The razor's edge must be mastered that one access that necessary level of personal experience wherein one manifests Bodily Regeneration. This razor's edge we shall now travel together in order to reach that point of understanding and the necessary application of law which will enable one who masters the art of self-discipline to regenerate the physical body. It is imperative to understand that the regeneration of the physical body is only the beginning of the law. The intention here is to expose to the reader that such a gradient process does indeed exist and that one can, through concerted and disciplined effort, bring about the gradual regeneration of the physical body. This discipline consists of three interlocking phases: Physical Discipline, which consists of following certain physical laws, Emotional Discipline, which requires following the laws which govern the Emotional Body, and Mental Discipline which requires strict obedience to the laws which govern the Mental Body. Bodily regeneration does not happen by itself and should not exist as a limited goal, yet, bodily regeneration does eventually occur through the dedicated application of those laws which we shall attempt to bring to light, time and space permitting.

The application of Body Electronics requires, first of all, a basic program of nutrient saturation which incorporates the following concepts:

- 1.) The physical body requires a constant enzyme supply in order to maintain health and vitality. When the individual eats cooked food, one must understand that the naturally occurring food enzymes begin to be destroyed at approximately 116 degrees F. This requires the physical body to produce enzymes for the digestion of the cooked food and places an added burden upon the pancreas in order to provide the necessary enzymes for digestion. This in turn gradually depletes the supply of enzymes in the physical body which is one of the initial causes of physical illness. Enzyme deficiency can readily be ascertained through a careful analysis of the Iris and the Sclera of the eye using an exacting technique known as Iris-Sclera Integrated Diagnosis. If it is ascertained that an individual is suffering from an enzyme deficiency, which includes all people who have been eating cooked and processed food, then it is required to supplement the physical body with additional vegetarian derived enzymes that the physical body can begin the process of healing. Fresh and raw food contain enzymes, yet one will find that there is a natural balance within the food itself in order to provide the proper amounts of food enzymes to aid in the digestion of the uncooked, unprocessed food which one consumes. By eating fresh and raw food one does not correct long standing enzyme deficiencies, therefore, in order to regain and maintain a healthy physical body, one must have a constant supplementation of vegetarian derived enzymes until specific indicators in the iris and sclera of the eye show that one no longer requires an enzyme supplementation. Remember, we are not interested in just balancing the body or suppressing symptomology through the use of medication, we are interested in Bodily Regeneration.
- 2.) The physical body requires a constant supply of natural chelated minerals from a plant source or a broad range of colloidal minerals derived from natural sources. The minerals cannot be

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utilized by the body effectively without a constant enzyme supply. The minerals and enzymes form an alkaline detoxifying agent which helps to metabolize and prepare for elimination the acid cellular wastes and toxic materials which have settled in the weaker portions of the body causing in time, a gradual metabolic breakdown in the tissues affected. This is evidenced by the presence of various pigmentations and abnormal structures in the iris and sclera of the eye. When all of the mineral and enzyme deficiencies are corrected along with other nutritional requirements, then one will observe the systematic dissolution of various pigmentations in the iris and sclera of the eye, at which time the physical body will go through what is known as the "Healing Crisis". During a healing crisis the weaker parts of the body gradually return to normal activity as the cell structures or tissues continue to move upscale in electric potential into a state of regeneration. These changes can readily be seen by the trained observer as changes in structure and pigmentations of the iris and sclera. It has been the experience of this writer over many years to see that all brown eyes, through a continued proper nutritional saturation program and through the consistent weekly application of Body Electronics, gradually, over a period of time, change in color from black brown, to dark brown, then to light brown, then gradually to greenish brown, to hazel, then gradually to blue. The brown and black pigmentation in the iris of the eye is an indication of inherited stimulus-response mechanisms or reactive mechanisms. These conditioned reactive mechanisms are found in the body as a crystallization formation. When the physical crystalline form is dissolved, the genetic inherited or acquired conditions are overcome through the experience of the healing crisis using the techniques of Body Electronics. At this time, the black or brown pigmentation disappears from the iris and the ever present blue gradually emerges.

- 3.) The physical body requires a constant supply of essential fatty acids in order to maintain health. Properly prepared, cold pressed linseed or flax oil is one of the best sources known for essential fatty acids. Flax oil and other viable sources of essential fatty acids help to emulsify cholesterol. The need for this food item can be readily ascertained through Iris-Sclera Integrated Diagnosis.
- 4.) The physical body requires a constant supply of vitamins from a variety of natural sources. Vitamins cannot be assimilated without the presence of enzymes and minerals. Much written information is available on this subject.
- 5.) The physical body requires a constant protein supply. The protein should be in the form of sprouted seeds or grain. The seed in an unsprouted form contains enzyme inhibitor which serve their purpose in preventing the seed from sprouting. If one eats the ground up seed without first germinating it, one also eats the enzyme inhibitors which makes it difficult for the body to digest, which in turn requires additional enzymes from the body to bring about the necessary digested state. Certain protein powders are in the category of hard to digest foods due to the presence of enzyme inhibitors. It is therefore important to realize that one must carefully consider the source of protein that one is eating. Hormones which are secreted from the various endocrine glands require up to 20 amino acids for manufacturing and secretion. The only physiologically active protein comes from natural sources which comes in the dextro form of the amino acid. The dextro form is digested by the body and then part of the dextro form is converted into the lavo form, both of which are required in the bodily processes, one necessarily balancing the function of the other. If one takes into the body the popular lavo form of amino acid one must understand that the lavo form is not a complete protein and that it is not converted into the necessary dextro form, thus the body is immediately thrown out of balance and the body gradually becomes ill as is evidenced by specific changes in the iris and sclera of the eye. It is therefore of paramount importance to obtain protein from a natural source. One must also understand that the body requires 8 basic or essential amino acids from a natural protein source. These 8 essential amino acids are then synthesized into 12 additional

amino acids for a total of 20 amino acids. There are some foods in which all 20 amino acids are available. Infants requires an additional 2 amino acids for a total of 22. The average adult requires up to 20 amino acids for various hormone production. If one amino acid is missing, then a specific hormone cannot be manufactured and secreted from the endocrine gland. Hormones are absolutely essential as a catalytic agent for various metabolic processes in the body to occur and must be present for specific healing to take place under the administration of Body Electronics. It must be understood that two of the essential amino acids, tryptophan and lysine begin to be destroyed by heat at approximately 110 degrees F. Therefore one who eats exclusively cooked protein in any form will end up protein and hormone deficient. This then requires one who is serious in one's desire to regenerate the body to find a fresh and raw source of complete protein, and then be able to digest it and then assimilate it. Living is not only an art but a science.

- 6.) Oxygen is required by the body, especially in this day and age where industrial pollutants bind the available oxygen, making it unavailable for human use. Most people today are suffering from a lack of oxygen. It has been estimated that our ancestors breathed air containing up to 36-38% oxygen. After world war two the level was measured by Swiss scientists to be 22%. This was after a century of so called enlightened industrialization. In 1989 the Swiss have measured the oxygen level and found it to be at the 19.6% level. Please consider the many environmental disasters from oil well burn off to increased industrialization to various natural disasters from fire to volcano. It would be wise to consider oxygen supplementation from a harmless source.
- 7.) There are many supplementations which would be individually indicated through a careful Iris-Sclera Integrated Diagnosis. Gentle colon cleansers, immune system enhancers, various herbal formulations, acidophilus, niacin, high fiber diets, etc.. All of these and more have a time, place and purpose. It is important to understand that the same shoe does not fit all feet when it comes to specific application of supplementation, yet, it has been found as a result of many years of research that nearly all people are deficient in enzymes, colloidal minerals, essential fatty acids, protein (uncooked) and vitamins. These must be carefully added to the diet to bring about a balanced nutrient saturation under the skilled advice of a Naturopathic Physician, Nutritional Consultant, or other physicians who are fully trained in nutrition as well as Iris-Sclera Integrated Diagnosis.

It would be appropriate to stress here emphatically that Body Electronics is ineffective unless the body is nutritionally prepared with nutrient saturation. Many people try to remain on junk food diets and continue to consume processed and cooked food and still want a quick fix to get well. This just isn't workable. One must discipline oneself moderately from a physical standpoint and determine to maintain a reasonable diet with the addition of appropriate supplementation. Once one is capable of physical discipline then one may turn their attention to emotional discipline.

The application of Body Electronics incorporates, secondly, an emotional preparation so that Body Electronics will have effective and long lasting results. One must learn to recognize that all thought which is not governed by love will result in less than love conditions which will result in various emotions which will eventually be trapped in crystallizations within the human body. This less than love emotionality results in suppressed emotionality which eventually results in a crystallization in a part of the physical body which has a resonant frequency to the hologram of suppressed memory which includes thought (sensory experiences), feelings (emotionality) and spoken word (verbal expression). The crystallization is a computer chip full of stored memory and actually is a stimulus-response mechanism which is the source of all reactivity within the human body. This crystallization can hinder the free flow of cerebral spinal fluid to the various parts of the body, can block a nerve supply, can impede circulation and can increase lymphatic congestion. This

crystallization can be present in such a way to destroy the normal function of a gland, organ or another part of the body.

All spirit or intelligence that is not governed by law through disciplined action will be governed by reaction, and even then, there are many sincere souls who are deeply crystallized who will sincerely think that they are being governed by law and choice when, in reality, they are being governed by reaction. If one observes closely one will see that this is true.

When a crystal manifests energy through the process of breaking up or dissolving by being acted upon by nutrient saturation or Body Electronics, it must be understood that this can only occur through the activity of perfect obedience to those laws which are designed to bring about the desired result. These laws are described in the Logic in Sequence Series, Book One. This energy which is emitted from the dissolving crystallization in the human body immediately draws a like energy by the law of attraction. This like energy is a perfect outer manifestation or reflection of that energy which is being emitted from the dissolving crystal. Thus, we have what is called a "healing crisis".

The healing crisis has been expressed over the years by the following which has gained widespread acceptance:

### HERING'S LAW OF CURE:

*"ALL CURE STARTS FROM WITHIN OUT AND FROM THE HEAD DOWN AND IN REVERSE ORDER AS THE SYMPTOMS HAVE APPEARED."*

Over the years I have observed Hering's Law of Cure to be true, but for the purpose of our work in Body Electronics I have found it necessary to make some modifications on the above which I would like to present at this time.

### THE LAW OF HEALING CRISIS - DR. JOHN WHITMAN RAY, N.D.:

*"A HEALING CRISIS WILL OCCUR ONLY WHEN AN INDIVIDUAL IS READY BOTH PHYSIOLOGICALLY AND PSYCHOLOGICALLY. THE BASIC FOUNDATION FOR ALL HEALING IS NUTRITIONAL PREPAREDNESS. A HEALING CRISIS WILL BEGIN FROM WITHIN, OUT, IN REVERSE ORDER CHRONOLOGICALLY AS TO HOW THE SYMPTOMS HAVE APPEARED, TEMPERED BY THE INTENSITY OF THE TRAUMA. THE INDIVIDUAL WILL HAVE THE OPPORTUNITY TO RE-EXPERIENCE EACH TRAUMA, BOTH PHYSIOLOGICAL AND PSYCHOLOGICAL, BEGINNING WITH THE TRAUMA OF LEAST SEVERITY. IT MUST BE RECOGNIZED THAT TRAUMAS INVOLVING EMOTIONS, WHICH INCLUDE ALL TRAUMAS, WILL BE RELEASED IN ORDER, BEGINNING WITH UNCONSCIOUSNESS, THEN APATHY, GRIEF, FEAR, ANGER, PAIN AND EVENTUALLY ENTHUSIASM (LOVE), IN CONJUNCTION WITH THE APPROPRIATE WORD PATTERNS FOR EACH EMOTION AND THOUGHT PATTERN (SENSORY MEMORY) WHICH ARE ACCESSIBLE AT EACH LEVEL. UNCONDITIONAL LOVE AND UNCONDITIONAL FORGIVENESS ARE THE KEYS TO APPLY AND TRANSMUTE ANY RESISTANCE AT ANY LEVEL, ONCE THESE RESISTANCES ARE BROUGHT TO VIEW THROUGH THE APPLICATION OF THE LAWS OF LOVE, LIGHT AND PERFECTION."*

Body Electronics must be understood to encompass nutritional factors, emotional considerations and transmutation as indicated by the healing crisis, the emotional laws governing this activity, and the mental laws which must be assiduously studied, applied and eventually mastered. Body Electronics cannot be relegated to a physical mechanical method applied to the physical body.

Body Electronics, when properly administered, is done in a quiet, loving atmosphere, permeated with gentleness and patience, with a commitment on the part of all concerned to professionalism and

confidentiality, encompassed with mutual trust, concern and discretion. Body Electronics is applied in an exact, systematic and methodical manner which should rarely be deviated from in order to obtain satisfactory and lasting results.

Body Electronics is in part, a method of sustained acupressure which requires an understanding of nutrition, anatomical structure, physiological function, emotional interactivity, and mental processes within a framework of the Healing Crisis.

Body Electronics can best be explained initially by a physical demonstration in the physics laboratory. When a crystal is compressed, it emits an energy and/or an electric current which can be measured by sensitive instrumentation. This energy, radiation or electric current is known as the piezoelectric effect. In the human body there are formations of crystals in various acupressure points or reflex points or along the spine and elsewhere in the physical body. These crystallizations or calcifications are found also within the joints, injury sites within the body and in the cranial sutures. As each crystal is compressed using specific Body Electronics technology, the crystal slowly dissolves and releases an energy which can be experienced by the pointholder as well as the pointholdee. These energies will later be explained.

In Body Electronics, one person or the pointholdee may have from one to many pointholders, of all ages and levels of experience. One person of greater experience, if that is possible, will be appointed or chosen by the pointholdee to be a facilitator who will inquire from time to time as to what is occurring. Constant chatter or socializing is to be discouraged. One who is the facilitator will encourage the pointholdee from time to time to re-experience on the mental level all memories and traumas as if they were occurring in the ever present now. It is important to understand that memory of a specific trauma will not be realized until after the pain is lovingly and willingly experienced. Pain is the capstone to memory. When one reaches the level of enthusiasm the memory will be forthcoming.

It is important that one leave pointholding without a time limit. Pointholding should be open ended. It may require from one hour to five hours to complete a good pointholding. 1 1/2 to 2 hours is the average time of completion but there are exceptions. One must always be prepared for the exceptions. If point holding is open ended, it relieves one from stress or anxiety concerning time limits. Thus, one can relax and pay close attention to the "Healing Crisis" as it evolves. This open ended time element makes it difficult for professionals engaged in the healing arts to plan organized appointments. Therefore, the success of a good pointholding program is dependent upon people helping people rather than depending on a "therapist" or "physician" from any existing healing modality. People must learn to be individually responsible and learn to help themselves and each other. This is difficult to tolerate for money oriented therapists who believe that success is a measure of monetary gain and who in turn create dependency relationships with their patients that their illusion may not be exposed.

An atmosphere of joy and enthusiasm is desirable to be maintained during pointholding but not to the degree of distracting the individual from placing his/her attention upon the traumas and resistances which appear to the consciousness of the pointholdee as the crystal dissolves under the sustained acupressure of the pointholder. It must be understood that the pointholder may also be going through a healing crisis while one is "holding" points. This should be handled as if one were having their points held until the point holding is complete and the healing crisis is over. That which brought on the healing crisis should be continued until the healing crisis is complete.

Let us now consider the concept of the everpresent now. The understanding of the everpresent now is a difficult concept for some to accept or understand due to the fact that all mankind to one degree or another is caught up in the lifestream of continual activity which catches the attention of the individual. This catching of the attention by the outer activity can be thought of as trapped

attention wherein one ceases to recognize that all outer activity is the outer manifestation of inner essence. It is important to fully understand the powerful biblical concept: "As a man thinketh, in his heart, so is he." With this in mind, after pondering and prayer, the candid and reflective mind will begin to understand the healing crisis as the body mechanism begins to be repaired as a change of consciousness occurs within the individual. Thought is senior to substance. Substance does not construct thought as substance is present for the purpose of being acted upon by the intelligence. Thought controls and determines the structure of substance. One will eventually understand that the only creative force in the universe is thought (sensory experience), feelings (emotionality), and the spoken word (verbal expressions in word and thought). As taught by Saint Germain, these three, thought, feeling and the spoken word we must learn how to master and recognize as the only creative force in the universe. The mastery of Body Electronics in its fullest expression encompass the Laws of Love, Light and Perfection which are explained in the Logic in Sequence Series. This is one path an individual may choose to follow on the pathway of individual self-realization or enlightenment. Nothing is ever gained without spiritual seeking which is a distinct mental attitude composed of will and determination - a focused intent. Nothing is ever gained without a specific asking, which is a direct verbal request for that which one desires from a spiritual source. Nothing is ever obtained without knocking, which is a physical act of doing all one can do to keep those laws and principles of a universal nature which give life and light to the physical body. These laws and principles are the laws of God. Faith and belief is not enough. Faith without works is dead. Faith without appropriate obedience to the Laws of God is to no avail.

The facilitator must never ask a person, "Why?", when in a reactive state. In reality, one does not really know why one reacts. The question "Why?" is meaningless and therefore must be deleted from meaningful questioning or responsible guidance. The conscious mind can manufacture a multitude of reasons or justifications as to why one did something out of reaction, but the simplicity of the entire matter is that a reaction stems from suppressed trauma resulting in a specific programming or old programming which may even be of an inherited genetic nature. Ask the individual, "What is happening now?", "Where is it happening in the now?" "When is it happening in the now?", "When did you feel this way before?". Only within a framework of reality and certainty in this life, with this body, should one place his or her attention. Do not encourage one to put one's attention on speculation or fantasy. All that is necessary to master is in this life, here and now. Any exceptions to these principles will be dealt with in Advanced Procedures. Let it suffice for now, that all we have to do is increase our awareness and make corrections gradually in those areas which are out of harmony with universal law in the everpresent now. Please remember that the avoidance of reality is disguised in a number of marvelous ways. The facilitator should always encourage the pointholdee to reexperience all past traumas in the everpresent now since all these memories were at one time experienced in the everpresent now, and they were resisted in the everpresent now.

The facilitator must remember that he/she is not the psychiatrist who probes. The facilitator encourages the pointholdee to be discreet and to discipline oneself to experience all things on the mental level while disciplining the physical body by holding the body relatively still. The facilitator should encourage one to hold the voice still and to breath deep and regular. One must be patient, kind and gentle regarding these matters as one is not immediately the epitome of self-discipline and it will take some time to learn to master these things. One must remember that little is gained by venting one's emotions and to reactively flip and flop around like a fish out of water. To be productive, as one will learn from experience, all these emotions and memories must be experienced on the mental level within a framework of self-discipline of body, emotions and mind.

It must be stressed that some people are unstable mentally and emotionally and should be treated with utmost caution with Body Electronics, if at all. Do not be too quick to help an individual until you have an understanding of their past. If they are on medication, leave them on that medication and under no circumstances remove them from that medication. Let the determining factors be

ascertained by the Naturopath or Medical Physician who is skilled in the use of medication. Remember: Overzealousness must be tempered with caution and wisdom. Know the nature of the individual you desire to serve. If the individual you desire to serve is still smoking, is on alcohol, or is on various recreational drugs, it may be wise to spend a period of time wherein one demonstrates the willingness to help oneself by withdrawing from tobacco, alcohol and various recreational drugs, all of which are harmful to the body and are counterproductive to good results. The intention to help oneself must be made manifest. There are those who want everything done for them and they will not exert any determination to help themselves. Do not cater to these people. These people end up turning against all those who strive to help them and should gently be turned in a direction wherein they do not consume time and energy of those who desire to be of service.

In the human body, a crystal or calcification can be compared to a computer chip or microchip. In reality, a crystal in the human body is an "organic computer chip" full of stored memory. As the crystal dissolves, this suppressed memory is gradually released from the crystal which is then reexperienced by the individual. This is called a healing crisis. This suppressed memory can be the result of physical or emotional trauma wherein resistance to an experience of life has occurred. If these crystals are genetically inherited then they will have some form of genetic memory stored within the crystal. A sustained pressure is exerted upon the indicated crystal in a specific manner during this entire process until it is complete. This shall be briefly described later.

Regarding the sustained acupressure, one should first of all be sure that the finger nails are clipped short or are not traumatically impaling the skin during pointholding. The pain from a finger nail is unnecessary and distracting and can be damaging to the skin. The hands should be washed and clean prior to point holding. One should never apply pressure on a point, crystal or calcification to the degree one is traumatized. If a body part is without innervation or is numb, and for any reason one may not feel pain, it must be understood that heavy acupressure will not be productive and one may unknowingly traumatize the tissue. This is one major concern to guard against. One should keep the pressure sustained on the point that one can be kept on the brink of being able to lovingly and willingly endure the pain. Remember: One is not causing pain when pressing gently on a pressure point, one is releasing carefully the suppressed pain which is encoded in the crystal. It may be interesting to note that when one lovingly and willingly endures the pain in a given area of concern, all anger, fear, grief, apathy, and unconsciousness are rapidly transmuted by the pain, while the pain is being transmuted by the loving enthusiasm.

It may be important to point out that one realize, while applying pressure on the point, that the pointholder will not usually feel the numbness, pain, heat, cold, electricity, throbbing, etc., until the pain for the pointholdee is being experienced lovingly and willingly and is in the process of being transmuted. At the time the pointholdee is experiencing lovingly and willingly the pain, then the various sensations will appear in earnest for the pointholder.

It is imperative to learn that one of the prime prerequisites to effective Body Electronics is to learn to "Lovingly and Willingly Endure All of the Experiences of Life." One must be constantly aware of that which is transpiring in one's life and to look for the lesson to be learned from the universe as one patiently experiences each activity of life with non-resistance and with the spirit of unlimited gratitude. One must learn to release all patterns of resistances such as old grudges and hard feelings with unconditional love and unconditional forgiveness, knowing that for the most part that people do what they are programmed to do and have very little free agency to overcome this programming that they may conduct their life in a different manner. Once we understand this we can freely forgive people for what they have done because, in essence, they really do not have a clear perception as to why they do what they do. Jesus understood this when he said, "Forgive them, for they know not what they do." For the most part we are all creatures of reaction and are delightful deviations from the norm. Let us all delight in the unity of diversity, as we would enjoy the variety of flowers in a garden.

