- COLITIS
- COLLAGEN DISEASE
- COLLOIDS
- COLON
- COLONIC
- COLOR
- COMA
- COMFREY
- COMPOUND
- CONDIMENTS
- CONDUCTIVITY
- CONFLICTING SUPPLEMENTATION
- CONSTIPATION
- CONVERSION
- CONVULSION/SEIZURE
- COOKWARE
- COPPER
- CORPUSCLE
- COUGH
- CRAMPS
- CRYSTALLIZATION
- CYANIDE
- CYSTIC FIBROSIS
- CYSTS/CYSTITIS
- DE-IONIZED
- DEATH
- DEATH, CRIB (SIDS)
- DEFICIENCY
- DEHYDRATE
- DENSITY
- DEPOSITS/SPURS
- DEPRESSION
- DES
- DETOX
- DIABETIC
- DIAGNOSIS/SYMPTOMS
- DIARRHEA
- DIET
- DIFFERENTIAL
- DIGESTION
- DIGITALIS
- DISABILITY/DYSLEXIA
- DISEASE
- DIURETIC
- DIVERTICULITIS
- DIZZY
- DOLOMITE
- DOUBLE ACID/ALKALINE
- DROPSY
- DRUGS
- EARS
- ECZEMA
- EFFICIENCY
- EGGS
- ELECTRICITY
- ELECTRODE
- ELECTROLYTE
- ELECTRON
- ELEMENT
- ELEMENTARY SUBSTANCES
- ELIMINATION
- ELLIPSE
- EMOTIONS
- EMPHYSEMA
- ENEMA
- ENERGY
- ENERGY IN/OUT
- ENERGY, RESERVE
- ENID
- ENZYMES
- EPILEPSY
- EQUATION
- ESOPHAGUS
- EXCHANGE, BASE
- EXCHANGE, ENERGY
- EXERCISE
- EYE
- EYE NUMBERS
- FACTORS
- FADS
- FALLING
- FAST
- FATIGUE/TIREDNESS
- FEAR
- FEET
- FERRO TONIC
- FETUS
- FEVER
- FIBER-NERVE
- FIBER, FOOD
- FIGHT OR FLIGHT
- FINGERNAIL
- FIRE
- FISH
- FLATULENCE
- FLAXSEED
- FLUID
- FLUORIDE/FLUORINE
- FLUSH
- FOAM
- FOOD
- FOOD QUALITY
- FOOD RESTRICTIONS
- FOOD, BABY
- FOOD, RAW DIET
- FOOD, UNDIGESTED
- FORGETFUL
- FORMULA X
- FRECKLES/LIVER SPOTS
- FREQUENCY
- FRUIT
- FUNGUS/VIRUS/BACTERIA
- GALLBLADDER
- GANGRENE
- GARLIC
- GAS
- GASTRIC JUICE
- GELATIN
- GENETIC
- GERM
- GINSENG
- GLANDS
- GLANDS, TRANSFORMER
- GLAUCOMA
- GLUCOSE
- GLYCOGEN
- GMO
- GOITER
- GOLD
- GOLDENSEAL
- GONADS
- GOVERNOR
- GREEN DRINK
- GROUND ITCH
- GUMS/PYORRHEA
- HAIR
- HAIR ANALYSIS
- HALLUCINATION
- HARDEN/HARDENING
- HATE
- HEALING
- HEALTH
- HEALTH, PERFECT
- HEALTHY
- HEARING
- HEART
- HEART ATTACK WARNING
- HEART ATTACKS
- HEMOGLOBIN
- HEMOPHILIA
- HEMORRHAGE
- HEMORRHOID
- HEPATITIS
- HEREDITARY
- HERNIA
- HIVES
- HORMONE
- HORMONE, SEX
- HOT FLASHES
- HYDROGEN
- HYPERTENSION
- HYPOGLYCEMIA
- IDENTITY
- ILLNESS
- INDIGESTION
- INFLAMMATION
- INJURY
- INSOMNIA
- INSTINCT
- INSTRUMENTS
- INSULIN/FLUSH/SHOCK

- INTESTINE
- IODINE
- IONIZATION
- IONS
- IRON
- IRRITABLE
- ISOTOPE
- ITCHING
- JASON WINTERS TEA
- JOINT, ARTIFICIAL
- JOINTS
- JUICES
- K-MIN
- KIDNEY
- KINDS (genetic)
- KOSHERIZE
- LAXATIVE
- LECITHIN
- LEGS
- LEMON WATER/LEMONADE
- LEPROSY
- LEUKEMIA
- LIME WATER
- LIPS
- LITHIUM
- LIVER
- LONGEVITY
- LUNGS
- LUPUS
- LYMPH
- LYMPHOMA, NON-HODGKIN
- MAGNESIUM
- MAGNETIC
- MALADIES
- MALARIA
- MANGANESE
- MANUFACTURE
- MARGARINE
- MARIJUANA/POT
- MATHEMATIC
- MEAT
- MEAT TENDERIZER
- MEAT, FAT QUALITY
- MEDICAL PRACTICE ACTS
- MEDULLA OBLONGOTA
- MENSTRUAL/MENOPAUSE
- MERCURY
- MESSAGES
- METABOLISM
- METALS
- MICRONAGE
- MICRONAGE, MILLI
- MICRONAGE, MILLI MILLI
- MICROSCOPE
- MICROWAVE
- MILHAUS UNITS
- MILK
- MILLET
- MIN-COL
- MIND
- MINERAL
- MISCARRIAGE
- MOISTURE
- MOLECULE
- MOON
- MORNING SICKNESS
- MOTHERS
- MOUTH
- MUCUS
- MULTIPLE SCLEROSIS
- MUSCLE
- MUSCULAR DYSTROPHY
- MUSTARD
- NAPTHA
- NAUSEA
- NECK
- NERVE, CENTRAL
- NERVE, LOCAL
- NERVE, VAGUS
- NERVES
- NEUTRONS
- NITRATE
- NOSEBLEED
- NUMBERS, COMPLEX
- NUMBERS, GO BY
- NUTRITION, FROM AIR
- NUTS/NUT BUTTERS
- OBESITY
- ODOR
- OIL, BODY
- OIL, COD LIVER
- OIL/FAT/BUTTER
- ONION
- OPIUM
- ORANGES
- ORGANS
- OSCILLOSCOPE
- OSTEOPOROSIS
- OVARY
- OVERDOSE
- OXYGEN
- PAINS & ACHES
- PAINS, GROWING
- PANCREAS
- PARABOLA
- PARASITES
- PARKINSON'S DISEASE
- PATTERNS
- PEPPER
- pH
- pH- SPLIT
- pH - SALIVA (SpH)
- pH - URINE (UpH is often called "bod...
- PHLEBITIS
- PHOSPHATE
- PICKLES
- PICTURE, NO
- PICTURE, THE
- PNEUMONIA
- POINT OF NO RETURN (PNR)
- POISONING
- POLARITY
- POLARIZATION
- PONS
- POSTMORTEA
- POTASSIUM
- POTASSIUM CITRATE/GLUCONATE
- POTASSIUM NITRATE
- POTATO
- PREGNANCY
- PRESSURE
- PROLAPSE
- PROSTATE
- PROTEIN
- PROTEIN, UNDIGESTED
- PRUNES/ JUICE
- PSORIASIS
- PTOMAINE
- PTSD
- PUBERTY
- PYORRHEA
- RADIATION
- RADIONICS
- RAISINS
- RANGE NOTES
- RATIO
- RATIO, BRIX:ACID
- RATIO, SUGAR:SALT
- RBTI SEMINARS
- RECTUM
- REPRODUCTIVE ORGANS
- RESISTANCE
- RESISTANCE, LEAST
- REST (R & R)
- RETREAT
- RETREAT, NEED TO GO
- RHYTHM/BIORHYTHM
- ROYAL JELLY
- RUPTURE
- SALT RETENTION
- SALT, SEA
- SALTPETER
- SALTS
- SCARS
- SCHIZOPHRENIA
- SENILITY/DEMENTIA
- SICKNESS, MOTION
- SINGING
- SKEPTIC
- SKIN
- SKIN CANCER

- SLEEP
- SMELL
- SMOKING
- SOAP
- SOLUBLE/INSOLUBLE
- SORENESS
- SOY
- SPECIFIC GRAVITY
- SPINAL COLUMN
- SPINAL DISCS/DISKS
- SPINAL MENINGITIS
- SPIRULINA
- SPLEEN
- SPOIL/MOLD/ROT
- STARCHES & SWEETS
- STOLE
- STOMACH
- STRAIGHT/MIXED
- STROKE
- SUGAR SUBSTITUTES
- SUGAR, BLOOD
- SUGARS
- SUICIDE
- SULFUR
- SUNSHINE
- SUPPLEMENTS
- SWEAT
- SWEETENER ROTATION
- SWELLING
- SYNCHRONIZATION
- TASTE
- TEETH
- TEMPERANCE/TEMPERMENT
- TEMPERATURE
- TEMPERENCE
- TESTES
- TETANUS
- THROAT
- THYROID
- THYROXIN
- TIME
- TISSUE
- TONGUE
- TONSILS
- TOXIC
- TRI-MIN
- TRICHINOSIS
- TUMOR
- TUMOR, BRAIN 220
- TUMOR, DEAD SEA
- TUMOR, FATTY
- ULCER
- UNLEARNING
- UREA
- URINATION
- URINE
- UTERUS
- VACCINATE
- VAGINA
- VARIETY IN DIET
- VEGETARIAN
- VEINS
- VILLI / COLI
- VINEGAR
- VITAMIN A
- VITAMIN B-1 & B-2
- VITAMIN B-3
- VITAMIN B-5
- VITAMIN B-6
- VITAMIN B-12
- VITAMIN B-15
- VITAMIN B-17
- VITAMIN C
- VITAMIN D
- VITAMIN E
- VITAMIN K
- VITAMIN P
- VITAMIN, GENERAL
- VOMIT
- WALKING
- WARTS
- WATER
- WATER, DISTILLED
- WEAK POINTS
- WEAK SPOT/WEAKNESS
- WHISKEY
- WILSON'S DISEASE
- WINE
- WITHDRAWAL
- WORMS
- WRINKLES
- X-FACTOR
- YEAST/CANDIDA
- YELLOW
- YOGURT
- ZEST TONIC
- ZINC
- ZONE OF MISERY

SOURCES OF CRITIQUED MATERIALS

ACRES USA: *The alternative agriculture newspaper, ACRES, USA, conducted a wide ranging interview with Reams in 1978. With a particular focus on hypoglycemia and diabetes, these 9 pages contain much wisdom. I later found segments of that interview in the old HEALTHVIEW newsletter and portions in an inhouse newsletter put out by Dr. Douglas Jesse. It is easily downloaded from the internet.*

ANATOMY: *This 343 page transcript of a seminar conducted by Reams and Manthei in 1983 is rich in content that is not always present in other documents. Thomas Giannou once freely shared this most excellent transcript, but it is no longer on his website. There is thought that "Anatomy" could rightfully be thought of as "Session 6." Thomas is also thought to be working on a transcript of Advanced Anatomy, possibly the 7th Reams seminar.*

ARM: *The Alphabetical Reference Manual has been a mainstay of the RBTI curious and the RBTI experienced for almost 40 years. In 1975 and 1976, Stanley and Gertrude Gardner attended a series of Reams Biological Theory of Ionization classes so that they could be trained as testers. At that time there were almost no written protocols and Reams taught from his personal notes. The Gardners taped the classes and later had them transcribed---a procedure common, then and now, for those attending highly technical seminars. However, the Gardners did not stop there. Rather than simply creating a transcript, they decided to break the material apart and create a 136 page closely-typed alphabetical compilation wherein every part of the material that concerned a specific subject was placed together. In essence, they created an "A to Z" of the RBTI, although they failed to list many terms.*

BEDDOE: *Dr. Alexander Beddoe was a primary student of Reams and has taught the RBTI for over 35 years. His* ***Biologic Ionization*** *textbook of 339 pages is highly regarded. Beddoe also publishes articles and essays about RBTI in print and on his website.*
http://www.advancedideals.org/

BEDDOE Q&A: *A multi-page document prepared by Dr. Beddoe and installed on his website.*

CALCIUM KIT: *Dr. Beddoe's short (85 page)* ***Calcium Kit*** *booklet, intended to give a broad introduction to RBTI, is considered by some to be unimportant because he does not teach the full range of tests. However, it is included because it has a pertinent point to make now and then.*

CHALLEN: *Dr. Challen Waychoff currently teaches RBTI and consults from his office in Wheeling, WV. He has developed the following publications.* ***The Health Theory; Introduction to the RBTI; Choose Life; The Secret is in the Diet; The Only Health Guide You Will Ever Need; RBTI Level I; RBTI Level II; and RBTI Level III.***
http://www.heavenlywater.com

C.H.E.M: *The* ***Christian Health Education Ministry*** *is based in Camden, TN. They operate a year round RBTI retreat as well as teach basic RBTI in a classroom setting and also via a 256 page correspondence course. The owners, Peter and Cossil Lewis also operate a health food store (731-279-0350).*
http://www.christianhealtheducation.com/education.html

CLASS 1-5: *Robert Owen, of Australia, has transcribed hundreds of hours of Reams audiotapes of lectures, seminars, and classes. He organized this information for his own personal use, but the width and breath of almost 900 pages of directly on-topic RBTI information is entirely too valuable to keep private. Accordingly, anyone can now purchase the massive PDF document and arrange instant-download by contacting brixmanus@gmail.com. The indexed "Class 1-5" print version is available on Amazon.com*

CLOD: *Doc Reams'* ***Choose Life Or Death*** *at 179 pages has been reprinted many times. Later printings had June Wiles' preface inserted in place of Reams' preface. The "missing" Reams preface is online in many places. CLOD is difficult to read, but full of extraordinary wisdom.* ***Choose Life Or Death*** *can be obtained from Pike AgriLab, Promise Outreach, or Living Well Herbs in McMinville, TN. Living Well (the copyright holder) has plans to reprint the book with both the original preface and an extensive index.*

DAILY: *Jim Daily owned an electronics manufacturing business and lost his health. He ended up with Reams at Blue Ridge, GA. When Reams suggested someone should undertake to manufacture the essential supplements that Reams employed to help people regain their health, a refreshed Daily stepped forward. Daily bought the encapsulating machinery and sold off everything electronic from his prior life. To this day, even thought he has passed, Daily is considered the first stop for those seeking RBTI*

supplements. Their website splash page has a link to Daily's ***Layman's Guide to RBTI.***
http://www.daily-mfg.com/

DAVIS: *Nord Davis wrote and published* ***The Curse Causeless Shall Not Come.*** *The 38 page booklet is widely available at no charge on the internet. In a little pamphlet, TO SIN BY SILENCE, published in June, 1978, Nord Davis wrote: "White sugar converts to alcohol and drives out your precious calcium. Then your teeth start to decay. It all comes from a faulty diet, and the authorities are doing all they can to keep me from telling you this in print or in person. "* ***Curse****," in its own way, says it all.*

DUNLAP: *Frederick Dunlap's 42 page RBTI manual is dedicated to helping people understand the basics of RBTI. Short on theory, but long on specific advice, it is a favorite for many.*

EUGENE REAMS: *Doc Reams had six children, of which only one attempted to teach RBTI after his passing. According to a period witness, Gene had an aptitude for RBTI and found many appreciative students, but later decided to run a health food store. There are 41 pages of his newsletters in the file. A long and careful read will show many instances of where he simply did not understand or agree with his father. For instance, Eugene did not accept the process of cell ionization. While no claim has been put forward, Gene appears to have penned, or even ghost written "Reams Analysis."*

FONTENOT: *Joanne Fontenot was given up as hopeless by the medical community. She was healed after entering Reams' retreat. She was so grateful that she wrote a short booklet,* ***No Time To Die****, that is even today circulated on the internet. The following brief review from Amazon can help you understand the unique place of* ***No Time.***

> *"I have read this book over and over in the last 20 years. It is so full of information that can save your life and make a difference in your health. Amazing information that can help with babies and nursing and all sorts of truths that you will not know even if you are a health person. Strongly advise reading this book."*

GARDENING: *A 28 page document transcribed by Debbie Rich from an old audiotape of Reams speaking to a group.*

GREEN PASTURES COOKBOOK: *Cheri Van Over's 117 page cookbook is full of recipes suitable for the RBTI student. Our interest is only in those cases where a recipe might have a reason.*

HEALTHVIEW: *In 1977, Healthview magazine (no longer published) interviewed Carey Reams and published special issue 6A, covering hypoglycemia/diabetes and also 6B, heart problems. Parts of these interviews were republished by ACRES USA and Dr. Douglas Jesse.*

ION INSTITUTE: *The World Ionization Institute is a now-defunct organization founded in Ft. Lauderdale, FL. Evidently, they were involved with Reams in two efforts: 1) distributing the high-end German Chiron sprayer to Reams' agricultural clients and 2) preparing a comprehensive RBTI manual that reflected a freshened status of RBTI in 1984-1985. I have been unable to locate Institute seminar schedules or classes, but I am aware of multiple copies of the manual in private hands.*

JESSE: *Dr. Douglas Jesse was an Australian chiropractor who became enamored of the RBTI in the earlier days and took the various courses offered. He developed an excellent understanding of the formula and how to pinpoint human disorders. Having a long and successful history in homeopathy, Jesse created an amalgam of RBTI & homeopathy that allowed him to deal efficiently and effectively with his clients. After writing several books expounding his take on RBTI, Jesse undertook an international tour and taught his understanding to many students in various countries. I was personal witness to Dr. Jesse testing 24 students at a symposium in Baltimore, MD in which he thoroughly amazed all with his ability to pinpoint very specific ailments based solely on "the numbers." However, Jesse's failure to fully accept Reams' dictum that "all disease is a mineral deficiency" caused his RBTI + homeopathy approach to gradually fade away. Jesse's books are sometimes availalbe from online used book stores such as Amazon. Quotes from only one,* ***The Ionic Body****, are included in this desk reference. RBTI, with its emphasis on "a great variety of foods" and basic mineral supplementation continues its march toward the future.*

JOHNSON: *Clarence Johnson, who attended all current seminars after time in the Blue Ridge retreat, found the RBTI personally life saving and in 1977 began lecturing. Although the years after that are not clear, his lecture notes of over 300 pages from March and April of 1977 touch on many direct RBTI concepts and are worthy of inclusion. It should be noted that the Reams organization was unhappy with Johnson's lecturing. Johnson's lectures are in print and available on Amazon.com*

KIRBAN: *Salem Kirban (1925-2010) was a Christian author who wrote numerous books about the Apocalypse. In 1976 he heard about Carey Reams' Blue Ridge Retreat and decided to go there to interview Reams and to undertake a RBTI program. Kirban's 180 page* ***Health Guide For Survival*** *made a big splash for the urine/saliva testing process. Audio recordings of Kirban's lengthy interview with Reams are spread around the internet. A decade later, Reams murmured assent when someone said that they*

thought the book was "60%" accurate. No one has ever performed the study needed to ascertain which part is accurate and which may not be, but listening to the tapes while reading the book indicates Kirban strove hard to be in agreement with Reams.

MANTHEI: *Dr. Joseph Manthei D.C., taught RBTI for many years and operated retreats in several locations. Many considered him a star pupil of Reams. Manthei retired from active teaching in 1999 and turned over everything RBTI to Su & Mike Aberle. Copyrighted Manthei publications (of perhaps 600-1000 pages are sometimes available from Promise Outreach (see below). There are hundreds of entries in this book traceable to Dr. Manthei that help the reader understand where he stood with the majority of RBTI notables and where he differed, sometimes in direct opposition."*

MOSES: *Cliff Dudley ghost-wrote Reams "biography," **Carey A. Reams, A Moses For Health** but it was never published. Private copies are in circulation for research only. Copyright is held by the family of Dan Skow.*

OLSZTA: *Michael Sigurd Olszta conducts an online RBTI teaching ministry. His work covers many hundreds of pages, but his private lessons are proprietary and passages cannot be critiqued here without damaging his business. The only documents available to critique are his Diet Booklet plus several sample lessons that are publicly distributed by him.*
http://www.olszta.com/

PROMISE OUTREACH: *When Dr. Manthei retired from teaching RBTI in 1999, he arranged for Su & Mike Aberle, trading as Promise Outreach, to take over all his copyrights, publications, lectures, retreat work, and teaching. They currently train RBTI interns and conduct a retreat in Wisconsin. They also sell certain of Manthei's publications via a website. Their 162 page **Promise In a Nutshell** has been thoroughly searched to see how well it agrees and disagrees with Reams' teaching.*

REAMS ANALYSIS: *Is a 65 page general guide to proper use of RBTI. Although Reams' name is attached, it clearly is not Reams and is thought to be the work of Eugene Reams, Paul Braddock, or both. It can be downloaded from the Daily website.*

REAMS/BLACK: *Thomas Giannou's 191 page transcript of very early audiotapes from a Session 1 seminar conducted by Carey Reams & John Black serves in conjunction with **Choose Life Or Death** to introduce many to RBTI. Thomas' respect for Carey Reams' teaching led him to allow the transcript to be shared by all. This is an ongoing project with occasional minor revisions. Be sure to obtain a later revised copy as earlier partial copies do exist.*

REAMS/MANTHEI COOKING: *Is a 198 page transcript of a 1982 class conducted by Reams. This document has been privately shared around for many years.*

REAMS/SKOW COOKING: *Is a 104 page transcript of a cooking class rich in RBTI theory that was conducted by Reams in 1982. There are plans to convert this transcription into a book.*

SESSION 1-1975: *This 167 page transcript by Thomas Giannou was drawn from a audiotape set dated 1975. At the moment, it appears to be the oldest Seminar available to the RBTI community.*

***NOTE:** While defying ordinary critique, **Johns List** is an important tool for the RBTI seeker. It is attributed to Thurman McCoy who owned a health food store in Duluth, Georgia and became an enthusiastic supporter of RBTI when he met Reams in 1973. McCoy later provided 40+ acres of land in the mountains near Blue Ridge GA that Reams turned into a RBTI retreat. The retreat closed in 1976, but McCoy remained a close confidant of Reams until the latter's death in 1985.*

PREFACE

`PREFACE TO THE RBTI DESK REFERENCE CRITIQUE & COMPARISON

Carey Reams' constant mantra... ***Go by the numbers***

Lesser known is his insightful... ***You misunderstood me perfectly***

This reference manual is dedicated to the biological ionization science that Carey Reams wanted us all to know, love, and share. Humans being what they are, error and distortion were certain to creep in right from the beginning as his students fanned out over the years with the mission of teaching others what Reams had struggled to teach them.

Those who study human nature deeply understand that many distortions, spelling errors, mistakes, misunderstandings, and other confusions appeared almost immediately. For example, Reams mentioned "ground itch," a worm common to those who go barefoot. The transcriptionist heard that as "groundage" and it has been uncorrected in the Alphabetical Reference Manual for some forty years.

While some think it only a minor matter, others understand it is a shining example of how errors creep and creep and creep.

In my opinion, the best way to minimize both error and distortion is to critique and compare. That is easily done by simply listing the basic terms that Reams used and comparing his words with those of his students. While requiring review and study, ardent seekers of truth should be able to unravel many mysteries by having the various items presented table-like in alphabetical order.

What was the impetus for this book, which has grown large starting with a series of original personal notes? Here is a story that may give insight. Many years ago I noticed a 3-hole binder on ABE (Advanced Book Exchange) claiming to be transcripts of RBTI lectures by "Dr" Clarence Johnson. It was priced at $500. I followed the notebook on line for several days thinking that perhaps the seller might lower the price. I was shocked to notice that someone quickly bought the binder at that princely sum---possibly sure that it contained the answers to many great mysteries. That is not much of a story until we fast forward a few years and I was gifted with faint mimeographed copies of Johnson's original lectures. As I reviewed them, I was again shocked to realize that Johnson did not have that great a grasp of RBTI concepts. The essence of his work is held up for critique in this book and I suspect that many readers will decide that the 250+ inclusions illustrate that his knowledge, while great in many ways, was limited in others.

A concept that needs to be understood by all readers of these pages is that the attributed statements are mainly drawn from written works of years past. While it is possible---probable---that any author quoted may deny certain claims of long ago in today's arena, the fact remains that the authors either stated their studied thoughts in front of a formal class or they wrote them down for publication.

Publication---public sharing---is a key point. We are not interested in personal notes. Further, it is improper to critique or comment on private lessons such as those of Michael Olszta. We only want to review commonly available works that can be easily checked to see if our featured authors really meant what they said. Further, commonly available works make it possible for others to determine whether this publication has taken something out of context or is just plain wrong.

Some may think this book merely a collection of quotes from copyrighted material, but it is far from that. Among other *"fair use"* permissions specified by the US Copyright Office are these special cases: "*quotation of excerpts in a review or criticism for purposes of illustration or comment AND/OR quotation of short passages in a scholarly or technical work, for illustration or clarification of the author's observations."* Falling within those parameters, the primary purpose of this book is to allow new generations the ability to better understand the teachings of Dr. Carey A. Reams through review, criticism, illustration, and clarification of short portions (clippings) of the collected works of himself, his various students, and transcribers. The secondary purpose is to illustrate the RBTI literature of various teachers, authors, or transcribers so that new generations can become interested enough to purchase the quoted source books and other materials from their authors or distributors. My hope is that at least a few will locate the RBTI-wise guru they have been seeking by reviewing the critiques here.

There were severe space limitations in the first edition of this reference. For instance, almost 350,000 words far too quickly filled the printer's imposed 320 page limit. That maximum continually forced me to return and shrink wordy entries by careful editing as I uncovered fresh material. I also had to search for ways to combine similar terms. These actions can easily lead to charges that the selected material is out of context. This later edition of more than 600 pages struggles to continually improve context, readability, and accuracy.

Is this work free of error? Likely not, for each proofing manages to find yet more typos and mistakes. Rest assured that reports of any serious technical errors such as mis-attributions will be incorporated as received. Further, the plan is to record every significant revision on an easily accessible web page. This includes entirely new terms that may be unearthed as research proceeds. This "continual revision" will allow buyers of the Desk Reference to keep their book up to date.

A major purpose of this book is to cast light on possible misunderstanding by reviewed authors as kindly as possible. If an author feels offended, all that needs to be done is for the author to send me written assurance that a correction of the specific item will be made in any further distribution of their work. If an author feels their words were misquoted, they can submit new phrasing and proper correction will be made.

