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***Introduction and Orientation for All  
Magnetic Health Quarterly Publications***

Published by:  
William H. Philpott, M.D.  
17171 SE 29th St.  
Choctaw, OK 73020  
(405) 390-3009/ Fax: (405) 390-2968  
Email: [polarp@flash.net](mailto:polarp@flash.net)



*William H. Philpott, M.D.*

***FIRST IMPORTANT NOTE***

**The first 17 pages are introductory in nature and to be found at the beginning of each of Dr. Philpott's works.**

**It's important that you read and understand these basic principles before you study beyond page 17.**

**If you are thoroughly familiar with these first 17 pages, and understand their contents, then by all means, start with page 18.**

***SECOND IMPORTANT NOTE***

**All of Dr. Philpott's books, including this one, can be ordered directly from him at 17171 S.E. 29th Street, Choctaw, OK 73020; (405) 390-3009.**

**Appropriate magnets can also be ordered from the same source. See Magnetic Catalog entitled "Polar Power Magnets" Catalog #18, this site. We've added to this catalog several pages relevant to costs.**

**Dr. Philpott says that he will be pleased to answer questions by telephone. Information**

**WHAT MAGNETIC THERAPY IS**

Magnetic therapy is magnetic-electron-enzyme catalysis therapy. Static magnetic fields move electrons which rotate resulting in a magnetic-electron energy field. Static negative magnetic field electrons spin in a 3-dimensional spiral counterclockwise rotation. In a static positive magnetic field, electrons spin in a 3-dimensional spiral clockwise rotation. A positive magnetic field energizes acid-dependent enzymes. A negative magnetic field energizes alkaline-dependent enzymes. Biological response to a positive magnetic field is acid-hypoxia. Biological response to a negative magnetic field is alkaline-hyperoxia. Alkalinity maintains calcium and amino acid solubility and reverses insoluble deposits of calcium and amino acids in such as arteriosclerosis, spinal stenosis, around joints, amyloidosis, Alzheimer's, etc.

The energy activation of biological enzymes is magnetic therapy

**WHAT MAGNETIC THERAPY DOES**

The biological response to a static positive magnetic field is acid-hypoxia. The biological response to the static negative magnetic field is alkaline-hyperoxia. Positive magnetic field therapy is limited to brief exposure to stimulate neuronal and catabolic glandular functions. Positive magnetic field therapy should be under medical supervision due to the danger of prolonged application, producing acid-hypoxia.

Negative magnetic field therapy has a wide application in such as cell differentiation, healing, production of adenosine triphosphate by oxidative phosphorylation and processing of toxins by oxidoreductase enzymes and resolution of calcium and amino acid insoluble deposits. Negative magnetic field therapy is not harmful and can effectively be used both under medical supervision and self-help application.

Some of the values of magnetic therapy are:

- Enhanced sleep with its health-promoting value by production of melatonin.
- Enhanced healing by production of growth hormone.
- Energy production by virtue of oxidoreductase enzyme production of adenosine triphosphate and catalytic remnant magnetism.
- Detoxification by activation of oxidoreductase enzymes processing free radicals, acids, peroxides, alcohols and aldehydes.
- Pain resolution by replacing acid-hypoxia with alkaline-hyperoxia.
- Reversal of acid-hypoxia degenerative diseases by replacement of acid-hypoxia with alkaline-hyperoxia.
- Antibiotic effect for all types of human-invading microorganisms.
- Cancer remission by virtue of blocking the acid-dependent enzyme function producing ATP by fermentation.
- Resolution of calcium and amino acid insoluble deposits by maintaining alkalization.
- Neuronal calming providing control over emotional, mental and seizure disorders.

"Magnetic therapy has been observed to have the highest predictable results of any therapy I have observed in 40 years of medical practice."

William H. Philpott, M.D.

**ABOUT WILLIAM H. PHILPOTT, M.D.**

William H. Philpott, M.D. has specialty training and practice in psychiatry, neurology, electroencephalography, nutrition, environmental medicine and toxicology.

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He is a founding member of the Academy of Orthomolecular Psychiatry. He is a fellow of the Orthomolecular Psychiatric Society and the Society of Environmental Medicine and Toxicology, and life member of the American Psychiatric Association.

Between 1970 and 1975, he did a research project searching for the causes of major mental illnesses and degenerative diseases, which resulted in the publication of the books, *Brain Allergies* and *Victory Over Diabetes*.

Retiring in 1990 after 40 years of medical practice, he has engaged in research as a member of an Institutional Review Board, which follows FDA guidelines. In this capacity, he guides physicians and gathers data on the treatment and prevention of degenerative diseases using magnetic therapy.

The Linus Pauling Award was presented to William H. Philpott, M.D. in 1998 by the Orthomolecular Health Society, "for his scientific leadership and scholarship spanning the entire history of orthomolecular medicine."

Dr. Philpott says, "When I graduated from medical school, the guest speaker stated, "We have taught you what we know. It may well be that half of what we have taught you is not so. But we don't know which half is so and which half is not so". I learned so much in medical school that I was proud of my acclimation of knowledge. Was this speaker for real or simply a learned clinician acting out a false humility? As I marched down the aisle of graduation from medical school, I was proud of my increased amount of knowledge I had gained. I was especially proud of knowing about medications that were known to relieve headaches. Surely among these medications for headaches was an answer for my mother's headaches. I thought that now I have a solution to the lonely hours I spent as a preschooler while my mother was in bed in a dark room. I was all alone wondering how I could help my mother.

"I specialty trained in neurology and psychiatry and had a flourishing practice in these specialties. After fifteen years of practice, I began to wonder why we had so few answers that worked. There was shock treatment for severely ill patients. I gave over 70,000 of these. There were tranquilizers emerging in the late 50's and early 60's. I used these by the bushels on my mental patients. The efficiency was low and the side effects of tranquilizers were astoundingly frightening. One tranquilizer in an ad in a medical journal claimed less side effects than another tranquilizer and yet it took one-half page of fine print to list the side effects of this proposed better tranquilizer.

"I had six therapists (psychologists, social workers and sociologists) seeing my patients in individual and group therapy. The level of results in schizophrenia and manic-depressives was especially discouraging. In the early 60's, behaviorism came to the rescue in helping some neurotics in the ability to train out their symptoms. What about psychosis for which behaviorism had little help? Electric shock proved to have some temporary help. Tranquilizers were of minor help and the side effects were appalling. Obviously, our system was often even making our patients develop physician-induced illnesses. This was particularly troubling with a five-fold increase in maturity-onset diabetes mellitus when using tranquilizers. Were there answers not learned in residency training that we were ignoring?

"In my third year of medical school in 1949, while attending a small group session at Los Angeles County General Hospital, an allergist made the observation about a patient with anxiety whom he fasted for five days during which her anxiety symptoms left. When he exposed her to a test meal of one of her frequently eaten foods, her anxiety returned. He asked, what is the diagnosis? I was studying medicine with the expressed pur-

pose of becoming a psychiatrist. I spoke up, giving the diagnosis of anxiety-neurosis. He said, "No. This is a food allergy". The rumor was that this allergist had ideas that most of my instructors did not agree with. I dismissed his diagnosis until twenty years later (1969).

"In my second year of psychiatric residency training, I read the book *Neurosis* by Walter Alvarez, M.D. In this book, he describes headaches and many symptoms of neurosis and psychosis occurring during deliberate food testing. I could not believe this. I thought Dr. Alvarez made a fool of himself. After all, he was an internist, not a psychiatrist and why was he dabbling into psychiatry. I dismissed his observations and didn't look at this book again for 16 years. I was wrong for ignoring him.

"I learned behaviorism from Joseph Wolpe, M.D. He and I shared the opinion that schizophrenia must be organic in origin. In 1965, he sent me an article by Theron G. Randolph, M.D.

"Amazingly, Dr. Randolph described many mental and physical symptoms as disappearing on a five day fast and re-emerging during food tests on deliberate food tests of single foods. I set this article aside as impossible.

"In 1969, I was a consultant to a boarding school of some 100 socially and educationally disordered adolescents. I was responsible for a neurological and psychiatric examination on each student. One-third either were or had been psychotic. Saul Klotz, M.D. Internist-Allergist was responsible for their physical needs. He proposed to me that we do a double-blind study to determine the extent to which food allergies and non-allergic hypersensitive reactions related to their numerous symptoms. Together we did a double-blind study using food extracts. The results were overwhelmingly positive. I now had to consider how wrong I had been by ignoring the evidence that had come to me through the years concerning maladaptive reactions to foods and symptom-production.

