

NUTRITION: BIOCHEMICAL INDIVIDUALITY STRATEGIES
STRATEGIC METHODS TO RESOLVE CHRONIC NEURO-MUSCULAR-SKELETAL AND RELATED
DIAGNOSES UTILIZING: DIET, NUTRIENT BALANCING, HERBS, SUPPLEMENTS, ENZYMES

PRECEPTS APODICTIC DICTA IN NUTRITION

pre-cepts: principles governing actions and procedures
ap-o-dic-tic: clearly established beyond dispute
dic-ta: from authoritative sources

TTAPS™ PART 4 [1, 2 & 3 are not requisite]

*****16 Hours of CO, CT, IA, IL [class 2], IN, KS, MA, MD, MT, NE, OR, ND, NY, RI, TX [includes 4 required hours], UT, VA [type 2], VT Continuing Education***** **8-6 Saturday, 8-3 Sunday**

THINK YOU'VE HEARD IT ALL? "THIS IS A PARADIGM SHIFT!"

LEARN FROM A DOCTOR WHO:

- **HOLDS AN M.S. IN BIOLOGY, EMPHASIZING HUMAN NUTRITION**
- **IS A MASTER HERBOLOGIST**
- **HAS BEEN A MEMBER OF 6 NUTRITIONAL MEDICAL AND SCIENTIFIC BOARDS**
- **HAS PERFORMED OVER 15,000 NUTRITIONAL ASSESSMENTS**

- **STRATEGIES TO SIGNIFICANTLY ACCELERATE CORRECTION OF:**
 - “ALLERGIC TO VIRTUALLY EVERY FOOD-FEEL THEY CAN'T EAT ANYTHING”
 - “AUTOIMMUNE” DISORDERS THAT REALLY AREN'T
 - DYSMENORRHEA: EXCESS AND PROLONGED FLOW
 - BONE MINERALIZATION: OSTEOPENIA, OSTEOPOROSIS AND FRACTURE
 - INFECTION: NATURAL ANTIBIOTICS/NUTRITIONAL INTERFERENCE OF ANTIBIOTICS
 - ENDOGENOUS POISONS AND METABOLIC INTERMEDIATES
 - HORMONE IMBALANCES
 - FUNGAL AND CANDIDA CONDITIONS
 - SEIZURES
 - CHRONIC FATIGUE
 - ULCERS, BLEEDING ULCERS, CONSTANT BLOODY NOSES
- **WHY SUPPLEMENTATION FOR DEFICIENCY SELDOM CORRECTS IT:**
 - 1/3, 1/3, 1/3 RULE FOR TAKING ANY SUPPLEMENT OR HERB
 - PSYCHOMETABOLOSOMATIC AND VISCEROSOMATIC SYNDROMES
 - NUTRIENT INTERDEPENDENCIES-HOW ONE NUTRIENT CAN CORRECT 5 OTHERS
 - DEFICIENCY CORRECTION [LONG-TERM] VS. CATCH-UP [SHORT-TERM]
 - LACK OF: INGESTION-OR BIOAVAILABILITY?
- **OBESITY:**
 - THYROID, NON-THYROID, NON-CALORIC AND HOW TO CORRECT THEM
 - WHY IT RECURS [+10%] IN 90% OF ADULTS OVER 40 AFTER LOSING WEIGHT
 - CARB AND PROTEIN WEIGHT LOSS ROULETTE: THE ADKINS FALLACY
- **ABNORMAL CELL GROWTH:**
 - MALNUTRITION PREVENTING CHEMOTHERAPY TUMOR ATTENUATION
 - ACCELERATE GOOD CELL GROWTH, DECELERATE BAD CELL GROWTH
- **NUTRITIONAL CAUSES AND CORRECTIONS OF:**
 - BEHAVIORAL DISORDERS
 - DEPRESSION
 - HYPER AND HYPOTENSION
 - HYPER AND HYPOTHYROIDISM
 - BONE DEMINERALIZATION
 - HYPER AND HYPOGLYCEMIA
 - FAILURE TO DIGEST, ABSORB, METABOLIZE, SECRETE AND EXCRETE
 - ACID/BASE IMBALANCES [IT'S NOT WHAT YOU THINK]
- **AND MUCH, MUCH MORE....**