I also suggest that readers train themselves to clearly identify direct quotations by an author that the reader knows from experience are misleading. As stated before, this collection is meant to be a critique and the word implies that wrongness should be corrected or at least noted. Having said that, there should be no exasperation when it becomes apparent that an author let something inaccurate pass through. Reams often made wrong statements during lectures and evidently counted on his audience to provide corrective feedback. Apparently, he was never offended when it came. Similarly, Michael Olszta actually begs his students to provide proof-reading and correcting. He knows that to err is human and the solution is to make corrections. My hope is that every criticism offered in this book will be met with that same spirit. Critiqued authors may be annoyed, but I hope they understand that my intention is to make RBTI greater.

It is difficult to decide any order of trustworthiness. Certainly, if a later teacher writes something contrary to Reams' own *Choose Life Or Death* we should adopt a hard stare. The same is true when comparing a later writer's comments that clash with transcriptions. The transcriptionist tries hard to type out exactly what Reams said or what another said if Reams was present in the room. An exception is that Clarence Johnson lectured without permission.

Some RBTI common terms show up thousands of times in the studied documents. And, yes, some RBTI common terms are mis-used by almost everyone---Reams included. For instance, *"blood sugar"* is used over 900 times in the searched listed documents, but seldom did an instance actually address blood testing as people were actually talking about "urine Brix."

Is every utterance about every term by every author included? Of course not. Judgment was necessary to quote a fair or illustrative amount. Judgment was also needed to keep from swamping the project with too many quotes. For instance, if Rob Owen's massive "Class 1-5" document had dozens---even hundreds---of references to a term, I might include in a few cases as many as ten to set the stage. Other authors might then be allowed a proportionate number. In most cases, however, two or three instances from each author did the job. It is hoped that feedback from both authors and the RBTI community at large will make future revisions far more concise and meaningful. That feedback should address my human failures and also suggest new terms or better ways to highlight the already present terms.

Obviously this will prove an imperfect book and I apologize beforehand, but I feel it is a start toward knowing what Reams really meant and it could help us all avoid *"misunderstanding him perfectly."*

Rex Harrill

FROM QUAINT TO ATROCIOUS

NOTE: About paraphrasing: Transcripts are transcripts. Transcribers, not all of whom have working familiarity with the subject, often must capture faint words in a fast back & forth. Other times they must struggle to hear long ago nuances from a decaying tape. The document you are reading examines transcripts and often must paraphrase. For instance this direct verbatim transcription:
(Lack of Vitamin C.) Vitamin C deficiency and vitamin - . (A.) "A" deficiency is right. What causes liver spots? (The lack of D.) Huh? (Lack of D.) Lack of D. (Liver spots –) Not enough calcium. What? (… liver?) Say that again, please. is very confusing.
This book might paraphrase the above as "Liver spots are related to a lack of Vitamin D, which is dependent on adequate Vitamin C and calcium." However, the reader should understand that document clipping sources and references are automatically cited for those who wish to research original publications.

ABDOMEN

`ABDOMEN
ANATOMY: Reams: Let me give you a case one time I had in the hospital. This woman was dying of what appeared to be a heart attack. But her hands were like ice, her feet were like ice, shortness of breath and pains in her abdomen, and I gave her the ordinary things to make her burp, and she wouldn't. She was ready to give up the ghost, and I took a long hypodermic needle, and pressed it into her stomach, and you should have heard that gas whistling out through that needle! Never did her any harm.
ANATOMY: Manthei: Cellulite is a picture that is involved in women sexually, I suppose cellulite could be in men also, but it is in the thigh and the upper or the lower part of the abdomen and the buttocks region. My personal opinion is there is not enough thyroxin being made by the pancreas. Reams: Correct.
ARM: Bloating of the abdomen is caused by three things: swollen liver (from chemotherapy), gas, or delta cells.
ARM: Spleen, dual-function. Separates the upper and lower abdomen to help hold the organs in place. Also the most sensitive organ in your system; it is a thermostat to control your temperature.
ARM: Diarrhea, alkalitis [?]; and if there is pain in the abdomen, it is colitis. If there is no pain, it is just diarrhea.
ARM: When a baby cries, examine its abdomen to see if there is any ball in its abdomen. Easy to massage that ball and get it working out. An enema helps a lot.
BEDDOE: The water should be deep enough to cover the hip joints and part of lower abdomen. Circulation will increase to these areas, and, it will help to remove delta cells by bringing the amino acids to their appropriate location. Use the Sitz as often as necessary, generally a minimum of two to four times a week. If salts stay too high, use the Sitz bath 30 minutes daily.
BEDDOE: Yet, the lower digestion is slow [where there is a large split in the pHs], so there will be a tendency toward a large abdomen, like the "beer belly."
CLASS 1-5: An acid body tends to store fat in the form of increasing sized buttocks, thighs and abdomen. Bloating of the abdomen is caused from three things: swollen liver (chemotherapy), gas, or delta cells.
CLASS 1-5: The blood vessels that relate to the upper abdomen in the eye [readings] go around vertically, and the blood vessels that relate to the lower abdomen go around the eye horizontally.
CLASS 1-5: A Sitz bath is recommended for those people who need to have heat to the lower abdomen [for high salts].
CLASS 1-5: When people have had a lot of cobalt and chemotherapy it is important to make a correct assessment of the physical situation because you need to know whether the flesh is cooked or not cooked, whether it's hard, whether

there is swelling of the abdomen and so on because you do not want to put people to a lot of expense whenever ALL of the odds are against them.
CLASS 1-5: [With] a Vitamin C deficiency the colon loses its muscle tone and it tends to drop or prolapse. This shows quite often in the protruding abdomens that you see walking around our country.
ION INSTITUTE: Observe the child's bowel movement and examine the abdomen; if there are any hard lumps the child is constipated.
JOHNSON: Get in the bath tub and let that water come clear to your chest, hot as you can stand it and just lie there and relax for a half hour, at least every day. That heat penetrating the abdomen will help restore the muscle tone, flexibility and elasticity and health to the organs.
KIRBAN: [Gallstone/gallbladder pain] is usually found high in the abdomen, beginning abruptly several hours after a heavy meal.
KIRBAN: Chemotherapy damages the liver, and often causes the hair to fall out. The individual may not die of cancer but they will die of a liver problem. Their livers swell to such an extent that the women look like they are pregnant [large abdomen].
MANTHEI: ...the lower digestion is slow, so there will be a tendency toward a large abdomen, like the “beer belly.” [at some point Reams calls a beer belly a "German goiter"]
MANTHEI: What actually happens with swelling of the feet, edema? The liquid is not being removed. The water is not being removed out of the kidney, and so it is cationic, and it is having a tendency to settle in amongst the tissue. When it gets real bad, it is in the abdomen.
MANTHEI: And that [manganese deficiency] could lead to formation of delta cells in what part of the body? The reproductive organs, and the breasts also. Would this person have more of a tendency for belching or for lower bowel gas? Belching is right. Saliva is higher than the urine. Therefore, which tissue would you expect the delta cell count to be higher than the reproductive organs, in the breasts or in the ovaries or uterus area? The breasts is the correct answer. There would be more in the upper abdomen, not in the lower abdomen, because that's where the loss of energy is moving to the greatest, is up rather than down.
REAMS/MANTHEI COOKING: I know one person that cannot eat onions. They will blow up like you can't believe. And it doesn't matter whether they know the onions in there or not. It will still cause swelling of the abdomen for days – not just an hour or two, but for days. And it's not like a gas swelling; it's just plain swelling.

ABORTION

`ABORTION
ARM: If you want to bring about an abortion, you may lower the sugar; it will bring about a natural one. But you've really got to know what you are doing to do it. You can also prevent an abortion by raising the sugar content in most cases, not always.
ARM: Bring it [abortion] about by keeping the sugar below 1 for 3 to 5 days, because the fetus requires 300% more oxygen than we do and its only source is through the blood. Never give K-Min.
CHALLEN: Baby - nature will throw the baby out [abort] before the sixth month if the body is not perfect.
CLASS 1-5: A fetus uses 3 to 5 times more oxygen than we do and it gets its oxygen only through the mother's bloodstream. In places where there is a high smog content then the unwanted and undesirable natural abortion rate is greater than in areas where there is pure, clean air.
CLASS 1-5: Unwanted, uncalled for and undesirable abortions are caused because of low blood sugar [urine Brix], and a sugar reading of 1.0 is the point at which it must not drop below or it will abort.
CLASS 1-5: We had a woman come into the retreat last August and she was having labor pains when they brought her in. She was about half way through her pregnancy and the couple wanted their baby, they did not want it to abort. The first thing we did was run the test to see what was happening and we found the sugar reading to be 0.8 Brix, so we immediately took dietary steps to raise the sugar reading for it to be above 1.0, and after a week and a half we got it up to 1.6 or 1.7 and finally got it to around 2.0 at which we kept it. The baby, a boy, was delivered on Christmas Eve and the parents did a terrible thing, they named it after me. Poor little fellow. What did he do to deserve that to start with?
CLASS 1-5: It is my opinion, and this is the only opinion that I will have during this course, the rest of it I go by the numbers, it is my opinion from the Scriptures that a body does not become a living soul until he breathes one breath of air. So, if the fetus never breathes a breath of air it is as though it has never been. I get my thoughts from the Scripture and I may be very wrong, but this I use with patients who have the unfortunate circumstance of a child who aborts when they don't want it to. They want to know if it's saved or not saved. It's as though it has never been, it does not become a living soul according to the Scripture until it's breathed the first breath of life. However an abortion may occur wherein the child, or fetus, does breathe a breath of life even at four and a half months, and although it's highly improbable it's perfectly possible, so be careful in what you do.
DAVIS: This is off the subject of this booklet, but note that most preachers today do not preach any of these three things! Most of them do not take issue with Devils. They do not speak out against Communism or the AMA abortionist in their very midst. They preach only the Gospel of personal salvation which is just the easy part of the Gospel of the Kingdom, and they do little or nothing to heal the sick. In fact, they are helping their congregations become sick by teaching that, since the Cross, God’s Laws for perfect health are null and void.
JOHNSON: To prevent spontaneous abortion, raise blood sugar.
REAMS/MANTHEI COOKING: Diet, too, can also bring about an abortion, or it can prevent one. A fetus uses 400-500% more sugar/carbohydrate than we do as an adult. Response: How much was that figure? Reams: 400 to 500% more oxygen because it is growing so very rapidly. The base exchange of a fetus when it is real young is almost 100% every 2 days or else it wouldn't grow. But as it grows older, it slows down some. If you cut that supply of oxygen

off for 2 or 3 days, it will abort. But I advise you, every one of you, never to do it, only as a last resort, in order to save the mother's life, and then only with the consent of the parents and the grandparents on both sides, if they are still living, or any guardian. I have brought about abortions, but that is the only way that I ever at all will bring one about. So long as things are working normal, I refuse to do it. I've had many ministers bring their daughter to me to give them a diet to abort. No way! It's normal; I won't do it. No way! Not for any price. And I've had $10,000-$20,000 offered me just to do it, but no way. No way! I don't care about that money. I am not for sale at any price. [Grammar improved]
NOTE: There are printed copies of the ARM that have the abortion entry and there are other printed copies that DO NOT HAVE an abortion entry. One or the other has probably been changed to be politically correct.

ABSENTMINDED

`ABSENTMINDED
ANATOMY: Do not forget that absentmindedness can also occur when the sugar drops too low.
ANATOMY: We were taught that when you're born you have only so many brain cells and that is it. No more. And you will not get any more through your years. And that is not true. That is not correct. There is a base exchange that does take place in the brain itself. But memory occurs when those nerves are broken in a given area. Whatever electrical impulse causes those nerves to be broken is how the memory is stored in the brain. Which is responsible then for putting the wrinkles into the brain also as those nerves are broken. So therefore, if a person is going to try and recall whatever thought it was, whatever electrical impulse it was that broke those series of nerve fibers, that same thought must pass over that same area in the brain for you to remember it. And if it does not, you cannot recall it, therefore you can have absentmindedness or forgetfulness and there are [also] other causes for those if you will think about it.
ANATOMY: Manthei: Lots of times forgetfulness is damage of that nature [shooting trauma] or it is hardening of the arteries, an advanced potassium deficiency. I am sure, but also old age. Reams: Right. That is a sure sign of forgetfulness. I do not remember the other three.
ARM: Anytime the potassium goes down in your blood chemistry and in your brain---it must be supplied constantly---then you become absentminded. There is a whole lot of difference between absentmindedness and forgetful. When you forget something, there is no recall. But if it is absentminded, you can recall it later.
ARM: [Symptoms] Absentminded - Not enough oxygen because sugar is too high or too low.
BEDDOE: It also appears that what is referred to as dementia would be a part of the effects of low potassium. Dementia is defined as acquired persistent impairment of intellectual function with difficulties in at least three of the following spheres of mental activity: Language, memory, visio-spatial skills, emotion or personality, and cognition. Alzheimer's is probably one of the most recently talked about types.
CHALLEN: Symptoms of low sugar in children; overeats or does not eat at all, amnesia (in severe cases), not sleeping well (nightmares sleepwalking, or bedwetting), does not learn, absentmindedness, mischievous, laziness, mental fatigue, dullness, indifference, lack of initiative, and severe inability to make decisions.
CHALLEN: Absentmindedness is sign of a genius — able to remember eventually. Forgetfulness is a sign of old age --- never able to remember.
C.H.E.M: Some of the symptoms associated with very low sugar reading are dizziness, motion sickness, lightheadedness, blackouts, headaches, absentmindedness and coma if the sugars stay low too long. Seizures, hallucinations, suicidal tendencies and depression, do occur with low blood sugar. Technically, low blood sugar has a very wide range of symptoms often misinterpreted.
CLASS 1-5: When the salts are under 6 the body is lacking electrolytes and therefore there is dullness, absentmindedness, forgetfulness and things of this nature because the nerve message is not going through.
CLASS 1-5: Definite 220 case. The tumor has formed and it's not a minor problem, it's a major problem and those people should be gotten into the retreat at the earliest date possible. They may look perfectly healthy as though there is nothing wrong and about the only thing that they will notice, and sometimes they don't notice it because it depends on where it is in the brain, that they are absentminded or forgetful.
CLASS 1-5: There must be a constant supply of potassium for the brain and any time the potassium goes down in your blood chemistry, and in your brain, then you become absentminded.
CLASS 1-5: Here's a question to ask, "Are you absentminded, are you forgetful?" Most of the time she will say, "no" but her husband will say, "yes, she is too. She remembers the day and the hour of every mistake and every wrong I've ever made in the last forty years and she can't find the car keys five minutes after she puts them down. She loses everything in the house, she's forgetful [note the misuse] and she doesn't realize it. She spends half her time hunting for something and this is a sign of a potassium deficiency.
CLASS 1-5: A diet will help absentmindedness if they're not a genius because absentmindedness is a sign of genius.
CLOD: If there is a potassium deficiency then electrical impulses do not travel in the desired paths to locate the information in the cluster in which it is stored. Therefore, we are absentminded. But do not let that excite you at all because absentmindedness is a sign of genius. If it gets to the place where it is forgetfulness, it is rather serious because then delta cells are beginning to form and maybe the recall is gone forever.
ION INSTITUTE: When potassium is depleted from the blood and brain, the brain suffers from an oxygen deficiency and the person becomes absentminded. If this persists, a brain tumor will develop. A brain tumor indicates a potassium phosphate deficiency. Never use dolomite when potassium deficient.
MANTHEI: What other symptoms might she experience? Dizziness, headaches, motion sickness, constipation, chest pains, absentmindedness. [F40 5'2" 190# Wh. 0.8 7.3/7.6 36C 4M 7/12]
NOTE: The RBTI teaches that there is a correlation between the "urea" readings (AN + NN) and potassium availability to the brain via the blood supply. Too low (below 12 total for normal weight people) implies a shortage. On the other

hand, Too high (20 or more), signals an increasing stress on the heart. Several teachers very clearly want you to understand that overweight people are potassium deficient no matter the urea total, but they are careful with food suggestions to not include high protein foods that might increase urea without necessarily improving potassium.
NOTE: Language being what it is, all too often we will find that terms like "blood chemistry" are used when there are no blood tests whatsoever performed. Be alert! You may also notice that casual speakers will interchange "forgetful" and "absentminded." Reams carefully defines each.
See also→ SENILITY

ACCIDENTS

`ACCIDENTS
ARM: Discourage travel if the blood sugar is less than 1.0. It is my opinion that 50% of the automobile accidents are brought about by low blood sugar.
ARM: If the liver is functioning normally and the central nervous system is functioning normally, then the back is much harder to damage by serious accident.
BARNES: Put the right foods into the body and drink plenty of water, get plenty of exercise, plenty of fresh air and sunshine, take time to rest and restore the natural balance of the body and, barring accidents, you can live in good health.
BEDDOE: A very orderly and planned lab procedure will not only assure accuracy, but will prevent accidents with caustic chemicals.
BEDDOE: On the other hand, aspirin is the leading cause of accidental death in children under five. In 1983, for example, the annual report of the American Association of Poison Control Centers indicated that, while there were no deaths from taking vitamins, there were 59 confirmed deaths from taking both prescription and nonprescription drugs.
CHALLEN: Two causes of high blood pressure - pressure from within (hypertension) - other cause is due to an accident or lesion.
CHALLEN: Hypoglycemia is the cause of most accidents and about 85 to 90% of all seizures.
CHALLEN: [Some clients are] accident prone because of low blood sugar -usually these people will have their hands all nicked and scratched, cause of at least 50% of all accidents, (oxygen does not get carried to the brain and the brain does not function properly and the person will become dizzy).
C.H.E.M: A person may be healthy with a 100 on the Reserve Energy scale today, and be killed tomorrow, due to an accident. His Reserve Energy would have dropped from 100 to 0, which is death.
CLASS 1-5: Low blood sugar [urine Brix] is the cause of motion sickness and is also the cause of about 50% of the automobile accidents. Highway hypnosis is always low blood sugar, never high blood sugar.
CLASS 1-5: If their sugar number is below 1.0 then do not let them drive because they could blackout at any moment and have a serious accident.
CLASS 1-5: If anyone is involved in an accident where they have internal bleeding take two tablespoons full of cayenne pepper in a glass of warm water and force it down them. Count to five and the bleeding will stop but it'll only hold it for about 27 minutes - giving you time to get them to hospital.
CLASS 1-5: Let's see what happens whenever the ureas numbers begin to rise. What's happening inside that makes them so tired? When I was in college I learned the cause of it by accident.
CLOD: It would be unsafe for this person to drive a car because the blood sugar is so low [urine Brix 0.9], and this can cause as many accidents as people who are intoxicated by alcohol while driving. It slows down their emotions. They may temporarily blackout, and do not know until it is too late.
DAVIS: The sudden drop in blood sugar is far more serious than many people realize. Not only does it cause "blackouts" where the person becomes unconscious at the wheel of a car---a major cause of unexplained auto accidents, - but convulsions in babies is usually low sugar.
FONTENOT: At least 25% of the population have low blood sugar and most are totally unaware of it! Some believe that low blood sugar is a major cause of those "unexplained" auto accidents as the driver literally passed out for a few seconds.
ION INSTITUTE: Sometimes a fall or an accident can cause a problem to occur instantly. But usually problems develop over a period of time without a person ever being aware of when or how it is happening.
JOHNSON: If anyone is ever involved with anyone in an accident where they have internal bleeding, take 2 tablespoons full of cayenne pepper. Put it in a glass of warm water and force it down them. Count to five and the bleeding will quit. It will hold for about 27 minutes, giving you time to get them to the hospital.
KIRBAN: Medical doctors call strokes cerebrovascular accidents. I believe that it is more than an "accident." It is a tragedy, much of it brought about by the American way of life, of improper eating, and the competitive, tense society in which we live.
KIRBAN: Cerebrovascular accidents are the most frequent cause of brain damage. They are internal accidents arising from a variety of different causes. These impair circulation of blood to the brain.
KIRBAN: A stroke (known also as apoplexy) is the most common of cerebrovascular accidents. This is the destruction of brain tissue due to hemorrhage or rupture of a blood vessel within the brain.
MANTHEI: Remember that anytime anyone is on a lemon water, lemonade, or plain water fast, they should not drive a car. If the sugar level drops too [low] while driving, they could have a blackout, which could cause an accident. Rest is an absolute essential while fasting.
MANTHEI: They were never the same once the spleen is taken out. Harry was in a bad car accident and had his spleen taken out. He has never been the same; you know, he is deteriorating.
MOSES: [Grown man reporting to Reams who had saved him as a child] "Later, when I was about seven, we had a little

fender-bender accident and I went into shock. I had a light seizure then; it only lasted for two minutes, but I've never had one since."
MOSES: And do not let anyone who is on a fast anytime, drive an automobile, because their sugar can drop too low, quickly, and they can have a fatal accident.
SESSION 1-1975: You'll also notice that you have a box of baking soda on the table. In case if you get any of this sulfuric acid on your hand accidentally just put some soda on it and it will neutralize it instantaneously.
SESSION 1-1975: And I have found cancer tissue that had these pesticides [2-4-D and 2-4-5-D] in them. But the only reason that they were in them to start with was that the cell was so damaged, it couldn't repel it. It just stuck there because it was a spongy mass. It just happened to get caught there by accident.
SESSION 1-1975: They were not asleep. They were in a blackout. I will rejoice to see the day come in which the test of this nature is made to determine who is in danger of having an automobile accident because of low blood sugar.
NOTE: See STROKE for cerebrovascular accidents.

ACID

`ACID
ACRES USA: Reams: In other cases, the liver allows the blood to become too acidic. This increases insulin's potency, allowing the blood sugar to get too high.
ACRES USA: Reams: In diabetes, the liver frequently allows the blood to become too acidic. This reduces the potency of the body's insulin. The consequence is that, overall, there is too much sugar in the blood.
NOTE: *One ACRES USA statement is "increases" and the other says "decreases." They both state the sugar gets too high, so I assume excess acidity DECREASES insulin's potency.*
ANATOMY: [Reams addressing uterus problems] And in this case, there is a dangerously high delta cell count, and you need immediate attention. Also, a small ulcer culture is growing there because the body is too acid.
ARM: When glands swell up in the neck, the body is too acid to accept Vitamin C. Raise the urine pH.
ARM: When the body urine pH is acid, you do not give Vitamin C or calcium lactate.
ARM: Apple cider vinegar is a good blood thinner for those with alkaline system only [high urine pH]. Do not give if they are acid [low urine pH]. Be sure you know where your blood chemistry [urine pH] is before you use a heavy cationic substance. Every substance slowly gives off ions.
ARM: Craving for cigarettes and whiskey comes from too much acid in the system.
ARM: The more cationic cells in your body, the more acid your body becomes, the shorter your life is.
BEDDOE: A double acid situation like this [example 5.4/5.9] is very dangerous. It would not take much to push this chemistry into acidosis. These persons over the age of 12 will be very tired.
BEDDOE: Sometimes the use of colonic therapy can be helpful in chronic diarrhea. Over-acidity causes the bowel to be in this condition.
BEDDOE: Gum Disease Pattern: This is shown by highly acid pH where there is breakdown in the soft tissue and congestion in the hard tissue.
BEDDOE: Alkaloids are organic salts of acids like acetic, oxalic, lactic, tartaric, and fumaric, that are produced by various plants and usually taste very bitter. Some plant alkaloids are very well known, such as nicotine, belladonna, coca, and opium.
BEDDOE: One is a result of acids being in excess in body so the urine is too acid and this causes a burning upon urination.
BEDDOE: The last pH configuration shown on the chart is when the urine is alkaline, the saliva is acid, and the average is acid. Symptom patterns will all be similar to the previous pattern with one addition. This is what is called a stroke pattern in older individuals. Due to high salt, high blood pressure, and blood vessel deterioration, a rupture of blood vessels in the head is much more likely with this pattern.
BEDDOE: Can have two types of pain associated with bladder. One is a result of acids being in excess in body so the urine is too acid and this causes a burning upon urination.
CHALLEN: In order to become pregnant you must be slightly on the acid side. You cannot become pregnant if you are double alkaline [both urine pH & saliva pH].
CHALLEN: ...baking soda with citrus provides a short-term boost of Vitamin C. This form does not remain in the body for very long nor will it build levels for the long run. It is very useful for an acid person suffering from a cold.
CHALLEN: Decaffeinated coffee will kill you. They use an acid to remove the caffeine and then to keep the coffee from spoiling they add a lot of preservatives to the coffee. There isn't anything in the world that has as many preservatives in it as decaffeinated coffee.
CHALLEN: The more acid a material, the better the conductor of electricity.[Challen probably means "less resistance"]
C.H.E.M: There are instances when the digestive juices are so weak that the individuals do not get the energy from the other calciums, and the pHs stay acid or alkaline for a long period of time. Calcium gluconate is used in these instances. Such cases may be a double acid chemistry and sometimes double alkaline chemistry.
CLASS 1-5: For a highly acid system you can also get the calcium oxide in saline solutions 5 cc, which does a marvelous job for neurosis, nervousness, climbing a wall and so forth. Be aware too that in an acid system the body will store the fat.
CLASS 1-5: The difference between acid and alkaline is considered in a new light: acid is cationic and the electrons in the outer shell travel counterclockwise, whereas base is alkaline or anionic and the electrons in the outer shell travel clockwise.
CLASS 1-5: The more acid the system becomes the more you can look for digestive problems.