"I was invited by a private psychiatric hospital to set up a study to determine the causes of schizophrenia. Based on the double-blind study of Saul Klotz, I initiated a study of the relation of foods to symptoms in my mental patients. To this, we added a nutritional survey and a survey for infectious agents. This research followed the advice of Theron G. Randolph, M.D. of a five day fast preceding food testing of single foods. This study resulted in the publication of two books, *Brain Allergies* and *Victory Over Diabetes*. From 1970 through 1990, I tested thousands of both psychiatric and non-psychiatric patients with a five day fast followed by deliberate food testing. The patients were monitored for pH changes and blood sugar changes. Viruses, especially Epstein-Barr, cytomegalovirus and human herpes virus #6 emerged as being consistently in our mental patients and those with more serious physical symptoms. All patients maladaptively reacting to foods had some degree of carbohydrate disorder. Maturity-onset diabetes emerged as the end result of prolonged reactions of food addiction. The brain/gut relationship was obvious.

"Therefore, during my testing I observed many minor to major gut reactions to foods. In 1973, a schizophrenic young man entered my research program. His father, president of a bank in Houston, was so impressed by his son's recovery that he proposed a \$4,000,000 research program using my method of treatment. This money was to be provided to the medical school at Galveston over a four year period. I was invited to Galveston to do the project. However, I was satisfied with my current research program and decided not to move to Galveston for it. I went to Galveston and explained my system of diagno-

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“To my amazement, they didn’t do anything I had outlined. Instead, they diverted the money to other projects but did do a Rossette test on a few schizophrenics. The results are published in the book, *The Biology of the Schizophrenic Process* edited by S. Wolfe. The conclusions from the Rossette test is that schizophrenia is either an immunologic reaction or a viral infection since both of these look the same on the Rossette test. This did confirm my findings but disappointingly, did not provide a statistical value of my treatment.

“It is a strange phenomena that there is inherently a resistance for doctors to recognize the relationship between foods and the development of both acute symptoms and chronic degenerative diseases. Some say they are waiting for more evidence such as more double-blind studies or the resolution of conflicting data. It appears to me that this waiting for evidence which really is already here in abundance, is not really the central problem.

“The problem is that it is hard for doctors to change their behavior once they have learned a comfortable set of routines. Doctors, by and large, have obsessive-compulsive personalities. This serves them well in their massive amount of learning that they need to do during medical school and residency training, however, it also serves as a handicap in making changes. The physician becomes comfortable with a set of routines and uncomfortable with making any changes. Also, there are outside pressures such as, if a specialist changes his routines, he will lose some of his referral resources. Physicians, for many reasons, find it difficult and anxiety-producing, to make changes. In my opinion, this mediates against progress more than any other thing.

“The addition of magnetic therapy to my ecology and infection program became a natural. It had been demonstrated by Albert Roy Davis that a negative (south-seeking) magnetic field both alkalizes and oxygenates the biological system. I had already determined by my monitoring that symptom-producing reactions to foods or chemicals was acidifying and oxygen-reducing. I used alkalizing agents such as soda bicarbonate and oxygen to relieve symptoms. I found that a negative (south-seeking) magnetic field was more predictable in relieving symptoms than alkalization with soda bicarbonate. I had demonstrated that degenerative diseases were simply the extensions in time of the acute reactions in which the disordered chemistry of the acute reaction and of the chronic disease having the same symptoms was identical. It became logical then to extend the time of the application of a negative (south-seeking) magnetic field to reverse and heal degenerative diseases along with avoiding the foods, being well-nourished and treating the viral infections. I was delighted to find that a negative (south-seeking) magnetic field will kill microorganisms whether they are viruses, fungi, bacteria, parasites or cancer cells. Gastrointestinal disorders encompass diseased conditions of the entire gastrointestinal tract (gastrointestinal) from mouth to anus and in organs associated with the gastrointestinal tract such as the gallbladder, liver, and pancreas, emptying excretory contents into the gastrointestinal. The diagnostic classification of these gastrointestinal disorders encompass such as 1) infections, 2) immunologic reactions, 3) the minor gastrointestinal reflux states and irritable bowel disorders as well as the major inflammatory bowel diseases (celiac disease, Crohn’s disease and ulcerative colitis).

“Viral infections, especially noted as herpes simplex I

with lesions on the lips and mucous membrane of the mouth, chronic bacterial infections of the mucus membrane of the mouth and the gums around the teeth, and acute bacterial infections of the mouth and throat such as acute streptococcus infection. The esophagus can be acutely or chronically infected the same as the mouth. The stomach and duodenum can be infected with helicobacter pylori producing ulcers. The gallbladder and pancreas can be acutely or chronically infected with microorganisms. The liver can be acutely or chronically infected with microorganisms, especially noted is viral hepatitis. Cirrhosis of the liver can develop secondary to these infections and or due to the processing of toxins. The anus and adjacent colon can be infected with microorganisms. The small and large colon can be infected with viruses, bacteria, fungi and parasites.

“There are several specific identifiable bacteria that can cause diarrhea and inflammation of the colon. There are specific antibiotics useful in killing these bacteria. My objective observation is that a negative (south-seeking) magnetic field can kill all types of microorganisms (viruses, bacteria, fungi and parasites). This fact is fundamental in understanding the value of magnetic therapy. It is logical to use antibiotics specific for each infection. Magnetic therapy using a negative (south-seeking) static magnetic field and colloidal silver providing a negative (south-seeking) static magnetic field can be used along with the specific antibiotics or used without the antibiotics.”

#### **William H. Philpott, M.D.’s Response upon receiving the Linus Pauling Award**

“I really thank you a lot for this. I just wanted to say that Linus Pauling was a friend of mine and he wrote the foreword to my book, *Brain Allergies* and I thought I would just read a little bit of this so that you would see his attitude towards my work.”

“The concept that a change in behavior and in mental health can result from changing the concentrations of various substances that are normally present in the brain is an important one. This concept is the basis of orthomolecular psychiatry, a subject that is treated in considerable detail by Dr. William Philpott and Dwight Kalita in their book, *Brain Allergies*. The other general concept, also a closely related one, is that of human ecology. The idea is that substances in our environment can have a profound effect on mental health and behavior. These can be introduced into the environment as a result of our technical culture.”

“I just wanted you to realize that Linus Pauling did appreciate ecology and nutrition both, and said so in this forward to my book. We shared that as a common interest. I have been the one that was responsible for introducing ecology to orthomolecular medicine and the orthomolecular ideas to ecology medicine. I have been a catalyst in getting orthomolecular medicine and environmental toxicology medicine together. This organization needs to, and is, furthering the interest of Linus Pauling and this very important focus in medicine. It will make a difference and I want to congratulate all of you for this interest; keep it growing because it will become a more substantial part of medicine.”

#### **Ethics of Magnetic Diagnosis and Therapy**

Magnetic instruments that have been cleared by the FDA and can make claims of value within the limits of their clearance -- these FDA cleared instruments include but are not exclusive to MRI, XOMED hearing aid, TENS class of instruments, diapulse, nerve testing instruments, Magneto encephalogram, Magneto cardiogram, etc. Industrial magnets have not been cleared as medical instruments and cannot claim cure for any condition or disease. Research is in process to enlarge the scope of claims of value of magnetic therapy. The person using magnets to treat a disease needs to become party to a medical supervised magnetic research project. The

## Depth of Penetration / Gauss Field Strength

Antibiotic and anti-cancer therapy require a minimum of 25 gauss. The higher the gauss strength, the more therapeutic.

All measurements are made at the center of the product

Product	Surface	1/2"	1"	1 1/2"	2"	3"	4"	6"	8"	
14" x 25" Multi-	324	100	40	25	15	12	10	8	6	
14" x 25" Multi-Purpose Pad w/ a 4" x 6" x 1/2"	450	190	112	80	60	40	25	15	10	
Mega-Field	70	25	15	8	6	5	4	3	-	
4" x 6" x 1/2"	280	230	180	140	112	70	45	23	15	
4" x 6" x 1"	525	450	355	275	210	125	75	35	25	
Power Disc	840	375	135	65	30	16	10	4	-	
Mini Block	730	260	98	44	23	7	3	-	-	
Low-Profile	1250	325	86	29	15	5	-	-	-	
Two stacked Low-Profile	2130	550	145	50	20	10	3	-	-	
Soother Flex Mat	135	35	20	15	10	4	-	-	-	
Deep Penetrating	200	70	40	30	23	15	10	5	-	
Deep Penetrating Soother Flex Mat w/ 4" x 6" x 1/2"	400	245	180	135	105	65	37	15	7	
2 - 4" x 4"	100	89	68	48	34	13	6	-	-	
4 - 4" x 4"	210	180	140	94	65	32	13	4	-	
Bed Grid**	25 Gauss at 28" above the bed -						-	-	-	■
Super Hat	-	-	-	-	-	-	65*	-	-	

\*This is a measurement taken at the equidistant center inside of the hat. All other measurements are unnecessary.

\*\* The 70-magnet Bed Grid supplies a therapeutic value magnetic field of 25 gauss up to 18" away from the surface of the bed.