TO RESERVE YOUR SEMINAR SEAT CALL: 469-268-2944

ACCEPTING PAYMENTS BY CREDIT/DEBIT CARD

\$295 through Thursday prior to seminar [includes CE Certificate]

\$395 Friday the day prior and at the door

Go to: ttapscenter.com, then click on the "PROFESSIONAL" tab, then TTAPS PART 4

To see many more patient case histories, as to the efficacy of these strategies

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TEXAS

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281-219-2000

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November 18-19, 2017

El Paso

Hilton Garden Inn

El Paso/University

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El Paso, TX 79902

915-351-2121

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Austin

La Quinta Inn & Suites

Austin-Round Rock North

2004 North I-35

Round Rock, TX 78681

512-255-6666

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December 16-17, 2017

San Antonio

La Quinta North Stone Oak

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San Antonio, TX 78232

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Lubbock

Holiday Inn Express Hotel and Suites

Lubbock West

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806-687-2600

Group Code **TTAPS** for room discount

January 13-14, 2018

DFW

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Dr. Bonebrake co-authored several Research studies on Carpal Tunnel Syndrome, and authored several articles appearing in The American Chiropractor and the Texas Chiropractic Journal.

He has been in practice for 36 years, treated over 20,000 patients from 93 countries and all 50 states, including over 800 professional athletes from more than 12 professional teams, including NFL, NBA, CFL, NHL, MISL, MSL, and 3 foreign soccer teams; over 3,000 high school and collegiate/university athletes; professional bodybuilders and powerlifters; was the first chiropractor asked to treat athletes at the NFL Run For Daylight and NFL Fastest Man competitions; was invited to and treated athletes at a Cowboys/Raiders training camp.

He hosted a radio show for 15 years on his techniques, and has been the object of numerous newspaper and magazine articles, radio and TV news programs.

PATIENT CASE HISTORIES:

He was around **Poison Ivy** all his life and never reacted to it. Suddenly, every time he went to the family farm he did-for several years. Only topical prescription cortisone would get rid of the reaction, or his arms and face would swell up like a balloon. A diet history found nothing out of the ordinary. I asked if he ate or drank anything different at that time. He started ingesting a certain food at a restaurant along the way that he hadn't prior to being afflicted, and I said to just avoid that one food and see what happened. No more reactions to the poison ivy! Since then I've had several patients comment on reacting to poison ivy and found they ingested the same food, so I recommended abstaining. Every one of them quit reacting to it as well!

She was in her late 20s, had 3 children, and had **severe, non-responsive Cellulitis** in her legs for the past few years. Her legs had been swollen and red and didn't respond to antibiotics or any other remedy. I had her apply a certain hot liquid nutrient to the affected areas 10 minutes, twice per day for 3 weeks. All the redness and swelling completely subsided, along with all the pain!

She was a wealthy real estate broker. She was in her late 50s and **had Pale Skin with many Hard Crusties all over the skin on her back**, as happens to many older individuals. She had tried every remedy to no avail, and no medications helped. I evaluated her diet and found that she was exemplary in quality and ate a lot of fresh fruits and vegetables and drank only quality beverages. On further questioning she said she added certain substances to her bathwater and didn't eat certain parts of certain foods. I explained why her skin was reacting the way it was in response to doing what she was and had her stop adding to the bathwater and start ingesting the full foods, along with ingesting and applying topically a certain liquid herb. Within 2 weeks she said her friends were commenting on her facial skin and asking who she was going to! The hard crusties fell off her skin in just a few more weeks!

The boyfriend of my employee managed the local Hilton Inn high-rise hotel. She was a former EMT. She came to me one day and said he had been on his back for **3 weeks with a Fever of 102-104°**, could only sleep 2 hours per night and had been on a high-dose of antibiotics prescribed by his MD, with no effect. He normally worked 14-16 hours, 7 days per week for years without missing. She changed his diet to what she figured I would have after observing me work with patients for several years, which was generally correct. After hearing all this, I told her to give him a certain nutrient at a certain level daily for 2-3 weeks then stop, and that he would probably break out into a heavy sweat and start sleeping well.

On the way home she went to a pharmacy and immediately gave him the first dose. Within 3 hours he broke out into a heavy sweat, the fever broke, he slept heavily for 8 hours, felt great and went to work.