CLASS 1-5: What is the difference between an acid and a base? Conventional teaching is that a base is an alkaline with a pH over 7.0 and an acid has a pH under 7.0. That is false teaching, it is not always true. The real difference between acid and base is the direction in which the electrons travel in orbit in the molecule. The electrons travel Counterclockwise in an acid, which is also a cationic substance, and Clockwise in an alkaline or base, which is an anionic substance.
CLASS 1-5: The more acid the urine pH the lower the Vitamin C and the easier they bruise.
CLASS 1-5: When some people are double acid they'll experience diarrhea after eating an orange or citrus fruits as the body tries to eliminate the problem food.
CLOD: The D Range is a more serious Range than the B Range because the body is extremely too acid, causing extreme nervousness, abnormal fear, and except for the grace of God, almost a maniac.
DAVIS: Can you imagine my problem with a urine pH of 5.80 and a saliva pH of 8.00? The urine was far too acid and the saliva far too alkaline.
DUNLAP: In the acid state [low urine pH], there is a more pronounced tendency for atherosclerosis and collagen diseases. Tension in the neck and shoulders will be more common when there is an acid urine pH. The body rejects Vitamin C when it becomes acid. Emphysema finds a home in these kinds of conditions. Nervousness is more prevalent in an acid environment. Weakness and generalized distress show throughout the body. The body rejects calcium in these acidic conditions. Because of the calcium deficiency, other mineral losses must follow. The digestive juices will be too weakened to pick up potassium, magnesium, manganese, iron, iodine, and the other heavy minerals so vital to good health.
DUNLAP: With acid saliva, the ability to absorb Vitamin A decreases.
DUNLAP: Arthritis will have started before the pH turns acid. As soon as acidity gets a foot in the door, arthritic conditions manifest.
DUNLAP: Look for the following conditions when the urine is acid (low pH); Diarrhea (foul odor at pH 5.4 to 5.7); Soft stool (foul odor at pH 5.8 to 6.1)
EUGENE REAMS: If you have more hydrogen ions (represented by H+), then that particular area is said to be more acid.
EUGENE REAMS: In cases of too little calcium and too much phosphorus. the body becomes too acid and the body will rob the interior of bones to attempt to supply the needed calcium.
FONTENOT: If a person's urine pH is on the acid side, that is, the urine pH is "low," the dietary approach is quite different than if the urine pH is alkaline or "high."
FONTENOT: While the key to good health is partly found in the acid/alkaline balance, there are other factors which weigh into this balance.
FONTENOT: The urine is acid while the saliva is alkaline. This person will bruise easily, be prone to colds, have a problem in the lungs. This person is very irritable and, if a woman, has menstrual problems possibly even showing symptoms of menopause.
ION INSTITUTE: Cal II has an alkalizing effect on the body. Therefore it is used to raise the pH when the body is acid.
ION INSTITUTE: Electrolytes can take the form of salts, acids or bases in the system.
JESSE: The high acid level of the urine pH shows deeper levels of acidity in the intestines. These produce putrid soft stools with smelly gas.
JESSE: The yeasts and their toxic wastes often enter the blood-stream through inflamed, weakened and distended intestines. This produces a state of acidosis with the pH becoming very acid.
JOHNSON: Diverticulitis is always an acid urine pH condition.
JOHNSON: Emphysema is usually associated with an acid saliva pH. NOTE: *Johnson later associates emphysema with a saliva pH of 8 or higher.*
JOHNSON: There is certainly a possibility that if you have a low acid condition [acid urine pH], where your body's not utilizing Vitamin C, which is the glue that holds the cells together, that it would be reflected in weak muscles and certainly a very strong possibility.
KIRBAN: Reams: Vitamin D often slows down digestion. If you have an acid system, you need Vitamin D, but if you have an alkaline system, you do not need Vitamin D. We should have a slightly acid balance. If we have this balance, the taking of Vitamin C would hinder this proper balance. Vitamin D raises your calcium availability and Vitamin C lowers your calcium availability.
MANTHEI: If the calcium and minerals are taken out of the FOOD, which direction will the stool pH move? It will become more acid.
MANTHEI: At the retreat, oft-times we're asked why we do not use more citrus fruits or citrus juices on a regular basis. Again, it is the same kind of a problem. Usually most of the people we get are double acid people.
MANTHEI: Another fad suggests the use of apple cider vinegar and honey. Some books have been written that tell us this is good for everything that ails you. I disagree and want to tell you that if you are a borderline diabetic and are highly acid [low urine pH] and have headaches, then apple cider vinegar and honey will cure your headache just like cutting off your head will cure your headache---permanent! So there is a time to use it and a time not to. We go by the numbers.
MANTHEI: If there is an acid pH [urine] and a tendency for constipation, which does occur with some people, then use chaparral.
MANTHEI: But the source of Vitamin C that can be used when you're acid that is going to last for several days, is onion soup. But it is not going to be as quickly available to you as the carbonated fruit juice or as Andre's. Andre's would

be another source. And then again I've trying these different kinds of what they call alkaline Vitamin Cs.
REAMS ANALYSIS: Anytime there is double acid, there is extreme mineral deficiency especially of the calcium.
REAMS/BLACK:The important thing about these tests is they let you know these things. Whether you have too much sugars or carbohydrates or not enough; Whether your body is too acid or too alkaline; Whether your body is retaining too much salt or not enough salt;
REAMS/MANTHEI COOKING: Range B and C are above perfect — higher than perfect. And if you'll notice then as you drift from perfect in an acid direction, the numbers get lower. And so that Range is D and E — all the way down to 4.8 on the pH chart. So alkaline means you're drifting high and acid means you're going low.
REAMS/MANTHEI COOKING: Reams: Well, in order to be pregnant, you have to be slightly on the acid side. You cannot become pregnant with a double alkaline.
REAMS/SKOW COOKING: We will learn a number of things about it. That is, in some cases you would; and though some foods will make one person more alkaline, they'll make another person way more acid.
NOTE: Reams divided all substance into either anions (alkaline) or cations (acidic). Each had an energy level that he was able to use to calculate via the Milhaus technique to determine the overall energy in such as foods or fertilizers. The energy that we survive on is a byproduct of the energy released in an endless interplay of anion vs cation, or anion vs anion, or even cation vs cation.

ACID, AMINO

`ACID, AMINO
ANATOMY: Remember how many amino acids your body should make in the course of a day to be in perfect health? Student: Five billion? Manthei: Five billion. But over the course of a lifetime? Student: Six billion? Manthei: Six billion. So that one billion differential there is where some of this enters in. They're not exactly alike.
ANATOMY: So once the brain has communicated with the liver via the vagus nervous system, the liver begins to manufacture the amino acid in skeleton form necessary for [in this case] the left arm. However, it may not manufacture them, even though it has been told to. Why not? Student: It doesn't have the right kind of... Manthei: That is exactly right. Nature cannot make something out of nothing.
ANATOMY: Student: Did we come to a conclusion that corpuscles actually carry the amino acids? Manthei: No. We said that the red blood – the RBC and the WBC and the platelet count are not the amino acid. Reams: Neither one of them carry the amino acids. Amino acids are just as free as the other corpuscles. They are just caught, like something flowing in the stream.
ANATOMY: If the liver goes down in iron or iodine, trace of copper, then it is not going to manufacture the proper amino acids from which the blood corpuscles are made.
ARM: In reality there isn't anything as a perfect/complete amino acid, because before the amino acid molecule is completed, each organ is beginning to snatch off what it needs to replace, to ionize the stole on the end of the nerve where the cell is being replaced.
ARM: As the blood goes through that gland [any particular transformer gland], it breaks down into all those tiny capillaries and then it comes back on the other side. The blood circulates around through there, picks up ionization, picks up mineral or amino acids coming in, and coming out a little bit different from than when it went in.
ARM: Amino acids produced by the liver go out into the bloodstream, and by milli-micronage the body knows where to put them.
ARM: Amino acids travel throughout the system. Electrical attraction draws them to the organ they are programmed for, because they take the path of least resistance, because they fit perfectly.
ARM: Alpha cell production, the perfect cell, is directly related to mineral in the amino acid.
ARM: Forming of amino acids: Nitrogen, calcium, oxygen; and water as a catalyst and carrier. You might add iodine and iron next.
ARM: This is why hate is the best cancer seed. When it blocks the mineral coming in, it affects amino acid development programmed for cell function, which has a response back to the brain, the central nervous system. Body and mind are related.
BEDDOE: Enzyme—Special amino acid compounds that promote and become a part of biochemical reactions. They are products of hormones.
BEDDOE:Their [transformer glands] main function is one of being sites for the exchange of nitrogen in amino acids and DNA building blocks, known as Nucleotides, which allows the final finishing process of putting the molecule on the proper milli-micronage and milli-milli-micronage. The molecule then has its complete program, which directs it electromagnetically to the right location.
BEDDOE: The liver is the organ which is responsible for making the primary amino acid structure for all the rest of the body. If the liver does not carry out this function to its fullest extent, then eventually there will be some organ, gland or tissue that will suffer some lack. So, from a physical standpoint, the liver receives the full attention in the Biologic Ionization concepts.
BEDDOE: The water should be deep enough to cover the hip joints and part of lower abdomen. Circulation will increase to these areas, and, it will help to remove delta cells by bringing the amino acids to their appropriate location. Use the Sitz as often as necessary, generally a minimum of two to four times a week.
C.H.E.M: The circulation will increase to these areas [by using the Sitz bath] and it will help to bring the amino acids that are programed for those areas to their appropriate locations, which will help to increase the reserve energy.
C.H.E.M: If we liken the liver to a manufacturing plant and the supply department does not furnish the necessary minerals or vitamins for the weak areas to be rebuilt, the amino acids will not be produced, causing that weak area to lose too much energy and become weaker.

C.H.E.M: If this amino acid is not produced, the salt will begin to be stored, first in the arteries and veins, and later in the colon, fat cells and muscles.
C.H.E.M: When one eats fish will the liver increase or decrease the frequency to make it part of us? Increase the frequency. When will the fish amino acid lose its identity so that you could no longer call it fish? When it reaches the stomach, colon or liver? The liver is correct.
C.H.E.M: The bloodstream may be likened to a main street in any city. On a given day you may see trucks carrying new cars to the showroom heading in one direction. Going in the other direction are trucks carrying old, worn-out, squashed-down flattened cars to the junkyard. The trucks with the new cars are likened to the minerals that are bound to the amino acid wagons by the liver, that are being carried to organs within the body where they will be ionized and form new cells.
CLASS 1-5: The blood goes in there and mixes around, and as it circulates it picks up ionization and the amino acids floating by in the blood are changed by the ionization because of the minerals that are added to them to further complete the amino acid.
CLASS 1-5: For the beginning of cell structure Boyle's Law tells us that, "like attracts like" at the cell stole. The system has programmed the amino acids for building up of various organs.
CLASS 1-5: If you've got the diet for your frequency then those amino acids are going to have the mineral so that your cells are going to be made perfectly, and there is going to be no loss of energy.
CLASS 1-5: If an amino acid is programmed for the brain and it goes by the heart, the heart will not pull it out because it is easier for the brain to pull it out, the line of least resistance applied from Boyle's Law, like attracts like, all the stuff that is like it tends to drop off that way. If we were to liken this little latticework to the milli-micronage aspect of this and you had two cogs here, one that fits and one that didn't, nature will pull out the one that fits. The line of least resistance of this is it'll fit right in there very easily and that is where you get the "like attracts like" and that is why we say Boyle's Law again. Now this aspect has not been explained by anyone else in the world, this is something new.
CLASS 1-5: Carbon in its softest form is a sponge (that's what a sponge is) and carbon in its hardest form is a diamond. The carbon in the body is the governor for water, and the carbons plus (N x 6.25) = proteins, and it is that step that completes the cycle of the manufacture of one complete amino acid cell. NOTE: *Be wary of the term "cell" as used here.*
CLASS 1-5: The blood is a transportation system for amino acids.
CLASS 1-5: The transformer glands have the job of finishing the ionization of amino acids for specific cells, and there is a specific transformer gland for each part of the body from the brain to the testes and the ovaries and so forth.
CLASS 1-5: If a distorted message, which is a malfunction, becomes the controlling factor in the vagus nerve then the malfunction can block the liver function as mineral is coming in. This is why Doc says, "Hate is the finest cancer seed in the world." It blocks the mineral coming in and when that happens it affects the programmed amino acid construction for the cell function which then has a response back to the brain, via the cranial nervous system.
CLASS 1-5: Remember, all of your energy comes from carbohydrates and carbohydrates are the sugars. If the energy comes from carbohydrates then the proteins transmit energy to the various parts of the body and store it also. Proteins both transmit and store the energy, and if that were not true there would not be any such thing as an amino acid. Amino acid stores protein and this is why the amino acid is so valuable to you.
CLOD: The liver manufactures amino acids.
CLOD: All diseases start with one or more of the vital organs which are controlled by the central nervous system, chiefly the liver, but then spreads to other organs because the liver is the one organ that manufactures the skeleton of the amino acid for all the other organs, and the amino acid is the building block that we live on.
CLOD: The liver dumps this unfinished amino acid into the bloodstream. The bloodstream takes it by some 284 transformer glands in our body. It then either adds anionic or cationic energy to the amino acid, or gives off something through the glands, according to the magnetic micronage structure attraction of the glands. As the blood carries the amino acids through the body they become the building blocks for our system. Each organ takes the kind of building block from the amino acid in cationic form that it needs to rebuild and restore and keep perfect that organ.
CLOD: The reason the liver is not manufacturing enough glycogen is that there are not enough calciums of the right kind present. Therefore the liver doesn't have the material to make the amino acids that the pancreas needs to manufacture the thyroxine to control the body weight.
DUNLAP: A weak liver is not strong enough to break proteins down completely. This causes a build-up of unwanted amino acids. These acids are urea. An accumulation of amino acids hinders proper tissue metabolism and oxygenation. This situation interferes with all muscles. The muscle that will suffer first and most will be the heart.
EUGENE REAMS: Insulin is a protein made up of fifty amino acids as two peptide chains linked by sulfur bridges. It has been found that the pancreas of a diabetic contains only one-seventh the amount of zinc compared to the pancreas of a non-diabetic which produces adequate insulin. Zinc deficiencies are usually a result of a lack of adequate hydrochloric acid in the stomach.
FONTENOT: The top number [NN] is an indication of how well the body handles proteins, and the higher the number, the weaker the liver and/or the production of pancreatic enzymes. If these unwanted amino acids build up in the blood and tissues, they interfere with the exchange of new cells.
ION INSTITUTE: The most important function of iron is the bonding with calcium, Vitamin C, copper and amino acids for the manufacture of hemoglobin, myoglobin and the pigment of red blood corpuscles .
JESSE: The amount of urea excreted into the urine indicates the potential amount of amino acid catabolism. It may also indicate the amount of protein in the diet as well as the efficiency of the digestive tract.
JESSE: As we have seen earlier in this book the health of the body depends on the normal function of the digestive

tract, and this is measured by the Ionictherapy [RBTI] Test. The protein elements in our food are normally broken down in the gastrointestinal tract to produce amino acids. Therefore the digestive tract is the first line of defense against allergenic proteins being absorbed into the bloodstream. However, if undigested food proteins (peptides) do enter the blood-stream, the immune system activates specific white blood cells to engulf, digest and destroy the undigested food substances. When both the above protective mechanisms are malfunctioning, food intolerance symptoms result, such as chronic eczema, hay fever, bronchitis, asthma and other respiratory disorders, rheumatoid arthritis, depression, schizophrenia, migraines and many other conditions.
JOHNSON: Nitrate nitrogen relates to digestion in the small intestine. High numbers indicate an excess of amino acids with stress on the liver, pancreas, heart and kidneys.
JOHNSON: If liver function is weak, many proteins are broken down incompletely, causing a buildup of unwanted amino acids.
MANTHEI: Student: What's your definition of a corpuscle? Reams: It is an amino acid. An amino acid that has a high variable. In other words it's strictly made by ionization.
MANTHEI: The thing about it is when your body starts to build an amino acid, which is what we're really talking about here, it must put the nitrogen in first.
MANTHEI: How does chemotherapy destroy the liver, or what does it do to the liver? Student: Makes it hard as stone. Manthei: No. That is cirrhosis. It destroys the nerve cells, the little nerve fibers that are involved here in these little sacs, these little reservoirs. It destroys them so that the liver is unable to make normal amino acids.
MANTHEI: The thing about it is when your body starts to build an amino acid, which is what we're really talking about here, it must put the nitrogen in first.
REAMS ANALYSIS: Anytime there is double acid, there is extreme mineral deficiency especially of the calcium. The liver is not getting the minerals it needs to manufacture a sufficient amount of amino acids to maintain the reserve energy and thus you have a great loss of reserve energy. This person is getter sicker as you sit there and look at them.
REAMS/MANTHEI COOKING: When your body starts to build an amino acid cell, which is what we're really talking about here, amino acids – when your body starts to build it, it must put the nitrogen in first.
NOTE: *Conventional science speaks to a total of about 500 amino acids, with 20 classified as essential and the human body unable to synthesize 9 or so (supposedly these must come directly from food). It does not take deep study to realize that Reams wanted us to understand far more about amino acids---particularly that while one amino acid might be programmed for the heart, another was set up for, say, a kidney. Another point is that it is not always easy for a specifically programmed skeleton amino acid to find its way to its intended home. Exercise and such as Sitz baths make fine sense when the consultant realizes that. The diligent RBTI student may find benefit from returning to this necessarily long Desk Reference entry time and again.*
NOTE: *Interestingly, neither Promise Outreach, Reams/Black, Reams/Skow, Kirban, Session 1-1975, nor Davis mention "amino" and I have yet to discover substitute terms. This seems odd considering "amino" is a key part of Reams' outline for constructing cells. "Amino" is mentioned over 1400 times in the remaining literature. Blaming transcription errors does not appear fruitful.*

ACID, HYDROCHLORIC-HCl

`ACID, HYDROCHLORIC-HCl
ACRES USA: Another reason for a sluggish liver is that the person may be eating large amounts of certain foods which put stress on the liver. I'm referring to foods such as nuts & nut butters, meat, whole milk, and cheese. These foods require lots of hydrochloric acid for their digestion. The liver, which must produce the acid, wears down trying to meet the demand.
ARM: Our livers manufacture bile or hydrochloric acid and it's an alkaline substance, an anionic substance.
ARM: When the liver takes in calcium from your food and it does not have enough oxygen to turn that into hydrochloric acid, then it oxidizes in the liver, and you have cirrhosis of the liver.
BEDDOE: All foods that we eat are cationic, with the exception of lemon. This is one reason why we recommend fresh lemon juice water or lemonade: it is nature's form of natural dilute hydrochloric acid, and the liver can take lemon juice when it is taken systematically, and in not too large amounts, and convert it into enzymes with less chemical change than any other natural substance known to man. Then the body begins to take on more calciums and corrects these conditions. The next best substance to use would be a man-made substance: hydrochloric acid tablets. If the mineral deficiency condition has existed a long time, a person will need both the lemonade and the tablets.
BEDDOE: He may take the powdered protein and the betaine HCl, along with plenty of rest, and the urea still does not come up enough. When this happens, it will be necessary for him to use a liquid, predigested protein.
CHALLEN: Some people say that they can't drink lemonade because it makes them sick at their stomach. That's good, that is exactly what we want to happen, so the liver will flush out those crusty hydrochloric acid droplets that shouldn't be in there, to get it out and start rebuilding it anew.
CHALLEN: Low pH take hydrochloric acid tablets - when high pH do not need tablets.
C.H.E.M: HCl is an alkaline substance (base) and not an acid. This is only a technical point that should be kept in mind, but for the purpose of continuity we'll call it Hydrochloric acid.
CLASS 1-5: When someone has changed their diet and is going through withdrawal they are often nauseous, and feel like vomiting. We want them to vomit, and if they don't then the cells that flush from the liver will go out in the form of a hydrochloric acid and will burn you very, very badly in the rectal area, it won't blister but you'll think it does.
CLASS 1-5: For years it's been taught that hydrochloric acid (HCl) is an acid, but using the rotation characteristics of anions and cations it turns out that HCl is really a base because the electrons travel in a clockwise direction according to

the oscilloscope, the opposite direction to an acid, and that has everything in the world to do with digesting your foods and gaining energy.
CLASS 1-5: It states in medical books that the stomach produces hydrochloric acid in the cells in the lining of the stomach, but it does not. It stores it there but it does not produce it there. The liver manufactures the hydrochloric acid and between meals the stomach stores this hydrochloric acid in the cells in the lining of the stomach so that it can secrete it at the right time.
CLASS 1-5: The liver is the origin of the stomach's HCl and it moves the ionized particles that comprise it, a little bit at a time, to the storage sacs of the stomach, and all of this does not go through the bloodstream, some of it goes direct and some of it goes by the ionization that takes place within our bodies.
CLASS 1-5: If hydrochloric acid were not a base you would not take HCl tablets to help digest your food, because the liver bile and gastric juice should be anionic.
CLOD: It is rather strange too that we call hydrochloric acid an acid when it really isn't an acid, it is a base. In bases the electrons are anionic, therefore they travel clockwise in the molecule, and acids are cationic and therefore travel counterclockwise. So this is the actual physical difference between an acid and a base. The foods that go into our stomach are cationic, when the bile is released it gives off heat and electrical energy in both anionic and cationic form.
KIRBAN: The liver manufactures bile, which is an anionic substance with a hydrochloric base. The lemon juice can be converted into millions of different enzymes necessary to maintain life throughout our lives. It can be converted into these enzymes with less chemical change than any other natural substance known to man. However, there are people who are allergic to lemons. Then we use vegetable juices.
EUGENE REAMS: Another easy method to determine HCl deficiency is looking at the tongue to see if there is any coating. A coating on the tongue is a result of undigested proteins in the intestines and colon, attached to undigested sugars which have already stuck to the wall. Undigested sugars are sticky because the first step in complex carbohydrate digestion produces a material called dextrin, which is sticky like the substance on the back of a postage stamp.
ION INSTITUTE: God has placed in man a marvelous defense mechanism, digestion. A healthy properly functioning digestive tract will secrete a concentrated hydrochloric acid (HCl) and all the enzymes necessary to digest the food from each meal and destroy (digest) any eggs, larva, worms or parasites as well.
MANTHEI: This substance plus the hydrochloric acid, which is found in the stomach but actually manufactured by the liver and stored in the lining of the stomach, is also anionic. These substances are extremely important in our digestive process.
MANTHEI: Use calciums so the liver can manufacture a stronger, more concentrated bile with a greater concentration of HCl to get more energy out of the food eaten.
REAMS/BLACK: We are going to learn this because the liver produces a substance called bile which is a hydrochloric base, better known as a hydrochloric acid. A base is made up with anions as electrons and acids are made up with a substance with cations as electrons. And that is the difference between an acid and a base. It's the direction in which the electron travels in orbit.
REAMS/MANTHEI COOKING: Now this is something else that people think they can fool these numbers. They cannot fool these numbers. If they're told to drink it on time, drink it on time. Now it is a must, if they can drink it. There are one or two signs that you can go by that people cannot drink it. And one is that the body will retain water they'll become puffy. I've seen a leg this big around at the ankles when they are small, or their legs or their arms become flabby because the kidneys could not throw the water out. Others it just gives them such a backache they can't stand. They just haven't been taken through a retreat through a fast properly yet in order to do it to keep the lemonade from making them ill. And a lot of them say, "Oh, I can't drink lemonade. It makes me sick to my stomach." Thats exactly what we want to happen. We want them sick at their stomach. Want you to upchuck. We want the liver to flush. Thats a part of it. Thats why we want you in retreat is in order to get the liver to flush out those crusty hydrochloric acid droplets that shouldn't be in there to get it out and start rebuilding it anew.
SESSION 1-1975: Lemon juice is the only natural hydrochloric acid in all of nature that I know of and I have analyzed over a quarter million different foods from all over the world and this is the only one that I know of is the lemon water. The liver manufactures a hydrochloric acid also, called bile and in bile there are probably six billion different enzymes that are needed for health or the foundation for them are manufactured by the liver to feed the various glands in our body.
NOTE: Hydrochloric acid (HCl) is an aqueous solution of hydrogen and chloride. *Betaine HCl, hydrochloric acid tablets, and HCl tablets are the same. Please be assured that until the reader understands Reams' insistance that stomach hydrochloric acid is viewed as a base---an anionic base---they have no lasting hope of understanding how to treat a client via RBTI methods. This is a major stumbling block for many semi-RBTI consultants that in turn dashes any hope of countless sick to regain their health.*

ACID, MINOR TYPES

`ACID, MINOR TYPES
BEDDOE: Vitamin B-15 (known as pangamic acid) and Vitamin B-17 (known as laetrile or amygdalin) help the body pick up Vitamin C.
BEDDOE: Alkaloids are organic salts of acids like acetic, oxalic, lactic, tartaric, and fumaric, that are produced by various plants and usually taste very bitter. Some plant alkaloids are very well known, such as nicotine, belladonna, coca, and opium.
BEDDOE: Exercise that works the large muscles of your body, causes the muscles to produce a by-product that is very acid. It is called lactic acid. What we have found is that people who have pHs below 6.2 can make their [urine] pH

more acid by hard exercise.
BEDDOE: Anaerobic Glycolysis: The breakdown of carbohydrates, for energy, by enzymes in the absence of oxygen into lactic acid. Typically, degenerative tissue functions in this way.
BEDDOE: White vinegar is acetic acid, which is not good for the liver, even though the liver can tolerate it best when the body's pH is above 6.4. When the body's pH is below 6.2 it is especially toxic to the liver's valuable functions. Even what is considered the "good" vinegar, real apple cider vinegar (which is malic acid), is not good for the liver in body pH ranges below 6.2. Whereas, in pH ranges above 6.4 the real apple cider vinegar can be a valuable ingredient to be a small part of the diet on behalf of the liver.
BEDDOE: Cells that are functioning using aerobic respiration (requiring oxygen) are able to utilize a much larger portion of energy available from the sugars than cells functioning in anaerobic respiration, which results in the production of lactic acid.
BEDDOE: Hard physical exercise will produce a higher level of metabolic waste acids, called lactic acid, from the muscles. This is where rest can be very valuable in helping control the body chemistry when encountering a cationic excess.
CHALLEN: Baking soda will help to neutralize the acetic acid that is in eggplant.
CHALLEN: Rickets are caused from a lack of calcium in the diet, lack of Vitamin D (from milk, sun, and butter), excessive amounts of phytic acid.
CHALLEN: Testosterone is manufactured in the testicles - when have shortage, then schizophrenia can develop. When there is a shortage use Niacin (B-3) - nicotinic acid.
CHALLEN: Best source of folic acid is wine.
CHALLEN: The skin of the navel orange is a very good laxative because it does not have much citric acid in it.
CHALLEN: Acetic acid (sweet pickle vinegar)
CLASS 1-5: You need to understand the difference in "urea" and "uric acid." Uric acid arises because of the acetic factor in the urine, and urea is undigested proteins. They are two different things entirely and don't get them confused. Uric acid is the acetic acid that's in the system which has no direct bearing whatsoever on the ureas. For instance urine that has high ureas smells like ammonia, and there is a lot of foam in it when a man urinates into water. The other, the uric acid, for instance you have burning when you urinate and that's uric acid, that's the acetic acid, two different things altogether.
CLASS 1-5: ...it's the uric acid, the acetic acid that damages the lining of the urethra which then causes the salt, the ureas salts or sodium chloride or chloride salts that are being thrown out of the body, to do the burning. Like putting salt in a cut...
CLASS 1-5: Resistance. If you take 2 substances with a different pH and you put them together they're going to synchronize or level off, or two cationic substances such as a very dilute vinegar and a very strong vinegar, or acetic acid, and you put them together then they're going to level off to one level. Cations against cations, anions against anions or anions against cations are the measure of resistance.
CLOD: Many times women when they are pregnant crave sour pickles because their body is too alkaline, and they need more energy. By taking in something on the acid side (acetic acid or vinegar), it gives them more energy from their food, and therefore supplies the body with the energy needed to produce another person.
EUGENE REAMS: When the calcium from the bones enters the overly phosphoric acid environment, it is rendered unavailable and may be deposited on the outside of joints if there is not enough joint lubrication.
EUGENE REAMS: When ionization in the body is working properly certain interrelationships between the numbers can be seen. One of these is when the sugars increase, the salts also increase. This happens because the sugars and salts become more concentrated due to lack of fluid. When sugars decrease, salt decreases because they become more dilute. When this interrelationship fails to occur, the breakdown of hydrocarbons (fats and oils) is not properly taking place. Linoleic and linolenic acids are always absent in adequate quantities when the body cannot properly digest oils. Raw linseed oil in its unrefined form that contains the golden yellow color is one of the richest sources of linoleic and linolenic acids. Linseed oil comes from flax seed. Flax seed is also lubrication for the colon.
REAMS ANALYSIS: [About fresh lemon juice] The liver needs energy in large quantities to maintain its enzyme systems, its role as a body detoxifier, the Citric acid cycle, bile production and approximately 1600 other daily roles utilizing an estimated six billion enzymes.
REAMS/BLACK: ...there's a substance in the skin made from acetic acid called tannin. And this tannin also prevents, toughens the skin, the tannin is made from copper and zinc. And it gathers into the skin and formulates the cell structure of the skin, that bounces the ray of sun...
REAMS/MANTHEI COOKING: Manthei: Now also you've said something about adding a little bit of bicarbonate of soda and citric acid to the beans as they are cooking to help decrease the gas? Reams: Actually, acetic acid. Sweet pickle vinegar is acetic acid.
REAMS/MANTHEI COOKING: And eggplant has acetic acid in it, and therefore that should be removed from the vegetable before it's made into a soup. So do not try to peel it as thickly as possible; just peel it under the skin. And then you need to soak it in salty water for 30 minutes to remove the acetic acid.
REAMS/SKOW COOKING: The question is she uses a substance [summer savory] that decreases the gas in beans. It's probably a base of bicarbonate of soda, possibly some citric acid added to it, and that causes the bean to digest slower and it doesn't form the gas. The quicker the bean digests, the more gas it forms.
SESSION 1-1975: [Suggesting pH reagents be used instead of pH meters] They're safe and you know what you're doing, because this solution will not pick up the metallic content. It will only measure the amount of actually acetic acids and other kind of acids and it will let the minerals alone.