†Measurements were made with a GM-1A Gauss Meter, Manufactured by Applied Magnetics Laboratory - Baltimore, MD

**Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior** magnets used as described in *The Magnetic Health Quarterly* are industrial magnets for which no claim of cure of disease is made. The application of industrial magnets for sleep and pain is a popular self-help application. The magnetic treatment of diseases demands medical supervised diagnosis and treatment in link with a research institutional review board following FDA guidelines for research. William H Philpott, M.D. presents his observations, theories, research protocols and answers to questions for consideration in the hopes of making progress in the application of Magnetic Therapy. Those interested in becoming party to the magnetic research project should contact William H. Philpott, M.D. The goal of research is to firmly establish magnetic therapy as a part of traditional allopathic medicine, which will popularize the application of and provide for insurance coverage for magnetic therapy.

Those choosing to proceed with use of magnets for medical purposes without medical supervision do so on their own responsibility. There is no restriction of the purchase of magnets for whatever reason they are used. There is no restriction on the writing, releasing, acquiring or purchasing of information about magnets.

#### **Disclaimer**

I do not claim a cure for any degenerative disease or even guarantee relief of pain or insomnia by means of magnets. My only claim is that there is evidence justifying a definitive controlled research project following Federal Food and Drug Administration (FDA) guidelines to determine the value and limitations of magnetic therapy. These guidelines require a physician diagnosis and physician monitoring under the supervision of a Scientific Institutional Review Board. The application of magnetic fields to humans has been approved by the FDA, which were based in part on toxicology studies, and has been classified as "not essentially harmful".

#### **How Dr. Philpott Changed His Medical Practice**

This *Magnetic Health Quarterly* represents my personal focus on health maintenance and disease reversal that has developed from my four years of basic medical school education, specialty training in neurology, psychiatry, allergy-immunology, forty years of medical practice, and my post-retirement research that guides physicians in an examination of the values of static magnetic field application to prevent and reverse degenerative diseases. I am proud to be a medical physician and I am convinced that medical science has a central truth about health maintenance and disease. The improvement in medical practice during my period of practice and observation has been tremendous. Beyond the progress what can and what should we incorporate in established scientific knowledge to the practice of medicine? This *Magnetic Health Quarterly* is involved with what I have observed that has been largely ignored or left out in spite of the abundance of information on the respective subjects. I have systematically recorded my observations concerning these neglected areas.

The public, through their congressional representatives have mandated the National Institutes of Health to widen its scope of research to include promising alternative areas beyond the current traditional application of medical science. This is a wise move since there are valuable alternative areas that have been neglected or ignored. To fulfill its mandated obligation, the National Institutes of Health have appointed advisory committees in important scientific areas to provide guidelines for research. One of the advisory committees is the Electromagnetic Committee, which includes five Ph.D. physicists, and two M.D.'s knowledgeable in electromagnetics. The two M.D.'s are Robert O. Becker, M.D. and myself. Based on the recommendations of this committee, research projects financed by NIH grants are in process.

Biochemistry has become more readily understood than biophysics. Biochemistry has developed many promising, symptom-relieving agents and synthetic replacements for the failing human system. Biochemistry has helped us come to understand the role of nutrition, the role of oxygen, and the roles of many, many more necessary biochemical functions of human metabolism. There are great economic rewards for those marketing these valuable biochemicals. Biophysics has more slowly progressed in its medical applications. The current medical horizon holds the promises of biophysics being equal to or even superior to the therapeutic values of biochemistry. This emerging promise of values especially relates to the biological responses to magnetic fields. The values of biological responses to heat and cold have been well incorporated into physical medicine while the biological responses to magnetic fields has been neglected.

The biological response to magnetic fields has been, to a considerable degree, a mystery until recently. Medical science has been using magnetism without knowing it was using magnetism. Examples are such as electro-convulsive therapy used in mental illness. We can now understand that electricity produces magnetic fields. For example when an electric current produces a high neuronal exciting positive (north-seeking) magnetic field it produces a seizure, following which the brain switches its magnetic polarity from a usual positive (north-seeking) to a negative (south-seeking) magnetic field for a few minutes. This electromagnetic-produced general anesthesia calms neuronal functions and relieves mental symptoms. The thousands of enzyme catalytic reactions occurring in human physiology are energy-driven by magnetic fields. By understanding magnetic field energy enzyme catalysis, we no longer assume some mysterious, spontaneous enzyme catalysis, but instead, with this new knowledge, magnetic fields can be harnessed to energy-drive specific desired enzyme catalysis. Thus, a static negative (south-seeking) magnetic field can be arranged to produce melatonin and growth hormone during sleep. A static negative (south-seeking) magnetic field can be harnessed to enzymatically produce adenosine triphosphate (ATP) and reverse the inflammatory consequences of oxidation reduction end-products (free radicals, peroxides, acids, alcohols and aldehydes) in which oxygen is released from its bound state in these inflammatory products.

It is universally true that no one wants to admit that they have symptoms from the favorite foods they are eating. They ask, how could a food that makes me feel good when I eat it, make me sick 3 or 4 hours later? To most people, this is unbelievable. Physicians are, equally with their patients, resistant to accepting maladaptive reactions to foods as a cause of their symptoms. The physician is taught to look everywhere else than foods and also if it is foods there is likely little or nothing that can be done about it, thus, symptoms produced by maladaptive reactions to foods is a grossly neglected area in therapeutic medicine.

A significant aspect of this dilemma of dismissing food reactions as causes of acute symptoms and degenerative diseases is inherent in the change that occurred in the 1920's when antibodies and complement disorders were discovered. Up to that time, an allergic reaction was simply a symptom production by an exposure to a substance. After this discovery of isolatable immune mechanisms as an explanation for allergy, allergic reactions lost their mystery. They went from no known cause to known immunologic causes. In terms of symptoms from food reactions, those without discernable immunologic

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factors were dismissed as imaginary or psychosomatic and so forth. Only in more recent years, has there emerged evidence of non-immunologic causes of symptoms from foods. These are now being referred to as non-immunologic sensitivities or addictions. The resistance to accept food reactions as the cause of symptoms remains only in the minds of patients and physicians alike.

In the 1940's, Albert Rowe, M.D., Allergist, of San Francisco, observed the relationship of non-immunologic food reactions producing symptoms. He used an initial avoidance followed by a rotation diet to handle these symptoms. In 1950, I attended, along with a dozen other senior medical students, a presentation by Alfred Rouse, M.D., an Allergist. He presented a case of a woman who became anxious when given a specific food. He asked our class, "What is the diagnosis?" I was studying medicine with the specific intention of becoming a psychiatrist. I answered his question with, "This is an anxiety neurosis." He rejected my diagnosis and to my surprise, maintained pleadingly, that an allergic reaction was involved. At the time, all I obtained from this was that he had ideas that were different than most of my instructors and therefore, I dismissed his hypothesis.

In 1952, while a resident in psychiatry, I read a book written by Walter Alvarez, M.D. entitled, *The Neuroses*. I was interested in what this honored internist at Mayo Clinic was saying about neuroses. Surprisingly, he devoted several pages to describing headaches, dulled brain function and emotional reactions to many different types to food reactions. At the same time in my residency training, all of my instructors were completely ignoring these possibilities. At the time, I thought Dr. Alvarez had made a fool of himself. He wasn't a psychiatrist. Why would he be drawing all of these conclusions that had a bearing on psychiatry?

In 1966, my friend Joseph Wolpe, who is referred to as the father of behaviorism, sent me a paper by Theron G. Randolph, M.D. In this paper, Dr. Randolph described fasting patients for five days and when feeding them meals of single foods, many symptoms emerged including the major symptoms of schizophrenia, manic-depression and neuroses. At the time, I thought this was impossible and I set the paper aside. It was four years before I read this paper again.

In 1970, I was a consultant to a school treating adolescents who were socially and educationally disadvantaged. Saul Klotz, M.D., Allergist, proposed that we do a double-blind study on these patients to see if any of their symptoms related to food reactions. This double-blind study was overwhelmingly positive, and from this I was encouraged to initiate a five-year study into the relationship between reactions to foods, chemicals and inhalants to mental symptoms. This resulted in my book, *Brain Allergies*. I was encouraged to do this project by Theron G. Randolph. I reviewed the writings of Herbert Rinkle, Frederick Spears, Walter Alvarez, Howard Rappaport and others. Marshall Mandell spent one day a week for five years supervising my examination of my patients. I followed Theron G. Randolph's method of fasting for five days followed by test exposures to single foods for the next month. The evidence was overwhelming. This study confirmed the allergists who had made observations of the emergence of emotionally and even mentally disordered symptoms due to food reactions, chemicals and inhalants.

Quite unexpectedly, I made another observation that resulted in my book, *Victory Over Diabetes*. The maturity-onset diabetic patients among my mental patients, not only had the

clearance of their mental symptoms but also the reversal of their diabetes. It became clear that maturity-onset; non-insulin type diabetes mellitus is the product of food addiction. John Potts followed up on this with four excellent statistical studies all of which were published in the abstract issue of the *Journal of Diabetes*. There then followed what to me is a strange phenomenon. Even though this work was done the right way and published in the right place, it had no serious impact on the practice of medicine. Here I had demonstrated conclusively that maturity onset diabetes is due to food addiction and that a 4-Day Diversified Rotation Diet routinely reversed diabetes mellitus and that following such a diet prevented the development of diabetes mellitus. Yet, it was virtually ignored. This again, shows how difficult it is to establish a new system of therapy. You are met with all the resistance of the already established method, even though a new method is demonstrated to be superior.