It is always appropriate that all pointholders and pointholdees be reminded that one must never allow judgement, criticism, or condemnation to enter one's mind toward any person, place or thing. We must all learn that what we resist in life will be drawn to us with computer like precision. "As a man thinketh in his heart, so is he.", can be looked upon as an absolute law. If we inspect carefully our inner thoughts, putting all self-justification aside for how we act or react, we will find within ourselves the very faults which we are so quick to see in others. The faults we see in others which attract our attention should be an immediate signal to go inside and search for the error in our own thinking. This is appropriate instruction for both pointholders and pointholdees. Without question it is, at first, a difficult job to apply this instruction, yet, it is far better to be the master of one's self then to conquer an enemy on the battlefield of war.

To fully understand the depth of effectiveness that Body Electronics is capable of attaining one must learn to understand the following cardinal principle:

*"UNTIL MAN CAN EXPERIENCE ON THE MENTAL LEVEL THAT WHICH EXISTS ON THE PHYSICAL LEVEL, HE WILL BE BOUND TO THE PHYSICAL".*

The above statement is explained in depth in Chapter One of Book One of the Logic in Sequence Series.

Let us carefully consider that our ability to experience on the mental level or our ability to visualize is an individual concern. Each individual is limited in his/her ability to visualize as determined by the "window" of perception which is genetically programmed. Each individual is limited in perspective by the individual resistances and the collective resistances of man. Visualization must therefore arise gradually from within the individual through consciousness change rather than from the use of external energies. This consciousness change cannot take place without the removal of the crystallizations which determine the "window" through which we perceive. Thus the student of reason shall see the deep impact which is being made through the application of Body Electronics technology. "Where there is no vision the people perish."

If a crystal were dissolved externally by the manipulation of external energies and if no change of consciousness occurred, then the crystal would eventually reappear as an external manifestation of inner consciousness.

What does Body Electronics do? Briefly, if the person has made the necessary preparations, Body Electronics, properly administered will help to restore the nerve supply to the body which in turn enables a restoration of communication to take place between the cell and the brain. When the nerve supply is restored, then circulation to the body parts is restored, then the nutrient saturation necessary for bodily regeneration can reach the cells and tissues. Toxins are flushed out of the cells and the cells again regain their normal function after a "healing crisis" is experienced by the individual. What does this mean? Let us consider past experience. Over the last thirty-five years, hundreds of stroke victims have regained their normal activity, wherein they have had a restoration of nerve supply and motor activity to their affected arms and legs etc. Many conditions such as cerebral palsy and multiple sclerosis have been helped over a period of time with a restoration of nerve supply to the fingers and toes and reduction of spasms. Thousands of spinal problems have been helped by the dissolving of calcifications in the various parts of the spine, restoring normal activity to the spine and related organ activity. Spinal curvatures have been straightened in hundreds of cases. Glands and organs have regained normal function, heart disease has been corrected, arthritis has been relieved, and the healthy have become more healthy. If this interests you, read on, but read with an open mind, for there is an old saying, "Contempt, prior to complete investigation, will enslave a man to ignorance."

Prior to the application of Body Electronics which is called "point holding", one can examine the pain threshold of the pointholdee by a gentle "pinch test". A high pain threshold indicates a degree



of enervation or lack of nerve supply. As Body Electronics is applied, there will exist a restoration of nerve supply which can be evidenced by a greater sensitivity or a lower pain threshold when the "pinch test" is applied. A low pain threshold indicating the ability to "feel" is now restored to the individual which is a desired state as it always precedes healing or regeneration of the body.

A requirement for the effective application of Body Electronics will be a specially designed nutritional program as well as an individually designed program for the application of Body Electronics. It is imperative to understand that a nutrient saturation program is essential for Body Electronics to be consistently effective. When Body Electronics is effective, eventually, after several pinholdings, one may experience a burning searing pain. This burning searing pain has been rediscovered in our time through the correct application of Body Electronics. This burning-searing pain, not unlike red hot lava flowing through the body is known in ancient texts as the Fire of the Kundalini. When the Kundalini Fire or for that matter when any pain occurs, one is encouraged to breath into the pain in a deep and regular manner and one is encouraged to hold the body still. One is reminded to Lovingly and Willingly Endure the Pain with Gratitude and Enthusiasm. The enthusiasm gradually transmutes the pain which in turn transmutes the suppressed anger, fear, grief, apathy and unconsciousness. Once the emotional body is transmuted by the Fire of the Kundalini and the pain is transmuted by Loving Enthusiasm, then one is capable of having access to the mental body and can then discern in the area of transmuted emotionality free from the bondage of emotional reaction. Many people are deceived into thinking they can go directly to the mental body without going through the pain of life which they have suppressed. This simply cannot be done unless all of the Laws of Love, Light and Perfection are applied, and this takes a very advanced being to do so. There is no quick fix. One must remember that the Fire of the Kundalini is released from within and this will not happen unless the pintholdee is both physiologically and psychologically prepared.

As the crystal or calcification dissolves under the influence of the sustained acupressure, the encoded sensory experience, verbal expression, and emotionality that have been suppressed subtly or dramatically during trauma and which has been encoded or recorded in the crystal or calcification, will arise to the consciousness of the individual to be mentally reexperienced. The sustained acupressure is non-traumatic, non-invasive and when applied appropriately, releases a hologram of sensory experience, verbal expressions, and gradient emotionality which is released in the following order: Unconsciousness or numbness, apathy, grief, fear, anger, pain and enthusiasm. It must be understood that anything resisted forms a thing. Anything resisted forms a suppressed composite energy pattern which causes a distortion in the morphogenetic field resulting in a corresponding eventual crystallization in body tissues which have a similar resonant frequency to the suppressed hologram. The composite wave of energy from the suppressed thought, feeling and spoken word is eventually encoded in the crystal which then becomes the outer manifestation of the inner consciousness.

Sustained acupressure or Body Electronics is applied in a manner which is organized, prioritized, and sequentially designated as determined by the Iris-Sclera Integrated Diagnosis. If the procedure is followed patiently and systematically then the encoded sensory experience, verbal expressions and emotionality recorded within the crystal will arise to the consciousness of the individual to be mentally reexperienced. As one goes through consciousness change one will observe the iris and sclera structure change as follows:

One will observe pigment change wherein brown eyes will gradually change to blue regardless of nationality, pigment spots will lighten, grow smaller and eventually disappear from the iris and sclera. One will observe that specific iris markings gradually move toward a perfection of iris configuration, free from structural distortions. One will also see significant sclera markings undergo dramatic change. Remember: The eye (Iris and Sclera) is the window to the soul.

As the resistances are reexperienced and the sequential emotionality is released, one then moves

gradually from the entrapment of the emotional body into the mental body wherein discernment can occur. Discernment cannot occur when one is dominated by the reactive emotionality. With discernment at the mental body level, one is then capable of gradually encompassing a series of ever increasing subtle dualities with impartiality and equanimity, releasing each time the identification one has with one end of the existing duality. At this time of duality encompassment the body will experience the vibration of regeneration as the duality is encompassed. The physical body is now renewing or regenerating. The grey hair slowly returns to natural, the wrinkles slowly disappear and the middle age prime emerges. The physical body regains its elasticity, the spinal calcifications disappear as well as other calcified joints and health returns to the dedicated individual. All of this can only take place as one assumes responsibility for life and attempts to correct or make amends on the physical level for all human discord that is out of harmony with unconditional love and unconditional forgiveness. Woe unto that individual who has the mental fixation that he/she already knows it all and has nothing else to learn about oneself.

As one learns to encompass duality after duality, moving from the encompassment of obvious dualities simultaneously releasing identification with one end of each duality, one gradually confronts more subtle varieties of duality, finally reaching the epitome of duality encompassment resulting in the "Time-Space-Continuum-Warp". At this point in our mental evolution one creates within the body the state of non-resistance which can be measured within the body as a state of "0" ohms resistance. The physical body for a few moments becomes a super-conductor. This takes place when one reaches the point of experiential recognition of the mind-matter interconnection which can only be understood by the experience of the encompassment of the "Truth - Resisted Truth" concept of duality which results in the "Time-Space-Continuum-Warp". This cannot be fully explained intellectually as it must be experienced in order to comprehend the broad scope of that which we have done to ourselves through erroneous thinking. This experience of the "Time-Space-Continuum-Warp" exists in our day. This is the most profound breakthrough in mind-matter concepts of our time. The "Time-Space-Continuum-Wrap" is demonstrable and attainable and stands ready to propel the expectant space cadet of unquestionable integrity into the absolute understanding that self is the cause of all within one's own universe. In other words, the intelligence of man is the ultimate responsible agent for all that transpires in one's outer activity. One recognizes that he/she is the cause of all outer activity while simultaneously being in oneness with all life intelligence whose outer expression pervades all energy, matter, space and time. This certainly gives us a realistic goal for which to reach. This is explained in greater detail in Book One and Book Two of the Logic in Sequence Series.

Let us now return to the realm of apparent reality which is, indeed, the illusion. The pointholder who holds the designated point as part of a prioritized sequence will continually sustain the pressure on the point without moving or changing fingers and will experience one or all of the following: Numbness, pain, electricity, tingling, throbbing, pulsing, heat, coldness, or burning. When all of these are completed and the point is "flat" and the fingers will be as they were when first placed on the point, then that segment of the process is complete. At this point the application of Body Electronics can come to a satisfactory end for that session.

If a systematic, non-varying cycling occurs such as heat to cool, heat to numbness, pulsing to cool, etc....., this is an indication that one has reached a point where the mineral (electrolyte) supply of the body is exhausted and no further progress can be made with the dissolution of the crystals or calcifications. At this time the activity comes to an end with the admonition to the pointholdee to take the necessary nutrients as indicated, build up the body for another week and then do the Body Electronics again. One simply resumes later where one left off. The experience of cycling is common and is often found where nutrient saturation is not being carefully followed.

Record should be made of the points which were held and the date involved with pertinent notes

pertaining to the session.

Arrangements should be made for placing oneself comfortably on the floor with mat, pad or cushions. If a massage table is available this could be used with benefit. The pointholders consult a chart of sequential points and proceeds in order with variation as determined by indicated priorities. The facilitator instructs the pointholdee to hold the body still and breathe deeply while experiencing whatever arises to the awareness of the individual. All should be experienced with unconditional love and forgiveness. The pointholding session continues until each point is completed. If an indicated tie-in according to sclera indicators is observed on the chart, each point in the tie-in is to be held simultaneously until all points complete at the same time.

One person is capable of holding points with excellent results. It appears that more progress is obtained with more people holding points with dedicated intent simultaneously. There are occasions when it is preferable for one person to hold one specified point such as found in the advanced work of Cranial Electronics which is used to bring perfect symmetry to the bones and sutures of the skull which in turn helps to allow a free flow of cerebral spinal fluid to reach every part of the body that healing may be enhanced.

The mechanics of the entire process involved cannot be adequately explained here as it is experiential rather than intellectual in its scope. Once one experiences the process then one will have a better understanding wherein all the words in the world cannot explain the process as one can only grasp the causative factors of the inner essence experientially. It is like trying to capture a wisp of wind in the hand and attempting to preserve it forever, it cannot be done. As we individually grasp and apply the fundamentals of Body Electronics, we eventually self-realize that the physical body and the environment around us reflect our inner consciousness. Body Electronics in its advanced application of specific principles helps one to free oneself from the self-imposed shackles from which one has been unable to escape. One must first of all learn the application of unconditional love and unconditional forgiveness with non-resistance to all of the experiences of life and to be grateful for all that the universe serves up on one's plate.

Through the teachings of Body Electronics, it is imperative to recognize that we will eventually understand that we have drawn to ourselves by the law of attraction all that which we have resisted. Every thought is meaningful. We reap what we have sown, therefore we must be careful of every thought, word and deed. We now have the opportunity to undo all of our indiscretions and place ourselves by choice, in harmony with Universal Law. Those indiscretions we cannot undo will be covered with the concept of grace. This important concept must be covered at another time.

As love encompasses all emotionality, allowing the transmutation of the resisted thought, feeling and spoken word, we observe a profound effect on the morphogenetic field. The morphogenetic field is an energy field determined by thought and which in turn determines the structure of the physical body and for that matter, of all living things including the structure of the universe itself. When this outflowing love transmutes all resistance on the level of emotionality, then there is a morphogenetic field change and the DNA of the body changes. At the same time all related DNA substance goes through a corresponding change through a process called morphogenetic resonance. The human body and related bodies experience profound change through the healing crisis which then results in a remission of symptomology or disease symptoms. Thus gradually, the human body returns to its perfect DNA form as expressed in the prime of life. This technique shall be made available to the interested and well intended student.

The physical body is the doorway to spirituality. As we master and discipline the physical (the temple of God), according to the Laws of Love, Light and Perfection, which is the first step, we then progress to the discipline and mastery of the emotional body and finally the mental body, in that order. As this is accomplished, the outer degenerative conditions or ageing and disease gradually

disappear and the perfection of the perfect DNA emerges. All of this takes persistent and dedicated effort.

Each of you are now invited to discover yourself by utilizing this powerful and effective self-healing technique which is on the "cutting edge" of healing modalities in the world today.

It is imperative that one does not attempt to enter into the practice of Body Electronics without appropriate training.

There are a number of contraindications which must be considered when working with various degenerative conditions. "Fools rush in where angels fear to tread.", would be appropriate to consider at this time. A little knowledge can be a very dangerous thing.

To best comprehend the wide scope and depth of Body Electronics the sincere student is encouraged to consider, honor, understand and then embrace with discernment one's own unique heritage, one's roots. After one has made peace with one's own relatives, then one must learn to honor in like manner the roots of the rest of the human family with compassion and comprehension. One will then begin to see the handiwork of God as expressed through the diversity of all intelligence. Above all, one is encouraged to honor the God Presence within oneself and to dedicate oneself to strive for a oneness with God from whom all life and intelligence flows. To this end may this small contribution inspire the reader to follow the pathway of service, non-resistance, harmlessness and peace, while at the same time to be true to one's heart in the smallest to the largest events of life.

If you would like more information concerning the technique of Body Electronics, contact Dr. Douglas Wyeth Morrison, 5007 Philadelphia Avenue, Chambersburg PA 17201. Dr Morrison is very competent in this field and has been extensively trained over six years through classroom experience, personal experience and teaching experience.

If the South Seas beckon, then contact

Dr. John Whitman Ray,  
Cook Islands Natural Healing Centre,  
P.O. Box 1046, Titikaveka Rarotonga,  
Cook Islands, South Pacific.

Dr. John Whitman Ray is privileged to be the founder of Body Electronics and Iris-Sclera Integrated Diagnosis. He is also the author of the Logic in Sequence Series. Dr. Ray at this time gives full acknowledgment to the "God Presence" from which all life and intelligence flow. The offering of Body Electronics and the advanced techniques and procedures are like a bouquet of flowers plucked from the garden of universal mind, which gift given freely to Dr. Ray is now passed on to you, the reader, for your edification and enlightenment.

Respectively Submitted,

John Whitman Ray, ND

# Confidential Pre-Consultation Questionnaire

Name \_\_\_\_\_ Date \_\_\_\_\_  
 Mailing Address \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Occupation \_\_\_\_\_ Ph# Home \_\_\_\_\_  
 Name of Spouse \_\_\_\_\_ Ph# Work \_\_\_\_\_  
 Name of Father \_\_\_\_\_  
 Name of Mother \_\_\_\_\_

Directions: Check either YES or NO. If there is doubt check YES. When completed hand form to the receptionist.

- |     | YES                                 | NO                                  |  |
|-----|-------------------------------------|-------------------------------------|--|
| 1.  | _____                               | _____                               | Do you eat white bread?  |
| 2.  | <input checked="" type="checkbox"/> | _____                               | Do you drink milk?   |
| 3.  | <input checked="" type="checkbox"/> | _____                               | Do you drink hot or cold drinks?   |
| 4.  | _____                               | _____                               | Do you exercise regularly?   |
| 5.  | _____                               | _____                               | Do you eat margarine?  |
| 6.  | _____                               | _____                               | Do you eat tinned meat?  |
| 7.  | _____                               | _____                               | Do you eat fried or cooked fish or meat?   |
| 8.  | _____                               | _____                               | Do you eat fruit at the same time with protein and vegetables?   |
| 9.  | _____                               | _____                               | Do you eat white sugar?  |
| 10. | _____                               | _____                               | Do you use any artificial sweeteners such as nutra-sweet?  |
| 11. | _____                               | _____                               | Do you drink diet soft drinks?   |
| 12. | _____                               | _____                               | Do you drink other soft drinks?  |
| 13. | _____                               | _____                               | Do you boil your drinking water?   |
| 14. | _____                               | <input checked="" type="checkbox"/> | Do you rinse your dishes after washing?  |
| 15. | _____                               | _____                               | Do you have silver (mercury) amalgam used as filling material for tooth cavities?  |
| 16. | _____                               | _____                               | Do you have gold or other metal in your teeth or mouth?  |
| 17. | _____                               | _____                               | Do you drink or have you been drinking fluoridated water, using fluoride tablets, using fluoride mouth washes or fluoride tooth paste? |

	YES	NO	
18.	_____	_____	Have you been exposed to agricultural sprays such as paraquat or malathion?
19.	_____	_____	Do you use insecticides or other sprays?
20.	_____	_____	Have you had any learning disability or memory problems?
21.	_____	_____	Have you had any operations?
22.	_____	_____	Have you had any children?
23.	_____	_____	Have you had any miscarriages?
24.	_____	_____	Have you had any abortions?
25.	_____	_____	Have you had any stillborn?
26.	_____	_____	Do you have any unhealthy children?
27.	_____	_____	Have you had any broken bones?
28.	_____	_____	Have you had any torn ligaments or sprains?
29.	_____	_____	Have you had any concussions or head injuries?
30.	_____	_____	Have you had any serious illness?
31.	_____	_____	Have you had any serious accidents?
32.	_____	_____	Do you have or have you had scar tissue anywhere on the body?
33.	_____	_____	Have you experienced any burns or scalding?
34.	_____	_____	Have you been or are you now on any drugs or medication?
35.	_____	_____	Are you using or have you used birth control?
36.	_____	_____	Do you suffer from irregular or profuse bleeding?
37.	_____	_____	Do you or have you been smoking?
38.	_____	_____	Do you or did you drink alcohol?
39.	_____	_____	Are you using or have you used any type of recreational drug?
40.	_____	_____	Do you or have you had any symptoms which bother you?
41.	_____	_____	Do you have problems which cause stress?
42.	_____	_____	Have you ever contemplated or attempted to commit suicide?
43.	_____	_____	Have you had any vaccinations?
44.	_____	_____	Have you been hospitalized for any reason?
45.	_____	_____	Have you used any medicated creams or salves on your skin?
46.	_____	_____	Have you ever been unconscious or knocked unconscious?
47.	_____	_____	Have you ever had a mental or emotional break down?
48.	_____	_____	Have you been delivered caesarean at birth?
49.	_____	_____	Have you been delivered by instruments at birth?

	YES	NO	
50.	_____	_____	Have you had birth trauma of any kind at birth to your knowledge?
51.	_____	_____	Do you suffer from digestive disorders?
52.	_____	_____	Do you have or have you had excessive wind or abdominal pain?
53.	_____	_____	Do you have or have you had high or low blood pressure?
54.	_____	_____	Do you have or have you had diabetes?
55.	_____	_____	Do you have any discolorations, sores or numbness in the legs or feet?
56.	_____	_____	Do you have or have you had headaches, dizziness, seizures or blackouts?
57.	_____	_____	Have you had or do you have migraine headaches?
58.	_____	_____	Do you have from time to time headaches in the forehead, temple or behind the eyes?
59.	_____	_____	Do you have swings in your emotions?
60.	_____	_____	Do you have or have you had any pain that reoccurs?
61.	_____	_____	Do you have or have you had painful joints or muscles?
62.	_____	_____	Do you have or have you had swelling of legs, ankles or feet?
63.	_____	_____	Do you have swelling of the abdomen?
64.	_____	_____	Do you have swelling anywhere else on the body?
65.	_____	_____	Do you have a neck or back problem?
66.	_____	_____	Does your back or neck hurt when you move or bend over?
67.	_____	_____	Do you have trouble hearing?
68.	_____	_____	Do you have pain in your ears?
69.	_____	_____	Do you have trouble with your eyes?
70.	_____	_____	Do you have problems with night vision?
71.	_____	_____	Do you have cataracts?
72.	_____	_____	Do you have allergies, sinus trouble, hives, running nose, red eyes or coughing spells?
73.	_____	_____	Do you have reactions to bee stings or insect bites?
74.	_____	_____	Do you have any skin disorders such as birthmarks, blemishes, scaling or itching skin?
75.	_____	_____	Do you have any black moles or moles that bleed or crust over?
76.	_____	_____	Do you have any sores that do not heal?
77.	_____	_____	Do you have any pimples, acne, boils or eruptions?
78.	_____	_____	Do you have trouble breathing or do you have irregular breathing?
79.	_____	_____	Have you had or do you have asthma?

	YES	NO	
80.	_____	_____	Do you wheeze or cough?
81.	_____	_____	Do you have heaviness, numbness or tingling in your arms or fingers?
82.	_____	_____	Do you have heaviness, numbness or tingling in your legs or feet?
83.	_____	_____	Do you have trouble walking?
84.	_____	_____	Is your sense of balance disturbed?
85.	_____	_____	Do you have unusual persistent tiredness or lack of energy?
86.	_____	_____	Do you have bleeding gums?
87.	_____	_____	Do you bruise easily?
88.	_____	_____	Do you have trouble sleeping at night?
89.	_____	_____	Do you suffer from burning or painful urination?
90.	_____	_____	Are you troubled with slow or incomplete urination?
91.	_____	_____	Do you have trouble retaining your urine when you cough, sneeze, jump or walk up or down stairs?
92.	_____	_____	Do you have a need to urinate at night?
93.	_____	_____	Do you have any trouble going to the toilet?
94.	_____	_____	Do you go to the toilet at least two times a day for a bowel movement?
95.	_____	_____	Do you have constipation or diarrhoea?
96.	_____	_____	Do you have alternating constipation or diarrhoea?
Have you been treated by			
97.	_____	_____	a) a chiropractic physician?
98.	_____	_____	b) an osteopathic physician?
99.	_____	_____	c) a homeopathic physician?
100.	_____	_____	d) a medical physician?
101.	_____	_____	e) a naturopathic physician?
102.	_____	_____	f) an acupuncturist?
103.	_____	_____	g) a Chinese herbalist?
104.	_____	_____	h) a traditional herbalist?
105.	_____	_____	i) maori medicine?
106.	_____	_____	j) ayurvedic medicine?
107.	_____	_____	k) Hawaiian herbal medicine?
108.	_____	_____	l) other trained practitioners in any other branch of the healing arts?
109.	_____	_____	Are you using any vitamins, protein powders, skincreams or health supplements?