She had been to both an MD and a radio personality that specialized in **Systemic Candida Albicans**, neither of which helped. Both ascribed to the techniques of Dr. Crook, the MD who popularized his approach to Candida, which is a high protein diet [so it won't feed on carbs], Nystatin, and Ketoconazole. Because of the chemistry involved, had her completely change the dietary approach, plus add certain supplements. In just a few weeks she was free of all symptoms for the first time in years!

She had **repeated vaginal yeast infections** over several years and had to repeatedly get drugs to get them to shut off. I had her douch with something other than vinegar and the infections ceased.

She started having **Energy Depletion and Spontaneous Nosebleeds**. Questioning found that certain new items were added to her home, she returned them and put the old ones back and she normalized!

In a certain profession for 20 years, he **suddenly began having Nosebleeds anytime he went in his work environment, and even when around certain objects at home**. The only thing that could be done was to change professions because of a certain acquired chemical sensitivity, and he normalized.

She came to me, recommended by her Chiropractor because he had broken 3 ribs in an auto accident and couldn't practice for 2 months while on the mend. After I adjusted her one day she mentioned that **she had 3-5 Major Asthmatic Attacks every day and usually had one once a month that sent her to the ER**-could I help? This had gone on since she was a little girl, and I knew the Chiropractor she had been going to was heavily into nutrition, but nothing had helped. I looked into her eyes with a magnifying glass with attached light: her eyes were dark brown throughout, but I noticed a very small, insignificant patch of blue that couldn't be seen with the magnifier. Based on this, I recommended certain dietary changes and one particular herbal extract. Every time she took the extract, within just a few minutes she would cough up volumes of mucous. Within just a few weeks her attacks diminished significantly in number and intensity and the attacks never sent her to the ER again. In fact, she got to the point that she only had one minor attack per month-and a year and a half later her eyes were bright blue with not a hint of brown in them!

He was an engineer with Boeing who came up with the idea for the 777. He brought in his wife after hearing me on the radio. She had been **Wheelchair Bound for 17 years with MS**. Her voice was unintelligible squeeks, she couldn't feed herself because her one useable arm shook so hard and she was on a catheter because she couldn't control her urination. I had him change her diet along with other physical treatment. 2 weeks into the treatment he came in with a urine bag and showed it to me. It was completely full of mucous except for a small amount of urine at the top of the bag. He said he woke up to this every morning since the start of treatment and wondered what it meant and how in the world that much mucous came out of the small urethral opening! I said she was detoxifying, and it came out in small bits, and he said that's what he figured. Within 3 months she was speaking intelligibly [I met her sister in a restaurant in Scotland about 6 months after starting treatments and she said she couldn't understand her for 3 years previous to that-they made me an honorary family member!] and eventually became totally normal, the good arm quit shaking and she could feed herself within 6 months, and in a year and a half she was able to start standing with help-almost 19 years after being wheelchair bound!

Her **7 year old son had Daily Nose Bleeds since he was 3**. Questioning revealed he ate a large amount of a certain “healthy” food daily. They removed it and he normalized immediately.

He had **Severe Resistant Asthma of several years’ duration**, and normal herbs didn’t touch it. I instructed him to make a hot pint of tea made with distilled water, with 2 specific herbs from his herb cabinet, strain and drink them hot as possible, soak in as hot a tub of water as possible for 15 minutes, then jump under 5 thick covers and sweat for an hour. I said he may need to repeat a few times, but no closer than 3 days. He improved dramatically each time, and all asthma symptoms disappeared.

An Accountant in his mid fifties had **Chronic Bronchitis, Coughing constantly for 9 months**, unable to sleep or work well and as a result very weak and his weight dropping precariously. He had been on several rounds of antibiotics to no avail. 5 cups of a certain fruit juice per day, 4 days later-gone!

She had **lifelong Hypoglycemia** and attempted all the normal high protein diets, which helped not a lot. ½ teaspoon of a food substance per day and her blood sugar stabilized!

His **Blood Pressure Suddenly Shot Up 60 points one morning and he came to me that afternoon**. After much questioning, a particular common food he had just a bit of that morning that he hadn’t had before was suspect. He avoided it and his pressure slowly went down to normal over about 3 weeks.