It is a strange phenomenon that in spite of this knowledge about maladaptive reactions to foods and the role of addiction in these foods, we still have numerous diets to reduce weight or to treat diabetes, which ignore food addiction as the driving force of the compulsion to eat specific foods and overeat. Diets that do not honor and properly treat food addiction drives the person, first of all, into the early stage of the diabetes mellitus disease process such as hypoglycemia and the later stage of hyperglycemia given the diagnostic name of diabetes mellitus type II. Properly engineered, the 4-Day Diversified Rotation Diet with the help of magnets initially relieves the symptoms of addiction so the person is comfortable while overcoming their addiction, help in retraining the compulsion to overeat will not only manage obesity but also prevent or reverse type II diabetes mellitus. It is known that approximately 80% of patients, at the time they are diagnosed as having maturity onset-type diabetes mellitus Type II, are obese. It was interesting for me to observe that the reversal of the diabetes mellitus in my patients was not dependent on weight reduction. The diabetes mellitus disappeared within five days as soon as the subject had gone through the food addiction withdrawal phase. There was, at that time, no time for weight reduction to have occurred. Obesity is a stress and should be reversed but it is not obesity as such that makes the person diabetic. It is food addiction.

#### **THE THERAPEUTIC SIGNIFICANCE OF NEGATIVE MAGNETIC POLARITY AND NEGATIVE ION POLARITY HOW NEGATIVE IONS ARE FORMED IN NATURE**

The atmosphere, and even within biological systems, is flooded with free static field electrons. There are electromagnetic conditions both in the atmosphere and within biological subjects which turn these static electrons to have either a positive or a negative polarity. In the positive polarity, the electrons are spinning clockwise. In the negative polarity, the electrons are spinning counter-clockwise. The activated electrons attach to particles that are available and produce ions, either positive or negative. Before and during a storm, the atmosphere is flooded with positive ions. The biological response of both animals and people to these positive ions is well-documented as producing tension, anxiety, depression and in cases of predisposed illnesses, physical or mental, the symptoms of the illness are worsened. After a storm is over, then the atmosphere is flooded with negative ions in which both animals and people respond with a sense of comfort and symptom-reduction.

In many parts of the earth, there are waters that have been known for their healing value. A volcanic mountain is a negative magnetic field and is in fact, a magnet. The volcanic mountain is a negative

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magnetic field and the molten mass beneath the volcano is a positive magnetic field. Water that filters down through the volcanic ash of this negative magnet mountain carries a negative ion charge. Characteristically, there are 70+ minerals that are low atomic weight minerals which become negative ions in which negative counter-clockwise spinning electrons attaches to the minerals. This is a stable situation in which when the water with its minerals is removed from the mountain, it remains composed of negative ions. At this same time, the water is always alkaline and is micro water in which the water is in smaller units than water that does not have negative ions. It is important to observe that a volcano and its molten mass below is indeed a magnet, the same as the magnets that are made industrially with negative and a positive magnet field. It is important to note that this negative magnetic field itself of the negative pole of the volcanic mountain charges the low atomic weight minerals to be negative ions. In the same order the negative magnetic field of an industrially produced magnet makes negative ions.

**HOW NEGATIVE IONS ARE FORMED BY ION GENERATORS AND BY STATIC MAGNET- FIELDS**

Electrolysis-type ion generators can be arranged to release into the air only negative ions. Thus a house can be flooded with negative ions with health values. The negative magnetic field of a static field magnet can be used to produce negative ions. The negative magnetic field of a static field magnet activates electrons to be spinning counter-clockwise. Although the magnet field is static, the electrons in the field are activated and thus are not static. Thus, a static negative magnetic field is indeed an energy field with movement spinning of the electrons in that field. A negative magnetic field is a source of electro magnetic energy in terms of a biological response. Thus, sitting a glass of water on the negative magnetic field of a static field magnet will electromagnetically charge up the water to have negative ions of both the mineral content and other particles in the water. Placing nutrients on the negative magnetic field of a static field magnet will charge up the nutrients to be electromagnetic charged negative ions.

**THE SIGNIFICANCE OF NEGATIVE MAGNETIC POLARITY OF A STATIC FIELD MAGNET AND NEGATIVE IONS IN WATER, AIR AND NUTRIENTS NEGATIVE ION CHARGED**

The biological response to a negative electromagnetic polarity, whether from a static field magnet or negative ions is that of alkaline-hyperoxia. The biological response to a positive static magnetic field and positive ions is acid-hypoxia. Much is known of the significance of alkaline-hyperoxia maintaining health and acid-hypoxia toxicity producing degenerative diseases. It is health-promoting for us to drink water from a natural source such as the volcanic source which has turned the water into alkaline micro negative ion water or the water treated by an electrolysis unit producing alkaline micro negative ion water or placing the water on the negative field of a static field magnet. It is wise to flood the air of our homes with negative ions from a negative ion generator. It is health-promoting and disease-reversing to use all sources of negative magnetic fields and negative ions to keep ourselves well and reverse our acid-hypoxic toxic diseases.

The negative magnetic field of a magnet provides the optimal therapeutic value for body treatment. Treatment of air, water and nutrients are a valuable adjunct to magnet therapy.

Negative electromagnetic polarity is the energizer of oxidoreductase enzymes which make adenosine triphosphate which is the body's central enzyme energizer and the central metabolic detoxifier.

**STATIC MAGNETIC FIELD SOURCES FOR PRODUCING NEGATIVE IONS OF WATER AND NUTRIENTS**

(See *Polar Power Magnets Catalog*)

- One 4" x 6" x 1/2" ceramic block magnet. This is a flat surface static field magnet with positive and negative magnetic polarity on opposite sides.

USES:

On the negative magnetic pole side, place water (municipal treated or ground water) and nutritional supplements for a minimum of five minutes. The longer, the better.

There are many other uses for this 4" x 6" x 1/2" magnet such as heart treatment for atherosclerosis, treating aches and pains, inflammation, spinal treatment, local infections, local cancers and much more. See my Magnet Therapy book and my quarterlies.

Cost: \$ 49.95  
Shipping: 8.50  
\$ 58.45

- Ceramic disc magnets of 1-1/2" x 1/2". These magnets are provided as Soother One which has two 1-12" x 1/2" disc magnets and a band, 2" x 26". These discs have positive and negative magnetic fields on opposite sides.

USES:

The negative magnetic pole of the disc can be used to produce negative ions of water and nutrients.

There are multiple uses for the two discs and wrap such as bitemporal placement for headaches and relief of emotional and mental symptoms, aches and pains, inflammation and small local infections and small local cancers.

See my writings for further details.

COST:  
Soother One \$ 21.95  
Shipping 8.50  
Total 30.45

**William H. Philpott's  
MAGNETIC THERAPY MOTTO:**

I do not claim that magnets cured you; you claim that magnets cured you.

Even without being promised a cure, magnetic therapy is worth a try!

**THE DEFINITION OF MAGNETIC POLARITY AS USED IN HUMAN PHYSIOLOGY**

A magnetometer is used to identify positive (+) and negative (-) magnetic poles. A magnetometer is a scientific instrument, which identifies magnetic polarity in terms of electromagnetic polarity, which is positive (+) and negative (-) rather than the geographic compass needle identification of north and south. When using a compass to identify magnetic poles, a north seeking compass needle identifies a negative magnetic field of a static field permanent magnet. The north-seeking needle of a compass is magnetic positive and therefore points to (seeks) the magnetic negative north pole of the earth and also the magnetic negative magnetic field of a static field permanent magnet. The south-seeking needle of a compass is magnetic negative and therefore points to (seeks) the magnetic positive south pole of the earth and also the positive magnetic field of a static field permanent magnet.

Static field permanent magnets can properly be characterized as DC magnets because they are magnetized by a direct electric circuit current in which the positive electric pole produces a positive magnetic field and the negative magnetic pole produces a negative magnetic field. Those magnetically charging magnets from a DC electric current understand this relationship. Robert O. Becker, M.D., prefers to use the term DC magnets as applied to static field permanent magnets.

In 1600, William Gilbert (*DE MAGNETE*) was the first to point

**Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior** out that the navigator oriented himself with the compass needle pointing toward north, which he called north, when in fact the compass needle pointed north is a south magnetic field.

Several scientists throughout the years have identified this error in naming the magnetic poles. This error in identifying poles still persists as tradition.

The physicist, B. Belaney (*New Encyclopedia Britannica* 1986, Vol. VIII, pages 274-275) again identified this geographic error in identifying magnetic poles and termed it "semantic confusion". To avoid this semantic confusion, he recommended using the electrical polarity definition of positive (+) and negative (-) as applicable to magnetic poles in which a positive electric pole (+) is also a positive magnetic pole (+qM) and a negative electric pole (-) is also a negative magnetic pole (-qM). "M" stands for magnetism.