ACID, SULFURIC

`ACID, SULFURIC
ARM: You can make it [hydrogen peroxide] raw, right out of the sulfuric acid. Keep the water churning; keep adding just a few drops every few minutes until the water becomes like milk.
ARM: Sulfuric acid: This scale of pH is measured on the scale of 00 sulfuric acid to pure unadulterated calcium of 14. Seven is considered neutral. However this is measurement of resistance. Please remember that. It is not a measure of salt. However, you will use various phosphates in order to correct, or to bring, the pH back to normal.
BEDDOE: In pure sulfuric acid, the electrical energy can travel at the speed of light because of very little resistance.
CHALLEN: Sulfuric acid is the father of all acids because it destroys everything.
C.H.E.M: Pure sulfuric acid has a pH of 00 and pure calcium has a pH of 14.
CLASS 1-5: Now calcium is always anionic, or alkaline, and there is no exception. If you were to combine anionic calcium with, say, cationic sulfuric acid in a test tube then the calcium will appear to be cationic, or acid, but it is still calcium and calcium is always an anionic substance, anywhere, anytime, any place, on the bottom of the ocean, in the ocean water, in the soil, in a seashell, or anywhere else, it is constant.
CLASS 1-5: The current pH system is based on a logarithmic scale and the end points were determined by taking sulfuric acid, H2SO4 (the father of all acids) at the most cationic end at 00. This is the greatest resisting thing that there is in all chemicals on the cation side, there is nothing that has greater cationic resistance than this.
ION INSTITUTE: Pure sulfuric acid has a pH of 00 and pure calcium has a pH of 14.
MOSES: In the hydrogen atom is one anion and one cation. It is a circle, and from this I developed a pH system. I had 6 as the middle neutral number of the pH scale, with 00 being sulfuric acid, which is as acid as anything can get. I had 12 as the top number of alkalinity, which is pure calcium. Someone else used 00 to 14, with 7 as the neutral number, 14 being top of the pH scale, which is pure calcium. My scale of 00 to 12 was in use about a year before the 00 to 14 scale was published.
REAMS/BLACK: Gypsum is calcium oxide treated with sulfuric acid.
SESSION 1-1975: You'll also notice that you have a box of baking soda on the table. In case if you get any of this sulfuric acid on your hand accidentally just put some soda on it and it will neutralize it instantaneously.

ACIDOPHILUS

`ACIDOPHILUS
ANATOMY: The aerobic bacteria, the richest source is yogurt. But then if your numbers indicate it, do not forget the other cultured milk products such as acidophilus milk, buttermilk, and kefir milk.
ARM: Use acidophilus only when the system is highly alkaline.
ARM: Never give a person lactate if pH is less than 6.20. No buttermilk nor acidophilus.
BEDDOE: After having colonic therapy, it is a good idea to use foods or supplements that help reinforce the aerobic bacteria of the bowel. Use a cup of plain yogurt, or several capsules of acidophilus supplements.
CHALLEN: A person should not drink acidophilus milk if their pH is low.
CHALLEN: Below [urine pH] 6.2, use yogurt, and above [urine pH] 6.8, use acidophilus or buttermilk.
C.H.E.M: Always replenish the flora after enemas, colonic, or colemas. May use yogurt or acidophilus. Acidophilus will affect the pH, so for acid chemistry, use an alkaline strain of flora.
CLASS 1-5: If you give buttermilk or acidophilus to people with low acid pH you are aggravating the condition and you're making them worse.
CLASS 1-5: When the pH is above 6.40 they can have the lactate type (acid) products: buttermilk, whey (which is bacterial liquor), and acidophilus culture.
CLASS 1-5: But most people don't even know the difference, for instance your yogurt is a calcium gluconate, almost a neutral, but acidophilus and buttermilk or others in that field are a lactate.
CLASS 1-5: Type 2 is the Gypsum group which is derived from sour milks and includes acidophilus, buttermilk, whey, kefir and cottage cheese. Type 2 should only be used when the pH is above 6.40.
DUNLAP: Yogurt, buttermilk, kefir milk and acidophilus would be good for people with high [urine] pH.
DUNLAP: With acid pH, avoid acidophilus and buttermilk, but yogurt is acceptable.
EUGENE REAMS: Most frozen yogurt, which is actually acidophilus, contains sugar and should be avoided.
EUGENE REAMS: Many individuals will not take yeast because they fear it will cause yeast infections. According to Rodale's Press, acidophilus keeps the harmful yeast under control.
JESSE: It has been shown that hydrogen peroxide will kill bacteria in the intestinal tract including lactobacillus acidophilus, which is necessary for the maintenance of good health.
JOHNSON: Yogurt is always recommended. Acidophilus milk when the urine pH is alkaline.
MANTHEI: The type of bacteria that creates buttermilk, acidophilus milk, and kefir milk helps to bring down a high pH.
MANTHEI: Dannon is an acidophilus; it's tart. It does not have a sweet taste to it.
MANTHEI: Student: So that's why yogurt works, because of the calcium in it? Reams: No, sir. For instance, yogurt has calcium gluconate in it. Acidophilus has calcium lactate in it. If you already have enough of that one, it won't work--you'll still have the problem.
REAMS/BLACK: Reams: Buttermilk would have hormones in it, yes. Yogurt, acidophilus.
REAMS/MANTHEI COOKING: The difference in acidophilus and yogurt is yogurt has a pH about 6.40 and acidophilus has about 5.40.
REAMS/MANTHEI COOKING: Buttermilk, acidophilus milk, and kefir milk---the bacteria that are used to make those

cultured milk products are all rich in calcium lactate, and calcium lactate helps to lower a high pH.
SESSION 1-1975: Also in making yogurt, yogurt is a gluconate, but acidophilus is a lactate.
SESSION 1-1975: But acidophilus is quite acid. It's quite tart. And yogurt is almost a neutral pH.

ACIDOSIS

`ACIDOSIS
ANATOMY: Manthei: pH of the blood should be 7.3, and if it starts to drop a little, 7.28, 7.27, 7.26, and that person is having problems, that's an acute potassium deficiency. In some cases the only way you can get it into a person is with an IV in a hospital. Student: That's what they did with my daughter. Her blood pH was 6.7 and the only way they could bring her out of it was give her an IV. Manthei: That's right, but that's an acidosis kind of situation. Very common with diabetics.
ARM: The blood of the body has to be maintained in a narrow margin of pH; otherwise you run into alkalosis or acidosis.
BEDDOE BI: Up until this time, it had been felt that blood sugar problems were only a factor of selective disordered insulin production. However, it has been found that the most seriously curtailed function is that of the production of bicarbonate and proteolytic enzymes. This discovery has pointed to the fact that when acidosis is a result of carbohydrate problems it is not only due to the incomplete metabolism of carbohydrates, lipids, and proteins, but also due to loss of production of bicarbonate by the pancreas.
BEDDOE BI: A double acid situation like this [example 5.4/5.9] is very dangerous. It would not take much to push this chemistry into acidosis. These persons over the age of 12 will be very tired.
CLASS 1-5: [example given: 5.30/5.10] What I'm trying to show you here as long as these numbers, the sugar and pH's (representing the "energy in"), are coming toward the perfect equation they're gaining energy. But suppose the second day that she was in there and you had her on a fast, strictly the lemonade and water for the first day, and it [urea] dropped to 2 over 4 and the urine pH dropped to 5.0. What's happening here is you're losing a patient and you'd better do something real fast because you really have a problem on your hands. This is acidosis.
CLASS 1-5: There is no leukemia in this [example 4.90/5.20] case and it also would be an acidosis situation, and a pH of 4.80 is either a faulty reading or they're near dead. This patient is in pretty bad shape but the only reason that they're not near dead is because of their weight [5'10" 210 lb female], nature is drawing on the stored up fat.
JESSE: Should the body not be able to remove these wastes quickly enough, an alkaline condition develops, which, in time, as the wastes multiply, sends the body tissues into a state of acidosis.
JESSE: The yeasts and their toxic wastes often enter the blood-stream through inflamed, weakened and distended intestines. This produces a state of acidosis with the pH becoming very acid.
JOHNSON: Urine pH below 4.5 indicates dangerous acidosis, Get the patient to a hospital; he may need bicarbonate intravenously.

ACNE

`ACNE
ARM: When people have acne, I give them the food [diet] and correct the condition without naming the disease.
ARM: How do I know there's an acne there? Vitamin A and C deficient.
BEDDOE: Acne Pattern: Reflected in an increase in anionic ratios which push excessive energy into skin resulting in thickening of the skin itself. Excess energy is unusable and will result in toxicity which the body will try to remove via the skin resulting in skin lesions (pimples, boils, etc.). Especially true when anionic ratios are slowing digestion severely resulting in excess toxicity for of lack proper elimination.
BEDDOE: With the pHs shifted to a strong anionic ratio, the person would be more deficient in iron and a strong candidate for acne, but would not be as likely to have menstrual cramps.
CHALLEN: Acne - Not enough water and too many carbohydrate foods.
CLASS 1-5: Now I know there is acne there because there are more poisons inside than can get out through the normal channel so it's got to come out through the skin, and acne is caused by a deficiency of Vitamin A and Vitamin C. So, you've got a Vitamin C deficiency therefore you've got a minor case of acne.
CLASS 1-5: You would notice about this fellow, his skin is very oily and there would be some blackheads or acne showing on it because of the poor elimination. The liver is way too alkaline, his food is digesting too slowly, he has barely enough energy to go and his body would be retaining too much oil.
DUNLAP: The lemon may be used externally. People with acne wash their faces with lemon juice. It destroys the bacteria associated with the lesions as it cuts the oil on the skin and acts as a mild antiseptic.
EUGENE REAMS: Children and teenagers who have a severe acne problem and are given zinc and Vitamin A and don't respond, do respond when HCl is added to their diets.
PROMISE OUTREACH: Skin rashes can vary greatly, from eczema, to acne, to psoriasis and dozens of types in between. The first step is to balance the sugars and pH and be sure the organs of elimination are functioning well.
REAMS/BLACK: Acne is always caused because the patient does not drink enough water and uses too much iodine. Iodized salt will aggravate acne. Or too much meats and not enough raw vegetables. Too much sweets for their body chemistry. It's a malfunctioning of the body chemistry. I've never seen a case of acne that couldn't be handled with diet.

ACUPUNCTURE

`ACUPUNCTURE
ARM: Acupuncture glands, or transformer glands, let you know whether or not blood is circulating properly through the primary and secondary organs. They are controlled through the spinal column.

ARM: When the glands in your neck swell, or acupuncture glands, blood not properly circulating, become swollen; it is a Vitamin C deficiency.
BEDDOE: Now take a look at the last line of Figure 7—4. This says Yin Illnesses on one side and Yang Illnesses on the other side. These lines were included to show how oriental medicine, as expressed in acupuncture theory, is related to the body chemistry patterns.
CHALLEN: Acupuncture glands (transformer glands) are controlled through the spinal column - these glands determine whether an organ receives enough blood. If the glands in the neck are affected, there is a Vitamin C deficiency.
CHALLEN: Acupuncture gland for menstrual cycle is under breast.
CLASS 1-5: If you want to know where the transformer glands are you could check the acupuncture points, but they're not in the same place on every person. There are many more acupuncture points than 284 but a lot of transformer glands are on the acupuncture points. Acupuncture has nothing to do with increasing the reserve energy. It just makes the transformer glands work a little bit better, a bit more efficiently.
CLASS 1-5: Indigestion affects the approximately 284 transformer glands and only a few of them have been named as yet. You need to get a book on acupuncture to show you where the transformer glands are in the body, and they're not in the same place in every person, they're a variable.
JESSE: The study of ionization is the study of the electromagnetic function of the total biological organism. Once we begin to appreciate this concept, many other unrelated factors begin to fall into place. This is found to be especially true in the practice of Chiropractic, Homeopathy and Acupuncture.
SESSION 1-1975: Student: What's this gland called? Reams: It's just a gland. That's all it says, just a gland. There's a lot of glands without any names. It's an acupuncture gland that you work on. But do not bruise it. It must be handled softly and easily.

ADDICTIONS/CRAVINGS

`ADDICTIONS/CRAVINGS
ACRES USA: Reams: Once the liver and pancreas are functioning properly, the patients can go from meal to meal - five hours apart - without a single snack. They can eat a wide variety of foods - including many carbohydrates - without fear of low blood sugar. Incidentally, the craving for sweets disappears for good.
ARM: Craving for cigarettes and whiskey comes from too much acid in the system.
ARM: If your body chemistry is not perfect, you will crave that which you have too much of.
BEDDOE: Interestingly, this type of toxic reaction can work just like a drug craving in many people. When the level of unusable energy begins to lower it triggers a chemical reaction that causes a person to crave the very substance that is toxic to them. The body has, therefore, developed a tolerance level which it interprets as a false need.
BEDDOE: Since the brain's electric energy is so vital for the necessary magnetic effects in the liver, anything that alters the electric flow to the liver will alter the magnetism the same way. What would alter the electrical flow to the liver? A mind, not in "perfect peace," will be subject to varying amounts of phobias, frustrations, anxieties, guilt, hate, cravings, depressions, etc.
CHALLEN: If the chemistry is not perfect, then one will crave things that they have too much of.
CHALLEN: If you crave something, then have a little too much estrogen or testosterone.
C.H.E.M: Another factor to be considered is that you tend to crave what the body already has too much of. That further complicates matters. The last thing a person needs with high ureas is a high protein diet or if one has a high urinary sugar they do not need more carbohydrates in their diet.
CLASS 1-5: It's very easy for anybody to be healthy, but to be sick you've got to work at it, you've got to break all the rules, you've got to be very choosy about your foods, "I don't like this", "I don't like that" and then you get to the place where your body chemistry will crave the thing that you do NOT need and that it has too much of. This is what you'll crave most.
CLASS 1-5: Addictions often start about the time that a person comes into puberty and it may originate in one of two ways like this: 1) the soils are deficient in soluble calcium and the foods grown on those soils are also deficient in calcium and other minerals like manganese. When the food is eaten, the lack of calcium weakens the digestive juice and so manganese is not available to the body and 2) Young teenagers tend to be junk food faddists and this is the time they are coming into young manhood or young womanhood. For women at this time they will start to need 7 times more calcium each day than a man.
CLOD: They eat in order to overcome the nervousness. In eating they are trying to get more calciums and yet the body doesn't pick it up. Nature is craving food like an alcoholic craves his drink, as a person who is on pot craves dope. Hence the gaining of weight. Also, we find that by eating it helps to control temper. If these persons don't eat they become very irritable, and very difficult to live with.
CLOD: Caffeine is a stimulant for the heart, and if you are inebriated by [addicted to] caffeine then please do not quit coffee quickly.
EUGENE REAMS: People with glucose handling problems find it difficult to stay on a glucose free diet. Without fructose, they succumb to this uncontrollable craving. It has been found that when fructose is given on a controlled basis to alcoholics, the craving for alcohol is greatly reduced. Fructose has another advantage. When added to the diet of the obese, food cravings diminish. Hunger is brought on by low sugars. Many times the adrenal glands are so exhausted they can't produce enough epinephrine to convert glycogen back to glucose.
EUGENE REAMS: Inorganic substances do not contain carbon. Salts that contain carbon come from celery and whey. Whey is the clear liquid left as residue of milk after separation of fat and casein (curd). Individuals with high salts need to flush out the high salt and use organic salts to help the system to heal. The intake of organic salts helps eliminate the

craving of inorganic salts over a period of time. NOTE: *Eugene, Dr. Reams' son, worked at his side for many years. It is odd that his thoughts on craving appear to be so different from his father or any other RBTI notable.*
MANTHEId: If you don't have enough [hormone] being produced, then it's very easy to develop cravings, and to get hooked on something – cigarettes. So, if you don't get enough produced, then you'll develop cravings, and you'll get hooked on something – cigarettes, alcohol, dope, white potatoes, cherry pie, Doritos. It doesn't matter what it is, something you'll get hooked on.
PROMISE OUTREACH: Calcium is needed when there is emotional dependence, addictions, muscle cramps, "nerves."
REAMS ANALYSIS: Usually the body will crave what it needs for proper health, if it isn't an addiction. NOTE: *Please review the Eugene Reams entry above.*
REAMS/MANTHEI COOKING: The more nourishing you prepare food, the less craving you'll have for meat.
REAMS/SKOW COOKING: If people have a craving for pork that they cannot get around, you've just got to have it occasionally, get smoked turkey and cover it with sauerkraut in a casserole with lid, steam for 40 minutes, and you've got your "pork."
NOTE: *Be wary: some authors claim craving is for what you already have enough of and others say you will instead crave what you need. The student should consult their teacher to help differentiate between craving for a specific substance and the urge to gorge or overeat in general.*

ADDITIVES/PRESERVATIVES

`ADDITIVES/PRESERVATIVES
ANATOMY: If you have a weakened area and you take in food additives or preservatives, or some of these other substances that the orthodox community wants to say are carcinogenic or cancer causing, sure they may reside in that area where it's already weakened, but they were not the initial cause.
ANATOMY: Now, as we brought out in the morning lecture, the omega cells in the area, or in some cases the delta cells, could be weakened areas which are going to take on additives or preservatives or some other chemical substance that, once that is turned loose might create a reaction, or might cause a problem in the body.
ARM: Food that is so poor in quality that it requires a high amount of additives to keep it from rotting is mineral deficient. The more mineral deficient the food is, to prevent it from decaying, the more dangerous it is.
BEDDOE: Remember though, that it is best to avoid the majority of prepared meats because of the nitrates that are used for a preservative.
CHALLEN: The major preservative in corned beef is potassium nitrate or saltpeter.
CHALLEN: Decaffeinated coffee will kill you. They use an acid to remove the caffeine and then to keep the coffee from spoiling they add a lot of preservatives to the coffee. There isn't anything in the world that has as many preservatives in it as decaffeinated coffee.
CHALLEN: Bring the water to a boil and then let simmer for one hour (this will remove the fat, blood, and preservatives out of the [corned] beef).
CLASS 1-5: In your choice of foods go by the numbers and do your best. For instance, there are things that I would desire but it's not possible, I would like to get a lot of foods as natural as I can with no preservatives in them but it's impossible. People make all kinds of complaints about the foods we serve, yet we're getting results.
CLASS 1-5: People who have a low undigested protein content should eat the meats, the all-beef wieners, all-beef baloney and so forth with the saltpeter in it, which is a preservative, and can do so without harm. However, a person with a high undigested protein in their system is only buying tickets to the cemetery for a pectoris heart attack if he uses any of the luncheon meats because it's too high in potassium nitrate which is a preservative for the meat so therefore be careful if you have high ureas.
CLOD: Some people are so afraid of food additives until the fear of the food additive does them more harm than the additive itself.
CLOD: These additives make our foods safer and have a more lasting result than all the vaccines that some doctors give.
DAILY: More damage has been done with coffee, dyed processed oriental teas, alcohol, drugs, etc., than has been done by all the food preservatives put together.
FONTENOT: In addition to these two additives [fluoride/chlorine], the water companies are permitted by law to insert numerous other chemicals into the water to "kill the bacteria" ignoring the fact that if these chemicals kill harmful bacteria, what are the side effects upon the human system?
KIRBAN: We need to eat as much fresh vegetables right out of the garden so we don't have to buy the food with all the additives that are put in them. I would never suggest you eat ice cream. It's embalmed! That is, unless you can buy it natural, without additives.
KIRBAN: With his goals redirected, Reams began to analyze fruits, orange juice, carrots, tomatoes and beans. He began to find a very great variation in the nutritional value of the foods. He found out that a carrot was not always a carrot because some of them contained up to 300 parts per million of iodine (or 300 millimeters of iodine per gram [transcription error]) while others only contained 2 parts of iodine. This was in the day before DDT and additives. Armed with this information Reams decided to study to become a dietitian. In his first year of instruction he became discouraged because all the teachers approached the subject of diet by teaching students to simply count calories. This meant nothing to Reams because anybody could count calories, but you could not evaluate how many calories any individual was going to get out of their foods.
MANTHEIb: When the body chemistry is abnormal, the moon, air pollution, lights, preservatives, additives, potatoes, pop, salt, crackers, sugar, white flour, etc., will adversely affect the body. Do not be concerned with what to avoid, but rather be concerned with what to include in the diet to strengthen the body chemistry and move the numbers closer to

perfect.
MANTHEI: Some people say that the canned and the prepared foods have lots of preservatives and should be avoided. They want you to read the labels. I admit that there are a few people, few and far between that do have an allergy to one or more of these preservatives or additives. But our foods are much safer today than they have ever been. These preservatives will not fit into our body chemistry just like a Volkswagen part will not fit onto a Cadillac. So there are times to avoid them and other times when you don't need to. What is food for one person may be poison for another. Don't throw out all processed foods and label them as "no-no" foods because some people may need that food and it will help their numbers come closer to perfect.
OLSZTA: Dr. Reams says that more damage has been done to human health by consuming processed oriental teas than all the food preservatives ever used.
REAMS/BLACK: I told you that unlearning was going to be difficult in this class. And you will find this to be true whenever you hear about this or that preservative causing cancer, it's not true, it is simply not true. And I'll tell you why. In weak tissue, in tissue that should not be, the blood cannot circulate in there to take out the old cells, you will find most any impure product that there is, but there is no man living that can tell whether you took that in through your digestive tract. Or if you took it in by ionization.
REAMS/MANTHEI COOKING: You have to go by the numbers on the preservatives. Some people can eat one, some can't; some can eat another. I prefer food where there is as little preservative as possible, but there are times whenever foods that we have would not be safe without some preservative in them. Of course, the people who argue about the damages of preservatives have exaggerated it terrifically in order to get someone to pay attention to them. But it's not quite as bad as they make out like. But if they told it like it was, no one would pay attention to them.
REAMS/SKOW COOKING: In the preparation in many of the meats today, they add potassium of nitrate or saltpeter, which is a preservative to keep them from spoiling. It would be better to add salt than saltpeter because saltpeter accumulates in the body and brings about maladies that shorten lives.
NOTE: Please also review the SUGAR SUBSTITUTES entry to help with understanding the treatment & handling of artificial chemicals in the body. When all is done, it appears to be best to remember to minimize artificial chemicals and "go by the numbers."

ADHESIONS

`ADHESIONS
ANATOMY: The weak spot is already there. In other words, there is an adhesion or something there, that creates a deficiency so the blood cannot pass through the capillary. So it is like a log jam in a river when a log gets caught on a rock, there is nowhere for it to go.
ANATOMY: Manthei: To me, it would be like an adhesion, which means there is a loss of Vitamin C. And so there is a base exchange that is less than normal, and we'll talk about that. But that is still a deficiency of Vitamin C. Correct? Reams: Yes.
ARM: Adhesions prevent the blood from circulating, develops a chain reaction.
ARM: If you have a sore or swelling, use a vibrator on it to circulate the blood. Adhesion is the word to use between cancer cell and perfect cell [i.e., delta]. Use ordinary diet for adhesions.
ARM: Fatty tumors, they call them. But they are not a tumor---a wattle, fat. They are not even adhesions, just a fat.
ARM: When you have a mineral lack in your diet, somewhere that cell begins not to give off enough energy; and an open space, in other words air, gives off a CO2 gas. This gas expands this cell, and then it fills with a fluid, and the cell is swollen. It restricts the next cell, and the next; and you have adhesions.
BEDDOE: According to Reams, a tumor forms when an adhesion (abnormal union of tissue) develops a core of dead cells.
BEDDOE: The higher the sugar, the further back the adhesion or tumor would be [in the brain] and the lower the sugar, the closer it would be to the front.
CHALLEN: This makes the cell swell, which is carcinoma. After several cells swell, it is an adhesion.
CHALLEN: Adhesion is similar to scar tissue.
CHALLEN: If the cells stay too long then C02 gas is formed, causing swelling which causes adhesions (which are really tumors).
CLASS 1-5: When you begin to study carcinoma you're going to be into adhesions in advanced stages.You're going to find all of it a mineral deficiency.
CLOD: If there is a mineral deficiency adhesions form and the flesh is hard. But if the mineral is sufficient then no adhesions form. If the mineral is plentiful there will not even be a scar left from the operation.
CLOD: All adhesions are caused by a mineral deficiency. Many times adhesions form within the body because of a mineral deficiency when there has not been any operation because the worn-out cells are swelled and there is not enough mineral to force them into the bloodstream, or to break them loose from the nerve ending, and for a new stolon [stole?] to form and a new cell to come into being.
CLOD: If the mineral is plentiful there will not even be a scar left from the operation. It may be a little lighter in color, or maybe a bit of a marking there for a few months, or even a few years, but there will be no adhesions.
KIRBAN: If this condition is allowed to continue, then an adhesion forms. The tissue becomes swollen.
KIRBAN: One symptom is when the breast begins to feel like little cords inside or like feeling like a ball of twine that has been put into a balloon and blown up; this is one of the first signs of adhesions forming in the nerves [tissues?] of the breast. Then you are said to have carcinoma of the breast.
MANTHEI: And when the lung cell is deteriorating, it's forming something like an adhesion.
MANTHEI: Adhesions inside the body are due to the same cause as stretch marks in the skin – a Vitamin C deficiency.