She had **Long-Standing Elevated Blood Pressure**. Normal therapies didn’t work. After much questioning, it was being caused by a certain supplement she took with each meal. She got a different one that didn’t have a certain element in it and her blood pressure dropped to normal in just a few weeks.

Her **Energy Suddenly Dropped out from under her for no apparent reason 2 weeks prior**. She hadn’t changed her diet. On further questioning she admitted to starting a multivitamin the day it started, but didn’t connect the two. A certain common herb found in many supplements, was causing an allergic reaction, so she got one that didn’t have it. Her energy returned in a just a few days.

She had **long-standing Chronic Fatigue Syndrome** and had tried many things to no avail. A diet history revealed the common herbal tea she drank daily was the culprit. She discontinued the tea and her energy returned to normal in just a few weeks!

She was a Pharmacist with **Lupus**. I had her take a particular common herb internally and apply it to her lesions. The Lupus was controlled and the lesions disappeared in just a few months! [This remedy for Lupus is very well documented by another Pharmacist-with pre and post pictures!]

Referred to me by the Director of a nutritional Medical institute that had seen patients from every country in the world, she had been the head secretary there for 10 years and was cured of a condition by them previous to that. She had **Chronic Fatigue Syndrome, heard sounds like she was in a barrel and she had severe sharp pains in both hips, all for about 3 years**. The very nutrient that had cured her from her previous conditions in deficiency was causing her present conditions in sustained excess! She dropped back in her daily consumption by a third. Her energy came back in about 4 days, but the other symptoms lasted. After no change over a month she cut back by a third from her present level of consumption, and her hearing normalized within 4 days, but the severe hip pain remained. After no change over a month she cut the remaining consumption by half. After 4 days the severe hip pain-gone!

He was a DJ at the world’s largest Country Western radio station and had **severe Rheumatoid Arthritis of 4 years’ duration** and could only go up stairs one at a time and drag the trailing leg up, had trouble

standing, walking and sitting, couldn't kneel, had very little movement in his wrists, could barely move his fingers [which were in a half-flexed position], was forced to peck the typewriter with one finger at a time and could barely play his fiddle. One day he said he didn't know Chiropractors could take care of all the conditions the patients I brought in for testimonials. I said I had several additional advanced degrees and experience. After trying several medical therapies, about a year and a half later he set an appointment. After several dietary changes in only 3 weeks he was running up steps 2 at a time and could kneel and sit with no difficulty. The hands resolved over 3 months or so with scar tissue and rehabilitation therapies and the dietary changes. He was able to perform on his violin with the station band and had no problems typing with full finger and wrist motion again!

She had a **Hyperthyroid** condition which suddenly appeared [**thyroid storm**], and the MDs said they either wanted to kill it with radioactive iodine or remove it, then put her on synthetic hormone the rest of her life, neither of which she wanted. I gave her a list of **foods to ingest high amounts of** and 2 months later she registered as Hypo, so she backed off until it balanced at a good level.

She had a **Hypothyroid** condition of several years' duration, which was controlled with 2 1/2 grains of Synthroid per day. I gave her a list of **foods to avoid** and her thyroid slowly balanced over a period of 6 months so that she no longer needed to take the hormone.

She had severe **Kidney pain of several years' duration**. I noticed she was ingesting a large volume of a particular food, and told her to totally avoid it. Within just a few weeks her kidney pain had ceased!

She had a long history of **Chronic Fatigue Syndrome**. I described an elimination and re-introduction strategy. One particular food made her feel very tired for 3 hours after ingestion, and she snacked on it all day every day, so I had her avoid it and her Chronic Fatigue disappeared!

He came with symptoms of **when he went out into chilled air at night, his Throat Swelled so much he had Difficulty Breathing**. Avoiding one particular food entirely, after 4 weeks his throat ceased swelling!

When he ate melons or apples his Throat Swelled so much he could barely breathe. After avoiding several foods for an extended period of time he found he no longer responded adversely, however several months later his throat started swelling again when eating them. A particular food caused him to react to the melons and apples although he didn't seem to react to the food itself!

A couple invited me to come to dinner and their best friends just happened to be there. They asked whether I could help them **Lose Weight**, and I said yes, but I asked them each one question about their respective diets, and how much each wanted to lose. He said 30 lbs, she said 20 lbs. I bet them \$100 each that they would drop the weight in 6 weeks by following one piece of advice. 2 weeks later I was invited to dinner again and the same couple was there. They each handed me \$100. The man had already lost 20 lbs and the woman 15 lbs!