The body is an electromagnetic organism with a direct current (DC) central nervous system in which the brain with its neuronal bodies is a positive magnetic field and, also produces a positive electric field. The extensions from the neuronal bodies are a negative magnetic field and also produce a negative electric field. The human body does not have a storage battery from which electricity flows or an electric dynamo from which electricity flows. Rather, by a mechanism comparable to a magneto, the human body turns its magnetic fields into DC electric current. It is also true that each cell of the body has a positive and negative magnetic field in its DNA. Since the human body functions on a DC electromagnetic circuit, it is especially appropriate to use the positive (+) and negative (-) identification of magnetic polarity when relating magnetism to the human body. The human body does not have a north and south poled field, but rather has positive and negative magnetic fields from which electricity is produced. A geographic definition not applicable to human physiology whereas, an electromagnetic definition of magnetic polarity is essential. If and when the geographic definition of polarity is used, it still requires a translation into usable terminology for application to human physiology.

For the above reasons the definitions of positive (+) and negative (-) magnetic fields are used when applying magnetics to human physiology. The traditional compass needle oriented naming of magnet poles is included in brackets as negative (south-seeking) and positive (north-seeking).

There is a need to understand the navigational error in identifying the magnetic poles as well as the parallel identification in identifying DC electrical current poles and DC static field permanent magnet poles made from the DC current. To those who have examined for and identified the distinctly opposite biological responses to opposite magnetic fields, the separate identification of the magnetic poles is an important must. To those not experienced in the knowledge of separate biological responses to opposite magnetic poles, the magnetic poles and the gauss levels needed for these responses is what is making biophysics become a predictable science parallel to the predictable industrial application of magnetics.

#### **STATUS OF THERAPEUTIC MAGNETISM**

Since Ancient times, the beneficial biological response to magnetism has been praised by a few and doubted by a large number. The magnetic force at a distance that could not be seen leads to doubts of magnetism biological responses. The development of the compass produced a general acceptance of the actuality of the existence of magnetism. During the past two hundred years, the interest in the therapeutic value of magnetism has experienced considerable fluctuations.

The physicist, Albert Roy Davis' observations of the opposite biological response to opposite magnetic poles, set the stage for understanding there were two biological responses to magnetism. It is now known biological response to separate magnetic poles can

be as predictable for biological responses as the use of electromagnetism used in our industrial world. It is now understood the magnetism functions at the atomic level with the movement of electrons which influence biological function. The positive magnetic field (traditional north-seeking pole) spins electrons clockwise while the negative magnetic (traditional south-seeking pole) spins electrons counterclockwise. These opposite electron spins from opposite magnetic poles provides predictable opposite biological response. The biological response to the positive magnetic field is acid-hypoxia. The biological response to the negative magnetic field is alkaline-hyperoxia.

Robert O. Becker<sup>2</sup> documented the separateness of the positive (north-seeking) and negative (south-seeking) magnetic fields. The positive (north-seeking) magnetic field is the signal of stress injury. The negative (south-seeking) magnetic field governs healing and normalization of biological functions. In terms of neuronal response, the positive (north-seeking) magnetic field is exciting and when sufficiently high such as during sun flares, can even precipitate psychosis in those so biologically predisposed. The negative (south-seeking) magnetic field is neuronal calming and encourages rest, relaxation, sleep and when sufficiently high in gauss strength, can produce general anesthesia. Robert Becker anesthetized his small experimental animals with a negative (south-seeking) magnetic field.

My research has abundantly confirmed these observations of Albert Roy Davis and Robert O. Becker. As a neurologist, I documented by EEG that a positive (north-seeking) magnetic field is neuronally exciting. The higher the gauss strength, the higher the excitement. A sufficiently high positive (north-seeking) magnetic field can evoke seizures in those so predisposed. A negative (south-seeking) magnetic field is neuronal calming. The higher the gauss of the negative (south-seeking) magnetic field, the slower the brain pulsing on the EEG. This information sets the stage in understanding how a negative (south-seeking) magnetic field controls neuronal excitement in neurosis, psychosis, seizure potential, addictive withdrawal and movement disorders. not applicable to human physiology whereas, an electromagnetic definition of magnetic polarity is essential. If and when the geographic definition of polarity is used, it still requires a translation into usable terminology for application to human physiology.

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#### **SINGULAR BIOLOGICAL RESPONSE TO SINGULAR MAGNETIC POLE FIELDS**

There is a classic traditional mechanical magnetic model from which there is a predicted two magnetic pole effect from a single magnetic pole field. In this model, the magnetic field radiates out from the singular magnetic pole of a magnet and turns back to join the opposite pole. The traditional assumption is that when the mag-

**Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior** netic field changes direction going backward towards the magnetic field on the other side (other pole) of the magnet that this changed direction is the opposite magnetic pole.

I have prepared magnetic fields honoring this assumption that there are of necessity both magnetic poles on the same side of the flat surfaced plate-type magnet with poles on opposite sides of the flat surface. I have compared this with the assumption that there is a single magnetic field on opposite sides of a magnet. I have not demonstrated by biological responses including brain wave (EEG) responses that there are two opposite magnetic fields on one side of the magnet. Consistently, I have observed a single magnetic pole biological and EEG response to single magnetic fields of flat surfaced magnets with poles on opposite sides of the flat surface.

There is another non-traditional magnetic mechanical model that states that the magnetic poles change at the equator by rotating 180 degrees (minor image). Obviously, in the case of the earth, the magnetic fields change at the equator producing a northern hemisphere of a negative (south-seeking) magnetic field and a southern hemisphere of a positive (north-seeking) magnetic field. This model indicates that the magnetic field radiating up from the negative (south-seeking) magnetic field of the magnet as well as the magnetic field that buckles back to the opposite side of the magnet are both a negative (south-seeking) magnetic field and only become the opposite magnetic pole field when it enters the half-way point of the magnet (equator).

Even though a static magnetic field does not move, it still is an energy field by virtue of the fact that electrons are moved by the static magnetic field. The negative (south-seeking) static magnetic field rotates (spins) electrons in that field counter-clockwise. A positive (north-seeking) static magnetic field rotates (spins) electrons in that field clockwise. The movement of electrons in a static magnetic field is called the Aharonov-Bohm electromagnetic potential. Akaira Tonomura has also confirmed this. This change in rotation between the positive (north-seeking) and negative (south-seeking) magnetic fields occurs at the equator of the magnets and not at the point where the magnetic field turns back toward the opposite magnetic field. This magnetic mechanical model agrees with the clinical response evidence of the magnetic field being a full individual field on each side of the magnet.

The magnetic field remains the same pole whether directly above the magnet or the magnetic field that is turning back toward the opposite side. If it did become the opposite pole when it turned back, it would then not proceed to the opposite side. This is true since the same poles repels. Therefore, it has to remain the negative (south-seeking) pole that buckles back toward the positive (north-seeking) magnetic field. This being true, the pole cannot change until it reaches the equator in the magnet between the two poles. An example is that in the case of the earth's magnetic field. The south pole (+) goes toward the north pole (-) and changes polarity at the earth's equator.

(See Depth of Penetration/Gauss Field Strength, Page 4)

## **MAGNETIC FIELDS BIOLOGICAL RESPONSES UNIVERSAL TRUTHS**

Magnetic biological responses are universally the same under any and all sections of the body tested and both of earth's magnetic hemispheres.

### **1. Centrad and centrifugal atomic energy expressions.**

At the atomic level, the counter-clockwise rotation pulls electrons toward the center proton (centrad) while the clockwise rotation of electrons pushes outward from the center proton (centrifugal).

Therefore, there are no free radicals in a negative magnetic field with a counter-clockwise spiral spin of electrons pulling to-

ward the center. Thus, a negative magnetic field is a biological anti-stress, anti-inflammatory response.

There are free radicals in a positive magnetic field with a clockwise spiral spin of electrons pushing away from the center. Thus, a positive magnetic field is a biological stress-inflammation response.

### **2. Centrad and centrifugal weather energy expressions.**

In the northern magnetic hemisphere of the earth the energy expression of counter-clockwise spiral spinning of electrons is with energy expression being toward the center.

In the southern magnetic hemisphere of the earth the energy expression of the clockwise spiral spinning of electrons is with the energy expression being away from the center.

Varied colliding wind streams with varied temperatures and varied pressures can override the earth's natural occurring hemispheric magnetic polarities and produce a local magnetic field opposite to the earth's hemispheric magnetic field. In any event, wherever it is in the earth's hemispheric magnetic field, a counter-clockwise rotation energy pulls toward the center (centrad) and clockwise rotation energy pushed away from the center (centrifugal).

### **3. The Neuronal pulsing frequency relationship to neuronal magnetic field strength.**

The brain's response to a negative magnetic field is a decreasing of the pulsing frequency of the brain relating specifically to the gauss strength of the magnetic field. The higher the gauss strength is the slower the pulsing magnetic field. With a positive magnetic field, the higher the gauss strength, the faster the pulsing field. This reveals that a negative magnetic field is anti-stress and the positive magnetic field is biological stress.