MANTHEI: Student: What causes adhesions in gallbladders? Reams: Generally spasms. Student: Is that the only thing? Reams: Also surgery or injury.
MANTHEI: When the lung cell dies, it dehydrates, and it resembles a burn. It will not let the blood ooze out into the lung like an omega cell normally would. It allows the other neighboring cells to operate without adhesion, or force, or swelling.

See also→ SCARS

ADRENAL

`ADRENAL
ANATOMY: Manthei: What form of nitrogen is that ammonia in the smelling salts? Cationic, is correct. And in some cases, when the adrenal glands are malfunctioning, you will notice that their ammoniacal nitrogen is down around four or sometimes even three, which is a lot lower than what it should be. Because there is not enough cationic Nitrogen and they will say they are tired. And it's because the adrenal glands cannot do what they are supposed to do. Adrenalin is made with calcium, Vitamin C, and Vitamin B-5. It could also need pantothenic acid. Adrenalin is one of the most powerful electrolytes there is in the body. Reams: If you have plenty of calcium it will prepare you to fight. If the calcium is low, it will prepare you to run.
ANATOMY: Manthei: Have any of you ever tasted adrenaline? Or, if you were able to taste it, what would it taste like? Student: Salty? Manthei: It would have a salty taste is correct because it is an electrolyte.
ANATOMY: Manthei: You cannot have plenty of adrenalin and a low sugar at the same time.
BEDDOE: Coffee, because it upsets the stomach, unnaturally stimulates the adrenal and related glands, aggravates high blood pressure and over stimulates the heart and the whole system, interfering with the natural biorhythm of the body.
BEDDOE: Exercise balances blood sugar. When the activity of the body increases, the adrenal glands raise their level of activity. Thus hormones that effect a better blood sugar response between the liver and pancreas are then released.
BEDDOE: It was explained to her how she had put her adrenal glands through a lot with all the Pepsi, and that the caffeine had also tended to work against the tranquilizers; making the body require a higher amount for what it was given for.
BEDDOE: Adrenal gland effect in this pattern is more exaggerated in a male than a female, but it will effect both drastically. They are angry and short tempered.
BEDDOE: Consider adrenal pattern also anytime the pHs are out of Range A. Adrenals especially need, alcohol, B—5, and Vitamin C.
CHALLEN: Causes for morning sickness: 1) deficiency in calcium, 2) Eating too heavy of a meal in the evening, 3) a minor deficiency in oxygen and the way to correct this is before you get up in the morning have some zwieback toast or toast that is just toasted crisp (toasted real crisp in the oven not in the toaster) and just lay there and nibble that toast slowly for 10 to 15 minutes then get up slowly and you will not have any morning sickness. This will start the body functioning normally. This will start the gastric juices to flowing, the adrenal glands to working and you'll have sufficient oxygen that you will not have morning sickness.
CLASS 1-5: Very low blood sugar is one cause of children having convulsions or spasms or seizures, which are all the same thing. About 80% of all the medically diagnosed epileptics in the United States are not epileptics at all, they are having low sugar seizures, and most of the time the doctor gives them Dilantin which effects the adrenal glands and increases the ionization between the brain and the vital organs through the vagus nerve and helps to bring them out of a seizure, or even keeps them from going into one, but you have to know what the blood sugar is doing, whether it's a low blood sugar seizure or not.
CLASS 1-5: The primary purpose of the adrenaline glands is the "fight or flight" response. To prepare you to either fight or to run and it's got nothing to do with who's the biggest, or who's the littlest, but it's the calciums in your system that determines it.
CLASS 1-5: The most needed mineral for the adrenal glands, besides calcium, is phosphate. Take care of those two and you won't have to worry about the rest.
CLOD: The person feels like he is going to die, or may have a blackout. It is one of the worst feelings in the world. By the time he can get to a doctor, the doctor can find nothing wrong because the adrenalin glands have started to flow and the blood sugar is back to normal, and the doctor says, "It is all in your head."
DUNLAP: One problem associated with high salts: adrenal stress.
EUGENE REAMS: The adrenal glands are a pair of small structures situated just on top of each kidney. They are made up of two different types of tissue. The outer layers of these glands are so important that life will not continue for more than a few days if they are destroyed. The inner portions of these same glands are less vitally necessary, but have highly specialized functions to perform. This inner part is called the medulla, and is actually a part of the sympathetic nervous system. When impulses travel down the sympathetic nerves, as during any emotional experience, the medulla of the adrenal gland is stimulated and the response is a secretion of the hormone called epinephrine or adrenalin.
EUGENE REAMS: To help furnish more energy, the adrenal glands produce epinephrine (also incorrectly referred to as adrenalin) which converts glycogen stored in the liver and muscles back to sugar for energy. When this happens on a continual basis, the body reaches adrenal exhaustion.
EUGENE REAMS: Many times the adrenal glands are so exhausted they can't produce enough epinephrine to convert glycogen back to glucose.
FONTENOT: Because of a simple calcium deficiency, your doctor may treat you for indigestion. He may prescribe a tranquilizer for nervousness or hypertension. Or, he may treat you for a malfunctioning thyroid or suppose you have an adrenal gland problem.

ION INSTITUTE: The relationship of insulin to the endocrine glands is complex. The pancreas, adrenal glands, liver, pituitary, and thyroid are all interrelated in the metabolism of carbohydrates.
JESSE: Low mineral salt spillage in the urine indicates that there are weakened cell membranes, and, as such, the cells have lost their tone. There is also an indication of a lack of electrolytes present. In such instances there are high stresses on both the liver and adrenal function. The trace mineral elements in the body become depleted which eventually weakens thymus function and the immune system generally.
JOHNSON: Adrenal gland exhaustion is linked to abnormal sugar and salt readings.
MANTHEI: Lack of adrenaline is due to lack of the other minerals to supply an even flow of adrenaline. The adrenal glands, part of the 284 transformer glands, are centrally located in the body above both kidneys. The adrenaline that they release is a type of electrical energy, which permits it to flow throughout the body very quickly, preparing the individual for gunfight or flight."
MANTHEI: Reams: So when I chew them out, I am trying to get their adrenal glands to flow in order to bring them back to life. I lost two people after chewing them out. Someone said lo me, Are you not ashamed of yourself, chewing them out?" I said, "No, I am not: it was the last thing I knew to try in order to get their adrenal glands to flow. I was only trying to gel them angry enough to fight for life. They had already given up and I was trying to get them angry enough to fight for life."
MANTHEIb: There would be swings in her personality from extremely irritable to extremely pleasant without warning. There is a lack of flow from the adrenal glands, and if she is tired and her work is getting to her, she will be irritable. But if she sits down and relaxes, then the whole world is fun.
PROMISE OUTREACH: Do you remember 4th grade science and learning about fight or flight? This was a temporary reaction between predator and prey that caused a flood of hormones (such as adrenaline) to ready the body for fast, muscular action. Simultaneously, digestion slows, capillaries constrict, the heart beat accelerates, but our western cultural tendencies of doing too much means we go-go-go and what was intended as a temporary situation becomes a full time life experience. Fear, anxiety, stress, panic attacks—constantly living in these emotions leads to adrenal insufficiency or exhaustion. It is so important to experience peace and calm. If you don't slow down, your body will eventually make you slow down. Nourish the adrenals with light protein, protein snacks often help. Choose enjoyable exercise—both adults and children need this.
PROMISE OUTREACH: The dizziness was adrenal exhaustion and potassium deficiency.
REAMS/MANTHEI COOKING: And you will not have any morning sickness because then it will start the function, the body functioning normally. The morning sickness is a sign of a minor deficiency in oxygen – just a minor, minor, minor – very minor one. And this will start the gastric juices to flowing, the adrenal glands to working. And you'll have sufficient oxygen that you will not have morning sickness.
SESSION 1-1975: My purpose is to make them angry [by falsely accusing them]. And if I can ever get them angry enough, to get their adrenal glands to flowing. Why, you would be amazed what will happen.
SESSION 1-1975: Many times it [loss of consciousness] comes so slowly, and at other times it comes extremely rapidly, and then their car hits another car and all of a sudden, the adrenalin gland flushes and others, and they come back to reality if they are still living, and wonder how it happened.

AGGLUTINATION/CLUMPING

`AGGLUTINATION/CLUMPING
ANATOMY: Reams: There is no Vitamin C within the cell. Remember that. It's on the outside of the cell. It is the electrolyte that surrounds the cells that causes the cells to stick together. Manthei: So it holds cell to cell, but it does not hold a cell together. Reams: That's right.
BEDDOE: In fact, alcohol alone, without help from increased conductivity, can cause enough agglutination to interfere with blood cell movement through tiny capillaries. When this happens in the brain, brain cells die due to lack of oxygen.
BEDDOE: This healthy dispersion is reversed and destroyed when the conductivity [the "C" factor] of the colloidal fluids increases beyond the proper range. As the conductivity increases the Zeta Potential is adversely affected to the point that coagulation or agglutination (termed by colloidal chemists as "salting out") takes place at an ever increasing rate. The "salting out" process is what causes the "Dead Sea Syndrome." When coagulation or agglutination takes place, the viscosity, or thickness, of the blood increases. The best known coagulation byproduct is cholesterol. Hence the cause and effect of atherosclerosis, known to many as hardening of the arteries.
BEDDOE: High conductance also causes blood cell agglutination. When this happens, the smallest capillaries cannot get any blood through them. But when the blood pressure increases it forces some thick blood cells though the fragile capillaries and this can cause rupture [including stroke?].
BEDDOE: Excess alcohol in the blood causes the blood cells to stick together. This is called agglutination. Of course, when this happens, blood circulation through the very small capillaries will be seriously restricted. This means oxygen starvation to certain critical cells, especially noted in the brain, but it can happen elsewhere. In later chapters you will see how this problem is also aggravated by conductivity and urea changes.
BEDDOE: This is due to the fact that the soluble ureas, being of an electrolytic nature, have a viscosity-increasing effect on the blood. The blood cells tend to agglutinate or stick together, thus causing the blood to thicken. When this takes place, the heart is put under a greater load as it tries to pump the thickened blood through the vessels, especially small vessels like the tiny capillaries. In fact, the thickening can get to the point that capillaries are totally blocked. At this point cell death can be caused; and, this is especially true in the brain.
C.H.E.M: Remember also that an increased sugar reading means an increased alcohol production, which causes an increase of density in molecules of the blood, causing the blood cells to stick together. This is termed agglutination. The circulation through the very small capillaries is restricted, the sugar molecules becomes too sticky and oxygen

deficiency results.
EUGENE REAMS: Excess salt increases activity and the increased activity creates more heat. This heat decreases the moisture content within the red blood corpuscle, causing dehydration and damage. When the moisture content is decreased, red blood corpuscles are not as healthy as they should be. The outer surfaces become bruised and sticky, and which causes these damaged corpuscles to stick together. This is commonly referred to as clumping.
EUGENE REAMS: The sugar:salt ratio may be less than 5.0 because the body is holding too much salt. If this is the case, the lack of oxygen ionization has already taken its devastating toll on the body. As a result, the red blood corpuscles clump together in the blood stream because they become "sticky" and form clusters. *[Repeated verbatim in Reams Analysis notes]*
NOTE: *There are major problems here. Foremost is that Reams was very particular in teaching that there are no blood "cells" as such. Instead, there are blood corpuscles. As if this were not a sticky subject (pun intended), the below entry from the Anatomy class (which some consider "Seminar 6") gives us the problem of Vitamin C being described by Reams as what "causes cells to stick together." That might be fine, but how do we justify Reams' frequent statement in other places that "4500ppm of Vitamin C in the blood equals perfect health." Surely, blood "cells" (corpuscles) stuck together does not speak to perfect health.*

AGING/AGEING

`AGING/AGEING
ANATOMY: As they get older, generally the man's breasts will become larger and the female breasts will become smaller. And it's a type of growing old. It's a part of aging.
ANATOMY: The less sexual harmony you have in married life, the faster you grow old.
ARM: Any disease you want to name is only premature aging - too rapid loss of energy.
ARM: I learned this - that the unclean meats digest too quickly. They digest in a period of about 3 hours and the clean meats take about 18 hours to digest. The meats that digest too quickly burn you up too fast, burn up your body and cells. It brings about the process of aging too rapidly.
ARM: The amount of time and energy it takes to make one cell is the process of aging.
ARM: If we have enough mineral content in our system, we will not start to rot or age. That is what disease is, premature aging.
BARNES: A neighbor had a beautiful old red setter that seemed to be aging rapidly and had become very listless. Her formerly shiny red coat had become dull and lifeless and she seemed very sad; we definitely thought a change of diet and some supplementation of vitamins and minerals would be helpful. It certainly would not hurt the dog, so we laid out a program for her and amazingly, the dog's energy returned, her eyes brightened up and she acted like a puppy instead of the old dog we had seen just a few weeks earlier. Hey, this program was first was used in animal husbandry in Germany for cattle; why not use it for a smaller animal….actually, we have used it over the years for many of our own pets.
BEDDOE: This can be understood in the light of micronage. As was learned before, the micronage is the shape or the way the ions are stacked together in a particular organ or tissue. As the volume changes with age, the micronage is affected. This is why the physical evidence of aging becomes apparent (i.e., skin losing its tone and beginning to sag). You are seeing the volume increase and the efficiency gradually being reduced. This is why the older the person gets, the longer period of time and the greater the amount of mineral it takes to get a proper response.
BEDDOE: Arresting the aging process completely requires advanced levels of being aware of who we are. Outside of this, we can never get rid of the aging process; but, by following the proper body chemistry principles, it can be kept to the greatest possible minimum.
BEDDOE: Interestingly, it is free radical formation, resulting from “energy leakage” of anions to oxygen, that results in the natural aging process.
BEDDOE: Under ideal chemistry, the loss or the base exchange of cells should equal the gain in cells plus the friction loss (aging due to physical oxidation).
CHALLEN: When food does not fit the body it causes: Premature aging, not enough oxygen to the brain, and cannot retain.
CHALLEN: The Vitamin C is not being accepted and her cells will not knit and heal, as they should. The operation, unless this chemistry is changed, will take a long time to heal. Nancy has cancer and her organs are aging very fast, because her blood is not carrying enough oxygen throughout her body.
CLASS 1-5: One of the processes of aging is a lack of Vitamin A. Practically all senior citizens over 60 need some Algavim to help make Vitamin A available and it does a fabulous job. Carrot juice is rich in Vitamin A but you don't give carrot juice to anyone who is on insulin, diabinese, orinate or diabinate because it is high in sugars.
CLASS 1-5: The process of aging is the cell staying in too long which is also the process of cancer, is the cell staying in too long because there is nothing to replace them. The link between longevity and cancer is the same for both, the cells are staying in too long and when you have a 4M reading you can tell that the cells are staying in too long.
CLASS 1-5: Cancer is only a state of decay, premature aging even at 100, even at 150, premature.
CLASS 1-5: Now with cancer that seems to be alive and growing, what is happening is that the cancer is actually getting larger and larger but it's not actually growing. The mineral deficiency is increasing where the body cannot take it and postmortea is setting in. In other words it's premature aging and dying.
CLOD: Omega cells are premature aging and death has started.
CLOD: The process of aging can be delayed by an intelligent diet, proper exercise, and proper thinking.
CLOD: Every cell in our body, from the brain to the tip end of the toe should be exchanged about every six months. The proof of that is the fingernail. They grow out about every six months. As long as this is happening, cells being replaced

through-out the whole system, you are in perfect health, and in for a ripe old age.
FONTENOT: Therefore, every cell in the body should be replaced about every six months and if it takes longer than this, then we are aging prematurely. Because of this, it is very important to eat a wide variety of foods and to choose our foods with great care. The concept here is that by selecting a diet that contains the needed minerals, the body will have the necessary raw materials with which to replace the dying cells of an organ or gland.
ION INSTITUTE: The 4M indicates that there is a problem somewhere in the body, a relatively large amount of energy is being lost and consequently there is accelerated aging.
ION INSTITUTE: Two of the many consequences of eating unclean meats are high ureas and premature aging.
ION INSTITUTE: Excessive amounts of unharnessable, unusable energy will burn out the system. This causes rapid premature aging and diminishes the life force.
JESSE: When the human body is in a state of balance, the blood should function at an anionic or alkaline pH level. The normal aging process tends to show a reverse in this pattern. Without this reversal, older people tend to be more prone to illness, unless they are able to maintain the correct pH balance.
KIRBAN: Reams: Cancer is premature aging due to a mineral deficiency in our diet. This may occur before a baby is one year old!
KIRBAN Reams: This leads to one very interesting fact. Cancer is only premature aging!
MANTHEI: Therefore, the greater the amount of energy it takes to build a cell, the older we are. The process of aging is only how much time it takes nature to build a cell.
MANTHEIb: What is the cause for cells not being replaced every six months? Mineral deficiency, which is the cause of aging.
MANTHEIc: Whether it is a shirt, window curtain, car, animal, person, painting, etc..., it is a product of energy. Slowly, these things, whether they are used or not, are slowly giving off anions. The cations that compose it slowly let the anions slip away. . .anion by anion. Therefore it is aging.
MANTHEId: The longer it takes to make a cell, the greater the amount of energy needed to produce that cell. Again, this is a different way of saying, that the time it takes to produce a cell is the process of aging.
SESSION 1-1975: The meats that are unclean, took or release too many calories of heat too quickly and therefore burn up too many good cells, and therefore causes aging at a too rapid rate.

AIR, FRESH

`AIR, FRESH
ACRES USA: Then we use the same dietary program to correct deficiencies in minerals and chlorophyll and to rebuild the patient's body. As with hypoglycemia, we insist on fresh air and exercise.
ANATOMY: Pressure from without is diet, a lack of broadness in your diet, lack of minerals, lack of fresh air, lack of walking, sunshine, and so forth. That is pressure from without.
ARM: There is a lesser mineral content in the [fresh] air at the time of the increase of the moon, and there is a greater mineral content in the air on the decrease of the moon. A colder air at these times will hold more mineral than hotter air.
BARNES: Put the right foods into the body and drink plenty of water, get plenty of exercise, plenty of fresh air and sunshine, take time to rest and restore the natural balance of the body and, barring accidents, you can live in good health.
BEDDOE: Especially susceptible are the lungs. They are the most delicate tissue from the standpoint of the mineral variety. This is partly because of the vast variety of mineral that is in the air we breathe and so it can be brought in through the lung tissue in very minute amounts.
BEDDOE: Make sure that you are sleeping with good ventilation in your bedroom. If you cannot open a window in your bedroom, then open one in the nearest room and keep the doors between open. Fresh outside air not only contains oxygen; but, the incoming air contains fresh supplies of electrical energy called negative ions.
CHALLEN: We are able to pick oxygen up from the air we breathe and from the water we drink.
C.H.E.M: If you have the best nutrition this world offers, the most scientifically accurate nutrition, yet lack water, you will not benefit from that diet. You will lose energy and become ill. With perfect nutrition and maximum water intake for your body weight, if you do not get enough fresh air, exercise or rest, you will lose energy and become ill.
CLASS 1-5: People with emphysema are candidates for the retreat where their lungs can be restored by a good diet and where they'll be out in the fresh air.
CLASS 1-5: So you have to start this person to walking out in the fresh air. This is one of the problems you have with senior citizens, not enough walking in the fresh air.
CLOD: The RBTI deals with the whole man, the whole woman, the whole boy or girl; such as a tailor-made diet, distilled water, fresh air and supervised exercise according to the reserve energy rating. All this is done on an individual basis pre-determined by the body chemistry.
ION INSTITUTE: Obtain fresh air and walk after meals. This will also help digestion.
JOHNSON: Keep warm. Use more covers. Keep windows open for continuous fresh air.
PROMISE OUTREACH: Fresh air for the liver makes oxygen available to the lungs.
REAMS/BLACK: One of the things that we recommend to people as soon as their energy is high enough is to walk at least 30 minutes in the open air with absolutely nothing in their hands. They say, “I walk five miles a day in my house.” That does not count. Out in the open fresh air with nothing in your hands.

ALBUMIN/ALBUMEN

`ALBUMIN/ALBUMEN

NOTE: *Albumin is widely defined as "a simple form of protein that is soluble in water and coagulable by heat, such as that found in egg white, milk, and (in particular) blood serum." The similar word, "Albumen" is defined as "egg white, or the protein contained in it." Neither speaks to insoluble fragments of omega cells. Dr. Beddoe meets the problem head on with the following words which are used as a guide for this Desk Reference. Any and all references to either "albumin" or "albumen" that the reader comes across should be mentally converted to "CELL DEBRIS."*

"The urine has two types of substances in it. One type is soluble and the other type is insoluble. It is the insoluble substance that this section will address briefly. These substances were originally called "Albumin." However, because of certain misunderstandings among the students who have professional training, it has been felt that it might be better to use the term Cell Debris. So you will note the use of that term on the Range and Zone Chart in this chapter. Worn out cells are removed from the system in two major forms. One form is the result of being broken down into soluble molecular substances that are conjugated and thrown out through the kidneys. The other major form being expelled by the kidneys is composed of the cell parts that are not entirely soluble. These cell parts, called Cell Debris, become a tool that gives information as to how well the body is responding to nature's laws."

See also→ CELL DEBRIS

ALCOHOL

`ALCOHOL

ANATOMY: Student: Does coffee affect high blood pressure negatively? Reams: It does the opposite on most people. It lowers it. However, let me give you an exception. A person that has low blood sugar and low alcohol, cold hands, cold feet or has a urine pH below 6 and a liver [pH] above 7 are subject to indigestion, there's another exception to the rule. It can upset you terrifically.

ANATOMY: Student: Is the overproduction of alcohol caused by the malfunction of the pancreas, or is because there is too much glycogen sent from the liver? An overproduction of glycogen from the liver? Reams: Yes. Too much glycogen from the liver.

ANATOMY: [Reams'] comment was if you buy a high-quality wine and if you have low blood sugar and not making enough alcohol, get a sweet wine; if you have high sugar, get a drier wine.

ARM: The greatest enemy of alcohol is caffeine. It releases the alcohol quickly and makes the face red.

ARM: Pancreas not manufacturing quite enough alcohol, cold hands and feet, and generally troubled with gas.

ARM: And the glycogen goes over to the pancreas, and it makes alcohol out of it. This regulates our temperature.

BEDDOE: One poor habit that strongly aggravates the dehydration of body tissues is alcohol consumption. Alcohol consumption, because of the dehydrating reactions, can significantly contribute to salt problems.

BEDDOE: In fact, alcohol alone, without help from increased conductivity, can cause enough agglutination to interfere with blood cell movement through tiny capillaries. When this happens in the brain, brain cells die due to lack of oxygen.

BEDDOE: Excess alcohol in the blood causes the blood cells to stick together.

CHALLEN: Too much alcohol in your system, whether you're drinking it or making it by your own pancreas, will destroy calcium.

CHALLEN: [Different alcohols affect the brain differently] 1) Bourbon- fall forward 2), Rum - fall backward 3), Wine and brandy - fall to the right, 4) Gin- fall left, 5) Sterol - go in circles.

CHALLEN: If a person has a pounding headache, suggest drinking coffee. Headaches are caused from too much alcohol. That is why drunks drink coffee! Coffee is the enemy to alcohol.

C.H.E.M: Too little alcohol results in cold hands and fee or cold all the time, which may contribute to indigestion, heartburn, and gas.

C.H.E.M: The mineral that is needed more by weight and volume than any other mineral is calcium. Alcohol is the greatest enemy that calcium ever had. Therefore high alcohol, whether drunk or produced by your own pancreas, will lower the calciums in the body.

CLASS 1-5: "Zest Tonic" was developed by Carey Reams and is the closest substance to the alcohol manufactured by the pancreas that has ever been formulated.

CLASS 1-5: The pancreas manufactures alcohol to keep the body warm and functioning at the right temperature. If it's making too much alcohol you are too hot all the time. To reduce the amount of alcohol in the body drink some Brazilian Tea made from coffee (weak black coffee where you can see the bottom of a teacup, and NOT one like molasses that is strong enough to stand up and dare you to attack it). In those cases the coffee often makes them sick to their stomach, and that is exactly what you want to happen, and praise God it is because it's trying to change their body chemistry. If they won't drink coffee because they don't like the taste of it then shame on them. Suggest they make out their last will and testament.

CLASS 1-5: Another way of talking about alcohol production in the pancreas is that in the liver it is the starches, carbohydrates and fats and oils that give up the sugars, not the proteins. The starches act as a catalyst to collect and hold the sugars much like a sponge and this is where your carbons come in.

CLASS 1-5: If the body manufactures the least bit too much estrogen or testrogen the person shifts toward a vegetable tendency line on which they're going to start using too much of something, become hooked on something, such as too much alcohol, too much coca cola, too much cherry pie, too many sweets, too many cigarettes, too much pop, too many potatoes (I found one who was hooked on Irish potatoes).

CLASS 1-5: ...in fact acute indigestion is related to the lack of pancreatic alcohol.

CLOD: It is not the use of alcohol that is bad, but it is the abuse of the use of alcohol, and also the using of the wrong type of alcohol. The RBTI tests will indicate which, and how much, of the four kinds of alcohol is the best for your body chemistry.