She was in her late 20s and came to me every 6 months for 2 1/2 years saying she **wanted to Lose 60 lbs**. At the end of that period, she decided she wanted to do it and asked me to tailor a plan for her. She lost 60 lbs in 60 days and her skin shrunk up so she didn't have any hanging flesh. She was about 5'!

A doctor and 2 staff I employed ran in to my office and said they thought Legionnaire's disease had struck the office because **all the employees Suddenly had Nose Bleeds**. I noted that I didn't and asked whether any of the patients had, which they didn't. I found they all had snacked on a particular food a

patient brought in that morning. It was one particular part of that food that caused the problem. They all resolved with avoidance of the food.

The Pharmacy across the street sent in their secretary who **had Severe Migraines 4 days each month for 19 years**. I treated her and gave her dietary changes, but to no avail. Questioning found that she had started a particular drug protocol about 9 months prior to the migraine onset. I suggested she discontinue the drug 3 days prior to the normal onset of the migraine and re-starting after the normal 4 day period it lasted. They ceased, so I said to check with her prescribing physician about continuing on the same protocol. He agreed and they never recurred!

My father-in-law had a fist-sized **Inoperable Tumor behind his sternum**. He had 2 chemotherapy treatments, but had to stop because he couldn't tolerate them. I suggested certain dietary protocols, certain herbs and certain supplements to attenuate and reverse bad cell growth and accentuate healthy cell growth. 1 ½ years later there was no sign of the tumor on imaging and he had no recurrence for the remaining 8 years of his life!

My father had a **silver dollar sized Tumor in his lung**, which Cancer Centers of America reduced to half, but couldn't get any smaller. I suggested certain dietary protocols, certain herbs and certain supplements to attenuate and reverse bad cell growth and accentuate healthy cell growth. After taking a follow-up imaging study they stated "it exploded and the body reabsorbed it". He had no recurrence for the remaining 12 years of his life at age 98 ½!

Later, having **Emphysema** from smoking for 60 years, he only had 15% lung capacity, **Fluid Filled every lobe of his Lungs from Pneumonia**, so much they said to get there immediately because he would die in a day or 2. I called each of my children and told them the situation and had my sister do the same, telling all of them to drop everything and get there. Every time one of us showed up, dad cried and got up and walked a little, strengthening a little more each time. After that they were able to vibrate the fluid out of all but one lobe. I had dad take 2 herbs and another substance at a certain volume and rate, and the last lobe was clear in about 3 weeks with no recurrences!

My sister had **Double Pneumonia for 4 months**. She asked for my help. I had her inhale a certain substance 5 minutes, 3 times per day, and she was breathing normally in 4 days!

My office manager's 83 year old mother was going downhill after having several lymph nodes removed from her abdomen. **3 Inoperable Tumors remained in her Pelvis and a fist-sized tumor at the base of each Lung**. She was weakening quickly, so her daughter asked me to intervene. I asked what was in her IV. There were 2 substances in the IV that were feeding the cancer, so I said to point it out to the doctor and ask to have them removed, which they did. She immediately began to get stronger and they put her on hospital food and she worsened. I asked what the food was. Virtually all of it was feeding the tumors, so I recommended certain changes and she began to improve again and was released to go home 1 ½ days later. Her daughter asked whether anything else could be done. I had her take 2 herbs and another substance at a certain volume and rate, and 2 of the pelvic tumors disappeared and the last one decreased to 1/3 the size, which the doctor thought was residual scar tissue. The lung tumors disappeared as well! The process took 3 months. I suggested she call Cancer Centers of America. She told them what happened and they said they would have done the same thing! The treating MD called my office manager and asked what she did. He later called and said he couldn't find the herbs and she said I told her where to get them on the internet and that she probably couldn't find them in the

store...she said why? "I've NEVER seen ANYONE live past 2-3 months with this type of cancer, and I want to purchase them for my indigent patients!" She lived another 3 ½ years!

She came saying **her normal Period lasted 10 days with a Very Heavy Flow**. I recommended she avoid a certain food she was "addicted to". Her period immediately went to 4 days with a normal flow! She was able to avoid it entirely for about 4 days prior and during her flow with similar results.