It also holds that the pulsing frequency of the brain can be driven by an external pulsing field using sight, sound, tactile or brain stem with the pulsing field being placed on the upper back of the neck and low occipital. The pulsing field can drive the magnetic field of the brain. Pulsing fields of 12 cycles per second and less evoke a brain negative magnetic field. The intensity of the pulsing determines the gauss strength of the pulsing field. The pulsing field plus the intensity of the pulsing field determines the magnetic behavioral state of the brain. Eight to twelve cycles per second are relaxation. Six cycles per second is relaxation. Four cycles per second is dissociation. Three cycles per second is lapse states. Two cycles per second is sound sleep. One cycle per two seconds is harmless general anesthesia.

### **4. A 3-dimension spiral electron spin is provided by magnetic fields.**

In electromagnetic physical nature, the 3-dimensional spiral is frequently expressed. This 3-dimensional spiral is present in the light refractory levo (left) substances and dextro (right) substances. These are 180-degree mirror image isotopes. Magnetism has the same levo (left) and dextro (right) 3-dimensional spiral spin of electrons, the same as the levo and dextro substances in relationship to light. The biological effects are opposite as to the separate energy manifestations. In the case of amino acids and fats, only the levos have nutritional value. In the case of magnetism, the levo (left spiral electron spin) is an anti-stress, healing and normalizing counter-stress correction from the biological stress dextro (right spiral electron spin).

5. A positive magnetic field is stressful and therefore, does not heal the human body.

6. A positive magnetic field is biologically stressful, raises endorphins and with frequent use, is addicting.

7. A negative magnetic field is biologically anti-stress, does not raise endorphins and is not addicting.

8. A negative magnetic field is anti-stressful and governs human cellular normalization and healing.

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9. A negative magnetic field governs sleep by evoking melatonin production by the pineal gland.

10. A positive magnetic field blocks the production of melatonin by the pineal gland.

11. A positive magnetic field biological response is acid-hypoxia.

This is compatible with the metabolism of microorganisms and cancer and not compatible with human metabolism.

12. A negative magnetic field biological response is alkaline-hyperoxia.

This state is necessary for human metabolism and is not compatible with the metabolism of microorganisms and cancer.

13. A positive magnetic field biological response is vasodilatation and acid-hypoxia.

This makes it unsuited for the treatment of edematous and bleeding areas from acute injuries.

14. A negative magnetic field biological response is alkaline-hyperoxia, and due to the hyperoxia, makes it useful for stopping the bleeding of acute injury, is not vasodilating and resolves the edema of acute injuries.

15. The positive magnetic field acid-hypoxia, in short-term exposure of minutes to a few hours, produces an inflammatory red, raised, edematous area due to the acid-evoked vasodilatation inflammatory reaction.

16. The positive magnetic field acid-hypoxia continuous long-term exposure of a week to two weeks reveals in fact, an acid-evoked inflammatory vasculitis (acid-burn), which is red, raised, edematous and itching with bacterial growth pustules.

17. The acid-hypoxia biological response to a positive (north-seeking) magnetic field activates the acid-dependent transferase enzyme catalysis of fermentation production of adenosine triphosphate for microorganisms (viruses, bacteria, fungi, parasites) and cancer cell metabolism which also replaces the alkaline-hyperoxia necessary for oxidation-reduction enzyme catalysis production of ATP necessary for human cell metabolism.

18. The alkaline-hyperoxia biological response to a negative (south-seeking) magnetic field activates the alkaline-dependent oxidoreductase enzyme catalysis of oxidation-reduction production of ATP necessary for human cell metabolism which also replaces the acid-hypoxia necessary for microorganisms and cancer cell metabolism.

19. A negative magnetic field activation of alkaline-dependent oxidoreductase enzymes in an alkaline medium processes (detoxifies) the biological inflammatory free radicals, peroxides, acids, alcohols and aldehydes to non-inflammatory water and molecular oxygen.

20. A sustained positive (north-seeking) magnetic field acid-hypoxia sustains the necessary life energy of microorganisms and cancer cells and destroys the necessary life energy of human cells.

21. A sustained negative (south-seeking) magnetic field alkaline-hyperoxia sustains the necessary life energy of human cells and destroys the necessary life energy of microorganisms and cancer cells.

22. Cancer cells have a positive magnetic field charge.

23. Normal human cells have a negative magnetic field charge.

24. Microorganisms have a positive magnetic field charge by virtue of their high mineral content with a high conductance and thus stressful higher pulsing frequency whereas human cells with lower mineral content and lower conductance

has a non-stressful low pulsing frequency.

25. The biological response to a magnetic field is determined by the 3-dimensional spiral rotation spin of the electrons in the magnetic field and not by the directional approach of the magnetic field to the biological specimen.

a) Therefore, a flat-surfaced, static field magnet with magnetic poles on opposite sides, has a separate, distinct magnetic field over each side.

b) The directional change of the magnetic field turning back around the sides of the magnet to the opposite pole side, does not change the magnetic polarity electron spin until it reaches the halfway point (equator) between the magnetic fields for the magnet.

c) A unidirectional magnetic field is not necessary to maintain a separation of magnetic fields. The 3-dimensional spiral electron spin and not the direction approach to the biological specimen determines the separate biological response to opposite magnetic fields.

## 26. IMMUNOLOGIC RESPONSES TO OPPOSITE MAGNETIC FIELDS

A. Substance +  
Positive magnetic field .....>sensitization.

Dead or attenuated  
microorganism+  
Positive magnetic field .....>sensitization.  
(vaccination)

B. Substance to which subject is immunologically reactive +  
Negative magnetic field .....>desensitization.

## 27. ENZYMATIC RESPONSE TO OPPOSITE MAGNETIC FIELDS

A. Food substrate +  
Oxidoreductase enzymes  
+ Negative magnetic field .....> ATP +oxidation  
remnant magnetism  
(Negative magnetic field)

B. Food substrate +  
Oxidoreductase enzymes +  
Positive magnetic field .....>No ATP production  
and no oxygen  
or water production

C. Substrate  
(free radicals, peroxides,  
acids, alcohols and aldehydes) +  
oxidoreductase enzymes +  
negative magnetic field .....>oxygen and water

D. Substrate  
(free radicals, peroxides,  
acids, alcohols and aldehydes) +  
oxidoreductase enzymes +  
No oxygen and no water  
positive magnetic field .....>produced

**Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior** endorphins and serotonin, microorganisms and cancer cell replication.

E.  
Food Substrate +  
Acid dependant transferase enzyme + ATP by fermentation +  
Positive magnetic field.....>positive remnant magnetism

### 28. HEAVY METAL DETOXIFICATION

Heavy metals are all electro-positive. Heavy metals produce acidity and metabolically damaging free radicals and acids. Heavy metals biologically damage by attaching to (complexing) biological macromolecules.

A negative magnetic field replaces the electro-positivity of heavy metals with an electromagnetic negativity and thus blocks, reverses and detoxifies heavy metals, tissue complexing, free radicals, and acid production. In the presence of a maintained static negative magnetic field heavy metals are dispersed of in the urine in a non-toxic state.

A.  
Toxic electro-positive  
heavy metals  
(aluminum, mercury,  
lead and other heavy metals)  
+ a sustained static negative  
magnetic field attached  
to the heavy metal.....>Dispersed of in the urine as non-toxic  
electro-negative metal

### 29. POSITIVE MAGNETIC FIELD NEUROPATHY

The acid-hypoxic response to a positive magnetic field placed over a nerve trunk produces a peripheral neuritis of tingling, numbness, pain, loss of motor function, loss of sense of pressure, etc. This can begin to occur within 3-4 hours of continuous exposure to a positive magnetic field.

### 30. NEGATIVE MAGNETIC FIELD HEALING OF NEUROPATHY.

The alkaline-hyperoxia response to a negative magnetic field exposure reverses positive magnetic field neuropathy, toxic neuritis, dialectic neuropathy, etc.

### 31. OPTIMIZING THYMUS GLAND DEFENSE

The biological stress of a positive magnetic field can be used to optimize thymus gland functions against infections and cancer. Due to the acid-hypoxia evoked by the positive magnetic field the external exposure to this magnetic field should not exceed 1/2 hour, periodically. This same principle of short duration exposure to the positive magnetic field applies to increased hormonal production to catabolic hormone glands such as the adrenals.

### 32. CAN APPLICATION OF THE POSITIVE MAGNETIC FIELD BE HARMFUL?

The FDA has classified magnetic field application to humans as "not essentially harmful." This 'not harmful' classification of magnetic field application to humans is a half-truth. This 'not harmful' classification occurred due to the pre-market testing for the MRI. The short duration of MRI scan exposure to both the positive and negative magnetic fields is not harmful. However, objective observations by several physicians has demonstrated the following:

A. A brief exposure to a positive magnetic field is not harmful and can be used to stimulate the thymus gland function, adrenal-cortical hormone increase, stimulate a return of neuronal function that have been inhibited by pressure, etc.