CLOD: It would be unsafe for this person to drive a car because the blood sugar is so low [urine Brix 0.9], and this can cause as many accidents as people who are intoxicated by alcohol while driving.
DAILY: More damage has been done with coffee, dyed processed oriental teas, alcohol, drugs, etc., than has been done by all the food preservatives put together.
DAVIS: If the pancreas does not produce enough of the special kind of alcohol the person has cold hands and feet most of the time. If severe enough, he may be cold all over at all times and in all seasons.
DAVIS: [Excessive] white sugar converts to alcohol and drives out your precious calcium. Then your teeth start to decay. It all comes from a faulty diet, and the authorities are doing all they can to keep me from telling you this in print or in person.
DUNLAP: When a person tends to have cold hands and feet, it is a sign that the body is not making enough alcohol. In this situation, the sugar is usually too low for the sugar salt ratio.
EUGENE REAMS: Alcohol destroys or neutralizes calcium. This neutralized calcium will now work against the body rather than for the body. Calcium, like all minerals, has to be kept ionized to benefit the body. The same calcium that is a building block for the body when it is ionized becomes a stumbling block when it loses its ionization.
FONTENOT: But, remember, a drunk, when he is recovering from his alcohol, has a "hang-over" as a sign of improving health.
ION INSTITUTE: Vitamin C is also lost through fever, high stress, infection, anxiety, fatigue, lack of sleep, heavy metal poisoning, the use of alcohol, tobacco, drugs, antibiotics and pain killers among other things.
ION INSTITUTE: Conversely, when an excessive amount of pancreatic alcohol is suddenly over secreted and dumped into the bloodstream, a hot flash is experienced.
JESSE: Potatoes tend to raise the blood sugar. If a person is allergic to potatoes it indicates that they are producing too much alcohol and this is forcing them toward a diabetic range.
JOHNSON: When you see allergies to white potatoes, or potatoes generally, it is because the person is producing too much alcohol and holding them up in the diabetic range.
JOHNSON: For somebody whose hands and feet are hot all the time, it means your body is producing too much alcohol and you should drink some coffee. I'm in that position so that the alcohol is about like poison to me.
MANTHEI: If you don't have enough [hormone] being produced, then it's very easy to develop cravings, and to get hooked on something – cigarettes, alcohol, dope, white potatoes, cherry pie, Doritos.
MANTHEI: What about a person who would have cold hands and feet and have a tendency for low blood sugar and loves coffee? They are drinking the wrong beverage because the coffee is destroying even that little bit of alcohol that their body normally should be making. So if you have cold hands and feet, you should limit your use of coffee. One cup in the morning is enough.
MANTHEI: Reams: No, sir, that is intoxication. For example, if you get intoxicated on bourbon, you will fall forward. If you get intoxicated on gin, you will fall backward. If you get intoxicated on wine, you will fall to the right. If you get intoxicated with rum, you will fall to the left. So if they fall backward, their own pancreas is manufacturing too much alcohol in the form of gin. Student: And if they fall forward, it is making too much bourbon? Reams: That is right, it is too strong for them.
OLSZTA: Avoid alcohol - Unless needed to relieve extreme gas and indigestion problems or for rare special occasions.
OLSZTA: Coffee is the greatest enemy of alcohol. People with low sugars are already low in alcohol so drinking coffee will only aggravate their condition.
REAMS ANALYSIS: Foods that bring on the degeneration process are white flour, cane sugar, coffee, commercial teas such as Lipton and Tetley, chocolate, and alcohol, just to name a few.
REAMS/BLACK: The diet differs for different races. The darker the skin, the more energy they pick up from the heat of the sun. This is why the colored race is generally a much happier race and a much more relaxed race than the white race is because their dark skin picks up more energy and therefore turns more of the carbohydrates to alcohol in their system, everybody has got a built in whiskey still, and that's what controls our body temperature causing them to be more relaxed and a happier people because it's automatic, it's natural, it's not any extra, it's just the normal thing to do. And therefore, they enjoy the hot weather more than they do the cold weather because the heat draws out of their skin a moisture long before it does our skin, and as the air strikes it they are cooler than we are even though their temperature is giving off more heat.
REAMS/BLACK: Now in the studying of alcohols in our system, which we will get into in a later course, it becomes a very, very interesting subject because people who are cold all the time, their pancreas is not manufacturing enough alcohol.
REAMS/MANTHEI COOKING: If you've got too much insulin, that means your sugars will be too low. And, therefore, you will not produce enough alcohol, and so you will have cold hands and cold feet.
REAMS/MANTHEI COOKING: Your liver manufactures a substance known as glycogen, and that is coming from your liver. The pancreas will use that to make three things: insulin, alcohol, and thyroxine.
REAMS/SKOW COOKING: The carbohydrates do a lot of things. In some people they turn to alcohol, and they're too hot all the time. In others, they, they're not turned to alcohol, they turn to other things or to nothing or just pass out as carbohydrate overflor through the urine, which is leaning toward a diabetic.
SESSION 1-1975: Sometimes you need to find out where their allergy is. Sometimes it's wheat. Sometimes it's milk. Sometimes it's fish. Sometimes it's alcohol, and on through the list.
SESSION 1-1975: She was hooked on Irish potatoes. She had to have them three times a day and they were turning to an alcohol in her system, and the alcohol was causing her to be inebriated. The inebriation was causing her food to be preserved and not digested.

See also→ ZEST TONIC

ALCOHOLIC

`ALCOHOLIC
ARM: A little girl 9 years old, 72 years old in the rate of energy she's getting from her food. Brought about by an alcoholic great-great-great grandparent.
ARM: Alcoholics - another reason is that the system will manufacture too much, either estrogen in women or testrogen [testosterone] in men.
ARM: If your body chemistry is not perfect, you will crave that which you have too much of. An alcoholic craves his whiskey, and the smoker craves the opium in his cigarette. Build up the calciums for a smoker, and they will find it easier to kick the habit.
BEDDOE: When reduced oxygen is caused by low blood carbohydrate, the change in mental response can be severe: ...alcoholic tendencies...
CHALLEN: If female secretes too much estrogen or the male secretes too much testosterone, then one can become hooked on something — one cause for alcoholics.
CHALLEN: Always give high amounts of calcium to alcoholics because the liver must be able to produce bile to digest foods.
CLASS 1-5: For that reason an alcoholic craves his whiskey, for that reason a person who is a chain smoker craves his nicotine, and a person who is on drugs craves their drugs because of Baer's Law.
CLASS 1-5: That is where cirrhosis of the liver starts, that is where the malfunctioning of the liver starts, that is where alcoholic beverages have their first effect upon the liver, on the part under the left shoulder blade.
CLASS 1-5: An alcoholic's liver MAY be restored [via RBTI], but it all depends on where the cirrhosis is and how far advanced it is.
CLASS 1-5: She was allergic to Irish potatoes and we'd taken her off them, but also told her, "you're going to crave Irish potatoes like an alcoholic craves his drink, and when you think you've just got to have them call me up, day or night, and I'll help you."
CLOD: They eat in order to overcome the nervousness. In eating they are trying to get more calciums and yet the body doesn't pick it up. Nature is craving food like an alcoholic craves his drink, as a person who is on pot craves dope.
CLOD: At the retreats when moving the body chemistry of young men from Range C to Range A, they will go through severe withdrawal, vomiting like an alcoholic would go through when he is sobering up.
EUGENE REAMS: It has been found that when fructose is given on a controlled basis to alcoholics, the craving for alcohol is greatly reduced.
FONTENOT: A few foods which must be eliminated from your diet. I do not have space to give the reason for each except to say that RBTI tests show that they all cause a decrease in reserve energy. ...alcoholic beverages...
ION INSTITUTE: Any person who is irritable, excitable, nervous or indulges in alcoholic beverages, tobacco and drugs will have low calcium reserves.
MANTHEI: The problem with alcoholics, drug addicts, or food addicts has something to do with the amount of estrogen and testosterone produced. It may be the ratio between the two because everybody produces some of both.
MANTHEId: Alcoholics, drug addicts, and food addicts need lots of water.
OLSZTA: Reduced oxygen levels in the blood due to low sugars can cause a person to experience... ...alcoholic tendencies...
REAMS/SKOW COOKING: [For indigestion] They may have those two things [wine or instead Zest Tonic], but if they have been an alcoholic or have had need to go to AA for alcoholism, it is a no-no. Then you substitute fruit juices for wines.
SESSION 1-1975: This brings up that he's an alcoholic and he doesn't drink a drop, no whiskey, no alcohol at all. What is happening is his pancreas is manufacturing too much alcohol.

ALFALFA

`ALFALFA
ANATOMY: Manthei: Other than alfalfa, what else has Vitamin K in it? Reams: Sumac tea is one of the richest sources. Student: What about barley? Does it have K in it? Reams: It has some, yes. Barley has some, but sumac is the greatest source that I know. Student: Do you use the leaves? Reams: No, the dried seeds.
ANATOMY: Student: I want to get back to chlorophyll. I buy this liquid. It says pure liquid chlorophyll, from alfalfa. Manthei: And it's rich in Vitamin K. And if your blood is already too thick, it's a no-no.
BEDDOE: The less calcium in your food the less overall mineral energy you get out of your food. Example: A cow eating alfalfa hay with a 16 Brix level of sugar (the Brix level represents the percentage of sugar dissolved in a solution) requires only 10-12 pounds of grain to give 100 pounds of milk; while a cow eating alfalfa hay with a 7 Brix level of sugar requires at least 30 pounds of grain to give 100 pounds of milk.
CHALLEN: Comfrey and alfalfa tea should be used by people who have a high sugar [urine Brix]. This tea should be consumed without a sweetener. Helps the pancreas to produce more insulin, therefore, will help to bring down the sugar [urine Brix].
CHALLEN: Comfrey and alfalfa green drink would be very good for a person with high blood sugar [urine Brix] but do not use these on a person that has low sugar.
CLASS 1-5: People who have hemophilia, bleeding that you can't stop, whose blood is too thin and therefore bleed too freely, should use Vitamin K, which you'll find in alfalfa. The sprouts, tea and tablets are a natural, excellent, rich source of Vitamin K and no prescription is required. Vitamin K causes the blood to coagulate.

CLASS 1-5: Do not use alfalfa with patients who have cancer or advanced carcinoma, because the blood has a tendency to be too thick already and the Vitamin K in alfalfa only makes it thicker. By giving them a diet that is high in Vitamin E and also the Vitamin E tablets you keep the blood thin enough for the kidneys to pull out the dead cells or the carcinoma cells and health is regained.
EUGENE REAMS: Usually one of four things will help the body to utilize A: (1) alfalfa, (caution: do not use alfalfa with people who have problems with blood clots or are on medication to thin the blood)...
JESSE: Alfalfa should be used only sparingly, both sprouts and tea. Alfalfa is very rich in Vitamin K and will tend to thicken the blood. The majority of tests indicate a [prior] thickening of the blood, so alfalfa should not be used regularly in the diet.
JOHNSON: One thing detrimental to the majority of the people is alfalfa in any form. Alfalfa sprouts, alfalfa tea, alfalfa tablets, detrimental and monitored in 955 out of 1000. The reason being is that alfalfa is a rich source of minerals and vitamins but the one it's most noted for (Vitamin K) thickens the blood so that if a person needs Vitamin E to thin their blood, then you give them Vitamin K to thicken the blood.
MANTHEI: Comfrey tea and alfalfa tea we use in our retreat for people that have sugar [Brix] readings above 5.5, and these are unsweetened. Comfrey tea or alfalfa tea helps to bring down a high sugar [urine Brix], helps the pancreas to produce more insulin.
MANTHEI: Alfalfa tea does help time sometimes with high sugar people to help bring their sugars down, but I do not use it as much as I use the comfrey. I will use it once in awhile. The alfalfa tea also helps if the lady is having a tremendous amount of flow. Menstrual.
REAMS/SKOW COOKING: Alfalfa grass is excellent to use for pain; so is wheatgrass.
See also→ VITAMIN K

ALGAVIM

`ALGAVIM
NOTE: Algavim, Algazim, Alganim, and AlgaLife (or others) are similar formulations of a low-sodium Norwegian sea plant harvested from fjords. Your personal consultant may have a preference. All instances in this document have been changed to read "Algavim" as that is the name Reams used 100 times in the ARM.
ARM: The older and weaker or the lower the reserve energy, the more they need Algavim and Min-Col. These are good to give pregnant women to help restore the body of mother and baby.
ARM: Algavim is excellent for cataracts. The cataracts go away without any operation. Also good for glaucoma. Use Algavim 2, 3, or 4 times a day with meals. Algavim makes Vitamin A available to your system.
BEDDOE: [Algavim] is a source of an enzyme that is a catalyst to the uptake and availability of Vitamin A.
BEDDOE: Algavim is used for four primary reasons. One, it has a low salt with proper oil content, while still having good levels of available iodine for feeding thyroid needs. Each capsule has .225mg of iodine naturally available. Two, it is a general vitamin and trace mineral supplement. Three, it is a source of a type of potassium that is easily used by the body. Four, it is a source of an enzyme that is a catalyst to the uptake and availability of Vitamin A. The organs that especially benefit from its use are the eyes, skin, lungs, blood, pancreas, liver and brain.
CHALLEN: Bone cancer - Heavy amounts of Min-col and Algavim [can help].
CHALLEN: If, on the initial test, the client has a total of the ureas of 11 or less, then they probably have a 220 or brain tumor. The messages are not getting through to the rest of the body. Never tell the client, because they are already too nervous. Never put this client on a fast because they cannot afford to lose any energy. Just put them on a good diet and lemonade and retest and if urea total is greater than 12, then they are gaining on tumor, if less than 12 the 220 is the same. These clients cause the most trouble and are not responsible for what they say. Should eat lots of potassium foods i.e., hominy [old-fashioned], salmon, sardines, Algavim, bananas, etc.
CHALLEN: If no inflammation or pus on cataract, then use Algavim and a good diet.
C.H.E.M: Algavim is a bromeliad, which means that it does not have any roots, but it has bromelain similar to pineapple. It is not a kelp, it is a bromeliad. It is harvested once every seven years in the coldest month of winter. When it is taken out of the sea and put up on the deck of the ship, it freezes instantly, and the salt is crystallized out of it; it turns almost pure white. When the ship is brought into port, fresh water is used to wash the salt off and then it is processed to remove the oil. That which is left over is the supplement Algavim. It has no salt or oil.
C.H.E.M: Whenever the pancreas is manufacturing too much or not enough insulin, Algavim is needed.
CLASS 1-5: Algavim is a powder and it does a marvelous thing for people who have cataracts and eye trouble. It's a rich source of mineral, free of salt and sodium.
CLASS 1-5: CLASS 1-5: One of the processes of aging is a lack of Vitamin A. Practically all senior citizens over 60 need some Algavim to help make Vitamin A available and it does a fabulous job. Carrot juice is rich in Vitamin A but you don't give carrot juice to anyone who is on insulin, diabinese, orinase or diabinate because it is high in sugars.
CLASS 1-5: When people take Algavim, plus getting their body chemistry in top shape, in about 5 to 6 months of taking it regularly the cataract disappears. Doc saw people who were totally blinded by cataract, who had to be led everywhere, and their problem disappeared completely in one year.
DAILY: Min-Col and Algavim are long-term minerals. They are used initially in assisting to restructure the body chemistry and are continued to help maintain this balance and keep the body from slipping back into its old patterns. Do not be surprised if you're told to take Algavim for at least a year or to take Min-Col for the next 43 years, etc. It's his way of telling you that you are always going to need mineralization. The vast majority of these should come from your diet. Each year however, tests show foods slipping in nutritional value. A study in Iowa showed corn protein down 15% in ten years. To hedge against this food value loss, Reams will have you continue some minerals indefinitely. Health is a worthwhile investment.

DUNLAP: Algavim is green and is helpful when sugars are in high ranges. Algavim assists Vitamin A to assimilate more easily. Reams would have said that Algavim makes Vitamin A more available to the body.
ION INSTITUTE: Individuals with an extreme potassium deficiency or who sweat profusely should use 3 Algavim capsules 3 times a day.
ION INSTITUTE: Algavim has little to no effect on the pH. The vitamin and mineral materials are used to rebuild the liver. This will be reflected in improved saliva pH readings over an extended period of time.
ION INSTITUTE: The brain's need for potassium and hence Algavim increases when the ureas are low and/or any type of heavy metal poisoning occurs. Algavim is the brain's most nourishing overall food.
JOHNSON: Algavim is used for both high and low sugars, as is distilled water.
MANTHEI: Question: What kind of potassium are you using? Manthei: I use Min-Col and Algavim first and foremost, hominy every day, and celery juice and food sources.
MANTHEIa: Student: How long does it take to get rid of cataracts on a patient? Reams: I haven't seen any that took over 18 months. For cataracts, get your body chemistry into range A first. Then take Algavim 2 - 3x/day, if your weight is under 130 lbs and if it is over 130 lbs take 2-4x/day. The first three or four bottles that you take, you won't be able to tell any difference. In 18 months I've seen them go completely away. Student: What about glaucoma? Reams: Same thing. In glaucoma, it generally works a little quicker.
MANTHEId: What are the two food supplements that are the richest source of minerals for the body? The answer is Algavim & Min-Col.

ALKALINE

`ALKALINE
ARM: Apple cider vinegar is a good blood thinner for those with alkaline system only [high urine pH]. Do not give if they are acid [low urine pH]. Be sure you know where your blood chemistry [no! Urine pH is the proper term] is before you use a heavy cationic substance. Every substance slowly gives off ions.
ARM: Cancer of the skin is Vitamin A deficiency - too much Vitamin D, body alkaline.
ARM: The liver has to manufacture the alkaline chelate for the bones, teeth, etc.
ARM: Loss of energy in body chemistry shows up in saliva pH too alkaline, won't budge.
BEDDOE: Use the Calcium Dose Rate chart to help you choose how to team up the anionic and cationic calciums when the pH is split, i.e., the urine is acid and the saliva is alkaline or vice versa.
BEDDOE: Calcium lactate (CL) originates from sour milk products. It is a cationic calcium and is used when the body chemistry [urine pH] is too anionic—in high alkaline resistance ranges.
BEDDOE:Calcium carbonate is a high energy calcium for a stronger digestion; but, it should not be used by an individual who has an alkaline chemistry pattern.
CHALLEN:In order to become pregnant you must be slightly on the acid side. You cannot become pregnant if you are double alkaline [urine pH and saliva pH].
CHALLEN: You can use sulfured molasses if your body [urine pH] is alkaline.
CLASS 1-5: The pH is measured on both the urine and saliva and the test range is from about 4.80 to 8.20, and a reading of 6.40 is the mid range, or perfect, or neutral (on the scientific scale, a reading below 7.00 is said to be acidic and a reading above 7.00 is alkaline). Consequently: 4.80 to 6.39 is low pH or acid, and 6.41 to 8.20 is high pH or alkaline.
CLASS 1-5: The difference between acid and alkaline is considered in a new light: acid is cationic and the electrons in the outer shell travel counterclockwise whereas base is alkaline or anionic and the electrons in the outer shell travel clockwise.
CLASS 1-5: The electrons in calcium always travel clockwise and therefore calcium is always anionic, or alkaline, and there is no exception.
CLASS 1-5: What is the difference between an acid and a base? Conventional teaching is that a base is an alkaline with a pH over 7.0 and an acid has a pH under 7.0. That is false teaching, it is not always true. The real difference between acid and base is the direction in which the electrons travel in orbit in the molecule. The electrons travel Counterclockwise in an acid, which is also a cationic substance, and Clockwise in an alkaline or base, which is an anionic substance.
CLASS 1-5: The electrons in calcium always travel clockwise and therefore calcium is always anionic, or alkaline, and there is no exception.
CLASS 1-5: Suppose that the hydrochloric acid had become too alkaline, too much of a base, way up high in the urine pH. What would happen? The food would digest too slowly, constipation would set in and then they need colonics. NOTE: *Be careful of a contradiction in terms here.*
CLOD: It is rather strange too that we call hydrochloric acid an acid when it really isn't an acid, it is a base. In bases [alkaline] the electrons are anionic, therefore they travel clockwise in the molecule, and acids are cationic and therefore travel counterclockwise. So this is the actual physical difference between an acid and a base. The foods that go into our stomach are cationic, when the bile is released it gives off heat and electrical energy in both anionic and cationic form.
DAVIS: Can you imagine my problem with a urine pH of 5.80 and a saliva pH of 8.00? The urine was far too acid and the saliva far too alkaline.
DUNLAP: Living conditions are perfect for parasites when the body becomes so alkaline.
FONTENOT: While the key to good health is partly found in the acid/alkaline balance, there are other factors which weigh into this balance.
FONTENOT: The urine is acid while the saliva is alkaline. This person will bruise easily, be prone to colds, have a

problem in the lungs. This person is very irritable and, if a woman, has menstrual problems possibly even showing symptoms of menopause.
FONTENOT: If a person's urine pH is on the acid side, that is, the urine pH is "low," the dietary approach is quite different than if the urine pH is alkaline or "high."
JESSE: Should the body not be able to remove these wastes quickly enough, an alkaline condition develops, which, in time, as the wastes multiply, sends the body tissues into a state of acidosis.
JESSE: Cranberry juice is used when a person is too alkaline. It is high in manganese which assists the function of the reproductive organs. The average intake for women is 15mls, and men 30 mls.
JOHNSON: Yogurt is always recommended. Acidophilus milk when the urine pH is alkaline.
KIRBAN: The gastric juice produced by the liver is anionic (alkaline energy) also.
REAMS/MANTHEI COOKING:
Reams: Well, in order to be pregnant, you have to be slightly on the acid side. You can't become pregnant with a doubl e alkaline.
REAMS/MANTHEI COOKING: Some people who are in Ranges D and E can still get Vitamin C, and here's how you do it. You make an alkaline Vitamin C, available to you by using baking soda – one-fourth to one-half teaspoon of baking soda added to a glass, like a tumbler, and then add your juice, half full – your grapefruit juice, your orange juice, your pineapple juice, or your apple juice – and then stir it around. Let it sit for 30 seconds. Let the soda settle to the bottom and then drink it. That is a Vitamin C pop, like for children.
NOTE: Reams divided all substance into either anions (alkaline) or cations (acidic). Each had an energy level that he was able to use to calculate via the Milhaus technique to determine the overall energy in such as foods or fertilizers. The energy that we survive on is a byproduct of the energy released in an endless interplay of anion vs cation, or anion vs anion, or even cation vs cation.
NOTE: Michael Olszta reported that in a phone conversation that Carey Reams advised him that food combining (i.e., acid/alkaline balancing) was mostly "false doctrine." It appears that food combining in Reams' eyes was "a little bit of truth."

ALKALOIDS

`ALKALOIDS
BEDDOE: It is a good practice not to use it longer than 30 days because alkaloids in the goldenseal tend to accumulate in the system, especially when used in very high and concentrated amounts.
BEDDOE: Alkaloids are organic salts of acids like acetic, oxalic, lactic, tartaric, and fumaric, that are produced by various plants and usually taste very bitter. Some plant alkaloids are very well known, such as nicotine, belladonna, coca, and opium.
CLASS 1-5: All foods have alkaloids in them but it's the sulfur that could do damage and it could only do damage whenever the pH gets below 6.0.
DUNLAP: Lemon and olive oil on salads help soothe the gallbladder. Olive oil also removes unwanted alkaloids and dissolves cholesterol gallstones.

ALL SPICES & HERBS (ASH)

`ALL SPICES & HERBS (ASH)
ARM: Lungs have the most variety [of minerals]; need all of them, 84. Best food for the lungs is Allspice [All Spices & Herbs] 84 different kinds of minerals in the lung tissue, if you are in perfect health.
BEDDOE: The nutritional value of vegetables can be enhanced, and at least partially restored, by adding, while cooking, these items: ½ to 1 teaspoon of blackstrap molasses, 1 to 2 teaspoons of Maple syrup, dark Honey or other liquid sweetener; plus ½ to 1 teaspoon of high grade cold pressed corn oil and sometimes a pinch of allspice. [see GMO entry]
BEDDOE: ALLSPICE TEA—Most people who are acquainted with allspice, know that it is used as a seasoning. However, it makes a very good addition to juices and teas. It is an herb that has a vast variety of minerals that are especially good for the lung tissues. The lungs have the greatest variety of mineral of any organ; and, allspice fits in very well in helping supply those mineral needs for weakened lungs. Use about 1/8 to ¼ teaspoon as an addition to other herb teas. The same amount added to fruit juices also works very well. NOTE: *Beddoe does not make the distinction that Reams makes between ordinary allspice and All Spices & Herbs made from many different spices.*
CHALLEN: Eggplant casserole ingredients: All Spices & Herbs.
C.H.E.M: Allspices & Herbs is the best source of minerals for the lungs. When the body is very deficient in minerals, as in a double acid case, nature will pull minerals from the lung tissue, and increased amount of delta and omega cells will form.
CLASS 1-5: The lungs require a greater variety of mineral than any other part of the body and the best food for the lungs is All Spices & Herbs, a mixture of several different spices.
CLASS 1-5: The All Spices & Herbs for the lungs I was speaking of is made up of a mixture of many, many different spices and not just the spice called allspice.
GARDENING: ...you have to add a little honey, allspice and blackstrap molasses according to the phosphates in the soil from which they were grown. And what a dish, what a dish! They're just as soft and the Yankees call them black—eyed beans, but they are very high in natural protein and they are very nourishing and it sticks to the ribs.
MANTHEI: And then we'll also put in a little bit of seasoning. Sometimes we'll use that All Spices & Herbs and then some soaked dry fruit for example, raisins or dates, if you can handle them, or apricots for variety, or peaches or dried apples, whatever. Just use a variety there. And then bring the water to a boil, and then you add the oatmeal into that

and stir it until it becomes thick.
REAMS/MANTHEI COOKING: Question: Allspice does have some nutmeg in it, doesn't it? Manthei: All Spices & Herbs does have a little bit of nutmeg in it.
REAMS/MANTHEI COOKING: Some of you may not be familiar with that product. It is not the same as allspice you get in the grocery store. So All Spices & Herbs (ASH) is something we've put up.
REAMS/SKOW COOKING: The need for increasing mineral content is addressed by the use of various sauces, ASH, and blackstrap molasses and the Min-Col with the meal. On some occasions the use of baking soda was included to reduce acidity.