She had **Chronic Fatigue of several years' duration**. After evaluating her diet and supplement ingestion, I found a certain supplement her MD had recommended at a certain level daily to be taken at a certain time. I merely suggested she take it at the opposite end of the day. She began sleeping much better and her energy returned!

He had **Chronic Fatigue and an elevated Epstein-Barr Virus**. Upon questioning I found he drank a certain substance in volume every day, which I told him to stop cold turkey. His energy came back in full within a few weeks, and the Epstein-Barr virus showed negative in about 3 months!

He had **Bleeding Ulcers of 17 years' duration**. I had him get a canned food at the grocery store and take a half cup twice per day. After a week he said the bleeding had stopped. After another week he said the pain was dull instead of sharp. After another week he said it felt like "butterflies" in his stomach. After another week, he was completely normal, with no bleeding or pain!

He had a **Chronically Infected Throat**. I instructed him to take ¼ tsp of something in his pantry 5 times per day. The throat cleared in about 3 days!

An 83 year old female came in with **Elevated Blood Pressure of about 20 years' duration**. I tried several things with no success, then I went over some instructions I had given her and found she didn't understand one of them, something that may be in her yard. After she understood, she said "That's in all my trees and bushes!" She had someone to remove it all. Her blood pressure dropped to normal in about 3 weeks!

His was 83 and **taking 115 units of Insulin per day and was on crutches because he Was Numb from the knees down on either side. He was 315 lbs.** I told him how to alter his diet and to manage his insulin according to his MDs direction. He dropped 65 lbs and went to needing only 5 units per day, saying he wanted to keep a few vices. All of the sensation was restored in his legs and he didn't need the crutches any longer!

He was about 80 and a **Type 2 Diabetic**. He called me while I was on vacation, desperate because his physician had referred him to a surgeon to have his Blackened Foot Amputated because of **Gangreen**. I said to come to my office on the following Monday, 2 days away. After examining him, I had him get a common substance and start taking it in a certain way. He went to the surgeon 3 days later and the surgeon walked in to see him on the exam table with his shoes and socks off. The surgeon said "what are you in here for?" to which he replied "my doctor sent me here to have my foot amputated". He looked down at both feet and asked for his doctor's phone number. He called the other doctor and said "what do you think you're doing sending this patient in here for amputation of his foot? There's nothing wrong with it! You're just wasting his time and mine!" The foot had turned a normal color in a few days!

He was 27, thin and frail and came in with **Type 1 Diabetes**, blind in one eye from blood seeping inside the orbit, and was going blind in the other. He was taking 40 units of insulin per day. He didn't want to

go completely blind and the medical profession wasn't helping at all. I had him alter his diet, both eyes healed up and his sight was completely restored. I told him to manage his insulin according to his MDs direction. 6 months later before he moved to another state, he was down to 13 units per day and dropping!

Her 6-month old's **Body suddenly Swelled up with Bright Purple Patches** all over and she refused to take him to the ER [she was a Christian Scientist]. I questioned her and found he had eaten his first ever bit of a certain food that morning, so I told her to get a certain fruit out of her refrigerator, give him juice diluted in distilled water and to apply the shredded, mashed up peel and pulp to the red spots. The baby's body returned to normal in just a few hours!

A few months later her 7 year old daughter had a bright red streak going up her leg from a spider bite. She refused to take her to the ER, saying "I know you know what to do, so just tell me", so I said to apply a certain food from her pantry in a certain way, and if it didn't work in 3 hours to take her to the ER for **Blood Poisoning** and she agreed. The streak went away in about an hour and a half.

He had **Ring Worm** so I told him to go do something at a certain neighbor's house every day for awhile and it cleared up quickly!

He said his wife's **Breast Milk wasn't rich enough** and they were going to have to put the baby on formula. I told him to have her take a certain herb daily, and her baby immediately began to thrive and she didn't have to put the baby on formula!

He had **Osteoporosis and was getting Compression Fractures** from them, but he didn't want to go on medication. I had him do certain dietary things and take a few certain herbs and he gained about 6% density per year!

Her **Whole Body Severely Ached for several years from her Osteoporosis**. With certain dietary changes, her pain resolved within a week!