	YES	NO	
110.	_____	_____	Do you have sharp or prolonged pain in your chest, shoulders or arms?
111.	_____	_____	Do you have any irregular heartbeats?
112.	_____	_____	Do you catch colds or coughs easily?
113.	_____	_____	Do these colds or coughs hang on for an extended period of time?
114.	_____	_____	Do you have pain or lumps in your breasts?
115.	_____	_____	Do you have pain under your sternum especially in the morning?
116.	_____	_____	Do you have pain in either side under the ribs when you walk or run?
117.	_____	_____	Do you have pain or swelling in or near your neck or throat?
118.	_____	_____	Do you have swollen glands in your groin area or under your armpits?
119.	_____	_____	Do you have difficulty performing normally in your sexual behaviour?
120.	_____	_____	Do you have any pain in the ovaries or testes?
121.	_____	_____	Have you had or do you have venereal disease?
122.	_____	_____	Do you have any discharge from the vagina or penis?
123.	_____	_____	Have you had any blood tests?
124.	_____	_____	Have you been tested for AIDS?
125.	_____	_____	Have you had itching in the anus?
126.	_____	_____	Have you had bleeding from the rectum?
127.	_____	_____	Have you suffered from piles?
128.	_____	_____	Do you have or have you had any abnormal lumps, bumps, pains or bleeding?
129.	_____	_____	Have you ever had a high fever?
130.	_____	_____	Have you ever suffered from food poisoning, fish poisoning or any other type of poisoning?
131.	_____	_____	Have you ever been shocked by electricity?
132.	_____	_____	Have you ever been hit by lightening?
133.	_____	_____	Have you ever had a stroke?
134.	_____	_____	Have you ever had a heart attack?
135.	_____	_____	Do you work around any toxic fumes?
136.	_____	_____	Do you work or live in a steel reinforced cement building?
137.	_____	_____	Do you work around petrol or solvents?

	YES	NO	
138.	_____	_____	Do you work around asbestos, chemicals or toxic fumes?
139.	_____	_____	Do you work in front of a computer screen?
140.	_____	_____	Do you work regularly with treated lumber?
141.	_____	_____	Are you around sprays and lacquers?
142.	_____	_____	Do you work around boat repairs and paints?
143.	_____	_____	Do you work around electrical equipment and generators?
144.	_____	_____	Do you work under flourescent lights?
145.	_____	_____	Do you use a microwave for cooking?
146.	_____	_____	Do you eat food that has been irradiated?
147.	_____	_____	Are you exposed to industrial cadmium, lead or mercury?
148.	_____	_____	Do you cook in aluminium cookware?
149.	_____	_____	Do you drink, bathe or swim in chlorinated water?
150.	_____	_____	Are you exposed to vehicle exhaust fumes?

AFTER you complete this form, hand it to the receptionist.

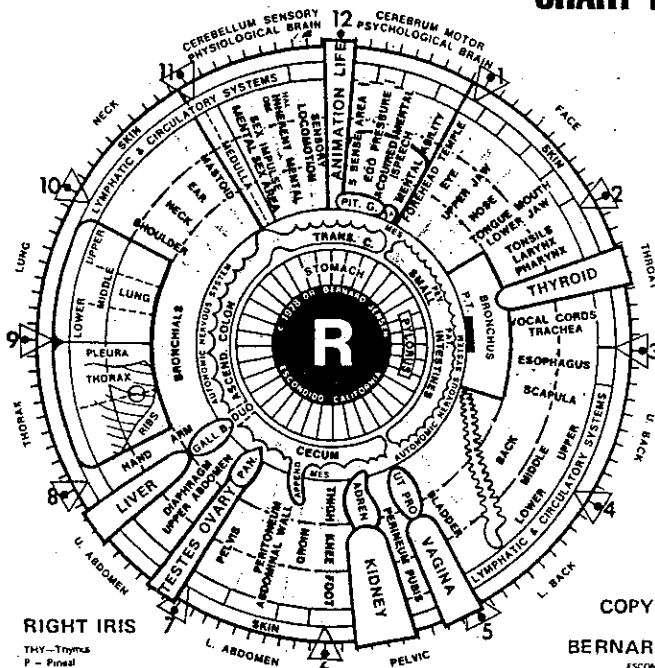
# IRIDOLOGY-SCLEROLOGY INTEGRATED DIAGNOSTIC ANALYSIS

## EXAMINATION FORM

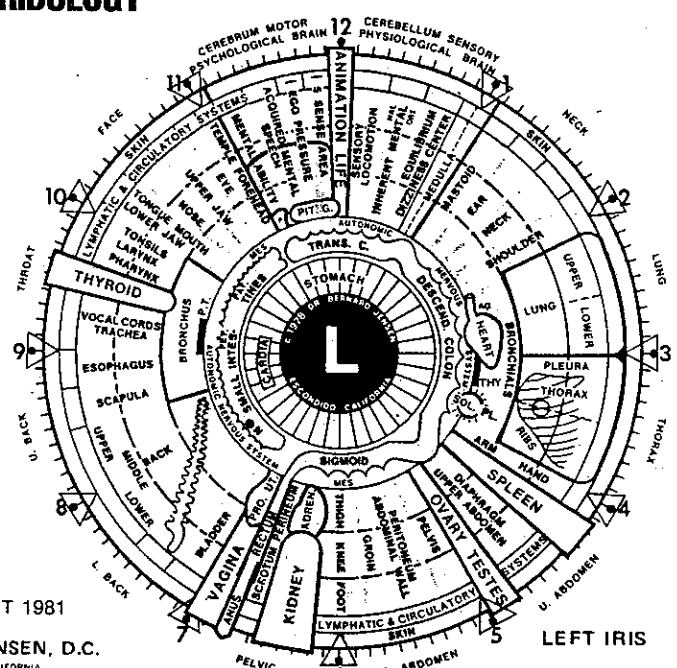
Dr John Whitman Ray N.D., M.D. (M.A.)

Name \_\_\_\_\_ Date \_\_\_\_\_  
Mailing Address \_\_\_\_\_ Ph# Home \_\_\_\_\_

### CHART TO IRIDOLOGY

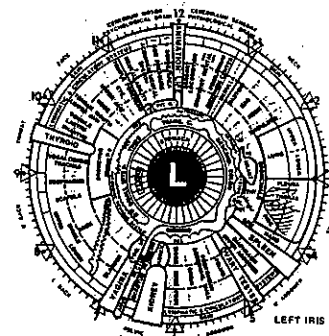
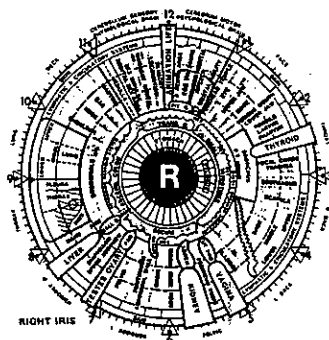


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BERNARD JENSEN, D.C.  
ESCONDIDO CALIFORNIA



IRIDOLOGY CHART developed by Dr. Bernard Jensen, D.C.

### SCLERA INDICATORS



CHECK MARKS INDICATE NEEDED ATTENTION IN THAT AREA

- |   |   |
|---|---|
| <input type="checkbox"/> Cloudy Lens            | <input type="checkbox"/> Heart (Iris)               |
| <input type="checkbox"/> Cataract               | <input type="checkbox"/> Heart (Leaf Lacuna)        |
| <input type="checkbox"/> Pupillary Frill        | <input type="checkbox"/> Heart (Sclera)             |
| <input type="checkbox"/> Colour _____           | <input type="checkbox"/> Heart (Blue Blotch)        |
| <input type="checkbox"/> Stomach Ulcerations    | <input type="checkbox"/> Heart (Firing Mechanism)   |
| <input type="checkbox"/> Stomach Musculature    | <input type="checkbox"/> Black Diamond _____        |
| <input type="checkbox"/> Zone 1 Ring            | <input type="checkbox"/> Heart (Red Blotches)       |
| <input type="checkbox"/> Small Intestines       | <input type="checkbox"/> Heart - Forks              |
| <input type="checkbox"/> Peyers Patches         | <input type="checkbox"/> Heart - Indicating lines   |
| <input type="checkbox"/> Cecum                  | <input type="checkbox"/> Touching Iris _____        |
| <input type="checkbox"/> Duodenum               | <input type="checkbox"/> Solar Plexus (Iris)        |
| <input type="checkbox"/> Appendix               | <input type="checkbox"/> Solar Plexus (Sclera)      |
| <input type="checkbox"/> Ascending Colon        | <input type="checkbox"/> Pancreas (Iris)            |
| <input type="checkbox"/> Hepatic Flexure        | <input type="checkbox"/> Pancreas (Sclera)          |
| <input type="checkbox"/> Transverse Colon       | <input type="checkbox"/> Adrenals (Iris)            |
| <input type="checkbox"/> Prolapses _____        | <input type="checkbox"/> Adrenals (Sclera)          |
| <input type="checkbox"/> Splenic Flexure        | <input type="checkbox"/> Spleen (Iris)              |
| <input type="checkbox"/> Descending Colon       | <input type="checkbox"/> Spleen (Sclera)            |
| <input type="checkbox"/> Sigmoid Flexure        | <input type="checkbox"/> Liver (Iris)               |
| <input type="checkbox"/> Sigmoid Colon          | <input type="checkbox"/> Gall Bladder (Iris)        |
| <input type="checkbox"/> Rectum                 | <input type="checkbox"/> Liver-Gall Bladder(Sclera) |
| <input type="checkbox"/> Anus                   | <input type="checkbox"/> Gonads (Iris)              |
| <input type="checkbox"/> Autonomic Nerve Wreath | <input type="checkbox"/> Gonads (Sclera)            |
| <input type="checkbox"/> Atonic _____           | <input type="checkbox"/> Uterus-Prostate (Iris)     |
| <input type="checkbox"/> Spastic _____          | <input type="checkbox"/> Uterus-Prostate (Sclera)   |
| <input type="checkbox"/> Diverticulosis         | <input type="checkbox"/> Other                      |
| <input type="checkbox"/> Diverticulitis         | <input type="checkbox"/> Bronchials                 |
| <input type="checkbox"/> Zone 3 - Mucoprotein   | <input type="checkbox"/> Bronchus                   |
| <input type="checkbox"/> Endocrine Imbalance    | <input type="checkbox"/> Lungs                      |
| <input type="checkbox"/> Pineal (Iris)          | <input type="checkbox"/> Kidneys                    |
| <input type="checkbox"/> Pineal (Sclera)        | <input type="checkbox"/> Bladder                    |
| <input type="checkbox"/> Pituitary (Iris)       | <input type="checkbox"/> Other                      |
| <input type="checkbox"/> Pituitary (Sclera)     | <input type="checkbox"/> Diaphragm                  |
| <input type="checkbox"/> Medulla                | <input type="checkbox"/> Groin                      |
| <input type="checkbox"/> Thyroid (Iris)         | <input type="checkbox"/> Tonsils                    |
| <input type="checkbox"/> Thyroid (Sclera)       | <input type="checkbox"/> Esophagus                  |
| <input type="checkbox"/> Translucent Lens       | <input type="checkbox"/> Vocal Cords                |
| <input type="checkbox"/> Thymus (Iris)          | <input type="checkbox"/> Trachea                    |
| <input type="checkbox"/> Thymus (Sclera)        | <input type="checkbox"/> Larynx                     |
| <input type="checkbox"/> Thymus (Blue Blotch)   | <input type="checkbox"/> Pharynx                    |

☐ Tongue-Mouth  
☐ Lower Jaw  
☐ Nose  
☐ Upper Jaw  
☐ Scapula  
☐ Shoulder  
☐ Sternum  
☐ Ribs Anterior  
☐ Ribs Posterior  
☐ Mamary Gland  
☐ Spine - Cervicals  
☐ Spine - Thoracic  
☐ Spine - Lumbar  
☐ Spine - Sacrum  
☐ Spine - Coccyx  
☐ Spine (Sclera)  
☐ Left \_\_\_\_\_  
☐ Right \_\_\_\_\_  
☐ Nerve Rings  
☐ Legs  
☐ Arms  
☐ Zone 6 - Mucoprotein  
☐ Zone 7 - Scurf Rim  
☐ Mucoprotein Trabeculae  
☐ Heterochromia Central  
☐ Sectoral Heterochromia  
☐ Pathological Polychromia  
☐ Transverals (Iris)  
☐ Pupil Flatness  
☐ Distortion in Pupil  
☐ \_\_\_\_\_ Horizontal  
☐ \_\_\_\_\_ Vertical  
☐ Pelvis (Anterior)  
☐ Pelvis (Posterior)  
☐ Asparagus Defect  
☐ Medussa Defect  
☐ Melanin - Bush  
☐ Melanin - Black  
☐ Black Sand (Zone 1-2)  
☐ Black Sand (Zone 3)  
☐ Black Sand (Zone 4-6)  
☐ Other

## SCLERA

☐ Blue Spots  
☐ Red Spots  
☐ Brown Spots  
☐ Black Spots  
☐ Blue Ring Wide  
☐ Blue Ring Narrow  
☐ Blue Blotch - Brain  
☐ Arcus Senilis  
☐ Cholesterol Ring  
☐ Anemia in the Extremities  
☐ "hard boiled" egg white  
☐ very few red lines  
☐ Cholesterol Deposits  
☐ Allergy Lines  
☐ Pterygium  
☐ Piccawilliam  
☐ Yellow Pigmentation  
☐ Brown Pigmentation  
☐ Black Pigmentation  
☐ Carotid Artery  
☐ Enclosures  
☐ Concussion  
☐ Narrow Forks  
☐ Forks  
☐ Degeneration Lines  
☐ Degeneration Line  
☐ Approaching Iris  
☐ Hiatal Hernia  
☐ Indicating Lines Crossing  
☐ Degenerating Lines  
☐ Tie in Pineal-Pituitary  
☐ Tie in Pineal-Pituitary-Thyroid  
☐ Tie in Pineal-Pituitary-Thyroid-Thymus  
☐ Tie in Medulla-Heart  
☐ Tie in Pituitary-Medulla-Heart  
☐ Tie in Heart - Spleen  
☐ Tie in Pituitary-Medulla-Heart  
☐ Tie in Heart - Spleen  
☐ Tie in Heart - Liver  
☐ Tie in Heart - Adrenal  
☐ Tie in Thymus - Adrenal  
☐ Other  
☐ Cholesterol indicators

# PATIENT GUIDE AND PATIENT DIRECTIONS

Dr. John Whitman Ray, N.D., M.D. (M.A.)

## PATIENT GUIDE

1. The first prime responsibility of each patient is to assume full responsibility for one's state of health, physically, emotionally and mentally. All cure comes from within, not from without as all disease begins with the consciousness of man when out of harmony with universal law. Likewise, return to health begins with the consciousness of man aligning itself with divine law. A physician can only be a teacher to aid one in understanding how the body functions and how to help one to regain and maintain perfect health which will take place when one is in harmony with nature. One must be wise to recognise that there is a time, place and purpose for all things under heaven.

First, do what is necessary to save a life. If a medication will suppress a symptom of disease then use the medication, then while the patient is recovering use natural medicine. One must realise that an herbal method of healing may not work on people who have weakened their body with the use of tobacco, alcohol, drugs, cooked food and processed food. These people may require a medical approach to save their life in a life threatening situation wherein herbal remedies will have little effect on a body in ill health.

Now, people in good health respond quickly to natural medicine. It is a wise person who can discriminate when one or the other should be used and it is individual responsibility which should always be maintained as only the individual has the right to choose what is to be done with his/her body.

2. After one makes a decision as to which direction to follow to regain and maintain maximum health, one then must make an appointment for an Iris-Sclera Integrated Diagnosis. Once it is ascertained what to do regarding a nutritional program and a program for the application of Body Electronics one then must make choices as whether to follow a nutritional program or not or whether or not to follow the Body Electronics which leads to bodily regeneration. It is understandable that these programs take time and dedication and reflect a change in living and eating habits.

Remember, freedom of choice in health care is a God-given right and people have the individual responsibility to make that choice and alone must bear the consequences of that choice.

One must train oneself to read. If necessary, with a dictionary in one hand and a book in the other. We perish without knowledge. Without knowledge we cannot govern our lives in a responsible manner.

Obtain and read information on:

- A. Twelve Points on Mature Green Papaya
- B. The Amazing Schweitzer Formula Story
- C. Fluoride Suspected of Harmful Side Effects
- D. Twelve Points on Lactobacillus Acidophilus
- E. Twelve Points on Enzymes

- F. Twelve Points on Minerals
- G. Twelve Points on Mercury Toxicity
- H. Body Electronics - The Science of Bodily Regeneration
- I. Twelve Points on Oxygen Therapy
- J. Twelve Points on Essential Fatty Acids
- K. Body Electronics Pressure Points
- L. The Logic in Sequence Series - by Dr John Whitman Ray
- M. Twelve Points on Vitamin C
- N. Body Electronics Fundamentals - by Dr Douglas Wyeth Morrison

## PATIENT DIRECTIONS

Consider the following supplementation and Instructions.

- a. \_\_\_\_\_ Sensitive Leaf Tea - drink a cup of tea morning and evening. Use Approximately 16 leaves for two cups of strong yellow tea.
- b. \_\_\_\_\_ Gotu Kola - eat two leaves every morning
- c. \_\_\_\_\_ Withdraw from cigarettes, alcohol and recreational drugs
- d. \_\_\_\_\_ Eat fresh fruit - three times a day for Vitamin C.
- e. \_\_\_\_\_ Eat raw protein foods at least twice a day
- f. \_\_\_\_\_ Take a regular oxygen supplementation three times a day \_\_\_\_ drops \_\_\_\_ times a day
- g. \_\_\_\_\_ Keep the colon open such that one goes to the toilet about 1/2 hour after each meal
- h. \_\_\_\_\_ Use no cooked or fried oils or fats
- i. \_\_\_\_\_ Use no margarine
- j. \_\_\_\_\_ Refrain from using all pork products
- k. \_\_\_\_\_ Refrain from all canned meat and fish
- l. \_\_\_\_\_ Withdraw from stimulating drinks
- m. \_\_\_\_\_ Eat whole wheat bread in preference to white processed flour bread
- n. \_\_\_\_\_ Refrain from products which contain artificial sweeteners
- o. \_\_\_\_\_ Give up gradually all products that contain margarine
- p. \_\_\_\_\_ Give up gradually all products that contain white sugar
- q. \_\_\_\_\_ Begin eating more fruit and veggies grown without chemicals and sprays
- r. \_\_\_\_\_ Eat fruits alone and 1/2 hour before eating veggies and protein meals
- s. \_\_\_\_\_ Give up gradually all junk foods
- t. \_\_\_\_\_ Begin eating more fresh and raw foods
- u. \_\_\_\_\_ Drink the milk from the nu coconut and eat the soft flesh

- v. \_\_\_\_\_ Eat pawpaw (papaya) seeds on a regular basis to help the colon to properly eliminate
- w. \_\_\_\_\_ Co-ordinate with medical doctors on all medications while the physical body regenerates
- x. \_\_\_\_\_ Take half a mature green pawpaw. Blend the skin, flesh and seeds with other fruit to make a pleasing smoothie. Take this "enzyme" drink at least two times a day.
- y. \_\_\_\_\_ Take \_\_\_\_\_ tablespoons \_\_\_\_\_ times a day of the Schweitzer Formula. Spray all over the body during a niacin flush. Spray on all burns and scar tissue and massage Schweitzer into scars. Keep burns covered with Schweitzer.
- z. \_\_\_\_\_ Start with \_\_\_\_\_ mg of niacin. If you receive a red-hot niacin flush, each day continue taking the same amount until there is no longer a flush, then slowly increase until you receive a flush and continue on with the same amount until there is no flush. At that time increase again the amount of niacin and repeat process. There will be no contraindication up to 1000mg/day. If a history of ulcers exists then watch for pain. If pain occurs in the stomach then discontinue for two weeks. If pain persists then consult your physician.
- aa. \_\_\_\_\_ Take \_\_\_\_\_ enzymes with each meal for digestion. Use number \_\_\_\_\_ enzymes.
- ab. \_\_\_\_\_ Take \_\_\_\_\_ capsules of enzyme #18 with each meal.
- ac. \_\_\_\_\_ Take \_\_\_\_\_ capsules of enzyme #416 with each meal.
- ad. \_\_\_\_\_ Use \_\_\_\_\_ capsules or tablets of crushed colloidal minerals with each meal.
- ae. \_\_\_\_\_ Take \_\_\_\_\_ teaspoons of psyllium in the morning before eating. Stir into a large glass of pure water. Drink promptly.
- af. \_\_\_\_\_ Take \_\_\_\_\_ tablespoons of flax oil \_\_\_\_\_ times a day. Be sure to use with #18 enzymes.
- ag. \_\_\_\_\_ Use \_\_\_\_\_ acidophilus capsules with each meal.
- ah. \_\_\_\_\_ Use \_\_\_\_\_ vitamin B capsule \_\_\_\_\_ times a day with meals. Specially formulated.
- ai. \_\_\_\_\_ Use lecithin, \_\_\_\_\_ capsule \_\_\_\_\_ times a day.
- aj. \_\_\_\_\_ Take \_\_\_\_\_ vitamin E capsule \_\_\_\_\_ times a day.
- ak. \_\_\_\_\_ Take \_\_\_\_\_ vit A - Beta Carotene tablets \_\_\_\_\_ times a day.
- al. \_\_\_\_\_ Take \_\_\_\_\_ Spirulina tablets \_\_\_\_\_ times a day.
- am. \_\_\_\_\_ Other
- an. \_\_\_\_\_ Other
- ao. \_\_\_\_\_ Do not use aluminium cookware. Replace aluminium cookware with stainless steel or porcelain.
- ap. \_\_\_\_\_ Have all silver amalgam (mercury 50%) fillings removed and replaced with non-toxic composite.
- aq. \_\_\_\_\_ Replace fluoride toothpaste with an herbal toothpaste and take no toxic fluoride substances into the body.



# BODY ELECTRONICS FLOW SHEET

The following points should all be considered to administer in sequence. Record of point holding should be maintained. The following points are all important to the well-being of the individual. Those points which are checked require special attention and should be done as soon as possible. Nutritional saturation is important for effectiveness.