B. Prolonged exposure to a positive magnetic field can produce a toxic vasculitis, neuritis, and addiction due to evoked

C. A negative magnetic field is never harmful and helps healing, repairs, increases melatonin and growth hormone production and produces biological homeostasis.

### 33. MAGNETIC FREE ENERGY.

A static magnetic field is the energy essence of magnetic therapy.

Oxidoreductase enzyme + alkaline-hyperoxia  
Food substrate.....>ATP  
plus  
plus electron free energy from static electric catalytic remnant  
field with movement of electrons between magnetism substrate  
and enzyme producing a negative (Negative magnetic field)  
magnetic field (magnetic free energy)

Negative magnetic field therapy provides magnetic free energy from a static negative magnetic field for alkaline-hyperoxia catalytic reactions.

### 34. Each side of a static field magnet with magnetic fields on opposite sides of a flat surface magnet produces only a single uniform, magnetic field.

From each single side of a flat surface static field magnet, there is a magnetic field of the same magnetic polarity field turning back to enter the opposite magnetic field. This entry into the opposite magnetic field occurs at the edge of the magnet at the equator which is a half-way point between the opposite magnetic fields. Thus, a subject being exposed to the uniform negative magnetic field of a flat surface magnet receives the negative magnetic field only and does not receive a positive magnetic field coming around the edge of the magnet. The entry of the positive magnetic field is at the equator half-way point between the opposite magnetic fields. This is on the edge of the magnet and not on the opposite flat surface side of the magnet.

Albert Roy Davis, Physicist, for several years used flat surface magnets with poles on opposite sides to determine the separateness of the opposite biological response to the positive and negative magnetic fields. This separate biological response to opposite magnetic fields could not have occurred if there was an opposite magnetic field coming around the edge of the magnet.

Robert O. Becker, M.D. understood that a flat surface magnet with opposite magnetic fields on opposite sides provided only a separate single magnetic field form each side of the flat surface magnet.

Skin tests prove that only a single magnetic field response occurs in response to the single magnetic field on each side of a flat surface magnet. A gauss meter reading documents evidence that only a single magnetic field occurs from a flat surface magnet with poles on opposite sides and that there is not an opposite magnetic field coming around the edge of the magnet. The usefulness of a magnetometer is limited to the reading over the uniform magnetic field over the flat surface of a flat surface magnet with magnetic field poles on opposite sides. The reason for this is that the magnetometer has its own magnetic field which will give an opposite reading when crossing over the edge of the magnet, due to the fact that the bar magnet in the magnetometer reaches beyond the equator at the edge of the magnet.

The erroneous concept model that an opposite magnetic field comes around the edge of a flat surface magnet comes from an incorrect use of a magnetometer, contrary to the manufacturers stated value and limitations of a magnetometer which is "limited to a uniform field".

There is no reason to place mini-block magnets under a 4"

**Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior** mattress pad in order for the surface to receive only a negative magnetic field. When placing mini-block magnets in a bed pad on top of a mattress it is necessary to sufficiently pad between and over the mini-block magnets so the weight of the subject cannot press down between the magnets so as to not reach the equator half-way point between the separate magnetic fields on opposite sides of the mini-block magnets.

**The Physiology of Biomagnetics**

Humans and all living organisms are electromagnetic. Human life exists as an electromagnetic organism. The central nervous system and the peripheral nervous system function as a direct current circuit with a positive (north-seeking) magnetic field at the positive electric pole and a negative (south-seeking) magnetic field at the negative electric pole. Each cell has its positive (north-seeking) and negative (south-seeking) magnetic fields. The DNA genetic code material of each cell has both positive (north-seeking) and negative (south-seeking) magnetic fields. Magnetic fields govern cell functions and is a necessary functional part of all physiological functions of the human body. Biomagnetics needs to be understood in order to understand the normal mental and physiological energy functions of the human body. Biomagnetics needs to be understood in order to understand how handicapping symptoms develop and also how to reverse these handicapping symptoms. Magnetic energy dynamics is the very foundation of normal and abnormal mental and physical human functions. Magnetic therapy employs the basic fundamental energy dynamics of being alive and responding to stimuli whether these are internal brain thoughts or feelings or an external play on sight, sound or tactile senses. Magnetic field energy, due to being the very energy foundation of response, can alter the biological responses to stimuli.

There are distinctly separate fundamental ways in which magnetic fields exert control over responses to stimuli.

**Biological Responses to Separate Magnetic Fields:**

<i>Positive Magnetic Field</i>	<i>Negative Magnetic Field</i>
Stress response	Anti-stress response
Neurone exciting	Neurone calming
pH acidifying	pH alkalinizing

Human physiology has a homeostatic function between the positive (north-seeking) magnetic field biological governed biological responses and a negative (south-seeking) magnetic field governed biological responses. The necessary biological homeostasis between a positive (north-seeking) and negative (south-seeking) magnetic field is not an equal amount of both of these fields. The negative (south-seeking) magnetic field has a higher gauss strength than the positive (north-seeking) magnetic field in the human body. The presence of a higher negative (south-seeking) magnetic field than a positive (north-seeking) magnetic field provides the human with the ability to exert a control over any possible excessive positive (north-seeking) magnetic field stimulus response. The neuron bodies of the central nervous system are a positive (north-seeking) magnetic field while the neuron axon extensions into the body are a negative (south-seeking) magnetic field.

Robert O. Becker demonstrated that an injury registers as an electromagnetic positive while the healing state of the injury registers electromagnetic negative. Healing-repair can only occur in the presence of a negative (south-seeking) magnetic field. A positive (north-seeking) magnetic field is the signal of injury sent to the brain following which the brain returns a negative (south-seeking) magnetic field necessary for healing-repair. Magnetic therapy provides an external source of a negative (south-seeking) magnetic field for healing-repair.

The human body can only maintain optimum life function in an alkaline medium. Human life is alkaline-hyperoxia-dependent.

The physicist, Albert Roy Davis discovered that a negative (south-seeking) magnetic field biological response is alkaline-hyperoxia while the positive (north-seeking) magnetic field biological response is acid-hypoxia. My observations confirm Davis' observation of an alkaline-hyperoxia response to a negative (south-seeking) magnetic field. The alkaline-hyperoxia biological response to a negative (south-seeking) magnetic field is why a negative (south-seeking) magnetic field relieves symptoms.

There is a parallel between acid-base balance and magnetic field levels. A biological acid state is always a positive (north-seeking) magnetic field. A biological alkaline state is always a negative (south-seeking) magnetic field. My research examined pH before and after test meals of foods and exposure to common environmental chemicals and also, immunologic reactions. When symptoms occurred during these tests of exposures an acidity always developed. These symptoms can be relieved by the negative (south-seeking) magnetic field of a static field magnet because the biological response to the negative (south-seeking) magnetic field is alkaline-hyperoxia.

**pH Biological Response to Separate Magnetic Fields**

<i>Positive Magnetic Field</i>	<i>Negative Magnetic Field</i>
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Acid-hypoxia	Alkaline-hyperoxia
<b>Magnetic Response to Stress Injury</b>	
<i>Positive Magnetic Field</i>	<i>Negative Magnetic Field</i>

A positive magnetic field is a signal of injury sent to the brain. The brain receives the signal of injury as a positive magnetic field and returns the signal of a negative magnetic field

No healing-repair can occur due to the positive magnetic production of acid-hypoxia.

Healing-repair requires alkaline-hyperoxia for oxidative phosphorylation production of ATP. A negative magnetic field biological response to a negative magnetic field is alkaline-hyperoxia.

The production of ATP by oxidative phosphorylation is blocked by the acid-hypoxia of a positive magnetic field.

Chronic stress, from whatever source, produces acidity. Since acidity ties up molecular oxygen, producing acids, the result is acid-hypoxia. Chronic stress resulting from physical injury or psychological stress have the same biological consequences of the production of acid-hypoxia. An injured muscle or over-stressed muscle becomes acidic and thus also hypoxic. This acid-hypoxic state is inflammatory and painful whether the tissue is a muscle, fascia, tendon or other tissues such as an internal organ.

The problem of inflammation and pain production by acidity becomes compounded since the human life energy (ATP) cannot be made in an acid-hypoxic medium since oxidative phosphorylation is alkaline-hyperoxia-dependent. However, human cells have the ability to make ATP by fermentation using transferase enzyme catalysis. The production of ATP by fermentation occurs when acid-hypoxia is present. This is an emergency energy measure and cannot sustain human life for very long. Lactic acid is a by-product of fermentation, which adds further acid-induced inflammation. Cancer cell initiation and growth can only develop in an acid-hypoxic medium since cancer cells use fermentation for the production of ATP. Infectious micro-

**Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior** organisms are acid-hypoxic, fermentation-dependent for their production of ATP. A negative (south-seeking) magnetic field with its production of alkaline-hyperoxia canceling out acid-hypoxia is antibiotic, anti-parasitic and anti-cancerous.