My pastor came to me and told me his wife's **Sinuses had been Draining like a Faucet for 3 weeks** and antibiotics and over the counter meds hadn't helped. I told him to go to the pharmacy, grocery store or health food store, get a certain item and take it in a certain manner. He said she only had to take it once and her sinuses quit draining in about 10 minutes!

She had **Psoriasis**. She tried medications and fish oil to no avail. I had her go to a local YWCA 3 times per week and do something very specific for about a half hour each and it cleared up in just a few weeks!

Any time he was around **Poison Ivy**, he got a rash and had to use cortisone. After seeing his dietary patterns, I recommended he stay away from a certain food when he knew he would be around it, and like magic he wasn't breaking out in a rash anymore!

She had **Toe Nail Fungus**. I had her utilize three things a few times per day and her nails started growing out normally!

He had continual **Jock Itch**. I had him apply a common household item and it never bothered him again.

He was in my technique seminar **writhing in Abdominal Pain, up all night with Diarrhea**. I had him take 2 things I always keep with me, and his pain was gone within an hour!

Her child had **Chronic Diarrhea**. I had her feed her child this common food already in her pantry and it stopped immediately!

She was experiencing continual **Vaginitis** for years. After reviewing her dietary history and asking a few questions, I told her to discontinue a certain food she ingested minor amounts of several times per day, and the symptoms subsided without recurring!

She **had Difficulty Handling both Heat and Cold for several years**. After viewing her diet history I instructed her to take a certain food twice daily that was virtually absent from her diet. After just a few weeks she was handling both heat and cold very well.

I was **Stuck Bench Pressing 315**, with a maximum of 325 once. I entirely removed one particular food. In 6 weeks I benched 440! A pilot in his gym who was also stuck at 315 saw my sudden astounding increase in strength and asked me what kind of drugs I was on. I smiled and asked if he was consuming this certain food-“Yes, a lot of it!” I asked what he wanted to bench. “350”. I said just get entirely off it. “How long do you think it will take?” I said I didn’t know-maybe a month? I saw the pilot 6 weeks later and asked if he had benched 350 yet. Smiling broadly, he said “Yep”. I asked how long it took. “2 weeks!” A patient was complaining about being stuck at benching 225 and I recommended the same thing. 3 months later he complained again and I recommended the same thing. 3 months later he complained again and I recommended the same thing. 3 months later he complained again and I recommended the same thing. He said “That’s crazy!” and I replied that I had shut off his migraines by pushing on a sore point on his sacrum, and isn’t that crazy but it did work? He agreed. 3 months later he came in and I asked if he tried it. Smiling broadly, he said “Yes.” How much are you benching now? “5 sets of 5 with 275!”

She was continually having a **Sour Stomach** and her **wrists and fingers were turning black under her copper and gold jewelry**. After evaluating her diet, I recommended certain changes and taking a certain herb 3 times per day. After about 2 weeks her stomach was no longer sour, and at about 6 weeks the jewelry was no longer turning her skin black!

She had **Daily Nose Bleeds**, he had **Bleeding Hemorrhoids**. After evaluating their diets and further questioning them, they both snacked on the same food and I said to exclude it from their diets. The bleeding for both stopped within 2 weeks!

He had **Continual Itching of his Hard Palate**. Evaluating his diet and questioning him revealed that he had moved to a new town and when he ate out had a certain food that a certain addition to it that he hadn’t had before. I had him have the food without the addition and the itching stopped in 2 weeks!

For the previous 3 years any time she ate **food it would just sit in her stomach and cause severe discomfort**. I had her take a substance just prior to meals that increased motility specifically in her stomach, and the discomfort immediately ceased!

She had **trouble getting her bowels to move in the morning when she woke**, so I recommended she do a certain thing with the beverage she drank first thing after she woke. Her bowels started to easily move first thing each morning!

He had the same issue that the above woman had, but **his body chemistry was different, so I recommended he do the exact opposite that she did**. His bowels normalized as well with ease!

She **Suddenly had Bleeding Ulcers, unresponsive to medication**. I recommended she take a certain amount of a substance in her pantry once. The bleeding immediately stopped and didn't recur.

She had **Ongoing Daily Bleeding Vaginally for about 2 years** that was unresponsive to medical care. I recommended she do a douche with a certain substance from her pantry once. The bleeding immediately stopped and didn't recur.