## BODY ELECTRONICS FLOW SHEET - POINTS

- |                                   |                                    |
|-----------------------------------|------------------------------------|
| 1 _____ STO                       | 26 _____ Spine - Thoracic          |
| plus _____ Pancreas               | 27 _____ Spine - Lumbar            |
| _____ Heart                       | 28 _____ Spine - Sacrum            |
| _____ Heart Firing Mech.          | 29 _____ Spine - Coccyx            |
| _____ Other                       | 30 _____ Spine - Curvature         |
| 2 _____ Pineal                    | 31 _____ Anterior Cervicals        |
| 3 _____ Hypothalamus              | 32 _____ Triple Axis Clavical      |
| 4 _____ Pituitary                 | 33 _____ Pubic Bone                |
| 5 _____ Medulla                   | 34 _____ Ischial Tuberosity        |
| 6 _____ Thyroid-Parathyroid       | 35 _____ Sternum                   |
| 7 _____ Thymus                    | 36 _____ Cranial-Temporal Bone     |
| 8 _____ Heart-Bronchial-Lungs     | 37 _____ Cranial-Sphenoid Bone     |
| 9 _____ Heart Firing Mechanism    | 38 _____ Cranial-Sagittal Suture   |
| 10 _____ Solar Plexus             | 39 _____ Cranial-Lambdoidal Suture |
| 11 _____ Pancreas                 | 40 _____ Cranial - Frontal Bone    |
| 12 _____ Adrenals - Kidneys       | 41 _____ Cranial-Occipital Bone    |
| 13 _____ Spleen                   | 42 _____ Cranial-Parietal Bones    |
| 14 _____ Liver-Gall Bladder       | 43 _____ Cranial-Coronal Suture    |
| 15 _____ Gonads-Ovaries-Testes    | 44 _____ Cranial-Squamosal Suture  |
| 16 _____ Uterus - Prostate        | 45 _____ Other - indicate          |
| 17 _____ Bladder                  | 46 _____ Other - indicate          |
| 18 _____ Stomach                  | 47 _____ Other - indicate          |
| 19 _____ Small Intestine          | 48 _____ Bladder Lift              |
| 20 _____ Large Intestine          | 49 _____ Hiatus Hernia             |
| 21 _____ Eyes                     |                                    |
| 22 _____ Ears                     |                                    |
| 23 _____ Spine-Atlas-1st Cervical |                                    |
| 24 _____ Spine-Axis-2nd Cervical  |                                    |
| 25 _____ Spine - Cervicals        |                                    |

Indicate all tie-in sclera lines

# FLUORIDE SUSPECTED OF HARMFUL SIDE EFFECTS

The Maui News - Sunday March 6 1988

Due to the misinformation and apparent widespread ignorance concerning the subject of water fluoridation as indicated in the media, I believe it is imperative to establish the facts regarding this emotionally charged issue and by so doing, set the record straight:

1. One of the world's most prestigious journals "Nature" (Vol.322, July 10 1986) answers the fluoridation questions more than satisfactorily. An examination of fluoridation trials and studies in the United States and throughout the world show that, "Large temporal reductions in dental decay... cannot be attributed to fluoridation. It is now time for a scientific re-examination of the alleged enormous benefits of fluoridation."
2. Dr R.N. Mukherjee and Dr. F.H.Sobels from the University of Leiden in Holland found that fluoride increased the frequency of genetic damage in sperm cells which were produced by laboratory animals exposed to X-rays. It is evident, from their studies that fluoride inhibited the repair of DNA damaged by X-rays. Their conclusion: "Sodium fluoride resulted in a consistent and highly significant increase of the mutation (i.e. genetic damage) frequency. This effect is thought to result from interference with a repair process."
3. Dr. S.I. Voroshilin and co-workers from the Russian Research Institute of Industrial Health & Occupational Diseases concluded, "It would seem to us that fluoride could cause some kind of disturbance in the enzymes that are related to the mechanism of DNA repair and synthesis."
4. Dr. A. Iarez from the Department of Toxicology from Central University of Venezuela in Caracas reported that, "Fluoride added to the drinking water of female rats produced birth defects in their offspring." Those involved in birthing our children know of the huge increase in birth defects and deformities in large cities where fluoridation is used.
5. Dr. Robert Carton, quoted in the Spring 1987 issue of the Centre for Health Action's publication "Update" states, "The fluoride standard was based on political pressures without any regard to the facts." We are well aware of the political pressures and controls related to the desires of vested interest.
6. In this day of numerous, highly contagious and death dealing immune deficiency disorders, the use of fluoridation in the water supply in any amount would be highly irresponsible and suicidal. Please note: Dr. Sheila Gibson from the University of Glasgow, showed that fluoride, at levels comparable to those found in the blood of people living in fluoridated areas, decreased migration rate of human white blood cells. This directly affects adversely the immune system. Dr. Gibson found that only a six hour exposure of white blood cells to as little as 0.1 parts per million fluoride inhibits the white blood cell migration rate by 21 per cent. One part per million inhibits the white blood cell migration by 85 per cent and 2 ppm has a conclusive 0 percent relative migration rate. This indicated that a continued use of fluoridation in the drinking water could result in the total destruction of the immune response.
7. Dr. J. Gabrovsek, a research dentist at Case Western Reserve University School of Medicine stated in a published paper: "Because of the inhibitory effects of NaF (sodium fluoride) in phagocytosis and leukotaxis (the migration of white blood cells) which are basic defense mechanisms, I have doubts about the absolute safety of water fluoridation on a long term basis."

8. Dr. John Yiamouyiannis, author of *Fluoride the Aging Factor* and worldwide authority on fluoridation and its statistical relationship to cancer, has shown conclusively that fluoride damages body repair and rejuvenation capabilities and does in fact bring about the visible symptoms of aging such as wrinkled skin and arthritis. He stated, "Since the first publication of his book in 1983, a number of important articles have been published by researchers from around the world and their findings are included in this second edition. While I am gratified to know that my conclusions in 1983 have been confirmed and extended rather than disproved by the results of this new research, I feel a greater sorrow in having to watch the unnecessary suffering brought about by fluoride."
9. As a physician, international health educator and seminar speaker, I have found that an individual who drinks fluoridated water reduces the ability of the body to rejuvenate and regain youthful health. I have found through the use of live blood cell analysis that those who drink fluoridated water regularly have a relatively inactive migration rate of white blood cells thus rendering their immune system ineffective.
10. It is only reasonable to the candid and reflective mind that one cannot enhance the immune response and destroy it at the same time. My life work involves enhancing the body's immune response and rejuvenating capacities of the body. In the interests of our children, our friends and ourselves, we need to educate each other and expose those who would enforce the addition of a known toxic substance (sodium fluoride) to our hopefully pure water system. Every effort should be made to stop the systematic destruction of our immune response by demanding without compromise the assurance of a continual pure water supply free from the addition of toxic and cancer causing chemicals. (Before you judge this statement, get the facts, read *Fluoride the Aging Factor* by Dr. John Yiamouyiannis and then rest secure that you are walking on solid ground regarding the fluoridation battle.)
11. Order the book *Fluoride the Aging Factor* by Dr. John Yiamouyiannis, Health Action Press, 6439 Taggart Rd., Delaware, OH 43015. Distribute this to your friends.
12. Order "Update" from Centre for Health Action, P.O. Box 80270, Forest Park Station, Springfield, MA 01138. Order *Fluoridation - a Modern Procrustean Practice* by Isabel Jansen R.N. published by Isabel Jansen, R.N. / TRI-STATE press, Antigo, Wisconsin 54409, U.S.A.

JohnWhitman Ray  
Maui Chapter  
Health Watchers International

# 12 Points on MERCURY TOXICITY

*Written and compiled by Dr John Whitman Ray N.D., M.D. (M.A.)*

1. I have had the pleasure of testing several hundred patients and students in my field of Body Electronics with the Jerome Mercury Vapor Analyzer. I have found only two people in all my testing who have not evidenced a continual toxic exposure to mercury vapor emanating from silver amalgam dental fillings under normal chewing compression. The amount of mercury vapor emitted under normal chewing compression exceeded in ten seconds what the maximum allowable mercury exposure would be in industry in a 40 hour work week as is indicated by both Russian and U.S.A. standards. This amount of exposure to mercury vapor is totally unacceptable to the scientific mind.
2. Dentists have been educated to believe that once mercury has been combined into the filling material, it remains "locked in" and can't come out. The sad fact is that there is absolutely no scientific research in existence to support this hypothesis. To the contrary, all evidence indicates that silver amalgam containing approximately 50% mercury is a source of extremely toxic elemental mercury adversely affecting the health of the human body.
3. Evidence now demonstrates that surface particles of the amalgam filling material are being chemically broken down and released into the oral cavity. These minute particles of mercury filling are acted upon by oral and intestinal bacteria to produce methyl mercury, an even more toxic form of mercury than elemental mercury with target areas being primarily the pituitary gland, thyroid gland, and the brain.
4. It has been demonstrated that dissimilar metals in the mouth can also contribute to electrical activity and corrosion (much like a battery) and can result in unexplained pain, ulcerations, inflammation and disruption of corresponding meridians in the body. This may result in a wide range of unexplained symptoms and disease.
5. The presence of mercury in dental amalgam fillings has been shown conclusively to adversely affect the body's immune response. It has been shown that after amalgam removal the red and white blood cell levels tend to seek normal range with a corresponding increase in the body's immune response as evidenced by T-lymphocyte count increase.
6. Research has indicated that mercury is the single most toxic metal that has been investigated, even more toxic than lead, cadmium or arsenic.
7. The International Conference on Biocompatibility of Materials was held in November 1988 in Colorado Springs, Colorado, U.S.A. Many of the world authorities on mercury and mercury toxicity met to discuss the issue of dental amalgam and other materials used in dentistry. Their official conclusion was drafted and signed which read: Based on the known toxic potential of mercury and its documented release from dental amalgams, usage of mercury containing amalgam increases the health risk of the patients, the dentists and the dental personnel.
8. Autopsy studies from Sweden and Germany show a positive statistical correlation between the number of occlusal surfaces of dental amalgam and mercury levels in the brain and kidney cortex. It would be wise to point out that both elemental mercury and organic methyl mercury were found in brain tissue upon autopsy.
9. Dr. David Eggleston of the University of California, found a T-lymphocyte count of 47% (ideal

levels are between 79-80%) in patients with silver amalgam fillings. After removal of the amalgams the T-lymphocyte count rose to 73%.

10. Multiple Sclerosis patients have been found to have 8 times higher levels of mercury in the cerebrospinal fluid compared to neurologically healthy controls. Inorganic mercury is capable of producing symptoms which are indistinguishable from those of multiple sclerosis.
11. It is the responsibility of every dentist and doctor to inform and educate their patients to the effect that:
  - 1) Mercury is contained in most dental filling material and all silver amalgam material.
  - 2) Mercury in fillings can have toxic effects on some persons. Manifestations of the disease of mercury poisoning only starts to become apparent three to ten years after the insertion of the mercury.
  - 3) There are alternative materials that could be used for dental filling that could have after effects on the individual.
  - 4) The patient has the right to insist that an alternative material be used.
  - 5) The freedom of individual choice in health care shall be inherently respected and preserved as an individual right and responsibility of free men everywhere.
12. One must remember that the diagnosis of mercury intoxication is extremely difficult to ascertain because of the insidious nature of the onset of symptoms and because of most physicians' unfamiliarity or misinformation concerning proper testing techniques. Unfortunately, mercury is so toxic to the human organism, that there can be cell death or irreversable chemical damage long before clinical observable symptoms appear indicating that something is wrong. Since organic mercury in some body tissues (e.g. brain) has a half life of over 25 years (i.e. it takes the body 25 years to get rid of 1/2 of a single dose of mercury under normal circumstances) it is only a matter of time and degree of exposure until some form of symptomology appears. With all this in mind we cannot fool with mercury toxicity or delay the "safe" removal of silver amalgam fillings by the hands of a knowledgeable and responsible dentist.

Please feel free to copy, duplicate and/or pass this information on the next party. Our health collectively is dependent upon this type of information or else we succumb to disinformation.

# 12 Points on ENZYMES

*Written and compiled by Dr John Whitman Ray N.D., M.D. (M.A.)*

1. Enzymes rule over all other nutrients. Enzymes are responsible for nearly every facet of life and health and far outweigh the importance of every other nutrient.
2. Enzymes are needed to help control all mental and physical functions. Each body cell has in excess of 100,000 enzyme particles necessary for metabolic processes.
3. Enzymes cannot function properly without the presence of other substances which are known as coenzymes. Coenzymes are minerals, vitamins and proteins.
4. Once enzymes have completed their appointed task they are destroyed. For life to continue you must have a constant enzyme supply which requires continual replacement of enzymes.
5. Enzymes are found in all living cells including raw foods or those that are cooked at a temperature lower than 116 degrees Fahrenheit. Enzymes begin to perish when the temperature increases beyond 116 degrees. The degree of enzyme destruction is a function of time and temperature.
6. Enzymes are primarily proteins, yet enzymes need amino acids for normal function. Hormones are primarily proteins which require interaction with enzymes to regulate body processes.
7. Enzymes aid in transforming proteins into amino acids. Protein does not perform its function unless broken down into amino acids. Amino acids can be considered as an enzyme carrier whose function is to transport enzymes to various functions in the body.
8. Enzymes help extract chelated minerals from food. Enzymes transform chelated minerals into an alkaline detoxifying agent which combines with acid cellular wastes and toxic settlements within the body thus neutralizing them and preparing them for elimination.
9. Enzymes use minerals to create an even balance of dissolved solids both inside and outside the cells, thus equalizing both internal and external pressures which we call osmotic equilibrium.
10. Vitamins are required as coenzymes to work with enzymes in every chemical reaction in every cell of the body. Without minerals extracted from food by enzymes, vitamins would be unable to perform their function.
11. An enzyme deficiency must be carefully considered as a possible precursor of bodily imbalance and consequent disease symptoms.
12. Enzymes are, therefore, justified as a supplemental dietary substance which need is parallel with mineral, vitamin and all other supportive therapies.

# 12 Points on MINERALS

*Written and compiled by Dr John Whitman Ray N.D., M.D. (M.A.)*

1. According to Senate Document No. 264. the official publication, 99 per cent of American people are deficient in minerals, and a marked deficiency in any one of the more important minerals actually results in disease.
2. The body is equipped to chelate only a small amount of some inorganic elements from nature. Therefore, the body requires the minerals to come from plants in a chelated form that the minerals may be properly assimilated and utilized. The efficiency of each mineral is enhanced by balanced amounts of the others.
3. The body must maintain an adequate mineral supply to maintain a balance between internal and external pressures of the body cells called osmotic equilibrium. This state must be maintained for normal cell function and continued youthful health.
4. All nutrients such as vitamins, proteins, enzymes, amino acids, carbohydrates, fats, sugars, oils, etc. require minerals for activity. All bodily processes depend upon the action of minerals.
5. Trace chelated or colloidal minerals are more important in nutrition than vitamins. Vitamins can be synthesized by living matter, minerals cannot.
6. Vitamins are required for every biochemical activity of the body. Vitamins cannot function unless minerals are present.
7. Minerals are the catalysts that make enzyme functions possible. Chelated or colloidal minerals combine with enzymes into an alkaline detoxifying agent which neutralizes the acid metabolic by-products of the cells and other toxic conditions within the body and prepares them for elimination.
8. Hormonal secretion of glands is dependent upon mineral stimulation.
9. The acid-alkaline balance (pH) of the tissue fluid is controlled by minerals.
10. All elements work together as a collective whole. If there is a shortage of just any one mineral the balance of the entire bodily activity can be thrown awry. A deficiency of one mineral may disrupt the entire chain of life, rendering other nutrients either useless or inefficient.
11. The concept brought forth by French scientists concerning the biological transmutation of the elements within the body makes it understandable as to why the body needs the broad range of chelated or colloidal minerals in balance to regain and maintain good health.
12. Minerals are therefore, justified as a supplemental dietary substance especially in these days when the mineral content of our fruits and vegetables are destroyed by petrochemicals and synthetic fertilizers.

# 12 Points on LACTOBACILLUS ACIDOPHILUS

*Written and compiled by Dr John Whitman Ray N.D., M.D. (M.A.)*

1. Lactobacillus bacteria are a group of aerobic, long, slender rods which produce large amounts of lactic acid in the fermentation of carbohydrates.
2. Daily dietary intake of Lactobacillus acidophilus helps to maintain proper balance of healthy bacteria in the intestinal tract. (Some problems from lack of "healthy" bacteria in the intestinal tract due to the proliferation of "unhealthy" bacteria are constipation, irritated colon and diarrhea. Acne, eczema and fever blisters may also be caused by "unhealthy" bacteria.)
3. Lactobacillus acidophilus is essential to help synthesize and assimilate necessary vitamins in the intestinal tract.
4. Lactobacillus acidophilus has been found to help lower cholesterol levels in the blood stream.
5. Lactobacillus acidophilus has been known to help detoxify toxic and hazardous material found in the diet.
6. Lactobacillus acidophilus aid in producing enzymes which help the digestibility of food.
7. Lactobacillus acidophilus improves the digestibility of feed for animals and has been tested and used as a feed additive.
8. Lactobacillus acidophilus helps maintain the pH level of the intestine by producing lactic acid from carbohydrates thus preventing an increase of pH which could then allow the proliferation of sensitive microbes which could produce various toxic substances harmful to the health of the body.
9. Lactobacillus acidophilus helps to replace normal healthy bacteria in the gastro intestinal tract after oral antibiotics have been administered. Oral antimicrobial drugs suppress the drug susceptible components of fecal flora (*L. acidophilus*) and thus allow, through increased pH, drug resistant strains to become predominant, resulting in loss of benefits derived from normal bacterial activity.
10. There is no known toxicity from ingesting too large a dose of Lactobacillus acidophilus.
11. Lactobacillus acidophilus in the intestinal tract are small in number compared to other organisms. It is, therefore, essential that the human body be assured a maintenance of the proper level of this particular culture by daily ingestion of Lactobacillus acidophilus.
12. Lactobacillus acidophilus is, therefore, justified as a supplemental dietary substance especially in these days when stress, uncertainty and unhealthy pollution of air, water and food predominate.



# 12 Points on MATURE GREEN PAPAYA (PAWPAW)

*Written and compiled by Dr John Whitman Ray N.D., M.D. (M.A.)*

1. Mature Green Papaya (Pawpaw) contains an excellent source of enzymes, minerals and vitamins. Mature Green Papaya contains more Vitamin A than carrots, more Vitamin C than oranges, abundant Vitamin B factors and Vitamin E. Mature Green Papaya also contains a complex of enzymes that help digest proteins, carbohydrates and fats. The Mature Green Papaya (Pawpaw) should be used totally with skin, flesh and seeds. The papaya should be chemical free. The papain in the entire pawpaw observed as a white sap or fluid is not found in the ripe pawpaw. Blend the Mature Green Pawpaw with other fresh fruits to make a splendid flavoured smoothie drink which, when consumed at the time of blending will be full of enzymes which will be of maximum benefit to the consistent user.
2. Papain is the principal and most active enzyme in the Mature Green Papaya. Papain possesses a very powerful digestive action superior to pepsin and pancreatin. Changes in intestinal alkalinity or acidity do not interfere with the unique digestive activity of papain. Papain breaks down meat fibres, thereby rendering nutrients available to the digestive process. This emphasized the need for papain in the diet of meat eaters as well as vegetarians.
3. Papain, one of the most powerful plant proteolytic enzymes, is a catalytic agent that will act in protein digestion in an acid, alkaline or neutral medium. This is of vital importance for those with enzyme deficiency problems as well as for those with low hydrochloric acid output in the stomach. Remember, the pepsin produced in the stomach required for protein digestion is activated only in an acid medium. This requires a healthy output of hydrochloric acid which is insufficient in most people. Due to the powerful proteolytic action of papain, a more active protein digestant than pepsin, a major digestive problem for most people will be helped by the daily ingestion of Mature Green Papaya.
4. A major problem in our diets today is that we only partially digest the protein foods we consume. This is due in part to the insufficient hydrochloric acid output by the stomach. These partially digested proteins help attribute to mucoprotein build up in the body. This is due to the undigested protein molecules making their way into the system and eventually finding their way into the interstitial spaces and accumulating there as mucoprotein, as polysaccharide-protein combination. This mucoprotein is also known as trapped plasma protein. The proteolytic action of papain can digest the protein we consume so that the accumulation of trapped plasma protein can be prevented. The accumulation of mucoprotein in the interstitial spaces and lymphatic system is the basic cause of lymphatic congestion.
5. Mature Green Papaya possesses antiseptic qualities and helps prevent the abnormal proliferation of undesirable bacteria in the intestines. The pH of the intestines is then kept normalized with the addition of acidophilus which aids in normalizing the intestinal flora.
6. Papain, found abundantly in the Mature Green Papaya (pawpaw), acts as a powerful mucus and pus solvent. Papain helps to cleanse the tissues and intestinal walls of all waste matter in the form of excessive mucus and dead tissue. Papain in the whole papaya or in the Mature Green

Papaya is harmless to living tissue and is a must for the maintenance of health in the intestinal tract.

7. In scientific studies using papain as a digestant, it has been established that proteins are "actually chemically transformed into all the various amino acids that are so vital to human nutrition". Papain has the property to transform albumanoids into peptones in either an acid, alkaline or neutral medium, making it superior to pepsin.
8. Arginine, one of the essential amino acids, is not normally produced within the body, but must be obtained as a component of a few foods such as eggs and brewer's yeast. These foods must be eaten with some regularity if the reproductive organs are to function properly. However, when papain is allowed to act upon many kinds of proteins it has a singular distinctive power of converting a portion of the protein mass to arginine, even in the intestine.
9. This unique ability of papain to break down protein and to convert a portion of it into arginine is extremely important because arginine in its natural form has been found to influence the production of the human growth hormone or HGH. HGH is produced in the pituitary gland and is directly responsible for DNA and RNA replication as well as synthesis in liver, muscle, cartilage and adipose tissues. Arginine ingested in connection with exercise has been found to raise the production of HGH significantly. This HGH helps to increase muscle tone and decrease the amount of body fat. Arginine has also been found to inhibit the growth of human breast cancer cells in test tube studies.
10. The papain in the Mature Green Papaya (pawpaw) works to break down various protein foods so that the individual amino acids are produced and auto-intoxicating or other undesirable undigested substances are avoided. High blood pressure, constipation, arthritis, epilepsy and diabetes are only a few of the ailments aggravated by incomplete protein digestion. While the presence of papain may not always prevent these abnormalities, it has the power to help regulate these abnormalities through proper digestion.
11. The Mature Green Papaya (pawpaw) contains several enzymes in addition to the papain used for protein digestion. Carbohydrates and fat digestion can be accomplished by the enzymes found in the Mature Green Papaya. These papaya enzymes have the ability to infiltrate the tissues. By this means, it can help dissolve injured and hardened tissues, thus tending to alleviate hardening of the arteries.