ALLERGY

`ALLERGY
ARM: Chocolate, Lipton tea, carob cause people to have kidney pain. [In people who are allergic]
ARM: Some people are highly allergic to chaparral and it gives them diarrhea, very bad diarrhea.
ARM: Allergic to lemonade - swollen kidney. Stop lemonade. After few days, try bicarbonate of soda; let settle. See if they can drink it without causing swelling.
CHALLEN: All allergies are due in one way or another directly to a deficiency in calcium.
CHALLEN: If a person is allergic to prune juice, have them eat more fruit and change the [lemonade] sweetener every day.
CHALLEN: More people are allergic to potatoes because pancreas turns potatoes to sugar so quick that people become hyperglycemic.
CHALLEN: Give Ginseng if people are allergic to chaparral.
CHALLEN: If a baby is allergic or cannot handle any milk products then you can put him on vegetable milk.
CLASS 1-5: After adding the yeast and Vitamin D to it [Cal-II] we had no problem, it works very, very well unless you have other problems that offset it, like allergies to yeast, but just go by your numbers.
CLASS 1-5: The medical profession considers that a person who has low blood sugar [glucose?] is allergic to all carbohydrates so they feed high proteins and tell you to discontinue your carbohydrates.
CLASS 1-5: Once you clean up the liver and sort out the bowel most allergies leave. Some people will say, "I have an allergy to this", or "I have an allergy to that", when they don't have an allergy at all. The only thing about it is when they take it, it starts to change their body chemistry from the wrong range to the right range. They start to go through withdrawal and they quit their program.
CLASS 1-5: Some are allergic to cabbage, some allergic to onions, you name it, and somebody's allergic to it. Remember, go by your numbers, let your numbers determine whether something's a high stress food for you or not because what is a high stress food for one may not be for another. If your numbers are going away from perfect it's high stress, if they're coming towards perfect or staying near perfect it is not. Strictly go by your numbers, the way your numbers read, because I do not know any food which isn't a high stress food for somebody.
CLASS 1-5: Cal Forte, the egg shell calcium which is used if people are allergic to the CAL-II. Take the whole egg [shell included], put it in a blender, and blend it up. Make milkshakes out of it.
CLASS 1-5: There are as many allergic effects as there are people, for instance, an allergy to chaparral affects different people differently. With some people it makes them very hot and they might wake up in the middle of the night just burning up. In that case take them off of the chaparral and they will stop burning. There are some people who it will give them a very severe case of diarrhea and they can't take it. In others it stops the kidneys from working. Go by the numbers.
CLASS 1-5: If you ever analyze a person with ptomaine poisoning and you get a look at the numbers, it's the craziest bunch you ever saw. You might think that it's not possible for a person to be walking around with those kinds of numbers, but yet there they are. Then you know it's an allergy and therefore a temporary poison.
CLOD: Some people are allergic to lemon juice. Those allergic cannot urinate, it stops the kidneys from letting the water pass out into the urinary tract. Also, if one has ulcers it burns the stomach so badly the person cannot stand the burning, then they must be taken off of the lemon and given freshly squeezed cabbage juice three or four times a day (this must be used within 20 minutes from the time it is squeezed), the amounts regulated by the tester, and this will heal any ulcer. I have never seen anyone allergic to cabbage juice that had ulcers. After the ulcers are under control, six weeks to three months, then the person can start on the lemonade and it will rebuild the liver and almost make them look like they have had a bath in the fountain of youth.
DUNLAP: At [saliva] 7.4 or higher, the function of the spleen is restricted. Anemia is common because iron cannot be processed. This means that the stage is set for allergies, hay fever, pneumonia, emphysema, and asthma.
ION INSTITUTE: If a person is allergic to chaparral, use Aloe Vera and Ginseng.
KIRBAN: However, there are people who are allergic to lemons. Then we use vegetable juices.
MANTHEI: [You may eat] Whole wheat if there is no allergy. Triticale? Some people still react to triticale as they would to whole wheat, so that you have to check out on an individual basis. Oatmeal bread. Rye bread. Rice bread. Bran breads. Roman meal. Pumpernickel.
MANTHEI: Sometimes an allergy to honey drops the sugar. I am allergic to honey, but I get by okay with Whidden's Royal Jelly. It does come packed in honey.
REAMS/BLACK: Student: Doctor, have you encountered allergies to lemon juice? Reams: Yes. There are people who have an allergy to lemonade. Student: What do you do then please? Reams: Well, then I just use plain water. I do not know of any food that some body doesn't have an allergy to. I would say that 20 to 30 maybe 40% of the people are allergic to lemonade.
REAMS/BLACK: Student: What's the sign of an allergy to the lemon juice? Reams: We will tell you that later because

what a lot of people call an allergy is not an allergy at all. They think that just because it makes them sick to the stomach, that's an allergy. That's not an allergy.
REAMS/MANTHEI COOKING: All allergies are due, in one way or another, directly to a deficiency in calcium. It's the third time we've said that in this course.
REAMS/MANTHEI COOKING: I know one person that cannot eat onions. They will blow up like you can't believe. And it doesn't matter whether they know the onions are in there or not. It will still cause swelling of the abdomen for days, not just an hour or two, but for days. And it's not like a gas swelling; it's just plain swelling. And other people can't eat garlic. Some people can't eat eggs. Some people can't eat this or that or the other. But theres no reason whatever to make a rule to fit everybody just because somebody is allergic to something. Doesn't make sense, does it? Those are what we call fads.
REAMS/MANTHEI COOKING: If you're allergic to MSG, you shouldn't eat it.

ALOE VERA

`ALOE VERA
ARM: One tablespoon aloe vera once a day in 3 ounces carbonated drink good for sunburn and bruises.
ARM: Give chaparral for emphysema. It's a mild laxative. It also has a wonderful healing agent in it, something like aloe vera. It helps replace the cells quicker than anything else.
ARM: Ginseng is a laxative but it does not have the healing agent that chaparral has. If you put them on ginseng, also put them on aloe vera gel.
CHALLEN: 1 tablespoon of Aloe Vera Gel in 4 oz. of fruit juice will repair colon.
CHALLEN: Aloe vera jell can be added to green drink and for people in ranges D and E it is a must.
CLASS 1-5: Aloe vera gel is basically recommended to soothe an irritated colon. If you had hemorrhoidal condition or ulcers or something in the digestive tract then Aloe Vera would be a great help to you quickly.
CLOD: People with digestive problems such as just mentioned can use Aloe vera Gel (one tablespoon twice a day, between meals, taken in carbonated drinks such as Collins Mixer, 7-Up, etc.). Aloe vera Gel helps shrink hemorrhoids. It is one of the finest healing agents for digestive problems.
ION INSTITUTE: If a person is allergic to chaparral, use Aloe Vera and Ginseng. If the colon is sluggish, chaparral can be used as it is a mild laxative.

ALS (Lou Gehrig)

`ALS (Lou Gerhig)
ANATOMY: Manthei: On this other condition which is called Amyotrophic Lateral Sclerosis (ALS), the difference between that and MS is only the part of the spinal cord that's involved, the part that is deteriorating. Multiple Sclerosis (MS) is involving the whole thing whereas this other condition (ALS) is involving just a part of it. Reams: Either that or a tumor inside the spinal column. Manthei: Okay. If there is a tumor on the spinal column, is that corrected by diet? Reams: Yes. I have corrected those by diet. Yes. In one case I had to have the x-ray technician to keep taking pictures and keep taking pictures. I was paying for the pictures. But the 25th picture, he got a picture of the tumor inside the spinal cord. But he lost the picture of the bone and he had to take one of the early pictures and place this one over it in order to locate exactly where it was, but it was exactly where I said it would be.
MANTHEI: Student: How do people with Lou Gehrig's disease respond to this type of program? Reams: Naming a disease has never cured the disease. The liver is the organ that manufactures the parts, to replace old, worn-out cells. I've never seen a case that didn't respond.
YAHOO MESSAGE 15561: A lecture by Eugene Reams indicated that people with ALS needed colonics and they would be fine. He also indicated that the four medications prescribed to people with ALS will create the symptoms of ALS. The side effects of those four medications match up with ALS. Those four medications will kill everyone who remains on them. This is why in 3-5 years after people start taking those medications, they are dead. The side effects of those meds are ALS. This is a great example of how supposedly well meaning medical doctors are actually killing their ALS patients. According to Reams, all those people needed to have was colonics and they were fine after that. That means those people probably had high urine pH readings. (Thomas Giannou)
NOTE: *ALS is a difficult subject to address. Above you see where Reams stated he had never seen a case that did not respond to a proper RBTI diet. The statement comes from a transcript that Manthei published in April 1982.*

ALUMINUM

`ALUMINUM
ARM: Potassium is not an electrolyte and aluminum is.
ARM: Electrolytes in your system are hydrogen, potassium, but nitrogen is the important one. Aluminum going to the brain acts as an electrolyte.
ARM: Carrying the message from the brain to the organs [are] aluminum, copper, silver, gold salts.
BEDDOE: This is why the use of mineral colloid (MC) from soft rock phosphate will never cause a toxic situation in animals or humans. NOTE: *Beddoe is speaking of "heavy" metals (including aluminum) in colloid form.*
CHALLEN: Cut the stem end off of a cucumber before you use it because it is high in aluminum.
CHALLEN: Aluminum is not poisonous and has nothing to do with Alzheimer's or any other mental condition, 10% of the earth is aluminum.
CLASS 1-5: The brain also contains traces of aluminum, gold, silver, copper and so forth but these are in colloidal phosphate form.
CLASS 1-5: CLASS 1-5: The electrolytes in the brain are responsible for the messages getting out and through to the organs. While potassium is not an electrolyte, the aluminum, copper, silver, gold, salts, and so forth are electrolytes.

CLASS 1-5: A colloid is what makes "the diamond in the dew drop" and in the colloids there is a sufficient amount of the phosphate of aluminum to charge the brain sufficiently to be the beginning of electrical responses to follow the entire nervous system even to the end of the toes. So the brain is very high in colloidal substances, and that is where it gets it's aluminum from. There is no feeling in the brain, "no brain - no pain" and the brain has more aluminum in it than any other part of the body but way, way less than the potassium. It has just a good trace amount of aluminum.
CLASS 1-5: With a very low urine or saliva pH that won't shift they may live in an area with very high aluminum, or very high sulfur, and it is quite a job sometimes to get it [pH] up, but you should get it up. In other words, it's a lack of Vitamin D.
MANTHEI: Clean aluminum ware is not poisonous. 7% of the Earth's crust is aluminum. And if it was poison, all of us would be seriously dead.

AMMONIA

`AMMONIA
ANATOMY: Manthei: What form of Nitrogen is that ammonia in the smelling salts? Cationic, is correct.
ANATOMY: Student: Then, what you're saying is that the reason why the nitrogen is being thrown out of an omega cell would show up in the ammonia, is because that is your strongest pull, and it's an isotope, so since it comes in contact with it, they pull it from anionic to cationic. Manthei: Right!
ARM: Urine with strong odor of ammonia has a very high urea, and it foams when you are making the test.
ARM: Nitrogen oxide is nitrate nitrogen. Nitrogen sulfate is ammoniacal nitrogen.
BEDDOE: Urea, in simple terms, is a combination of two well-known compounds: ammonia and carbon dioxide. Some interesting things happen when it is added to body chemistry. First, when it is added to a solution of a given conductance, it will reduce the conductance.
BEDDOE: ...when bicarbonate buffers are depleted, the effect can be seen in a very low ammonia nitrogen number.
BEDDOE: The last part of the equation is made up of two numbers: the nitrate nitrogen number on top the ammonia nitrogen number below.
BEDDOE: Now take a look at the Range and Zone Chart, Figure 10-6. In the column for ureas, you will see that the range of potential urea levels extends from 0 to 30. Remember, the urea number is the sum of both the nitrate number and the ammonia number.
BEDDOE: Left Side Weakness Pattern: Cationic pH, history of injury, high conductivity, high urea with excess ammonia nitrogen.
BEDDOE: During this time the ammonia nitrogen number has gone lower; but, it will never go all the way to 0. Usually it will lower not more than about 4. It is during the time that the numbers raise back toward a total of 12 that the person will begin to feel better. When the urea total gets to 12, it is time to break the fast and begin the light diet phase.
CHALLEN: The stronger the ammonia odor is in the urine, then the higher the urea numbers are.
CHALLEN: When a person's sweat smells like ammonia then their proteins are changing to nitrogen very fast and are being expelled through the skin.
C.H.E.M: The nitrate nitrogen is the anionic form of nitrogen and the ammoniacal nitrogen is the cationic form of nitrogen.
C.H.E.M: What does the last letter of the equation represent? Answer - It is the other part of the urea, called the ammoniacal nitrogen, and it can affect the cardio-vascular energy. Together with the salts, pHs, and albumen, it can give an indication as to proper kidney function.
CLASS 1-5: Many times mothers may say, "My baby's urine smells so strong of ammonia and it's really rough to change the diaper." In that case the diet is too rich in proteins for the baby and if she's nursing the baby then the mother should begin taking dolomite.
CLASS 1-5: If your system retains the protoplasmic parts of these dead cells for three days they'll start breaking down into ammonia salts, which then build up the toxicity and increase the salt content.
CLASS 1-5: For instance urine that has high ureas smells like ammonia, and there is a lot of foam in it when a man urinates into water.
CLASS 1-5: The cause of foam in urine is nitrogen. The higher the nitrogen the more it foams. For men, urine should not foam whenever they urinate into the water. If it forms too much foam it means a high ureas and if it smells of ammonia it also means a high ureas because the ammonia occurs from the urea breakdown in the proteins that are thrown off. If you can smell the extremely strong odor of ammonia then it's a very high concentration, in fact, you're on the verge of a major heart attack in that condition.
CLASS 1-5: The last two numbers (Nitrate Nitrogen, Ammoniacal Nitrogen) are the ones that denote the loss of energy.
CLOD: Other salts can be magnesium chloride, iron chloride, ammonia chloride, potassium chloride, carbon chloride, etc.
CLOD: Urine with strong odor of ammonia has a very high urea, and it foams when you are making the test.
CLOD: Urea is in two forms-nitrate nitrogen and ammoniacal nitrogen.
CLOD: There are salts that do not contain chlorides in them whatever. Some are ammonia salts, nitrogen salts, and a number of carbonate salts.
DAILY: This protein passes into the lower bowel and colon only partially digested and there it putrefies. Toxins from this putrefaction are absorbed and up go your ammoniacal nitrogen numbers. NOTE: *There is little to no support for this thought among serious RBTI students. Perhaps if this were true, one's feces would smell of ammonia instead of one's urine.*

DAVIS: The last part of this equation is the reading of the cationic nitrate nitrogen on the top and the anionic ammoniacal nitrogen on the bottom. Why are we interested in this? It is the level of undigested proteins in the body chemistry. NOTE: *This is absolutely backwards. Nitrate is anionic and ammonia is cationic. Perhaps a transcription error.*
DUNLAP: When the bottom urea is high, an excess of ammonia is present. The ammonia is a stimulant to the heart. Simply put, it will not let the heart rest. It drives the heart and overworks it. The bottom urea tells about the kidney, not the heart, but it lends understanding to the heart. When the bottom urea is too high it shows that the kidneys are under stress.
EUGENE REAMS: Reducing the high salt content of the blood with the use of pineapple juice is only one step in the right direction of healing. If there is inadequate Vitamin A, the body will not heal after flushing out the high salt in the blood. Anytime there is a high urea number (nitrate nitrogen) over a lower urea number (ammoniacal nitrogen), there is a Vitamin A deficiency.
FONTENOT: Urea is simply undigested proteins (nitrogens) in the system. It, too, is a salt. There are two kinds: anionic nitrate nitrogen, and cationic ammoniacal nitrogen.
FONTENOT: The bottom number [ammonical nitrogen] is also an indicator of protein digestion. A high number here likewise may indicate a very slow base exchange -- the throwing out and replacing of dead cells. Or, either number very high could indicate that the person just isn't drinking enough distilled water.
ION INSTITUTE: The last 3 numbers: albumin, urea (nitrate nitrogen) and urea (ammoniacal nitrogen) represent energy leaving the body; a short term expression for this is energy in and energy out.
JESSE: A high ammonia nitrogen urea may indicate an over-abundance of putrefying protein, and also provide a measurement of the bacterial count. Bacterial thrive when supplied with a culture medium containing an abundance of nitrogenous substances in some form. These organisms will give rise to a destructive change that in organic substances is called putrefaction. This class of bacteria produces ammonia and other poisonous substances which are said to sometimes exceed the venoms of poisonous reptiles.
JOHNSON: These factors reflect blood viscosity and efficiency of protein digestion. High ureas put stress on the heart and blood vessels. The top number--nitrate nitrogen--affects the left side of the heart. The bottom number--ammoniacal nitrogen----represents the right side of the heart.
KIRBAN: Urea is two forms of nitrogen: nitrate nitrogen and ammoniacal nitrogen. This buildup is what causes the heart to beat harder and harder and harder.
MANTHEI: What is the other factor that regulates body temperature? It is nitrogen, especially in the form of ammonia. If there is not enough, the temperature will swing from one extreme to the other very quickly. When will there not be enough ammonia (NH3) in the system to buffer the BODY temperature? In a potassium deficiency.
MANTHEIb: In our kidneys, there is more nitrogen, in the form of ammonia, than in any other tissue. In what factor of the equation would this show up? Urea — ammoniacal nitrogen.
REAMS ANALYSIS: Toxins from this putrefaction are absorbed and up go your ammoniacal nitrogen numbers.
NOTE: *There is little to no support for this thought among serious RBTI students. Perhaps if this were true, one's feces would smell of ammonia instead of one's urine.*
REAMS/BLACK: Whenever you urinate and you smell ammonia, the ammonia odor to it, that is the urea in soluble form.
REAMS/BLACK: If you take some household ammonia and pour Epsom salts into it the nitrogen will come out immediately and if you pour just the right amount you've got clear pure water. If not, you've got magnesium oxide water in the bottom because if the ammonia has turned the sulfate into an oxide providing it didn't get too much. If it's too much you've got magnesium sulfate. You've got Epsom salt water. So in your system, the magnesium releases the soluble nitrogen or urea in your system, so that your heart won't beat so hard.
REAMS/SKOW COOKING: The next thing you want to know is what about the urea. Is the nitrate nitrogen too high or too low, or is the ammoniacal nitrogen too high or too low? If you find a sugar reading less than five forty-nine [5.49] down to two [2.0] and a salt reading that is high, in Range C or D or E [?], and a high urea and a high albumin, you're going to find a person that is not drinking enough water.
SESSION 1-1975: Reams: In what form do we find those two [ammonia and nitrogen] in the body? Students: No answer. Reams: In the form of a salt. [To assistant] bring that bottle from my desk of that urea salt that we have extracted from urine. It will be interesting for the students to see.
SESSION 1-1975: An elevated ammoniacal doesn't cause the heart to pound much as the nitrate nitrogen. In other words, we'll say if you have a 12 reading of ammoniacal nitrogen and we'll say just for argument sake, a 3 reading of the nitrate nitrogen the heart wouldn't be pounding nearly so hard as if it would with the opposite with a 12 nitrate nitrogen and a 3 ammoniacal nitrogen.
NOTE: *It appears that Reams considered the ammonia in urine as coming from the longer term breakdown of old cells that did not exit the body within 3 days. Several authors claiming RBTI authority would have you believe that ammonia comes via absorption of toxins from intestinal putrefaction.*

ANALYSIS

`ANALYSIS
ARM: You have a right to do an analysis. There is no law against it. When you have an analysis at your fingertips, then you know how to make them a diet. These analyses that we are doing are more accurate than any that are made. Don't fear anyone who disagrees with you.
ARM: You have a right to do an analysis, but you can be accused of diagnosing, and you are not diagnosing.

BARNES: Again, the premise of the program made great sense, and when we heard about the way that the testing – a simple urine/saliva analysis – could point out deficiencies of needed nutrients, we became excited about the possibilities of getting answers to our concerns about what was happening to our bodies.
BEDDOE: Biologic Ionization Analysis sets up a mathematical "picture" of the magnetic effects of mineral energy loss. Biologic Ionization, therefore, is not a program for diagnosis of disease.
CHALLEN: Believe in the [RBTI] analysis - go by the numbers.
C.H.E.M: One of our clients was told by her medical doctor that her heart muscle was deteriorating. She had a hair analysis performed, which showed very high levels of arsenic. She was told that she was toxic. Where did the arsenic come from? It came from the deteriorating heart muscles.
C.H.E.M: A blood analysis may often times prove to be inconclusive or yield erroneous results that would be discerned if the physician had these numbers at his fingertips.
CLASS 1-5: The difference between a diagnosis and an analysis is that an analysis can be proven, and the diagnosis may or may not be proven.
CLASS 1-5: These tests show: Quantitative analysis, quantity, how much of a substance you've got, and Qualitative analysis, quality, the kind of substance you've got.
CLOD: RBTI is not a system of diagnosis. It is a system of analysis. An analysis is something that is very accurate. It is very difficult to find a group of doctors that agree on any diagnosis, but if one million people did a RBTI test all of them would come up with the same answer and it would be accurate.
DAVIS: While a blood "test" can fool the doctor, the urine sugar test is more accurate, and more indicative of the health in general. That is science! That is the difference between a scientific analysis and a guess-type diagnosis.
EUGENE REAMS: ...each number in the [RBTI] analysis is a measure of ionization, whether it be too much, just right, or not enough.
FONTENOT: The next morning, she finds her baby dead. Her medical doctor, even after an autopsy, cannot find a thing wrong and reports another mysterious "crib death." It is not mysterious at all! An RBTI analysis will show the urea at 28 or higher.
ION INSTITUTE: This is a contradiction of orthodox physiology which says all cells pass out through the bowels. A very thorough examination and analysis of the fecal material will reveal that it is primarily undigested food.
KIRBAN: What to the layman appears to be a very simple urine/saliva test, Reams makes a qualitative, quantitative analysis.
KIRBAN: Urea, as defined in the Reams test analysis, is undigested protein.
MOSES: I also did a hair analysis, the very first, as far as I know. I was on ground that, as far as I knew, had never been trod. I was amazed at how much duplication I had.
REAMS ANALYSIS: Once you have all the numbers, is that the complete analysis? No. Your eyes will be checked to determine the extent of vascular distortion and engorgement.
REAMS/BLACK: For instance, you may test someone and the test will show that their body has a very high cholesterol, and yet they go get a blood analysis and it shows that there is a low cholesterol. Or both may be done at the exact same time for that moment, and one will say high, the urine analysis will say high cholesterol, and the blood analysis will show low.
REAMS/BLACK: I have seen people with a perfect blood sugar and in thirty minutes, they would be out in a coma because of low blood sugar. Low blood sugar is caused because the pancreas produces too much insulin. Your own pancreas produces too much insulin and drops the sugar too low. So urine analysis is much more accurate than blood analysis.

ANALYSIS TIMING

`ANALYSIS TIMING
ARM: Test on urine sample must be done in two hours at the most. It cannot be mailed through the mail. You lose the picture after about 2 hours; the picture fades out. The bacteria and the temperature of that urine, when it gets out and strikes the air, changes and it's worthless. NOTE: *Some current students have experimented and found that retests of the same sample at ever increasing time intervals indicated more stability that one might assume.*
BEDDOE: ...an analysis of a freshly voided specimen of urine and a small amount of saliva.
CHALLEN: Urine specimens must be less than two hours old - less than one hour in the hot summer sun. If frozen, it is ruined. Picture is blank.
C.H.E.M: The urine should be freshly voided, not mailed, nor should it remain in the bladder for longer than two hours.
DAVIS: Please do not mail your urine samples to me. Our tests are so accurate that samples more than two hours old are worthless.
JOHNSON: [For a terribly shy client,] They can even bring it in a bottle the next time they come. But according to the teaching, it's only valid within two hours after excreting, which leaves a lot of question in your mind when you realize that the bacteria actually starts breaking down [the sample] within 30 minutes after excretion.
PROMISE OUTREACH: Doc Reams required urine and saliva samples to be screened within 2 hours. This was the accepted standard operating procedure for a while. But as more people learned about RBTI, there were too few qualified screeners and so many desperate people wanting to be screened that alternate methods were sought out. In the early 1980's, assessments revealed that samples packed in approved kits and shipped under strict conditions gave clinically reliable results.
NOTE: *A well-respected RBTI teacher has pointed out that shipping of samples is fraught with the possibility of confusion or even malevolence on the part of medical societies determined to stamp out every health message, Biblical*

or otherwise, not originating with them. That teacher believes there must be a high level of trust between consultant and client. Any shipping or receiving of samples should be only between friends, family, or clients who clearly are not out to do harm to either.

ANATOMY

`ANATOMY

ARM: The density factor: If you can imagine the human anatomy and you can imagine the color of the various organs, the brain would be less dense than the heart, the liver more dense than the heart. Iron in the liver, more elements; more concentration within that atomic structure, so you have a density, more dense.

CLASS 1-5: You must remember for every cause there is an effect, for every effect there is a cause, and for every place those numbers are on that scale there is a reason for them being there and you must learn why they're there. And as you learn why they're there, and you understand enough about anatomy, you can then begin to visualize and see the picture that those numbers are trying to present to you. As soon as you really learn your anatomy you're going to find it much easier to understand the course and it will make it much easier to understand the relative energy stored, absorbed and used by the various organs of the body. I think what you need to do is to really get down and learn your anatomy. Learn what the inside of you looks like because it's absolutely important.

CLASS 1-5: You can put certain things on your tongue and within 10 seconds you can begin to get an effect from them, however that kind of an effect is only what's called "aroused effect", or a quick energy. In other words, it's only stimulated energy, it has not actually created something that actually becomes a part of you. It only sets the stage for the other organs to begin to perform their part in the anatomy.

CLASS 1-5: The numbers themselves will teach you nothing, it's what you know that the numbers mean that means everything and any time those numbers are on that scale there is a reason for them being there and you must learn why they're there, and as you learn why they're there, and you understand enough about anatomy, you can then begin to visualize and see the picture that those numbers are trying to present to you, so learn your anatomy well.

CLOD: It was then I started from the knowledge of frequencies I had on grapes. It was the only thing I knew the frequency of at that time to calculate, or you might call it “dead reckoning,” what a human anatomy should read if it were perfect. I’m sure that an angel held my hand for in four days I had come up with a formula which I consider today to be perfect for human anatomy, regardless of the age of the person.

EUGENE REAMS: This is taught in Class 7, which is the Advanced Anatomy course.

KIRBAN: Reams: And then by just mathematical calculations and phenomena of the things I had studied about food, chemistry and math, I began to print an equation that a human anatomy should read like. This was four years before I had discovered human frequency.

MANTHEIb: Extra study materials that should be purchased: The Anatomy Coloring Book by Wynn Kapit & Lawrence M. Elson.

REAMS/BLACK: RBTI does not start with anatomy. It does not start with disease. It starts with energy. Energy itself. Now, you who are doctors will not need these books that I have on my desk. But you who have not had studied anatomy, I recommend you get this set of books.

REAMS/BLACK: Then I picked up my pencil and started calculating what perfect was, what is perfect. Then I worked out an equation much longer than the one that you will be taught here on what a human anatomy should read like if it was perfect. And at that time I did not even know anything about frequency. This was about three years before I discovered the frequency of a human being.

REAMS/BLACK: As you begin to work and study and to understand something about anatomy, this body of ours, the more you understand about it, the easier it will be for you to comprehend the problem that the numbers denote.