In scientific studies using proteolytic enzymes it has been fully established that the immune system is greatly enhanced by the ingestion of proteolytic enzymes. Papain is the number one plant proteolytic enzyme thus placing it in a very important position to help maintain optimum health through an active immune system that is often destroyed by toxic mercury from silver amalgam fillings, fluoride additives to the water, toothpaste and children's mouthwash, as well as chemical sprays such as malathion and paraquat.

12. Papaya is the only known food containing papain, the active principal enzyme in Mature Green Papaya. Remember, it digests protein thoroughly and frees the amino acids for quick absorption by the body. Since it acts impartially in acid, neutral and alkaline mediums, it is extremely valuable for the aged or anyone who has weak digestion due to enzyme deficiencies that have developed over the years. These 12 points establish the Mature Green Papaya (pawpaw) as a superior food to ensure proper digestive activity.

# 12 Points on ESSENTIAL FATTY ACIDS

*Compiled by: Dr. Douglas W. Morrison N.D. Ph.D. from various sources*

1. There are two essential fatty acids. These essential nutrients have been shown by leading researches to be necessary for both the optimum health of the body as well as for freedom from degenerative disease. They are known as Omega 3 (alpha-linolenic acid or ALNA) and Omega 6 (linoleic acid or LA).
2. Along with proteins, essential fatty acids or EFAs are the building blocks of cell membranes and various internal cell structures.
3. EFAs are necessary for the metabolism and transportation of triglycerides and cholesterol.
4. EFAs are necessary for the development and the function of the human brain.
5. EFAs are necessary for proper function of vision, the nervous system, adrenal glands and testes, playing a vital role in sperm formation and conception.
6. EFAs boost metabolism, metabolic rate, energy production and oxygen uptake
7. EFAs, particularly Omega 3, have been shown to decrease growth of cancer cells, candida, and various anaerobic organisms destructive to the health of the body.
8. EFAs are precursors to hormonelike substances known as the prostaglandins. There are three main groups of these, known as PG1s, PG2s, and PG3s. Prostaglandins govern platelet stickiness in the blood, arterial muscle tone, inflammatory response, sodium excretion through the kidneys and immune function.
9. PG1s and PG2s are derived from Omega 6, while PG3s, come from Omega 3. PG2s are triggered by stress and they will increase platelet stickiness, constrict arteries, increase inflammation, decrease sodium excretion and inhibit immune function. Under normal circumstances the PG3s would keep the PG2s in check; were the production of PG2s to go unchecked serious consequences could well result. A lack or deficiency of Omega 3 will result in a lack or deficiency of PG3s. The ratio of Omega 3 to Omega 6 is also crucial, as excess Omega 6 as compared to Omega 3 should be no greater than 5:1. A typical ratio in most people's diets is in excess of 20:1.
10. Excess non-essential fatty acids compete for a vital enzyme known as D-6-D, thus an excess of non-essential fatty acids can result in a functional deficiency of EFAs. Research indicates the ratio of non-essential to essential fatty acids should be no more than 1:1. A typical ratio for most people is in excess of 10:1, with almost all of the essential fatty acids being Omega 6.
11. In the November 1986 Journal of the National Cancer Institute research indicated that Omega 3 and one of its derivatives as well as three of the derivatives of Omega 6 were seen to selectively destroy human cancer cells in tissue culture without damaging normal cells.
12. Dr. Johanna Budwig, a German M.D. and biochemist, discovered that the blood of cancer patients was deficient in EFAs. A yellow-green pigment was found in place of the normal red blood pigment or hemoglobin. Along with certain dietary improvements, she gave her patients three tablespoons of fresh flax oil as a means of getting EFAs into the body (flax oil is 55-65% Omega 3 and 15-25% Omega 6). On this program, which included no other supplements, she found that within three months the yellow-green was replaced by red and cancer disappeared.

# 12 Points on VITAMIN C

*Written and compiled by Dr John Whitman Ray N.D., M.D. (M.A.)*

1. Natural Vitamin C, in balance with all other natural vitamins, enzymes, minerals and nutrients, is widely required in metabolism. Synthesis of all natural Vitamin C components including natural ascorbic acid takes place in a variety of plants and in all animals except humans, primates, and the guinea pig. Humans require dietary natural Vitamin C for maintenance of health.
2. Natural Vitamin C is required to aid in oxidation reduction systems which aid in increasing the rate of metabolism of cholesterol in the blood as well as to strengthen and maintain blood vessels through the synthesis of connective tissue (collagen). Hence the need for Vitamin C in cardiovascular and cerebrovascular disease.
3. Natural Vitamin C is required for the necessary activity of the immune system. The leukocytes (white blood cells) require natural Vitamin C to aid in the destruction of invading bacteria. This process is known as phagocytosis and is dependent upon natural Vitamin C as one factor in order that effective activity is realized.
4. The healing of cuts, abrasions, burns, wounds and fractured bones is accelerated by additional natural Vitamin C. The concentration of Vitamin C in the blood of an injured person drops significantly below normal unless extra natural Vitamin C is administered. Test results indicate that healing rates are lowered by ingesting large amounts of synthetic ascorbic acid.
5. Natural Vitamin C along with natural Vitamin E and other anti-oxidants are required to block spontaneous oxidation reactions which create highly chemically reactive and dangerous substances which are called radicals. Free radicals are implicated as a major cause of cancer, cardiovascular disease, aging and DNA damage.
6. 'Mental awareness', as determined by I.Q. testing, requires a significantly higher amount of Vitamin C in the bloodstream as compared with those who are not 'mentally aware'. I.Q. is increased somewhat with only the addition of natural Vitamin C to the diet.
7. Natural Vitamin C is combined with other nutrients in it's natural state. It has been found that the ingestion of synthetic ascorbic acid which is free from other natural nutrients creates imbalance and additional deficiencies in the body. It is impossible to have a 500 mg. tablet of ascorbic acid on the market without being synthetic or containing synthetics.
8. The unhindered distribution of cerebrospinal fluid (see taped information on Body Electronics) is required for maintenance of electrolytes throughout the tissues of the body, thus helping to increase the electric potential of the body's tissues. Collagen is the primary means for this distribution outside of perineural and perivascular pathways. Natural Vitamin C has a specific vital role in collagen synthesis and maintenance.
9. Natural Vitamin C helps to increase the electric potential of the tissues of the body thus making it difficult for virus, bacteria and parasites to proliferate, since these can only be maintained in tissue of lowered electric potential. Synthetic ascorbic acid has a drug-like effect on the body where, even though the symptoms may be suppressed, the electric potential of the tissues is lowered in the process, thus weakening the body and paving the way for greater deterioration and accompanying disease.

10. Synthetic Vitamin C or ascorbic acid acts on the body like a drug, as it temporarily suppresses the symptoms of disease. It has no value as a natural nutrient to the body and, contrary to public opinion, tests have indicated that it retards true healing. The continual use of synthetic ascorbic acid has its demonstrable effects in suppressing fibre position in the iris of the eye and creating a catarrhal condition observable on the iris fibre structures. This indicates a reversal of true healing and an obstruction to cleansing.
11. The healing crisis does not occur with the continued use of synthetic ascorbic acid which has a drug-like effect upon the body because synthetic ascorbic acid suppresses symptomology. A healing crisis is activated by natural Vitamin C in conjunction with colloidal or naturally chelated minerals, food enzymes and other vitamins and nutrients in balance. Alteration of DNA affects the aging of tissues: the accumulation of 'age pigment' results in cell and tissue congestion. Nutrients in balance help reverse these and other degenerating processes, helping to place the mind and body in harmony with divine or universal law wherein these processes are reversed and the body returns to its normal and healthy state through what is known as a healing crisis. (See tapes: The Healing Crisis)
12. Natural Vitamin C with all its balanced components is required for formation and maintenance of cartilage, teeth and bone. Vitamin C is easily destroyed by cooking, putting emphasis on a need for naturally balanced fresh and raw diets. The need for a natural Vitamin C as opposed to synthetic ascorbic acid had been well established as a necessary adjunct to the overall nutritional program, especially where we are subject to synthetic fertilizers, fungicides, insecticides, herbicides, pesticides and other detrimental pollutants which render our food sources nutrient deficient.

# 12 Points on OXYGEN THERAPY

*Written and compiled by Dr John Whitman Ray N.D., M.D. (M.A.)*

1. The focus of attention has been placed on environmental issues internationally. This is a positive step forward. It has been my personal concern that environmental issues begin at home and with something as close as our personal body. An individual cannot think properly, cannot reason clearly, cannot act rationally while his own personal body is contaminated with environmental chemicals, pesticides, pollutions of indescribable numbers and improper diet. Therefore the following is only one of many issues that require our attention - this issue is oxygen.
2. We are living today in a chemically oriented society. The vast majority of people are adversely affected every day by chemical poisons. More than 3000 chemicals are added to our food. Over 700 chemicals can be found in city drinking water. Thousands of pesticides are added to the soil every year. There are toxins in the atmosphere, petrochemicals, toxic cosmetics, etc. There are medical drugs which the body in its weakened condition is incapable of metabolizing and eliminating such as tranquilizers, pain control pills, diet and sleeping pills, arthritis medication, allergy pills, anaesthetics, headache medication etc. and nauseam. There are street drugs such as marijuana, cocaine, crack, angel dust, amphetamines. Then there are the nicotine, caffeine and the most abused drug of all, alcohol. All of these play a major role in the bio-chemical causes of stress, helping to create the biochemically stressed personality. Chemical residue from these substances can cause severe personality changes. Through simple contact or prolonged use people have literally poisoned their systems. They suffer from chronic cellular toxicity. These people behave irrationally when poisoned, experiencing everything from life as an emotional rollercoaster to hostility and paranoia.
3. Psychological therapy does not help a person make significant progress when they are suffering from chemical toxicity. A proper diet is not enough once one has contaminated cells. It is necessary to begin treatment by initiating a consistent and determined detoxification process. The biochemical personality requires a nutrient saturation of enzymes, a broad range of colloidal minerals, a complete complex of amino acids or protein which is derived from uncooked food, essential fatty acids, and vitamins from natural foods. Most important the body needs to be oxygenated properly before any gains can be expected. It is possible to restore a chemically affected individual back to a healthy, natural state by a thorough removal of these poisons. This process of healing is accelerated by the application of Body Electronics which promotes healing by restoring the nerve supply and circulation to the body that the nutrient saturation may reach the cells of the body that they may detoxify.
4. These toxic chemicals lodge in the fat tissues, in the lymphatic system and create a sluggish elimination. They in turn generate free radicals causing cell damage, aging, while inhibiting the body's ability to assimilate the nutrient saturation we have mentioned. These toxins have a detrimental psychological effect on one's emotions causing many various reactions such as confusion, doubt, pessimism, an inability to think clearly, dulled perception, indifference, and forgetfulness, to name a few of the many symptoms. These toxins create imbalances in the body's energy system making one prone to stress and disease. In drug abuse cases, it is certain that chemical residue stimulates further drug use in an attempt to reduce fatigue and toxic reactions.

5. At the present time let us focus on the Oxygen crisis.
- a. Over 1/3 of the Earth's surface is unusable, non-producing desert land.
  - b. The USA consumes more oxygen than any other country.
  - c. Oxygen is generated in large part by the process of photosynthesis from our forests. Tree cover is a main indicator of the Earth's health, as it furnishes oxygen for us to breath. 11 million hectares of forest are being cleared each year. India has lost more than 30% of its greenery. Air pollution and acid rain are killing much of the forests in North America. Degraded soil chemistry where soil minerals have been depleted makes replanting impossible. Soil microbes cannot live in mineral deficient soil.
  - d. A human being must use 500 - 700 litres of oxygen in a 24- hour period to stay healthy. An adult uses 1/3 ton of oxygen every year. If we add the oxygen consumption of our modern convenience appliances, this brings the oxygen use to 6 tons per person, per year.
  - e. Burning 10 gallons of petrol will consume approximately 23 kilograms of oxygen; enough to supply a human being with oxygen for 3 weeks.
  - f. The USA leads the world in fossil fuel emissions; there is an output of 1.2 billion metric tons of carbon dioxide. It would require 7-14 billion acres of trees to offset these emissions just for the United States alone.
  - g. Approximately 90% of the body's energy is created by oxygen. All body activities, from brain function to elimination, are regulated by oxygen. The ability to think, feel and act comes from the energy created by oxygen. The best way to optimize health is to oxygenate every cell in our body.
  - h. One of the many reasons for a lack of oxygen is our polluted atmosphere. 200 years ago, the air was composed of an estimated 38% oxygen and approximately 290 parts per million (ppm) carbon dioxide. Today, it is less than 19.6% oxygen and approximately 380 ppm carbon dioxide. Many reasons such as planet deforestation, demineralized soil, chemical and auto pollutants, have contributed to the present condition. There is less energy in our system due to oxygen deprivation to produce the vital metabolic energy to survive healthy and well. It is vitally important that we consider increasing our intake of oxygen in conjunction with appropriate nutrients.
  - i. Dr. Otto Warburg, twice Nobel Laureate, was awarded the Nobel Prize for discovering the cause of cancer. He said "Cancer has only one prime cause. The prime cause of cancer is the replacement of normal oxygen respiration of body cells by an anaerobic (lacking in oxygen) cell respiration." In other words, the growth of cancer cells is initiated by a relative lack of oxygen. Cancers cannot live in an oxygen-rich environment.
  - j. Dr. Harry Goldblatt whose findings were published in the "Journal of Experimental Medicine" determined that the lack of oxygen plays a major role in causing cells to become cancerous.
  - k. Dr. Albert Wahl said, "Disease is due to a deficiency in the oxidation process of the body, leading to the accumulation of toxins. These toxins ordinarily are burned in normal metabolic functioning."
  - l. Dr. Wendell Hendricks of the Hendricks Research Foundation wrote: "Cancer is a condition within the body where the oxidation has become so depleted that

the body cells have degenerated beyond physiological control. This depleting action may be the result of long standing virus infection or allergies. The body becomes so overwhelmed with toxins that it automatically sets up a 'natural defense' in the form of a tumour mass, to harbour these poisons and remove them from general activity within the body."

"A tumour is nature's protection to the patient, and unless the source of toxins is removed, the toxins will continue to accumulate and the 'mass' will grow larger and larger. Our intention is to remove the cause of cancer by oxidizing the body toxins into anti-toxins. This allows the tumour mass to shrink in size as there is no more use for it, i.e., no further accumulation of body toxins."

Dr. Hendricks states, "The true cause of allergy is lowered oxidation process within the body, causing the affected individual to be sensitive to foreign substances entering the body. Only when the oxidation mechanism is restored to its original highest state of efficiency can the sensitivity be eliminated."

- m. Dr. Steven Levine in his book *Antioxidant Adaptation; Its Role in Free Radical Pathology*, 1985, stated: "Hypoxia, or lack of oxygen in the tissues, is the fundamental cause for all degenerative diseases."
- n. "Oxidation Catalyst", an article written in the *Journal of the American Association of Physicians*, Dr. W. Spencer Way writes: Internal respiration is the exchange of oxygen for carbon dioxide which takes place at the individual cell level. Without this, normal metabolism cannot take place, since it is the oxidation (burning) of the nutritional elements which makes for their complete assimilation by the cell. Likewise, oxidation of the waste products of the cell metabolism makes possible their complete elimination. So, if we assume that the cells in question do receive proper nutritional elements, vitamins, minerals, proteins, hormones, etc. - in the presence of a normal oxidation process, we should have healthy cells, thus healthy tissue.
- o. Dr. Horst Kief in Bad Hersfeld, West Germany, has already cured a number of AIDS victims by drawing blood, infusing it with ozone and returning it to the patient, at regular intervals until the virus is gone.
- p. Ozone overcomes the AIDS virus by a fundamentally different process than usually attempted with drugs. Instead of burdening the liver and immune system with more elaborate toxic substances, ozone simply oxidizes the molecules in the shell of the virus.
- q. As ozone molecules dissolve into the blood they give up their third oxygen atom, releasing considerable energy which destroys all lipid-envelope virus, and apparently most other disease organisms as well, while leaving blood cells unharmed. The AIDS virus is a lipid-envelope virus which is destroyed by oxygen.
- r. The AIDS virus will not return, as long as the patient maintains his blood in an oxygen-positive state, through proper breathing exercise, and clean diet. When the blood oxygen level drops below approximately 85% then viral material, bacteria, and other anaerobic (low oxygen) pathogens are able to proliferate. In a high oxygen environment in the blood these parasites, bacteria and viral material cannot exist.
- s. Ozone infusion provides a simple method of purifying stored blood and blood components, eliminating any possibility of disease being transmitted by



transfusion. There are 10,000 known victims of Hepatitis "C" in New Zealand alone due to blood transfusions. All these can be helped now as well as those with Hepatitis "A" and "B".

- t. All hostile microorganisms require lower oxygen levels than the body's cells require to remain healthy. Boosting the oxygen level within the body revitalizes normal cells while killing virus and other pathogens. Various physicians have independently discovered ozone to be effective against cancer, leukaemia, arthritis, coronary heart disease, arterial circulation disorders, colitis, gum disease, and assorted children's diseases. Much information can be found in Medical Applications of Ozone available from the International Ozone Association, 83 Oakwood Terrace, Norwalk CT 06850.
  - u. Dr. S. Rilling of Stuttgart and Dr. Renate Viebahn of Iffexheim are among growing numbers of physicians who have obtained similar results using ozone with their patients. The AIDS virus is eventually totally destroyed by the use of Ozone therapy.
  - v. At the Syracuse, NY, university Hospital Research Facilities, Dr. Bernard Poiesz has proven that the proper amounts of ozone administered correctly, have achieved a 100% kill ratio of AIDS viruses, both within and outside of the cells, without harming any normal cells. More than ten replications of the same study have been completed.
  - w. A Book that must be obtained to explain the up to date methods of oxygen therapy is Oxygen Therapies, by Ed McCabe, obtained from Energy Publications, 99-RD 1, Morrisville, NY 13408, USA.
6. It appears that various treatments are available for Oxygen Therapy. In the attached pages Medizone provides a unique and proven method which is available and has a proven success rate. It is suggested that every avenue be looked into for the provision of equipment of this nature, in view of current international conditions regarding the AIDS virus. For example, at the present time in excess of 40% of the entire population of Zaire has AIDS. This is not unlike the rest of Africa, as the reports from Mali, Uganda, Kenya, etc. are similar, if not more alarming.
7. It has been well established that AIDS directly affects the Central Nervous System. AIDS dementia is the result of this affliction resulting in loss of brain tissue, resulting in paranoia, abnormal behavior, unstable mentality, confusion in sound judgement, emotional instability, etc... It has been established through brain scans that 50% of those with HIV positive diagnosis are suffering from AIDS dementia and 90% of those with symptoms of AIDS are suffering from AIDS dementia. Hopefully, those in charge of decision making in economics and politics will not come in contact with war making policies. What can be expected is more and more civil unrest due to sickened minds. What can be expected is more and more error in human thinking affecting government and the lives of populations around the globe.
8. An ounce of prevention is worth a pound of cure. It would be suggested that every avenue be pursued to acquire equipment which would be used conventionally until diagnosis would indicate the need for specific treatment of such devastating illness.
9. There are monied people who have approached this compiler who would be willing to negotiate the purchase of such equipment with the support of Government and Health Officials. Every internal prejudice should be set aside and mutual cooperation on the part of all parties should be established to prepare for the inevitable.

10. Dr. Robert Strecker MD, Ph. D has produced a wealth of information concerning the origin of the AIDS virus. Information can be requested from Dr. Robert Strecker, M.D., 1501-OT Colorado Blvd. Los Angeles, CA 90041.
11. It would be wise to acquire a subscription to Townsend Letter for Doctors., 911 Tyler Street, Port Townsend, WA 98368-6541, USA. This publication has extensive information on alternative health care which is becoming increasingly popular among the younger better informed practitioners.
12. It would be wise to acquire a subscription to Health Consciousness, P.O. Box 550, Oveido, Florida 32765, USA. This publication is Edited and published by Roy Kupsinel, M.D. and seeks to bring truth in alternative health care from a variety of sources to inform the Health Care Practitioners around the world.

# The Amazing Schweitzer Formula Story

*Written and compiled by Dr John Whitman Ray N.D., M.D. (M.A.)*

1. The Schweitzer Formula is a mineral biological toxoid developed in 1915 at the Speyer House Institute for Thermo-therapy in Frankfurt, Germany, and sold throughout the world since 1920. It is not a drug or a chemical.
2. One must have studied in depth molecular biology to understand that the Schweitzer Formula is an anionic subfactant containing an ionization constant based on Planck's Constant, Einstein's Unified Field Theory, and Professor Paul Ehrlich's Side Chain Theory of Immunology. This is the secret of the amazing curative and preventative powers of Schweitzer Formula.
3. It has been established that all disease can be cured by Thermo-therapy which is anelectric, that is, non- frictional. Electric friction damages the functioning of the complex molecules which compose the individual human cells by causing an imbalance in their natural magnetic "dipole moment". Schweitzer Formula stops the frictional damaging heat by neutralizing the disease-causing positive ionization with negative ions while supplying oxygen to the cells of the human body resulting in the natural infra-red heat of the cell molecules and purified blood -healthy red blood.
4. The chemical formulation of Schweitzer Formula is  $C_{14}H_{10}BO_{7.2}Zn$ . The chemical name is Boridiorthotic Oxybenzoic Acid Zinc. In the Schweitzer Formula is a Zinc-Boron cell in the molecular biological field. The toxicity is removed in the growing crystal but it still retains its bacterial toxin. This Zinc-Boron cell is a hydrated magnetic crystal that califies into infra-red heat independent of the field of synthetic petrochemical medicine and general knowledge. Schweitzer Formula is a specific against all gram positive organisms.
5. Schweitzer Formula is anelectric, infra-red heat caused by negative ions travelling at the speed of light. These are non-frictional betionic, "wet" electrons. Schweitzer Formula is a true osmotic solution.
6. Schweitzer Formula is a Universal Disinfectant which stops unhealthy germs in the human body but does not damage or kill the cells of the human body. It is a Universal Solvent which thins and purifies the bloodstream of the human body and precipitates impurities from the cytoplasm of the human cells of the body. When the oxygen level of the bloodstream is over 85% then anaerobic bacteria and viruses are destroyed. Oxygen therapy has shown conclusively that A,B, & C forms of Hepatitis are destroyed as well as HIV-3 virus. Oxygen therapy along with the Schweitzer formula make a very good team.
7. Spray the Schweitzer Formula locally on the skin. Every drop of the spray mist contains a pure zinc-boron crystal which is absorbed through the skin into the blood. The pure mineral zinc-boron cell is necessary for pure blood and pure cytoplasm of tissue cells in the human body. The Schweitzer Formula contains a pure basic zinc-carbonate enzyme which is necessary to maintain the pH value of the blood at 7.3 in order that life-giving oxidation-reduction cycles of the heat of the human body takes place in the tissue cells and not in the bloodstream.
8. Schweitzer Formula correctly thins the blood and helps form healthy red blood cells. It heals burns of the skin, stops the pain, blistering and scarring of the skin tissue. Schweitzer Formula heals radiation burns of deeper cell tissues and the bone marrow which are caused by radioactive elements in the water, air and food.

9. Schweitzer Formula stops the growth of anaerobic bacteria, fungi and viruses because it is a true disinfectant. Hospitals and doctors know that antiseptics and antibiotics kill germs and healthy cells of the human body resulting in new unhealthy germs which the antibiotics cannot kill. There is widespread acceptance of Biological Pleomorphism which is the activity of a "germ" changing to a new form to adapt to it's new "environment". Thus, when one changes the cellular environment with antibiotics then new germs develop with new qualities, which increases the problem.
10. Schweitzer Formula is a deodorant and mouthwash which absorbs an odour but keeps a natural fragrance. It stops acne when sprayed on and left open to the air. It stops rashes and "Athlete's Foot".
11. It stops uro-genitary rashes, itching and all venereal disease when aided with appropriate methods of oxygen therapy. Schweitzer Formula should be used for all feminine hygiene. Use diluted with pure distilled water for a douche.
12. Schweitzer Formula purifies the blood and cells of the toxic alkaloids of alcohol and drug addiction. Use 20 drops to a glass of pure distilled water and drink. Spray on head, back of neck and spinal cord.
13. Schweitzer Formula heals the ulcers of varicose veins. Spray on and do not cover. Varicose veins will gradually shrink and disappear. It heals the scarring in arteries and veins and thus aids in the healing of scarring in heart attacks.
14. Schweitzer Formula has been a powerful aid in helping to cure cancer naturally by helping to balance and purify the body.
15. Schweitzer Formula increases the immune response by laboratory analysis with positive indication of increased phagocytic cell activity in destruction of bacteria and other foreign substances. Other germicides "kill" bacteria and have a detrimental (suppressing) effect on surrounding tissues, with no immune system increase.
16. Schweitzer Formula increases the capillary growth and capillary network in injured areas to help distribute nutrients to tissues to aid healing and restoration of normal activity.
17. Schweitzer Formula increases fibroblastic and lymphocytic activity with increased epithelial cell growth, resulting in rapid healing of injured tissue.
18. Schweitzer Formula reduces scar tissue when applied topically and internally. It reduces "age pigmentation" when applied topically. It increases temperature (hyperthermia) in abnormal tissue growth. It is a superior stimulant to healing and an aid to tissue regeneration and growth.
19. For over 70 years in the use of the Schweitzer Formula, there have been no contraindications observed. Used topically during a niacin flush very positive results have been observed in skin rejuvenation when used in conjunction with the Ray Program of nutrient saturation and Body Electronics. Apparently, the Schweitzer Formula acts as a catalyst in helping to increase healing and regeneration if other basic nutrients are present, such as enzymes, colloidal minerals, natural vitamins, essential fatty acids and the full range of natural amino acids.
20. Schweitzer Formula aids in the rebuilding and the restructuring of tissues during the "healing crisis" and "genetic restructuring". It penetrates through the skin and increases the oxygenation and circulation to the tissue thereby improving the metabolic function thus helping to smooth out wrinkles, increasing skin elasticity, and maintaining the ecology of the skin which is required for it's proper functioning.

It has been no secret that from World War II until the present time, the American Medical Association and the large pharmaceutical companies have launched a never ending campaign, based upon their policy to advertise and sell their synthetic petrochemical drugs, to discredit the proven, healing, natural biologicals or what is called traditional medicine. Traditional medicine is once again on the rise wherein people are demanding, as is their inherent right, freedom of choice in health care, and it is a matter of time that people shall return to natural healing which has been time proven to be of greatest benefit to mankind. People all over the world are flocking to alternative medicine as orthodox medicine has proven conclusively that drugs and surgery do not have all the answers and people have found great help in alternative medicines as well as returning to traditional medicines arising out of a oneness with nature.

Please read the enclosed inspired message from President J.R. Jayewardene of Sri Lanka:

PRESIDENT J.R. JAYEWARDENE

66, Ward Place, Colombo 7, Sri Lanka

## **MESSAGE TO THE DELEGATES OF THE WORLD CONGRESS OF ORIENTAL MEDICINES HOSTED BY MEDICINA ALTERNATIVA**

(ALMA ATA 1962)

AFFILIATED TO

### **THE OPEN INTERNATIONAL UNIVERSITY**

Reverend Sirs, Your Excellence, Distinguished Delegates, Ladies and Gentlemen,

It is with sincere pleasure that I chose to be here this morning at this World Congress of Complementary Medicines to welcome the delegates to the Scientific Sessions of this assembly.

It is befitting that this World Congress of Oriental Medicine is hosted in Sri Lanka. The Orient has a common historical heritage of sharing the traditional wisdom of their medicines as well as their approaches to other human issues, philosophy and religions.

Ayurveda, Unani, Siddha, Meditation, Yoga, Acupuncture, and several other healing modalities have their origins in Asia. Our history shows that Sri Lanka had an organised health service from about 500 years before Christ. According to the celebrated American historians Will and Ariel Durrant the first hospitals in the world were established by King Pandukhabaya of Sri Lanka about the year 500 BC.

Our ancient rulers were visionaries who knew that the rulers need to deliver education and health care to every citizen as a fundamental birthright.

Politics and Medicine have the common ethical base of caring for people. As the first Executive President of Sri Lanka, I was convinced that as Medicine became more aware of an holistic approach to human health, I had a political responsibility to recognize the indigenous medical practices that existed in Sri Lanka from the dawn of our civilization, but which went into atrophy during the colonial periods. In 1977 I, therefore, took the unique step of appointing the first Minister of Indigenous Medicine in my Government and entrusted him with the task of integrating natural and traditional medicines with orthodox scientific medicines. Indeed, it is the first such appointment in the World which recognizes the importance of traditional medicines.

It is also my firm belief that natural medicines do not exclude conventional and orthodox medical therapies. Man should also learn to respect the environment, adjust his lifestyle, regulate his diet and to live in mental, emotional and physical harmony with his external environment. The keynote of a happy and successful life is moderation in all thought and action.

During my tenure of office as President, when The Open International University for Complementary Medicines sought to establish its clinical training programme in Sri Lanka, it was indeed a pleasure to give it my approval. Its establishment in Sri Lanka in March 1988 is a worthy tribute to a great pioneer, the late Esmond Wickremasinghe whose wisdom, foresight and sincerity were centred in his endeavours to unite all wisdom for a better Sri Lanka; indeed, for a better

world. For that matter my Government recognised the importance of university education not only as a state responsibility, but also as a private initiative. Therefore, a legislative mandate was granted to private universities and institutes of higher learning to teach and certify students. The Open International University for Complementary Medicines functioning as a private, non-government funded, autonomous, international institute has spread its philosophy of total healing worldwide under the banner of Medicina Alternativa for the past 30 years. The strategy for the integration of all healing methods should be a priority on your agenda for the next 30 years. I am sure this will occupy a central place in your present discussions.

I must reiterate that Sri Lanka is justly proud to host The Open International University for Complementary Medicines which is an internationally recognised humanistic institution where clinicians, surgeons, researchers and scientists from all over the world come to this country to gain knowledge and acceptance in the natural and traditional healing arts.

I am sure that the delegates from all parts of the world attending this World Congress will be discussing the vision of a new reality where man exists in harmony with the Rhythm of the Universe: remembering that health and disease are not poplar opposites. Health is not merely an absence of symptoms of disease. Health, as the Lord Buddha stated is the greatest gain.

Even more important is it, to maintain positive health rather than to merely cure disease. A country is as healthy as the number of hospitals it is able to close down due to lack of patients.

Some are born sick; others achieve sickness; and still others have sickness thrust upon them.

A man is as healthy as the doses of medicine he does NOT swallow. Health cannot be attained by swallowing mixtures, or sucking tablets or by intravenous drips.

I look forward to be informed of the results of your deliberations at this World Congress. May you have a successful congress and to our foreign delegates I wish you an enjoyable stay in our country and may you return as healthy as when you arrived.

**President J.R. Jayewardene,**

MEDINCINA ALTERANTIVA

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OPEN UNIVERSITY INTERNATIONAL

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# 12 Points on RADIATION

*Written and compiled by Dr John Whitman Ray N.D., M.D. (M.A.)*

1. The future is determined by our actions of the present and our consciousness which determines our choice of action. It has been established beyond reasonable doubt that there does exist a serious problem regarding the disposal of nuclear waste. It has been established by prominent scientists, beyond reasonable doubt, that the nuclear testing, nuclear accidents, nuclear generators, and nuclear waste have already contaminated the atmosphere, the water, the earth and all living things on our planet. This contamination is protected by those in power to continue for many years. It is already known and acknowledged that the contamination which has already occurred may take 1000's of years to correct, as the problem currently exists. Just the recognition and consideration of the fact that there is no known method to correct the current amount of nuclear contamination in the world today justifies our taking immediate action to bring about an immediate and permanent cessation of the continued use of any form of atomic or nuclear energy.

*TO TAKE NO ACTION AT THIS TIME IS TANTAMOUNT TO THE CHOICE OF  
ACQUIESCENCE TO ATOMIC OR NUCLEAR SUICIDE.*

2. It is understood that massive resistance shall arise from that segment of the elite who are motivated by economic profit and are dedicated to the perpetuation of the use of nuclear energy, even though the continuation of nuclear energy will gradually result in nuclear waste buildup. Long term problems are ignored in favor of short term profits at the expense of the safety of future generations. Yet, we the people have ascertained that greater importance is to be focused on the preservation of our genetic pool which preserves the perpetuation of both our plant and animal life and also shall ensure the perpetuation of the human species. The preservation of the genetic pool shall take precedence, without exception, over any motive which is concerned with financial profit and investment.

The United States National Academy of Science's Genetics Committee has stated unanimously the following:

*"ANY RADIATION IS GENETICALLY UNDESIRABLE, SINCE ANY RADIATION INDUCES  
HARMFUL MUTATIONS."*

The arms of all intelligent beings with long range vision, as compared to short range expediency for purpose of profit, are raised collectively in indignation against those who continue the use of any form of nuclear power or energy. These same citizens collectively demand that governmental powers protest against those who perpetuate irresponsibly the continued use of nuclear energy, a sacrilege to those who value the sacredness of life. The people therefore shall speak out and demand appropriate governmental action from those who represent them.

3. It is understood that massive resistance shall arise from those who believe and promote nuclear energy as a preventive ingredient or deterrent for the prevention of war. The sincerity of these military officers and executives in charge of national security are not in question. The cat is always sincere as he stalks his prey. Yet, when we all carefully learn from history we will quickly comprehend that:



*NEVER IN THE HISTORY OF MAN HAS AN ARMS BUILDUP RESULTED IN PEACE.*

A famous Spanish-U.S. philosopher, poet and critic by the name of George Santayana stated with great insight:

*MAN IS CONDEMNED TO REPEAT THAT WHICH HE DOES NOT REMEMBER.*

It is therefore deemed necessary by the candid and comprehensive mind that we as a people must change our direction from planning for war and the prevention of war which in itself contributes to the cause of war, to thinking and planning for peace. History has taught us this lesson well. Have we forgotten so soon, that black mark against mankind which we choose not to remember, Hiroshima and Nagasaki, where on the 6th and 8th of August, 1945, 80,000 and 40,000 lives were instantly terminated, and 100,000's more died from radiation and sickness due to excessive radiation exposure. Many more lived for a time to bear the scars and emotional illness which originated from that one moment of obliteration to oblivion.

4. If ever we were to arrive at a time when a nuclear war would take place, it is obvious that no one would win as the after effects shall be so devastating that it would take mankind 1000's of years to recover, if due to mutational factors, recovery would be possible at all. Much has been stated concerning the prospects of nuclear winter from which mankind would take 1000's of years to recover, if at all.

*WHY FLIRT WITH NUCLEAR ROULETTE?*

5. Let us assume that we do have a genuine concern for our future generations. If this is so, then we shall do everything in our power to prevent the continuing contamination of our genetic pool which is contributing to the increase in genetic mutations, no matter how subtle. Please consider:

*IT IS AN ESTABLISHED FACT THAT EVEN A SMALL AMOUNT OF RADIATION HAS AN IRREVERSIBLE EFFECT ON THE GENETIC MATERIAL.*

How much longer are we going to be fearful, blind and foolish, and allow this continual intrusion, in the form of nuclear contamination, into our life which has the capacity to destroy our future as a race of human beings?

6. Greenpeace, an international association, staffed with a team of competent scientists, has recently conclusively indicated that scientific tests of water beyond the 12 mile limit at the Mururoa atoll in French Polynesia, is contaminated by nuclear material which is emanating radiation.

*ANY EXISTING CONTAMINATION AND THE POSSIBILITY OF ADDING TO THE EXISTING CONTAMINATION BY ANY MEANS, AND ATTEMPTING TO COVER UP AND SUBVERT THIS INFORMATION BY FEEDING FALSE OR MISLEADING INFORMATION TO THE PEOPLE, IS IRRESPONSIBILITY IN THE EXTREME. THE PEOPLE HAVE THE RIGHT TO BE MADE AWARE OF NUCLEAR CONTAMINATION THAT THEY MAY THEN HAVE THE RIGHT TO CHOOSE AS TO WHETHER THEY WANT IT CONTINUED OR NOT.*

Who knows the long term consequences of genetic mutation that will result from continued exposure to nuclear contamination in both plant and animal species? Every effort must be expended to protect that which we for so long have taken for granted.

7. It has been proven beyond reasonable doubt that health factors concerning both animal and vegetable life are directly related to the irreversible damaging effect of nuclear contamination. How much longer are we, as responsible leaders and contributors to the welfare of mankind,

going to allow this insult to human, animal and vegetable life to continue?

8. For many years, psychologists have been aware of people who seem to have self-destruct tendencies which are associated with the desire for death which have been called "death wishes". These "death wishes" cloud the intelligence of man and have adverse effects on their behavior. Added to this problem, the continual spread of the AIDS virus has reached pandemic proportions. It has been proven conclusively that of those who test HIV positive, 50% indicate, according to cat scan examination, a general shrinking of the brain inside the skull. This shrinking results in AIDS dementia.

*AIDS IS KNOWN TO ATTACK DIRECTLY THE CENTRAL NERVOUS SYSTEM AND VIRTUALLY GRADUALLY DESTROYS THE BRAIN, SHRINKING IT, RESULTING IN A CONDITION KNOWN AS AIDS DEMENTIA. THE SYMPTOMS OF THIS CONDITION IS ABNORMAL MENTAL SYMPTOMOLOGY, PARANOIA, LACK OF CLEAR THINKING, MEMORY LOSSES, LOSS OF ABILITY TO MAKE CLEAR DECISIONS UNDER STRESS, INAPPROPRIATE DECISION MAKING, BIZARRE MENTAL BEHAVIOR.*

Are we going to continue to allow the unstable thinking of scientists and politicians to continue on the path of eventual destruction which is now further complicated with the advent of AIDS dementia and our right to question the decisions of our leaders? Are we going to continue to align ourselves with those who, through their actions, would create an unstable future?

According to tests done with a cat scan on those with full blown symptoms of AIDS, it has been found that 90% of those with full blown AIDS symptoms indicate brain shrinkage as associated with AIDS dementia. This intrusion into our civilization known as the AIDS virus now gives additional cause to demand that there exist an immediate cessation to the use of all atomic or nuclear energy, and to remove from positions of responsibility all those who insist on the continued use of nuclear energy in any form.

With the advent of the AIDS dementia, all executive decisions contrary to the highest and best good of the people, must be called into question, and with that the competency of the leaders to represent the people, must be called into question.

9. All nuclear or atomic energy results in nuclear contamination.

*THERE IS NO SAFE LEVEL OF NUCLEAR CONTAMINATION.*

An established fact which leaves no doubt is that there is no safe level of nuclear contamination. Scientists, admittedly, acknowledge that there has not been devised a safe method of disposal for atomic or nuclear waste. Any disposal methods have only indicated problems that our future generations shall inherit for 1000's of years to come, with no solution offered.

10. This planet is our home. We cannot allow it to be contaminated and then move on to another home. Another home is not available. This home is our responsibility to care for and maintain. This is our inheritance and shall be the inheritance of our children and our children's children. Are we going to allow thoughtless men who have no concern for the future to continue to irreversibly contaminate our home, or are we going to forcibly demand that this folly end immediately? What would we do if some stranger came into our home and took petrol or gasoline and poured it all over our belongings and then took a match and lit it?

*ATOMIC OR NUCLEAR CONTAMINATION HAS NO PRESENT SOLUTION.*

Nuclear contamination is a ticking time bomb that is already slowly exploding. We have not yet seen the silent and deadly long term effects. We are now capable and determined to take appropriate and widespread action NOW and are determined to prevent the continuation of this

intrusion into our lives and the lives of our future generations.

11. The time has come to take action from all fronts, including economic and political, to stop the continued use of any form of atomic or nuclear energy. The profit motive is no longer acceptable in any form to an enlightened citizenry. The ploy of peace preservation and the associated motives is unacceptable in any form to sensitive and intelligent souls. The private right of each country to nuclear testing has proven that:

*ALL ARE AFFECTED BY THE NUCLEAR IRRESPONSIBILITIES OF THE FEW.*

None are exempt from the contamination of any type of testing or contamination from any type of use of nuclear materials.

12. By making no choice in this matter of grave concern, we relegate ourselves to a future of darkness, disgrace and despair. When we clearly see that certain things require our attention and that we must do them to protect our future and we do nothing, we can then forever relegate ourselves to one of three categories:
  1. the category of incompetency or of unsound mind.
  2. the category of a cowardly, fearful or timorous soul.
  3. the category of a most contemptible hypocrite.

*MAKING NO CHOICE TO PROTECT OUR FUTURE GENERATIONS IS A CHOICE.*

Allowing misguided scientists and irresponsible unthinking leadership to continue in their activities without applying diligently due economic and political pressure is a distinct violation of the trust the people have placed in their political leadership. The power of political leadership always comes from the people who entrusted them to power, therefore the leader is always accountable to those who have entrusted him with this power, and have the responsibility of properly representing them and their rightful requests.

The only simple solution is to end immediately all use of nuclear energy and then to let things settle out or seek their own level of activity so that more attention can be placed on resolving differences between all types of life styles, religions, customs, temperaments, racial considerations, etc. within a structure protecting all people with their right to the exercise of conscience within a framework of "Unity in Diversity". Within this framework shall exist the protection of all mankind in the free expression of their individual rights as long as they do not interfere with the individual rights of others. The future will vindicate our determined actions of today.

*THE WHOLE ISSUE AS TO WHETHER RADIOACTIVITY CAN OR CAN NOT BE USED AS THE NEXT WORLD FUEL, STANDS OR FALLS UPON ONE ISSUE ALONE, AND THAT ISSUE IS WHETHER SCIENCE CAN PROTECT ORGANIC LIFE FROM EXTINCTION, OR WHETHER IT CAN NOT. OUR CONTENTION IS THAT IT CAN NOT.*

*DR. WALTER RUSSELL AND LAO RUSSELL  
FROM THE BOOK ATOMIC SUICIDE?*

*THE ISSUE CONCERNING THE USE OF ATOMIC OR NUCLEAR ENERGY CANNOT BE SEPARATED FROM THE ISSUE OF RESPECT FOR THE FREE WILL OR FREE AGENCY OF MAN. THE EARTH IS SMALL AND OUR INDIVIDUAL ACTIONS NOW AFFECT ALL ON THE PLANET. WE ARE NO LONGER ALONE AND CANNOT CONSIDER OURSELVES ALONE, AS WHAT ONE PERSON DOES TODAY AFFECTS THE WHOLE OF SOCIETY. WE MUST NOW LEARN TO WORK IN CONCERT, ONE WITH ANOTHER. PRESSURE MUST BE*

*APPROPRIATELY BROUGHT TO BEAR ON ALL THOSE WHOSE INDIVIDUAL ACTIONS EFFECT ADVERSELY THE WELFARE OF THE WHOLE.*

*THE NOTEBOOK OR DIARY OF ADMIRAL BYRD IS THE MOST IMPORTANT DOCUMENT OF OUR TIME REGARDING THE EXPRESSED WISHES OF THE PLANETS INHABITANTS AND THE BRUTAL MANNER IN WHICH THEIR DESIRES HAVE BEEN SUPPRESSED AND IGNORED BY UNITED STATES GOVERNMENT OFFICIALS. THE PEOPLE OF THE UNITED STATES WERE DENIED ACCESS TO THIS INFORMATION. MAY THIS DESTRUCTIVE TENDENCY TO CONTINUE THE USE OF NUCLEAR ENERGY BE AVERTED AND IMMEDIATELY CORRECTED BY THE IMMEDIATE CESSATION OF THE USE OF ALL FORMS OF NUCLEAR ENERGY, REGARDLESS OF THE HUMAN MOTIVE.*

I now leave this issue in your hands, where does exist the power to act, as representatives of the people, for the ultimate interest of those future unborn whose ancestors have entrusted you with the opportunity to serve.

Respectively Submitted,

John Whitman Ray, N.D., M.D. (M.A.)



*Paxi Mundi Award (World Peace Award)*

The following information was given to me on tape recording of Armstrong's speech to a select group of top United States Scientists. This tape was given to me by one of these scientists who is a student of Body Electronics. This man is a kind, gentle man whose name I will not disclose.

The information in the following document is as important today as it was in 1947. I encourage all mankind within the sound of my pen to do all within their power to put atomic or nuclear power or energy in any form to rest forever that mankind may have a greater opportunity to survive.