REAMS/MANTHEI COOKING: I'd like to mention a class in anatomy. It will be five hours a day for six days. You're going to learn something that will help you with the numbers and the diet that you've never learned before. I have some 7,000 or 8,000 dollars worth of equipment to teach you with. I have a real human skeleton that I bring into class to teach. I also have it in plastic to show you how it works, how the male and the female organs work in plastic. Most people know more about the automobile than they do about themselves. In fact, one young man came in, I said "Your problem is your colon." He said, "I don't have one." I said, "Did you have surgery?" "Oh, no, I never had any surgery." He thought a colon was something one little dot above another, little dot below another little dot or something. That is all he knew about a colon. You'll learn about anatomy.

ANEMIA

`ANEMIA

ANATOMY: Manthei: I would like Reams to comment on sickle cell anemia. Are you familiar with that, where the shape of the blood, the red blood corpuscle is not as it normally is? Is that a genetic condition or a dietary problem? Reams: Dietary. Manthei: Dietary? Reams: Yes. Manthei: From a deficiency of calciums, primarily? Reams: Basically, yes. Manthei: Okay, but it is in the book as being a hereditary, genetic kind of a condition. Reams: That will change.

ANATOMY: When it becomes advanced anemia, you can look at their gums, tongue, and their finger nails, because they will start to turn either blue or black and blue.

ANATOMY: Manthei: Because generally a leukemia is an anemia. Reams: Anemia is the beginning of leukemia. Student: And Hodgkin's disease? Manthei: In Hodgkin’s disease there is swelling of the lymph nodes, in leukemia there is not.

ARM: There is no difference between anemia and leukemia. WBC out of ratio. This means a Vitamin A deficiency. If this body condition existed and you gave Vitamin A by the pound, it would not be available to the system. Cucumber is one of the richest sources of Vitamin A, skin and all, juiced.

ARM: When you have a Vitamin C deficiency, you have a Vitamin A deficiency; and when you have an A deficiency, you have an iron deficiency. Hence, they are anemic.
ARM: An anemic person will accept carrot juice quicker and faster, and increase the WBC, than any other substance.
ARM: Leukemia, anemia: not enough iron and iodine. Replace iron and iodine in the liver, the basic substance for the manufacture of Vitamin A.
BEDDOE: Vitamin B-12 Anemia Pattern: This is very apparent anytime the saliva pH is at 6.4 or below when all the numbers are out of range A.
BEDDOE: Raw Egg and Grape Juice: This is the best way to stimulate Vitamin B-12 uptake in a body that is resistant [and anemic]. There are enzyme reactions between the raw egg and the concord grape juice that are indispensable. When the saliva pH wants to stay at or below 6.4, with all the other numbers away from Range A, it is recommended that you use this potent mixture to help B-12 uptake. Simply speaking, the egg and concord grape juice mixture is the closest thing to a natural blood transfusion.
BEDDOE: Spleen Pattern: Away from range A. Related to adrenal patterns, kidney patterns, anionic pH, high conductance, anemia patterns, carbon monoxide poisoning, carbohydrate problems, respiration impairment.
CHALLEN: Anemic - Too many white and not enough red blood cells [corpuscles?]---B 12 for this plus Ferro Tonic.
CHALLEN: Pale skin and a high salt level means a person is anemic. Therefore, give Ferro tonic because it is natural.
CHALLEN: A blue or black tongue and also a streaked tongued are symptoms of a Vitamin A deficiency and also anemia.
C.H.E.M: Iron is needed most by the liver and the bone marrow, These tissues are responsible for making the red blood corpuscles, so anemia could result from an iron deficiency. An iron deficiency may be due to a calcium decadency, which causes the pH_to drift from perfect, thus weakening the gastric juice, so the energy from the iron in the diet is not being extracted. This is cause and effect.
CLASS 1-5: Doc Reams quite often spoke about carrot juice as being one of the most perfect juices you can have, providing it comes from good, well grown carrots. Not only is carrot juice rich in Vitamin A but it is also rich in minerals and iodine, if it is grown in good soils that have sufficient iodine in them. Carrot juice is good for many things like the liver and skin and is an excellent thing for leukemia and anemia.
CLASS 1-5: Leukemia and anemia are both in the same category, it first starts with an iron or iodine deficiency in the liver which is the result of a calcium deficiency, and there may be an oxygen deficiency from the lungs. It's a chain reaction and consequently the body does not manufacture or accept or receive from the foods enough Vitamin A, and the amount of Vitamin A you take has nothing to do with the amount that is available to you. You may be taking it by the pound and doing yourself damage, so what you need to do is to find out why the body is not assimilating Vitamin A and set the body chemistry in position to accept Vitamin A. I have not found one single case of leukemia or anemia where there was a high or low WBC that did not have the lack of Vitamin A.
CLASS 1-5: Gum recession of the teeth is a lack of Vitamin A. It could also be anemia, a lack of iron, or Vitamin B-12, or Vitamin B-6. I need to have all the numbers to zero in on it, but supplements like Min-Col cannot cause the gums to recede at all.
CLASS 1-5: The cause of glaucoma is a mineral and Vitamin A deficiency and is very closely connected with anemia or leukemia.
CLASS 1-5: Use Vitamin B-12 in all cases of anemia. When the pH gets to be about 5.4 then watch for anemia.
CLOD: Most anemic people are much whiter than usual because the liver is not getting enough iodine, iron or calciums.
DUNLAP: At [saliva] 7.4 or higher, the function of the spleen is restricted. Anemia is common because iron cannot be processed. This means that the stage is set for allergies, hay fever, pneumonia, emphysema, and asthma. Living conditions are perfect for parasites when the body become so alkaline.
DUNLAP: Anemia is also related to high salt. High salt causes an oxygen deficiency. Oxygen deficiency causes a Vitamin C deficiency. The Vitamin C deficiency creates a lack of Vitamin A, which creates an iron deficiency. Iron deficiency is anemia. Look at all the numbers and think about their wonderful relationships.
ION INSTITUTE: Anemia is a lack of iron and iodine which prevents the bloodstream from carrying and transporting the full capacity of oxygen throughout the system. The symptoms of anemia are blue fingernails, abnormal tiredness and pale skin.
JOHNSON: The next item is anemia and we're going to do a little changing here in this equation. When the saliva pH is 7.4 or higher we have anemia or anemic tendency.
JOHNSON: Vitamin A is not utilized properly and at [SpH] 7.4 or higher the spleen is affected and anemia common.
KIRBAN: [Glaucoma] is another form of anemia—or another form of leukemia. Leukemia is a Vitamin A deficiency and is a type of anemia.
MANTHEI: Vitamin B-12 is used to help rebuild the red blood corpuscles [when anemic] and especially should be used whenever Ferro Tonic is not available.
MANTHEI: Spleen is under control by your vagus. Student: What did you say caused the spleen to get real large? Manthei: Anemia or leukemia, they're related, causes the spleen to swell and get a lot bigger.
REAMS/BLACK: Iodine is a very important element. Without it, Vitamin A cannot be available to your system. Iodine is absolutely necessary. And your liver uses more Iron and Iodine than any other, is more than any other organ in the body. And without it, Vitamin A cannot be assembled. And without Vitamin A, the WBC either goes too high or too low. And that is Leukemia or Anemia. Anemia and Leukemia are the same thing only a different stage.
REAMS/BLACK: You need to understand that anemia is caused because of a lack of Vitamin A. And suppose that they're deficient in Iodine and you gave Vitamin A by the pound. It wouldn't do a bit of good. Just because they are anemic, or have a high WBC or a low WBC, giving the Vitamin A, it will not become available. The body will reject it. You

cannot put it in there. You cannot force the body to take it. What you have to do is to get the liver to accept the Vitamin A and manufacture it into a quality molecule of energy that will replace the old cell that is no longer functioning and decrease the WBC to bring it in ratio with the RBC.
REAMS/SKOW COOKING: I have never been a person who claimed to eat all raw food that did not look anemic and sick and never one to live very long. They all died within 10 years.
SESSION 1-1975: For instance, if you have a patient that you know is anemic or leukemic, you will know that it's a type of cancer of the blood cells. Nothing more or less. You know it's a Vitamin A deficiency. You know which way to work on it.
NOTE: Reams routinely claimed great success dealing with anemia and leukemia. The serious student should consult with various RBTI practitioners to fully understand this subject.
See also→ LEUKEMIA

ANGER/ANGRY

`ANGER/ANGRY
BARNES: He ended up back in the care of the physicians and surgeons who were very angry at the 'interference' of the Reams program..even though we sent back a healthy, normal little boy.
BEDDOE: Adrenal gland effect in this pattern [#26] is more exaggerated in a male than a female, but it will affect both drastically. They are angry and short tempered.
CHALLEN: High blood pressure — do not make the person angry -the higher or lower the blood pressure the person will usually live longer - sudden change in blood pressure is dangerous.
CLASS 1-5: And I waited till the fifth day before I called her and each day she was getting angrier and madder and she was about ready to go home when I saw her. And when she saw me I said, "how is your arthritis?" And to her great surprise there was a great improvement in it, and she hadn't even seen me, and she hadn't noticed that it was going down terrifically.
CLASS 1-5: Remember this girl is 15 years old. When you see numbers like this generally the person would be depressed, apprehensive, indifferent, nervous, afraid, and angry but the predominating characteristic would be depression.
KIRBAN: To that [low calcium] individual the entire world is dropping out from under them. They are difficult to live with. They are angry but not fighting people; rather fighting for their whole life.
MANTHEIa: Reams: I'm trying to see if they're playing possum or if they're in real trouble. Many times I chew them out even though I may be still checking them out-I try to make them angry—although they may be dying at that moment. Sometimes I've had them to die after I chewed them out. So when I chew them out, I'm trying to get their adrenal glands to flow in order to bring them back to life. I lost two people after chewing them out. Someone said to me, "Aren't you ashamed of yourself, chewing them out?" I said, "No, I'm not. It was the last thing I knew to try in order to get their adrenal glands to flow. I was only trying to get them angry enough to fight for life. They had already given up and I was trying to get them angry enough to fight for life."
SESSION 1-1975: My purpose is to make them angry [by falsely accusing them]. And if I can ever get them angry enough, to get their adrenal glands to flowing. Why, you would be amazed what will happen.

ANGINA

`ANGINA
ACRES USA: One of the more exotic symptoms of low blood sugar is heart palpitations. You can feel your heart skip a beat and slow down. It feels as if your heart is trying to stop, Although these palpitations aren't quite as intense as real angina pains, they're understandably frightening, particularly since the hypoglycemia has made the person quite nervous to begin with.
ANATOMY: ..a piece of that cholesterol will break off, plugging the vessel of the heart. And that is known as an angina heart attack.
ARM: The angina heart attack is caused because the body retains too much salt. It doesn't matter from what source the salt comes.
ARM: Angina and pectoris heart attacks can be blotted out of the nation within two weeks, anytime the people demand it. The cause[s] of heart attack are known, and what to do about it.
ARM: If you want an angina heart attack, use sea salt.
ARM: The final thing that triggers angina heart attacks, a piece [of cholesterol] turns loose and plugs up the heart.
BARNES: For example, if you insist on putting salt on every food you eat, eventually it will build up as plaque along your arteries, narrowing them, and making you a candidate for a heart problem---either a mild heart attack, angina, or, if your reserve energy is low enough, it could trigger a major heart attack.
CHALLEN: Thrombosis - Angina and pectoral heart attack - clot going to heart and stopping it.
CLASS 1-5: The result may be vascular collapse and sudden death from either a pectoris or angina heart attack, or both of them at the same time. High ureas is what the medical profession call uremic poisoning and crib death is caused because of the high ureas.
CLASS 1-5: Generally, when the salts have been high for a while they experience dryness of the mouth from 35C and at 40C angina pains start showing. The danger zone for cholesterol is from about 45C to 48C.
CLOD: There are other people who do not use any salt, or salt substitutes, and yet their salt is dangerously high. Sometimes high enough to cause or bring about an angina heart attack. It is not how much salt you use, it is how much salt your body retains.
CLOD: The next number 45C [from the example] shows the body is retaining too much salt and that the person is in the

zone for a major angina heart attack, however, with his age it is probably 10 years away if this pattern continues.
CLOD: ...there is no such thing as a minor angina heart attack.
DAILY: Anywhere above a combined total of 16C you may experience angina pains, palpitation, or skipped beats during periods of high physical work or other stress.
DAVIS: Too much salt is the only cause of angina heart conditions. Yes, that is right: An angina heart attack cannot happen if the salt level is kept at normal.
DAVIS: By the way, a thrombosis is an angina and a pectoris heart attack happening at the same time
DUNLAP: The angina heart attack is either major or fatal. It occurs when the salts are above 35C. Angina heart attack results from a piece of cholesterol breaking from the lining of a blood vessel and lodging in a valve of the heart or in another vessel.
FONTENOT: This is what your doctor will diagnose as an "angina heart attack." The cause was simply the failure of his patient to drink enough water to reduce the salt levels. Your doctor should know this, but have you ever heard it before?
FONTENOT: Depending upon a client's age, he may have angina pains which are confused with indigestion.
HEALTHVIEW: HV: Does that [distilled water program] also work for angina heart attacks caused by salts? Reams: Yes, and interestingly, the process often reverses obesity also.
JOHNSON: Also, when the cholesterol builds up, then we've set the stage for varicose veins, phlebitis, angina heart attack, stroke and in some round about way that I'm not familiar with, it has to do with gout also.
KIRBAN: Angina causes [is?] pains in the chest and stomach area.
MANTHEI: If the body retains too much salt over too long a period of time it can lead to one type of heart attack, called the angina heart attack.
REAMS/BLACK: So this is what I mean by angina heart attack and pectoris heart attack. And it is perfectly possible to have both kinds at the same time.

ANGSTROMS

`ANGSTROM
ARM: Angstrom is the distance of the atoms apart in that lattice movement around the molecule, the seconds it takes to make a complete revolution. A3 angstroms refers to the distance apart they keep, that distance from themselves. They are not together. You're actually dealing with a figure-8 setup; and this type of movement is around and through, so that is that exchange. Angstrom is the distance the electrons keep themselves apart. These angstroms represent how far apart the electrons are in orbit in the shell of a molecule.
ARM: If you took the brain and spread it out it, would cover about a third of an acre, computed to a size of 50 angstroms.
BEDDOE: Zeta Potential—A measure of the net electrical potential (in millivolts) carried by particles in the size range of about 10 Angstroms to 10 microns. If this charge is relatively high (30 to 85 millivolts), colloids will remain separate and discrete.
CLASS 1-5: Angstrom represent how far apart the electrons are in orbit in the shell of the mol. Now for the male the electron completes a revolution in an amount of time of 2.4 x 10-6 seconds which is a very short period of time. (0.0000024 = 2.4 x 10-6). Reams and Black came up with the term 'angstrom per second' while studying this together and trying to find a term, and they agreed on "angstrom per second" and the symbol for angstrom is A with a little circle over it (D). When I originally saw it I couldn't figure out what that meant because we got to talking about it and an angstrom is 10 -8 centimeters and if it took a whole second to go that little bit they're moving awful slow you'd hold it in your hand. It's going a very short distance and a second is quite a while. Just as we had trouble properly defining these terms we also found in the case of the alpha, delta and omega cells that there are many times no English word for some of these things, or terms for what we're trying to say or do, and we're trying to get the nearest one that we can find in the dictionary to fit what we're trying to explain.
CLASS 1-5: The speed of rotation for an iron atom is 10 times that of hydrogen and the rotation is measured in per angstrom unit per second.
MANTHEIc: There are 10,000 Angstroms in 1 micron and 1 micron is equal to 10 -6 meter.

ANION/ANIONIC

`ANION/ANIONIC
ANATOMY: Now, heat and electricity can be either anionic or cationic. Either one, they can be anionic or cationic. He made reference to that this morning also, where at times you can have electrical energy being anionic; you can also have it be cationic. Heat, as you know, can be either also – for example, a fever in the body, which is heat leaving out through the top of the head, is actually an anionic form of heat loss. But the heat that we would be getting off of the wood stove this morning is cationic, and it's bombarding your skin with cations, causing friction in the skin, which is actually creating the heat.
ANATOMY: Student: Is it in the stole where the DNA and RNA are? Manthei: The DNA and the RNA are the anionic and cationic parts of the cell, but that is where the code is locked. Student: Is it in the stole? Manthei: It's in the stole.
ARM: Paper, cork, glass, what makes the difference in weight? The number of electrons.
ARM: Our livers manufacture bile or hydrochloric acid and it's an alkaline substance, an anionic substance.
ARM: Anionic [plant] food makes growth; cationic food makes fruit.
BEDDOE: Biologic life shows a relationship to the earth and its radiation belt, much as the iron filings do to the magnet. The movement of anions and cations is what is influenced. Since we know that like attracts like, anions are attracted toward the anionic Van Allen Belt and the cations are attracted toward the cationic earth. It is through this relationship, that the student can begin to get a feel for potential symptomatic patterns that are shown by the urine and saliva test.

BEDDOE: When the urine pH goes anionic the bone tissue will demineralize, or give up its mineral in favor of soft tissue.
BEDDOE: Potassium Chloride—This is a type of potassium that would be an anionic type. It is used for extra potassium in the diet, especially when the individual's line of resistance needs help in the anionic direction.
CHALLEN: Use an oscilloscope to see which way an electron travels to determine whether a substance is cationic or anionic.
CHALLEN: Lemonade is the only food known to be anionic.
CHALLEN: All anionic or cationic substances in the elementary molecular form under the same temperature and pressure are the same size. This is not true in compound states. Anionic substances in compound form are variable in size and weight even in the same kind of substance, i.e., light water, heavy water, or dry water.
CHALLEN: An isotope is able to change from an anion to a cation or vice versa, in other words, the electron in the outer shell changes places with the nucleus.
CHALLEN: Two anions can become one but two cations cannot become one.
C.H.E.M: The nitrate nitrogen is the anionic form of nitrogen and the ammoniacal nitrogen is the cationic form of nitrogen.
CLASS 1-5: The electrons in calcium always travel clockwise and therefore calcium is always anionic, or alkaline, and there is no exception.
CLASS 1-5: Now calcium is always anionic, or alkaline, and there is no exception. If you were to combine anionic calcium with, say, cationic sulfuric acid in a test tube then the calcium will appear to be cationic, or acid, but it is still calcium and calcium is always an anionic substance, anywhere, anytime, any place, on the bottom of the ocean, in the ocean water, in the soil, in a seashell, or anywhere else, it is constant. The calcium is an anionic substance because the electrons in orbit always rotate clockwise.
CLOD: Because of the difference in the anionic and the cationic molecular chemical and mathematical structure of the micronage, the milli-micronage, and milli-milli-micronage, their synchronization divinely and physically determines the frequency.
CLOD: It is rather strange too that we call hydrochloric acid an acid when it really isn't an acid, it is a base. In bases the electrons are anionic, therefore they travel clockwise in the molecule, and acids are cationic and therefore travel counterclockwise. So this is the actual physical difference between an acid and a base. The foods that go into our stomach are cationic, when the bile is released it gives off heat and electrical energy in both anionic and cationic form.
CLOD: There is no way that energy can be calculated or figured by mathematics with the old theory of equal number of anions and cations in an element, unless you figure the cationic energy versus the anionic resistance. There is no way to figure energy, because the total number of Milhaus units determines the total amount of energy.
CLOD: What is a single anion? It is the smallest amount of energy in existence. The discoverer of this was Mr. Milhaus, and he called it a "Milhaus unit of energy." This term is no longer in use. It was a very common term fifty years ago (c. 1920?). It means a millionth of a millionth of a millionth of a particle of energy, until there is no more. There is nothing else to divide.
CLOD: Anions and cations form the elements into nine geometrical energy patterns. It is a mystery to us today how there are 120 elements and all of these elements and compounds are made with only nine different patterns of energy. In any element you can have a variable number of anions and a variable number of cations within the same element to make it form into one of these nine patterns, but the energy is a synchronized energy which equals the specific gravity.
DAVIS: In reality, the cause of any illness, including cancer, is the improper balance between the anions and cations necessary to produce energy. Remember, any day that you do not produce more energy than your body consumes, that day is the first day of your illness, regardless of how well you might feel!
FONTENOT: Sick people have one thing in common: They do not get enough anionic substances in their diet to allow them to get the maximum resistance, and thus the maximum energy from the cationic foods that they are eating.
FONTENOT: If the lemon is the only anionic food, where is the liver supposed to get the anionic materials needed to make bile? It is supposed to get its anionic materials from the minerals found in cationic foods. There are only three: potassium, calcium, and chlorine. If you are deficient in these three, count on it, you are sick. There is no way that your body can operate without them.
MANTHEI: What is the element in the core of every cell? Nitrogen. Is it anionic or cationic? Anionic. Therefore the electrons rotate in a counterclockwise direction, and our body is referred to as cationic.
REAMS ANALYSIS: When we don't get enough anionic substances in the body, the body's energy level drops because we are not assimilating our food property.
REAMS/BLACK: For instance, lemon is the only anionic substance known to man and it can be converted into some six billion different enzymes with less chemical change than any other natural organic substance.
NOTE: Reams divided all substance into either anions (alkaline) or cations (acidic). Each had an energy level that he was able to use to calculate via the Milhaus technique to determine the overall energy in such as foods or fertilizers. The energy that we survive on is a byproduct of the energy released in an endless interplay of anion vs cation, or anion vs anion, or even cation vs cation. Also, you should understand that any substance with a pH less than 6.4 was cationic (or acidic) as opposed to substances with a pH more than 6.4 and which were considered "anionic" (or alkaline).

ANTIBIOTICS

`ANTIBIOTICS
ARM: For strep throat, let the doctor give them mycin tablets, penicillin, or even shots, but tablets are better.
BEDDOE: Anytime there has been history of antibiotic therapy and long standing acidity or alkalinity, Colon Aid should be used at the rate of one per meal for the first 2 months of the program. Then it can be reduced to one per day.

CHALLEN: Antibiotic kills aerobic bacteria and paramecium (a one-celled, elongated animal having a large mouth in a fold at the side and moving by means of Cilia) in the colon.
CHALLEN: One of the main things that will kill the good flora are antibiotics. Antibiotics will make you sterile. They kill the bad and the good bacteria, however sometimes an antibiotic is necessary. When so then eat a cup of yogurt every day and it will replenish the destroyed good bacteria.
CHALLEN: When the tonsils are swollen, it means that the child is not drinking enough water and dead cells are collecting in the tonsils (tonsils are the body's garbage bags). Tablets, not shots of penicillin, are all right for child with strep throat.
CLASS 1-5: Doc mentioned treatment with antibiotics to fit the body chemistry. Go by the numbers. For instance, certain people have allergies to penicillin, and many people know it by trial and error, others don't know it. Go by the numbers.
CLASS 1-5: In pneumonia there is a certain amount of this happening in the lungs but it's not like water because it's covering all of the lungs, it's mucus that is more like an oil, or a scum, and it's kind of stiff and if you put a stethoscope on a lung and they've got pneumonia it sounds like you're wadding up paper. Then you need to see a medical doctor and get penicillin, streptomycin, aureomycin, terramycin and what not, whatever fits that person's body chemistry. Go by the numbers.
EUGENE REAMS: When used internally, it fights infection better than antibiotics. Antibiotics kill all bacteria, good guys and bad guys. Food grade hydrogen peroxide kills only the bad guys and feeds the good guys. Antibiotics destroy the B Vitamins, hydrogen peroxide doesn't.
ION INSTITUTE: Vitamin C is also lost through fever, high stress, infection, anxiety, fatigue, lack of sleep, heavy metal poisoning, the use of alcohol, tobacco, drugs, antibiotics and pain killers among other things.
JOHNSON: We had one lady spend three weeks in the hospital because all the medical profession could see were all these toxins in the bloodstream and thought she had an infection. They gave her antibiotics like they were going out of style. We knew what was happening, the lady knew what was happening, but the medical people didn't. She spent three weeks in the hospital because she did not get her colonics.
MANTHEI: Some of you may wonder why we used so many mushrooms last week. Both my children were fighting a cold, and mushrooms are an antibiotic, a natural antibiotic.
MANTHEI: Pneumonia is different though, because that is when the lungs rattle. It is from a bacteria, and it forms like a mucus or a thick scum, an oily kind of substance in the lung. When they breathe, there's a rattle to the lungs. Sometimes you need an antibiotic to take care of that.
MANTHEI: There is a time to use drugs and a time not to. If the child has sore throats, then he should get some penicillin tablets.
PROMISE OUTREACH: Mushrooms (natural antibiotic).
REAMS/MANTHEI COOKING: Some of you may wonder why we used so many mushrooms last week. Mushrooms are an antibiotic, a natural antibiotic.
REAMS/BLACK: Mushroom soup is very rich in penicillin. NOTE: *It is easy to think that Reams mis-spoke here and probably meant "antibiotic."*

APPENDIX

`APPENDIX
ARM: If people take colonics, they will not need an appendix operation. Colonics good for diverticulitis.
BEDDOE: Since the appendix is at the beginning of the ascending colon it is affected anytime there is a pattern showing constipation. It is also a lymphatic organ therefore is also showing stress when the lymph system is showing congestion.
CHALLEN: Appendicitis - no black pepper, fig seeds, or any small seeds.
CLASS 1-5: You who have studied surgery know something about how important it is when you operate to miss those glands, especially for appendicitis because that one down in the appendix area controls the basic metabolism of the brain waves within the brain, and if you disturb it very much you almost become a vegetable. I have seen people who were made a vegetable by an appendicitis operation. Also there is one right close to it somewhere in the area between the appendix area and the navel that also controls the valve at the neck of the bladder, you massage this and do a marvelous job for them.
CLASS 1-5: I believe in surgery. There are times for surgery, like in the case of the Dead Sea brain tumor, or whenever you have ruptures, or when you have acute appendicitis. There are many times you need surgery but the thing about it is try to coordinate the diet with your surgery to see if surgery can be prevented. There are acute cases in which you don't have any time, there are times when the appendix has already burst and you have to do something and do it quickly, there are times when the hemorrhaging is very severe and something has to be done very quickly, there are times for heart massage in which surgery is necessary, so don't think for one moment that I'm against surgery, don't think for one minute that I'm against medicine or chiropractic adjustments, or other things, all I'm saying is to coordinate your diet with your treatment and you will get a lot better results.
CLOD: People with ulcers of the stomach, high delta cells in the stomach, colitis, colon pockets, hemorrhoid condition, and inflamed pancreas, and inflamed appendix, should not eat nuts or popcorn at all.
JOHNSON: An acid urine pH would indicate inflammation of the ileocecal valve, cecum, appendix area, ascending colon up to the hepatic flexure and across the transverse colon.
KIRBAN: The purpose of this colonic is to exercise the colon and get it back to where it is flexible and also to clean out the pockets that ordinary laxative and purgatives do not do. It also cleans out the appendix.
MANTHEI: Reams has often said that appendicitis can be prevented with colonics.