All of the nutritional information, no matter how valid, all of the work in Body Electronics, no matter how helpful, all of the change of consciousness, no matter how necessary, will be to no avail if we allow nuclear energy in any form to continue. I therefore urge each of you to use your influence to put a stop to any continued use of nuclear energy anywhere in the world as we are all subject to the devastating effects of its continued usage.

You are free to duplicate and distribute this information on radiation and Admiral Byrd's Diary to your hearts content. Many people are inclined to be down on what they are not up on and will criticize and scoff at that which is beyond their grasp to understand. Nevertheless, enjoy the contradictions life. For many years I have studied the effects of radiation on the human body and have seen the damage it can do. I have studied the effects that radiation can have on elemental oxygen in the earth's atmosphere and am personally prepared to side with Walter Russell and Lao Russell in their findings regarding the harmful effects of radiation on the oxygen content in the earth's atmosphere as well as the destructive effects of radiation from any form of atomic or nuclear energy. I would suggest again reading "Atomic Suicide?" by Walter Russell.

ARMSTRONG In the first tape I mentioned I was going to also discuss Admiral Byrd and a treatise which is titled A Flight to the Land Beyond the North Pole or is this the Secret Diary of Admiral Richard Evelyn Byrd. Now I want to say something to you, my many years in the government for those who know me know that I spent 22 years with the Government with high echelon agencies such as the one known as the CIA today and of course with the Green Beret for 10 years and other top assignments. Even after I retired I came back of course as a civilian. During one of my memorable times with government I was with the agency now known as the Central Intelligence Agency and there was a nephew of Admiral Byrd who was working at that time for the Agency and my recollection calls to mind that he told me that his uncle indeed had a diary that was going to be released one of these days for publication for those who were ready for it that had to do with his trip into and beyond the North Pole. So you know there's a first hand confirmation that I received as a young man, I was a young captain at the time; of course in those days I was not where I am now. I said, "Oh sure you know", and rather let it pass. But when this document came into my hands it was sent to me and told by the one who gave it to me to share it with the world I then of course jarred my memory and I remembered this young man the nephew of Admiral Byrd actually telling me and relating this particular story. So from my point of view I feel that the document is indeed right on and very true. Now this document was of course prepared by the same man who wrote the book The Hollow Earth. He was Dr William Bernard. O.K. I am going to now put this document on tape for you so that you can be as privileged as I am to hear its contents.

All right the introduction is by Dr William Bernard and he says:

BYRD'S JOURNAL The reader of the following documentation should find a striking example of devotion especially when one considers that this combination log diary was written in the year 1947 in the months of February and March. Now ironically enough I was with the CIA during that time and before of course that year 1947

BYRD'S  
JOURNAL

which ties in of course with Admiral Byrd's nephew relating the story to me. To carry on with the contents of what we were discussing. It says the diary was written in the year 1947 in the months of February and March under circumstances that evidently defied the imagination or credibility for those times or any others.

Here it dealt with the evident answers in origin of the so called UFO's as well as the hollow earth or as the Admiral so rightly described it "that land beyond the poles".

Now a hesitation there for a minute. All UFO's are not from the inner earth. A goodly proportion of them are and I don't have time to go into that right now; but come some day to my presentations on UFO's and of course you will hear it.

There are of course extraterrestrial originated UFO's also so we can't say they all come from the inner earth. Many do. But of course there are five different categories. All right to read on.

The reader will relive that period as he reads this document. I beg your pardon. The reader will relive that period as he reads this document. To say it is fascinating is to place it mildly but read it now for yourself and I think you will conclude in the Admiral's own words just as the long night of the Arctic ends the brilliant sunshine of truth shall come again and those who are of darkness shall fail in this light.

And of course that was a quotation by Byrd himself.

Now here is the contents of what he has written.

He says:

"I must write this diary in secrecy and obscurity. It concerns my arctic flight of the 19th day of February in the year 1947. There comes a time when the rationality of men must fade into insignificance and one must accept the inevitability of this truth. I am not at liberty to disclose the following documentation in this writing.

Perhaps it shall never see the light of public scrutiny but I must do my duty and record here for all to read one day in a world which hopefully the greed and exploitation of certain of mankind can do no longer suppress that which is truth".

O.K. at this point of course he begins with his flight log and the flight log of course is posted as any flight log would be in a military manner, using military times and so forth. Now the hours are eliminated so we won't use those. Those could be 1400 hours, it could be 0900 hours whatever, but these have all been deleted so for the purposes of this narrative and presentation we'll just say hours. At the beginning hours it says all preparations are complete for our flight northward and we are airborne with full fuel load at such and such hour.

Next entry: Fuel mixture on starboard engine seems too rich; adjustment made and the Pratt Whitneys are running smoothly now.

Next entry: Position check with bubble sextant, recheck with sun compass our heading execute slight heading change and of course as planned.

Next entry: Radio check with base camp. All is well and radio reception is normal.

Next entry: Note slight oil leak in the starboard engine, oil pressure indicator seems normal however.

Next entry: Slight turbulence noted from easterly direction at altitude of 2,321 feet correction to 1,700 feet. No further turbulence but tail wind increases. Slight adjustment in throttle controls, aircraft performing very well now.

Next entry: Radio check with base camp, situation normal.

Later another entry: Turbulence encountered again, increase altitude to 2,900 feet, smooth flight conditions prevail.

Next entry: Vast ice and snow below, no correlation of yellowish nature and

dispersed in a linear pattern.

Altering course for a better examination of this colour pattern below. Note reddish or purple colour also. Circle this area two full turns and return to assigned compass heading.

Position check made again to base camp and relay information concerning colorations in the ice and snow below.

Next entry: Both magnetic and gyro compasses beginning to gyrate and wobble. We are unable to hold our heading by instrumentation. Take bearing with sun compass yet all seems well. The controls are seemingly slow to respond and have sluggish quality but there is no indication or actual icing.

Next entry: In the distance is what appears to be mountains. Next entry: 29 minutes elapsed flight time from the first sighting of the mountains. It is no illusion, they are real. They are mountains and consisting of a small range that I have never seen before.

Next entry: Altitude change to 2,950 feet encountering strong turbulence again.

Next entry: We are crossing over the small mountain range and still proceeding northwards as best as can be ascertained. Beyond the mountain range is what appears to be a valley with a small river or stream running through the center portion. There should be no green valley below. Something is definitely wrong and abnormal here. We should be over ice and snow. To the port side are great forests growing on the mountain slopes. Our navigation instruments are still spinning; the gyroscope is oscillating back and forth.

Next entry: I altered our altitude to 1,400 feet and executed a sharp left turn to better examine the valley below. It is green with either moss or a type of tight knit grass. The light here seems different. I cannot see the sun anymore. We make another left turn and we spot what seems to be a large animal of some kind below us. It appears to be an elephant. No, it looks more like a mammoth. This is incredible, yet there it is. Decrease altitude to 1,000 feet and take binoculars to examine the animal. It is confirmed; it is definitely a mammoth like animal. I report this to base camp.

Next entry: Encountering more rolling green hills now. The external temperature indicator reads 74° Fahrenheit. Continuing on our heading now. Navigation instruments seem normal now. I am puzzled over their actions. Attempt to contact base camp. Radio is not functioning.

Next entry: Countryside below is more level and normal if I may use that word. Ahead we spot what seems to be a city. This is impossible. Aircraft seems light and oddly buoyant. The controls refuse to respond. My God. Off our port and starboard wings are a strange type of aircraft. They are closing rapidly alongside. They are disk shaped and have a radiant quality to them. They are close enough now to see the markings on them. It is a type of swastika. This is fantastic. Where are we. What has happened. I tug at the controls again. They will not respond. We are caught in an invisible vise grip of some type.

Next entry: Our radio crackles and a voice comes through in English with what perhaps is a slight Nordic or Germanic accent. The message is Welcome Admiral to our domain. We shall land you in exactly seven minutes. Relax Admiral; you are in good hands. O.K. at this point he says I note the engines of our plane have stopped running. The engine is under some strain to control and is now turning itself. The controls are totally useless.

Next entry: Another radio message received. We begin the landing process now and in moments the plane shudders lightly and begins a descent as though caught in some great unseen elevator. The downward motion is negligible and we touch down with only a slight jolt.

Next entry: I am making a hasty last entry in the flight log. Several men are approaching on foot towards our aircraft. They are tall with blond hair. In the distance is a large shimmering city pulsating with rainbow hues of color. I do not know what is going to happen now but I see no signs of weapons on those approaching. I hear now a voice ordering me by name to open the cargo door. I comply and this is the end of the log for now.

From this point I write all of the following events from memory. It defies the imagination and would seem all but madness if it had not actually happened.

The radioman and I are taken from the aircraft and we are received in a most cordial manner. We were then boarded on a small platform like conveyance with no wheels. It moves us towards the glowing city with great swiftness. As we approach the city seems to be made of crystal like material. Soon we arrive at a large building that is a type I have never seen before. It appears to be right out of the design board of Frank Lloyd Wright or perhaps more correctly out of the Buck Rogers setting. We are given some type of warm beverage which tasted like nothing I have ever savored before. It is delicious. After about ten minutes two of our wondrous appearing hosts come to our quarters and announce that I am to accompany them. I have no choice but to comply. I leave my radioman behind and we walk a short distance and enter into what seems to be an elevator. We descend downwards for some moments. The machine stops and the door lifts silently upwards. We then proceed down a long hallway that is lit by a rose colored light that seems to be emanating from the very walls themselves. One of the beings motions for us to stop before a great door. Over the door is an inscription that I cannot read. The door slides noiselessly open and I am beckoned to enter. One of my hosts speaks.

Have no fear Admiral, you are to have an audience with the master. I step inside and my eyes adjust to the beautiful coloration that seems to be filling the room completely. Then I begin to see my surroundings. To my eyes is the most beautiful sight of my entire existence. It is in fact too beautiful and wondrous to describe. It is exquisite and delicate. I do not think there exists a human term that can describe it in any detail with justice. My thoughts are interrupted in a cordial manner by a warm rich voice of melodious quality. I bid you welcome to our domain Admiral. I see a man with delicate features and with the etching of years upon his face. He is seated at a long table. He motions me to sit down in one of the chairs. After I am seated he places his finger tips together and smiles.

He speaks softly again and conveys the following. We have let you enter here because you are of noble character and well known on the surface world, Admiral. Surface world I half gasp under my breath. Yes, the master replies with a smile. You are in the domain of the Ari Anni the inner world of the earth. We shall not long delay your mission and you will be safely escorted back to the surface and for a distance beyond; but now Admiral I shall tell you why you have been summoned here. Our interest rightly begins just after your race exploded the first atomic bombs over Hiroshima and Nagasaki Japan. It was at that alarming time we sent our flying machines that is the fukurods to your surface world to investigate what your race had done. Fukurods incidentally are Flying saucers. This is of course past history my dear Admiral, but I must continue on. You see we have never interfered before in your race's wars and barbarity but now we must for you have learned to tamper with a certain power that is not for man namely that of atomic energy. Our emissaries have already delivered messages to the powers of your world and yet you do not heed. Now you have been chosen to be witness here that our world does exist. You see our culture and science is many thousands of years beyond your race, Admiral.

I interrupted but what does this have to do with me, sir.

The master's eyes seemed to penetrate deeply into my mind and after studying me



for a few moments he replied. Your race has now reached the point of no return for there are those among you who would destroy your very world rather than relinquish their power as they know it.

I nodded. And the master continued. In 1945 and afterward we tried to contact your race but our efforts were met with hostility. Our fukurods were fired upon, yes even pursued with malice and animosity by your fighter planes. So now I say to you my son, there is a great storm gathering in your world, a black fury that will not spend itself for many years. There will be no answer in your arms, there will be no safety in science. It may rage on until every flower of your culture is trampled and all human beings are levelled in vast chaos. Your recent war is only a prelude of what is yet to come for your race. We here see it more clearly with each hour. Do you say I am mistaken, he asked. No, I answered, it happened once before. The dark ages came and they lasted for more than 500 years.

Yes my son, replied the master, the dark ages will come now for your race and will cover the earth like a pall. But I believe that some of your race will live through the storm, beyond that I cannot say. We see at a great distance a new world growing from the ruins of your race seeking its lost and legendary treasures and they will be here, my son, safe in our keeping. When that time arrives we shall come forward again to help revive your culture and your race. Perhaps by then you will have learned the futility of war and its strife. And after that time certain of your culture and science will be returned to and for your race to begin anew. You my son are to return to the surface world with this message. With these closing words our meeting seemed to come to an end. I stood for a moment as if in a dream but yet I knew that this was reality and for some strange reason I bowed slightly, either out of respect or humility, I do not know which. Suddenly I was again aware that the two beautiful hosts who had brought me here were again at my side. This way Admiral motioned one.

I turned once more before leaving and looked back towards the master. A gentle smile was on his delicate and ancient face. Farewell my son, he spoke, and then he gestured with a lovely slender hand a motion of peace and our meeting was truly at an end. Quickly we walked back through the great door of the master's chamber and once again entered into the elevator. The door slid silently downward and we were once again going upward. One of my hosts spoke again. We must now make haste Admiral as the master desires to delay you no longer on your scheduled timetable and you must return with the message to your race. I said nothing; all of this was almost beyond belief and once again my thoughts were interrupted as we stopped. I entered the room and was once again with my radioman. He had an anxious expression on his face and as I approached I said it's all right Howie, it's all right. The two beings motioned us towards the waiting conveyance. We boarded and soon arrived back at the aircraft. The engines were idling and we boarded immediately. The whole atmosphere seemed charged now with a certain air of urgency. After the cargo door was closed the aircraft was immediately lifted by the unseen force until we reached an altitude of 2,700 feet. Two of the aircraft were alongside for some distance guiding us on our return way.

I must state here the air speed indicator registered no reading yet we were moving along at a very rapid rate.

Here's our log again. A radio message comes through. We are leaving you now Admiral, your controls are free. Auf wiedersehn.

Isn't that interesting. Auf wiedersehn, German, Germanic.

We watch for a moment as the fukurods disappear into the pale blue sky. An aircraft suddenly as though caught in a sharp downdraft for a moment. We quickly recovered our control, we do not speak for some time; each man has his

own thoughts.

Entry in log continues: Hours we are again over vast areas of ice and snow and approximately 27 minutes from base camp. We radio them; they respond. We report all conditions normal. Base camp expresses relief at our re-established contact.

Next entry: We land smoothly at the base camp and I have a mission.

And that is the end of the log entries.

O.K. on March 11th 1947 (this is Admiral Byrd speaking) I have just attended a staff meeting at the Pentagon. I have stated fully my discovery and the message from the master. All is duly recorded. The President has been advised. I am now detained for several hours - six hours and 39 minutes to be exact. I am interviewed by top security forces and a medical team. It was indeed an ordeal. I am placed under strict control via the national security provisions of the United States of America. I am ordered to remain silent in regard to all that I have learned on the behalf of humanity. Incredible. I am reminded that I am a military man and I must obey orders.

Final entry. These last few years elapsed since 1947 have not been kind. I now make my final entry into this singular diary. In closing I must state that I have faithfully kept this matter secret as directed all these years. It has been completely against my values of moral right. Now I seem to sense the long night coming on and this secret will not die with me but as all truth shall it will triumph and so it shall. This can be the only hope for mankind. I have seen the truth and it has quickened my spirit and has set me free. I have done my duty towards the monstrous military industrial complex.

# BODY ELECTRONICS PRESSURE POINTS

*Written and compiled by Dr John Whitman Ray N.D., M.D. (M.A.)*

The following are points on the human body that may be sequentially held for maximum benefit. It would be appropriate that an Iris-Sclera Integrated Analysis be obtained first that suggested priorities may be established and specific problems may be attended to as individually designed in the Body Electronics flow sheet. Remember, a little knowledge is a dangerous thing. One must be aware of the various contraindications and know the full explanation of the Healing Crisis as explained in books one, two and three of the Logic in Sequence Series. Check carefully with one who is trained in Body Electronics before you undertake attempting to help another. Do not ignore this instruction. Listen to all audio tapes available. Read all books available.

Now, for those who are applying on a consistent basis the list of pressure points used in Body Electronics, the following is a guide to use. This is by no means to be considered as a complete list because of the wide range of constitutional variance and the individual natures involved. Points are numbered in sequence of application unless directed otherwise on the Body Electronics flow sheet. Those marked with an \* are considered to be of major significance. May the reader be blessed with the prayerful application of each point, knowing that one should never just try to heal the body without a concerted effort to heal the soul through the moment by moment application of unconditional love and unconditional forgiveness.

Now consider the simplicity of point holding but be aware of the tremendous healing that takes place as one aligns oneself with the laws of Love, Light and Perfection, part of which is found in books one, two and three of the Logic in Sequence Series.

Be careful, be considerate and be consistent. The points which have taken many years to develop are now in your hands. Remember these are not all the points as many points require specific instruction, yet these will occupy your time for some time to come!

\* - Considered to be of major significance

\*1. STO - BETWEEN STERNOCLEIDOMASTOIDEUS AND TRAPEZIUS, BELOW THE OCCIPUT NEAR GB-20

2. PINEAL

\*A. Big toe - horizontal from the pituitary point on inside bottom of big toe toward 2nd toe

B. Area between eyebrows at root of nose

C. Posterior fontanelle

3. HYPOTHALAMUS

\*A. Side of big toe, between 1st and 2nd toes - horizontally around the corner from pineal on the side of big toe at root of toenail

B. Posterior fontanelle

C. Posterior inferior occipital protuberance. (See Anatomy Book)

#### 4. PITUITARY

- \*A. Big toe - middle of the bottom of big toe
- B. Atlas (1st cervical)
- C. 7th Cervical
- D. Middle of forehead
- E. Medial aspect of lower legs in heavy muscle
- F. Posterior fontanelle  
Balances pituitary and pineal
- G. Under centre of nose  
Anterior pituitary
- H. Directly below the outer corner of the lips on each side of chin at centre of lower jawbone on the mental foramen  
Consult a good anatomy book such as Grays Anatomy

#### 5. MEDULLA

- A. GV-16 - Hollow at base of skull (base of occiput on midline)
- \*B. Base of big toe inside - between 1st and 2nd toes
- C. Posterior inferior occipital protuberance

#### 6. THYROID & PARATHYROID

- A. 2nd cervical - remove calcification - GV-15 (governing vessel)
- B. GV-14 - 7th cervical
- C. GB-12 - behind mastoid process
- D. CV-22 - below Adam's apple - middle and each side (conception vessel)
- E. ST-27 - three fingers below umbilicus - left and right of midline - (stomach)
- F. Carotid sinus - ST-3
- \*G. Under and above the head of first metatarsal of each foot - around all sides
- H. Teres Minor  
Origin - lower portion of scapula  
Insertion - TW-13 (triple warmer)  
Top of the upper arm in the back
- I. Jugular notch - middle - both sides. Sternothyroideus muscle
- J. Anterior - superior aspect of bifurcation of tibia and fibula
- K. Beneath tip of anconeus process - end of each elbow
- L. Level with nipple anterior to the intersection of anterior axillary and nipple line

#### 7. THYMUS

- A. Top and bottom of foot between 2nd and 3rd toes. Use a C-clamp with fingers.  
All points in valley on top of foot between 2nd and 3rd toes

- \*B. Above articulation of manubrium to body of the sternum
- C. 2nd thoracic vertebra - GV-13
- D. CV-22 (conception vessel) - jugular notch - middle
- E. SI-17 - Below ear lobe
- F. LI-4 - Web of thumb
- G. Beside nostril - LI-20
- H. L-6 - Forearm - middle third
- I. L-10 - 1st metacarpal - 2nd metacarpal - between - top and bottom
- J. TW-10 - crazy bone - tip of elbow
- K. One finger width above eyebrow directly above pupil (fear)
- L. Two finger's width above wrist (fear) - between bones (radius & ulna)

## 8. HEART

- A. H-9 - Inside small nail toward 4th finger  
Pinch small finger on either side of fingernail  
Rub in emergency
- B. Heart line of hand between 4th & 5th fingers - front and back - C-clamp
- \*C. Xyphoid process - CV-14
- D. T-1, T-2, T-3, C-6, C-7
- \*E. 3rd & 4th toes to head of metatarsals above and below foot - either. Use C-clamp with thumb and forefinger
- F. GV-16 - Hollow at base of skull (Base of occiput on midline)
- G. B-1 - Inner corner of eyes
- H. ST-15 - Bilateral to umbilicus
- I. B-21 - One inch each side of T-12 small intestine - lymph circulation
- J. H-7 - Little finger side of hand
- K. Each side of the base of the neck on the anterior lateral wall of sternocleidomastoideus as it terminates in the supraclavicular fossa
- L. Hing of each jawbone - touching front of ear
- M. Anterior rib cage - notch - fast heart
- \*N. Between 3rd & 4th ribs - next to sternum)  
" 4th & 5th " " " " ) fast and/or irregular  
" 5th & 6th " " " " ) heart beat
- O. Fast heart - 2 to 3 inches above and to the left of navel
- P. Centre of sternum between breasts
- Q. Where breast muscle joins sternum - just below and on each side of P
- \*R. Intersection of axillary and nipple line on side of ribcage
- S. Four points - between 1st & 2nd ribs - next to sternum  
- between 2nd & 3rd ribs - next to sternum
- T. 45° down and lateral from nipple 3 to 4 inches
- \*U. Superior to point R about one or two inches for the purpose of the corrections

of irregular heart rhythm.

- V. Centre top - one inch anterior of posterior fontanelle - (Central nerve plexus)
- W. Three inches above nipple
- X. Four points around navel  
7:30 - 10:30 - 1:00 - 4:30
- Y. Centre of scapula
- Z. Superior margin of both collar bones
- AA. Behind medial superior crest of patella
- BB. Under cheekbone directly under pupils
- CC. End of shoulder blade
- DD. Under 5th metatarsal head
- EE. Clock - 12 - 3 - 6 - 9 - left side clockwise, right side counter clockwise
- FF. Just under the manubrium articulation with 2nd part of sternum
- GG. Subscapularis  
Origin - Inside surface of scapula  
Insertion - Front of the top of the arm bone  
Subscapularis - emotional release point up to shoulder
- HH. Bottom of rib cage - Back - 12th rib - 3 inches on either side of spine
- II. Centre of each temple (use only on advanced students)
- JJ. Two thumb's width above crease in the upper wrist in line with middle finger
- KK. Directly below inner wrist
- LL. Webbing between thumb and forefinger
- MM. Crease in inner wrist in line with little finger
- NN. One thumb width lateral of either nipple
- OO. Crease of inner wrist in line with middle finger
- PP. Rear of 2nd toenail toward smallest toe

## 9. SOLAR PLEXUS

- \*A. One inch below xyphoid process to 2 fingers width above navel. Then up to 3 inches horizontally from midline
- B. Above adrenal area on foot - large area

## 10. PANCREAS

- \*A. Foot - middle inside bottom
- B. Posterior inferior occipital protuberance
- C. Inside margin of right rib cage - up as far as you can go
- D. McBurnies point - midway between crest of right hip bone and navel
- E. Both feet - medial aspect of foot - press in metatarsal bones
- F. Solar plexus reflex points
- G. Anterior superior aspect of legs at the bifurcation of the tibia and fibula bones  
Origin of Achilles tendon

- H. Beneath tip of the anconeus process on the end of each elbow
- I. Between 3rd and 4th ribs where they join the sternum
- J. 7th thoracic
- K. Latissimus dorsi
  - Origin - Along spine from 6th thoracic between lower part of shoulder blade down to level of hips; the top of hip bones
  - Insertion - Inside of the arm just below the shoulder (back)
- L. Soleus
  - Origin - Outside and back of the leg - below the knee
  - Insertion - Back of ankle at the heel
- M. Gastrocnemius
  - Origin - Back of the leg just above the knee
  - Insertion - Middle of the back of the heel
- N. Sartorius
  - Origin - Outermost edge of the top of the hip bones
  - Insertion - Inside of the leg just below the knee
- O. Base of Neck - Upper Trapezius
  - Origin - Base of skull along spine to C-7. Base of neck above T-1
  - Insertion - Outer one-third of collar bone and top of shoulder on the shoulder blade
  - (Eyes also)
  - (Related to pancreas)
- P. Point under nose just above lip
- Q. Waist - On side of body nearly in line with elbow

## 11. ADRENALS

- \*A. Above or same as kidney area on foot - below solar plexus on bottom of foot
- B. T-9
- C. Gracilis
  - Origin - Lower edge of pubic bone
  - Insertion - Top of shin bone on inside of knee
- D. Soleus - Same as L Pancreas
- E. Sartorius - Same as N Pancreas
- F. GV-16 - Hollow at base of skull
- G. Bottom of rib cage - 12th rib - 3 inches on either side of spine - Same as HH heart
- H. Supraorbital notch beneath each eyebrow
  - I. Bony protuberance on forehead - two points, medial from and directly above pupils to two inches laterally

## 12. SPLEEN

- \*A. One to two inches below navel
- B. STO - Main point for spleen
- C. Inside margin of left rib cage - as far up as you can go

- \*D. Outside bottom and top left foot - middle
- E. T-8
- F. Inner posterior aspect of condyle of left knee - also right
- G. Medial aspect of foot against metatarsal bones
- H. Anterior - superior aspect of bifurcation of tibia and fibula
- I. Tip of styloid - anterior to mastoid process
- J. Point just under nose in middle
- K. Small notch in outside lower margin of bone surrounding eyes
- L. Just below but touching the sylvian fissure where the parietal bones meet the frontal bones on each side of head  
(Emotional release point)  
(Be very careful to use only on advanced students)  
Above and posterior to temple
- M. Midway between crest of left hip and navel
- N. Each side of crest of the sacrum on ilium or hip bone  
Insertion of Achilles tendon
- O. Latissimus dorsi - Same as K Pancreas
- P. Trapezius  
Origin - Along the spine from the bottom of the neck to the last rib  
Insertion - Across the upper edge of the shoulder blades
- Q. One-half inch above the posterior fontanelle
- R. Big toe - base of nail - medial (right)
- S. Inner malleolus - all around
- T. Opponens pollicis longus  
Origin - Wrist bones within heel of hand  
Insertion - Along metacarpel bone of thumb
- U. Triceps  
Origin - Top of the back of upper arm bone - outer edge of scapula just below joint - back of arm just above elbow on the outer side  
Insertion - Just below the elbow on the bottom of the forearm
- V. Waist - On side of body in line with elbows

### 13. GONADS - PROSTATE

- A. L-3 and 4
- \*B. Between ankle bone and heel - inside and out  

Uterus	Ovaries
Prostate	Testicles
- C. Heel - Bottom (front)
- D. Gluteus Medius  
 Origin - Outer surface of hip bones  
 Intertion - Top of thigh bone at side
- E. Upper edge of pubic bones



- F. Most prominent knob on hip bones at L-5 level
- G. Middle finger - edge of nail toward index finger
- H. Adductors
  - Origin - Front of the pubic bones
  - Insertion - Front of thigh bone just below the hip to the inside of the knee and just below the knee on the inside of the shin bone
- I. Behind nipple on chest wall between 4th and 5th ribs
- J. Just below points in scapula between 8th and 9th ribs
- K. Crease on arm when bent - in middle of crease
- L. Gluteus Maximus
  - Origin - Back of the hip bone across the surface of the sacrum
  - Insertion - Top back of thigh bone down three inches
- M. Front of legs - top of thigh bone to just above knee
- N. Three inches above ankle bones
- O. Behind crown of outer ankle
- P. In front of inner ankle
- Q. Inner edge of foot midway between heel and big toe (severe injury)
- R. Inner side of leg above ankle bone - two thumbs
- S. Anterior - Superior aspect of bifurcation of tibia and fibula
- T. Seminal vesicles and fallopian tubes over top of ankle. As if one attached a rubber band from 13 B outer to inner 13 B across top of foot
- U. Extreme end of the outer crease of the elbow
- V. Midway between anus and sex organs (used also when life has ceased)
- W. Pubic bones - middle under - do not press on femoral artery or vein wherein it passes over the pubic bone. Detect pulse and avoid that location. Be extremely careful also.

#### 14. LIVER

- \*A. Top of foot between big and second toe - width of two thumbs above separation. Use C-clamp
- B. Slightly behind separation of big toe - on top of foot
- C. Width of two hands above outer ankle slightly forward of vertical line from ankle
- D. Waist - along side of body in line with elbows
- E. Between 9th and 10th ribs directly beneath nipples
- F. First indentation along bottom of rib cage from sternum
- G. Pectoralis Major Sternal
  - Origin - Along sternum on the 4th and 7th ribs
  - Insertion - groove between muscles at front of upper arm
- H. T-5 and T-10 (one inch bilateral)
- I. Nipple to sternum between 5th and 6th ribs
- J. Rhomboids

Origin - C-7 & T-1-5 along centre of spine

Insertion - Entire edge of shoulder blade closest to spine

- \*K. Top and bottom of both feet - middle - outside bottom
- L. Outer arm above elbow one hand width
- M. Direct contact with liver. (Careful - use only in emergency) Use pads of fingers gently - do not press hard
- N. Root of nail on big toe toward second toe
- O. Upper trapezium - Base of neck right and left sides

## 15. KIDNEY

- \*A. K-1 - Kidney meridian - only meridian on bottom of foot according to traditional Chinese concept
- B. Achilles tendon - Back of ankle
- C. Solar plexus reflex - bilateral
- D. T-10, T-11 and T-12, L-1
- E. Hollow - one finger width below inner ankle bone
- F. Fifth metatarsal - Outside of foot on top of foot at joint - follow hollow between 4th and 5th toes
- G. Psoas  
Origin - Along spine from T-12 the level of last rib and all lumbar vertebrae  
Insertion - Inside upper part of thigh bone - about level with pubic bone
- H. One inch up from navel and one inch to each side
- I. Upper Trapezius  
Origin - Base of skull along spine to 7C - Base of neck just above T-1  
Insertion - Outer one-third of collar bone and top of shoulder on the shoulder blade
- J. C-7 - One inch to each side
- K. Between 2nd and 3rd ribs near sternum
- L. Groove between muscles - front of upper arm
- M. Top inside of femur
- N. Front of shoulder
- O. Pubic Bone - under - centre
- P. Mid-groin
- Q. Just below nipple
- R. On back at tip of 12th rib
- S. Two inches below knee cap - lateral
- T. Behind knee - medially
- U. Insertion of popliteal - just below back of knee
- V. Middle of thigh - medially
- W. Gluteus Maximus - midpoint

## 16. GALL BLADDER

- \*A. In liver area toward inside of foot from liver
- B. T-4
- C. Anterior Deltoid  
Origin - The third of collar bone nearest shoulder  
Insertion - Side of arm about one-third down from top
- D. Between 3rd and 4th and 5th ribs near sternum
- E. End of 4th to - behind nail
- F. Popliteus  
Origin - Outside of knee on lowest part of thigh bone  
Insertion - Inside of leg just below the knee toward back of leg
- G. Between 5th and 6th ribs from nipple to sternum
- H. T-5-6 - One inch to right of spine
- I. Tailbone - Coccyx - one must be exact as to how to do this point. Only a trained instructor should supervise
- J. T-11 - bilateral
- K. Over head of fibula - outside of leg below knee
- L. Behind nail on fourth finger
- M. Outside of eye - side
- N. 1-1/2 thumbs above crease in wrist in line with thumbnail
- O. One hand width above inner ankle bone behind tibia (shin bone) toward front
- P. One hand below bottom of kneecap and one thumb toward outside just away from the tibia
- Q. Webbing between thumb and forefinger
- R. Transverse process of first lumbar

## 17. BLADDER

- \*A. Side of foot inside between pancreas and heel
- B. L-3
- C. Peroneus  
Origin - Outer side of lower leg  
Insertion - Outside of foot and across arch on top
- D. Knobs on hip at level of L-5
- E. Upper edges of pubic bone
- F. Sacrospinalis  
Origin - Along spine from sacrum to skull
- G. Centre of pubic bone - under
- H. Each side of navel
- I. L-2
- J. Inside corner of eye
- K. End of little toe

L. Tibials

Origin - Side of leg below knee toward front

Insertion - Inner edge of foot up to about two inches from big toe

Origin - Back of knee - middle

Insertion - Inside of Achilles tendon on heel

M. Just behind bony prominence located to rear of smallest toe on outside edge of foot

N. Bottom of manubrium - (water retention)

18. SMALL INTESTINE

\*A. Foot - bottom - in front of heel toward middle of bottom

B. Quadriceps

Origin - Upper portion of thigh and side of hip bone

Insertion - Shin bone (tibia) just below patella (knee cap)

C. T-8-9-10-11-12 - One inch to each side

D. Along curve of rib cage in front

E. End of little toe on outside of nail

F. End of little finger - outside of nail

G. Navel - four corners

H. Abdominals

Origin - Lower eight ribs - surface

Insertion - Upper edges of hip and pubic bones

Sit-ups needed to strengthen

I. One hand above inner ankle bone behind tibia in front of leg

J. Outside tibia - one hand below knee

K. Bilateral to fifth lumbar

L. Bilateral one inch to one inch below xyphoid process

M. Two inches below umbilicus

N. Inside of second joint of big toe

O. Inside aspect of each femur - entire length

P. Nose bridge where meets cartilage

Q. Solar plexus points

R. Lateral contacts on head of trochanter (head of femur)

S. Mastoid process - use only on advanced students

T. Bottom of manubrium - (Thymus point)  
(Abdominal bloat)

U. Curve of jawbone - under

19. LARGE INTESTINE

A. On bottom of feet

B. L-1-2

- C. Fascia Lata  
Origin - Outer edge of the hip bone toward the front  
Insertion - Just below the knee on the outside of the leg
- D. Top of thigh bone to one inch below on outside of both legs
- E. End of index finger
- F. Hamstrings  
Origin - Back - lowest part of hip bone upon which one sits  
Insertion - Inside back and outside of leg just below knee
- G. Posterior fontanelle  
(Bloat) (Excessive fluid)
- H. Quadratus Lumborum  
Origin - Top rear of iliac crest and along ilio lumbar ligament  
Insertion - 12th rib bottom edge and transverse processes of first four lumbar vertebrae
- I. On each side of the nostril
- J. Three inches bilateral to the umbilicus
- K. Medial side of arch - base of first metatarsal
- L. Centre of wrist - palm side
- M. Base of index finger - thumb side
- N. Upper posterior thigh just below curve of buttocks
- O. Centre of calf muscle in back of lower leg
- P. Medial aspect of tibia - both legs
- Q. Superior distal end of cheekbone in front of ear
- R. Mastoid process
- S. Midway between crest of hip bone and navel
- T. Midway between navel and lower rib cage opposite S
- U. Curve of jawbone - under

## 20. STOMACH

- A. Bottom of foot - toward toe from pancreas
- B. T-6
- C. Solar plexus
- D. Two inches below umbilicus
- E. Extreme end of the outer crease of the elbow
- F. Width of one hand above inner ankle bone behind tibia on front of leg - inside
- G. Width of one hand below kneecap - outside of leg next to tibia
- H. Two thumb widths above crease on inner wrist in line with middle finger
- I. Outer side of leg below bottom of kneecap in depression
- J. Width of one thumb above inner wrist crease in line with small finger
- K. Two inches below xiphoid process
- L. One inch anterior to posterior fontanelle (pyloric valve)

- M. Outside aspect of humerus from elbow to shoulder - outside aspect of bone
- N. Intersection of nipple line and anterior axillary
- O. Tip of coccyx - only under supervision of trained instructor
- P. L-1 transverse process
- Q. Top of second body of sternum
- R. Between breast where breast muscle joins sternum
- S. Point where breast muscles leave anterior aspect of each arm. Two inches above and two inches anterior to nipple line intersection with anterior axillary
- T. Either side of bridge of nose under eyebrows
- U. Two inches in front of anterior fontanelle
- V. Posterior inferior occipital protuberance
- W. Pectoralis major clavicular
  - Origin - middle of collar bone to knob at base of throat
  - Insertion - Groove between muscles in front of upper arm (inner) just below shoulder
- X. Levator Scapulae
  - Origin - C-1 to 4 slightly to sides of the back of the neck
  - Insertion - Top of shoulder blade where it is closest to the spine
- Y. Sternocleidomastoideus
  - Origin - Top of sternum - medial one-third of clavicle
  - Insertion - Lateral surface of mastoid process
- Z. C-2
- AA Between second and third ribs next to sternum
- BB Brachioradialis
  - Origin - Lower half of humerus
  - Insertion - Along thumb side of radius near wrist

## 21. LUNGS

- A. On foot - under four toes along pad of foot at base of toes - on top of foot also
- B. Thenar process of the hand
- C. Hollow in front of shoulder
- D. Web of thumb
- E. T-3 and 4
- F. Hollow at base of throat (jugular notch)
- G. Hollow in biceps - tip of shoulder
- H. Corners of mouth - up slightly
  - I. Tip of index finger on thumb side
- J. Second lumbar
- K. T-1
- L. 1-1/2 thumbs above the wrist crease in line with thumbnail
- M. Centre of sternum between nipples

- N. Supraorbital notch beneath each eyebrow
- O. Bridge of nose where cartilage begins
- P. Just under clavicle next to sternum
- Q. Each side of nose - underside of small bony shelf - brain contact to lungs and bronchials
- R. Centre of scapula
- S. One inch below umbilicus
- T. Sylvian fissure - lateral sulcus
- U. Third and fourth ribs against sternum - hollow
- V. Pituitary reflex
- W. Hollow between outer ankle bone and heel midway
- X. Beneath each nipple - under breast
- Y. Anterior Serratus  
Origin - Outer surfaces of nine ribs on side of chest  
Insertion - Inner surface of scapula along edge nearest spine
- Z. Coracobrachialis  
Origin - Front of shoulder on the scapula (shoulder blade) (Coracoid Process)  
Insertion - Front of the upper arm
- AA. Deltoids  
Origin - Ridge at top of shoulder blade to top of shoulder  
Insertion - Side of upper arm
- BB. Anterior fontanelle
- CC. T-8-9-10

## 22. URETER TUBES

- A. Foot - from bladder to kidney reflexes
- B. T-11
- C. L-4
- D. Web of fingers four and five
- E. Carpals - Thumb
- F. T-12
- G. All sacral points
- H. Just below nipple
- I. Pubic symphysis - front, top and bottom
- J. Two inches above navel

## 23. ILEOCECAL VALVE

- A. Midway between crest of right hip bone and umbilicus
- B. Iliacus  
Origin - Top inside surface of ilium  
Sacral ligaments  
Insertion - Top inside of femur

- C. Inside top forward part of the iliac crest
- D. Between T-12 and L-1 on either side of spine
- E. Parietal eminence - between ear and top of head (ridge)
- F. Foot point - left - near heel
- G. Collar bone - end lateral - (knob)
- H. Standing at attention - where end of fingers on right hand touch fascia lata

#### 24. EARS

- A. Third, fourth and fifth toes - into pads
- B. C-1 & 2
- C. Any painful spot around ear
- D. Web of thumb
- E. Hollow between outer ankle bone and heel
- F. All bladder points
- G. Sacrum and coccyx
- H. All kidney points
- I. Especially upper trapezius - (See Kidneys)
- J. Middle of scapula - between spine and scapula - T-4 & 5

#### 25. EYES

- A. Second, third and fourth toes - into pads
- B. C-1 & 2
- C. All pancreas - reproduction points
- D. All liver - spleen points
- E. Upper trapezius (See Kidneys)
- F. Corner of eye - medial
- G. Temple
- H. Lateral end of eyebrow
- I. Mastoid process
- J. Hollow - base of skull
- K. Back of hand behind fourth knuckle
- L. Web - between index and thumb
- M. Web - third and index finger
- N. Thumb - nail root
- O. L-1 & 2, T-9 & 10
- P. Ear lobes - earrings - penetration of auricular reflex to eyes

#### 26. HIGH BLOOD PRESSURE

- A. STO
- B. Radial end of elbow



- C. Just below outer ankle bone
  - D. Hollow just above scapula - medial
  - E. Back of shoulder just below joint between arm and shoulder
  - F. Outer edge of crease of elbow
  - G. Carotid artery - do not put pressure on artery - gentle
  - H. Hollow at base of skull
  - I. Two inches above intersection of nipple line and anterior axillary
  - J. Solar plexus
  - K. Kidney reflex on bottom of foot - K-1
  - L. At end of 11th rib on side
  - M. Just behind shoulder
  - N. Just behind umbilicus - one inch
  - O. Crease behind knee - middle of crease
  - P. Above wrist - central - two thumbs
  - Q. Third fingertip - thumb side between nail and first and second joint
  - R. One hand below navel - midline
  - S. Two inches below R
  - T. Crease of inner wrist in line with middle finger
  - U. T-5, C-1
  - V. Between 9th and 10th ribs - directly under nipples
  - W. One hand above navel - midline
27. FEAR CONTROL CENTRES - ANXIETY
- A. Crease of inner wrist in line with small finger
  - B. One inch below navel - bilateral - one hand width
  - C. Kidney reflex - Adrenal, K-1
  - D. Top of head - midway between ears
28. TEMPER CONTROL CENTRES
- A. Same as A, #27
  - B. Xyphoid process
  - C. Separation between big and second toe webbing
  - D. Fourth and fifth toes where separation joins top of foot
  - E. Two hands above outer ankle bone slightly anterior
  - F. One hand above outer ankle bone slightly anterior
29. BIO-ENERGY CONTROL CENTRES
- A. One hand below navel
  - B. Two inches below A
  - C. Midway between anus and sex organs

- D. One hand below kneecap - outside of tibia
- E. Fifth lumbar
- F. Xyphoid process
- G. T-4 & 5 between middle of scapula
- H. T-1 & 2 - between
- I. Adrenal point - Kidney point K-1
- J. Centre of breastbone in line with nipples

### 30. EPILEPSY SEIZURES

- A. Inner wrist - two thumbs above in line with middle finger
- B. T-4 & 5
- C. Outer edge of hand behind rearmost knuckle of little finger
- D. Two hands and one thumb above outer ankle slightly anterior
- E. Two thumbs below xyphoid process
- F. One thumb below skull - midline
- G. Complete cranial electronics application

### 31. INSOMNIA

- A. One hand below navel
- B. Two inches lower than A
- C. Two thumbs above inner creases in line with middle finger
- D. Inner crease of wrist in line with little finger
- E. Inner crease of wrist in line with thumb
- F. Webbing of big and second toe - top
- G. Inner crease of wrist in line with middle finger
- H. Rear of second toenail - top
- I. Third lumbar
- J. Corner of fourth toenail - toward small toe
- K. Hollow below collar bone - outside of ribs
- L. Middle of breastbone - between nipples
- M. Carotid artery - do not put pressure directly
- N. Hollow at base of skull

In summary - gather all information from all sources. In reality, since the body is hologrammic, anything can cause anything.

Use scars, pigment spots, blotches, callouses, sores etc as a guide for finding clues to points or areas which thru reflexes, could cause dis-ease.



John Whitman Ray has been acknowledged in many areas as a Master of the Transformational Sciences. He is a true pioneer whose many contributions are on the "cutting edge" of today's healing modalities. John Whitman Ray is the founder of Body Electronics which has been considered by many to be the most powerful self-healing technique in the world today.

John Whitman Ray has many honours, credentials and degrees. His Bachelor of Arts (B.A.) is from Willamette University in Salem, Oregon, U.S.A. He majored in Mathematics and Psychology and Certified in Secondary

Education. He taught in the secondary school system for twelve years wherein he taught mathematics, chemistry and physics. He taught mathematics and education at the University of Utah for three years during which time he was a recipient of a National Science Foundation Grant.

John Whitman Ray has been an engineer at Lockheed Aircraft Corporation, Burbank, California. He served in the Electronics and Armament Division of the F-104 Fighter Aircraft. He left Lockheed in good standing but privately vowed to never again support any program designed for killing his fellow human beings. To the present day, John Whitman Ray is an anti-nuclear activist and environmentalist.

John Whitman Ray has been a varsity athlete in High School and University in Basketball and Track. He later coached in the secondary school system and at that time in the 1950's, he developed revolutionary techniques for the correction of sports injuries which has developed over the years into what is now known as Body Electronics - The Science of Bodily Regeneration. These techniques far exceed the effectiveness of any other known technique used traditionally today.

John Whitman Ray attended Western States College of Chiropractic in Portland, Oregon; National College of Naturopathic Medicine in Kansas City; National College of Homeopathic Medicine and Surgery in Mexico City, Mexico where he obtained his Constancia in Surgery; and finally obtained his Doctorate in Naturopathic Medicine from the Arizona College of Naturopathic Medicine, Mesa, Arizona, U.S.A. Dr. John Whitman Ray received his Doctorate in Nutritional Medicine from John F. Kennedy College; Doctor of Science from Lafayette University; Doctor of Philosophy (Honorary) from Wellington