### Biological Source of Magnetism

Magnetic field energy is essential to biological life energy. Biological life cannot exist without magnetic field energy. The DNA genetic code contains magnetic fields and passes this magnetic field on to the next generation. Magnetic fields are always both positive (north-seeking) and negative (south-seeking) magnetic fields. However, these positive (north-seeking) and negative (south-seeking) magnetic fields do not have to be of equal proportions. In fact, the human magnetism is higher in the negative (south-seeking) magnetic field than the positive (north-seeking) magnetic field. This is how the human organism maintains alkaline-hyperoxia. Microorganisms', parasites' and cancer cells' magnetic physiology is opposite to the human magnetic physiology in which the positive (north-seeking) magnetic field is higher than the negative (south-seeking) magnetic field.

There are hundreds of enzyme catalytic reactions occurring in the human. A catalytic reaction requires movement of electrons between the substrate and the enzyme. When electrons move, they produce a magnetic field. Thus, alkaline-dependent enzymes are also negative (south-seeking) magnetic field dependent and acid-dependent enzymes are also positive (north-seeking) magnetic field dependent.

### Examples of Biological Produced Magnetism

Four Oxidoreductase enzymes

Food Substrate \_\_\_\_\_>Adenosine triphosphate  
+alkaline-hyperoxia (ATP+ oxidative remnant magnetism; a negative magnetic field)

Food Substrate \_\_\_\_\_>ATP + a positive  
transferase magnetic field  
enzyme + acid-hypoxia

### Secrets of Negative Magnetic Field Therapy

A negative (south-seeking) magnetic field is anti-stressful and thus, neuronal calming. A negative (south-seeking) magnetic field on the brain and spine calms neurones (anti-stress) and aids voluntary relaxation and sleep. It is also true that a negative (south-seeking) magnetic field can be made strong enough to produce involuntary magnetic general anesthesia. Robert O. Becker anesthetized his salamanders with a negative (south-seeking) magnetic field. I have demonstrated the control of seizures by a negative (south-seeking) magnetic field. I have demonstrated the control of movement disorders with a negative (south-seeking) magnetic field. I have observed the control of major mental disorders such as hallucinations, delusions and depression with a negative (south-seeking) magnetic field. The exceptional value of a negative (south-seeking) magnetic field control over neuronal excitation is that it works whether the neuronal excitation is due to an injured brain from trauma, viral infection, maladaptive food reaction, maladaptive environmental chemical reaction, immunologic reaction or repressed unconscious hostility, anger, anxiety and its associated somatic expression. The secret of a negative (south-seeking) magnetic field therapy is that a negative (south-seeking) magnetic field is neuronal calming, cellular metabolic normalizing, enzymatic processing of all types of inflammatory responses

no matter why they are present.

Symptom-producing responses occur due to repeated neuronal excitation paired with a stimulus evoked response. Sensitization is due to neuronal excitation paired with a stimulus. Desensitization results when neurones are held in a calm, anti-stress state while meeting the stimulus that had trained in a maladaptive sensitization response. It is repetition while exposed to a stimulus-producing response that trains in sensitivity and it is repetition while holding the neurones in an anti-stress inhibited state that trains out sensitization. Thus, a negative (south-seeking) magnetic field brain treatment has an immediate cancellation of the maladaptive response and by repetition trains out the maladaptive response. Local inflammation is reversed enzymatically by oxidoreductase enzymes processing of free radicals, peroxides, oxyacids, alcohols and aldehydes.

Oxidoreductase enzyme,

Superoxide dismutase

enzyme in an

alkaline medium

Superoxide Free Radical \_\_\_\_\_>Hydrogen Peroxide  
(H<sub>2</sub>O<sub>2</sub>)

Catalase enzyme in an alkaline medium

H<sub>2</sub>O<sub>2</sub> \_\_\_\_\_>water + molecular oxygen

Superoxide

free

radical,

peroxides,

oxyacids,

alcohols

and aldehydes \_\_\_\_\_>

water and oxygen molecules

Alkaline-medium electrostatic field or negative magnetic field

field

### The Role of Magnetics In Enzyme Function

All biological enzyme functions (catalysis) in a living biological system are magnetic energized. There is a measurable catalytic remnant magnetism to enzyme function in live biological systems. Four oxidoreductase enzymes are needed to produce adenosine triphosphate (ATP) from foods. During these enzyme processes, there are two energies being made. One is ATP and the other is oxidation remnant magnetism. Both of these energies are used for the energy activation of enzymes. There are thousands of the enzymes, each with its own selective function. These are named according to their functions. Oxidoreductase enzymes are a family of enzymes with specific necessary functions. These enzymes have the following functional values. They produce ATP and catalytic remnant magnetism and they process the end-products of the metabolic process which are initially the free radical called superoxide which is oxygen with an added electron. If not rapidly enzymatically processed, it will produce peroxides, acids, alcohols and aldehydes all of which are enzymatically toxic, that is inflammatory-producing.

In order for us to understand biological life energy, we must understand the starting point of that energy. Thus, we must understand the functions of oxidoreductase enzymes. We have enzymes and the substrates which they are processing. In the case of producing ATP, the substrate is a food. In the case of processing the toxins or inflammatory producing substances, the substrate are the free radicals and the products they produce. There exists a natural ten-

**Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior** dency for the enzyme and the substrate to join. These areas that have a biological attraction to join are called dipoles. However, this attraction all by itself does not produce enzyme action. These are simply the areas where the enzymes and the substrates do line up and join. Otherwise, there has to be an energy. This characteristicly comes from static electrons that are in the body. They help move the enzyme and the substrate together. Once they move, now a magnetic field is created because this is what a magnetic field is all about. It is produced by the movement of electrons. Also, a magnetic field from an external source that is a static magnet field will also produce the movement of electrons. This is why an external source of a static magnetic field will cause the enzyme and the substrate to join because it is moving electrons.

The essence of static magnetic field therapy is the energy activation of enzymes to join substrates for catalysis. In the case of oxidoreductase enzymes, they are alkaline-hyperoxia dependent and do not require ATP for energy activation but do require a static negative magnetic field energy for catalytic activation.

ATP is an energy activator of many enzymes. In alkaline-hyperoxia, ATP dependent enzyme catalysis, a negative magnetic field is a co-factor with ATP as an enzyme energy activator. This is all human enzymes other than those of the mouth and stomach.

In acid-hypoxia dependent enzymes as well as transferases, ATP and a positive magnetic field are energy co-factors. Invading microorganisms and cancer cells are acid-hypoxic dependent for making their ATP.

Thus, a static negative magnetic field strengthens the human cell alkaline-hyperoxic dependent energy state and defeats the acid-hypoxic dependent state of cancer cells and invading microorganisms (bacteria, viruses, fungi and parasites).

#### **Magnetic Dynamics of The Degenerative Process**

The central disorders of acute maladaptive reactions are: 1) acidity, and 2) oxygen deficit. Monitoring the biochemical disorders of chronic degenerative diseases reveals the same disorders as acute maladaptive reactions which is acid-hypoxia. Chronic degenerative diseases are observed to be acute maladaptive reactions extended in time to a chronic state with the resultant cellular damage. The contrast between the well cells of the healthy, functioning person and the sick cells of degenerative diseases provides valuable clues as to how magnetics can substantially aid in recovery of inflammatory degenerative diseases, infections from microorganisms and cancer.

In the process of oxidative phosphorylation producing adenosine triphosphate (ATP), molecular oxygen accepts an electron and becomes free radical oxygen (superoxide). If not immediately enzymatically reversed, superoxide proceeds to produce other free radicals, peroxides, oxyacids and aldehydes. These are all inflammatory. The oxidoreductase family of enzymes have the assignment of making ATP by oxidative phosphorylation and at the same time, processing the end-products of this oxidation phosphorylation process. This oxidoreductase family of enzymes are alkaline-hyperoxic-negative magnetic field activation dependent. When these 3 physiologically normal factors are not present, then cellular ATP is made by fermentation. The 3 factors necessary for fermentation to produce ATP are: 1) acidity, 2) lack of oxygen, 3) a positive static magnetic field as an enzyme energy activator. Human cells have the capacity to make ATP by either oxidative phosphorylation or fermentation. Cellular fermentation producing ATP only functions in the abnormal state of acidity and hypoxia. The enzymes catalyzing fermentation production of ATP are transferases which are acidhypoxic-positive-static magnetic field activation dependent. Sugar is catalyzed by transferase producing ATP, alcohols, acids

and carbon dioxide. Hydrolase enzymes catalyzes starches to sugars. Hydrolase also is acid-hypoxic-positive static magnetic field energy activation dependent.

A static magnetic field is the energy activator of all biological catalytic processes. When oxidative phosphorylation catalyzes the production of ATP this catalytic reaction makes negative static field magnetism termed oxidation remnant magnetism. This negative static magnetic field is available to energize oxidoreductase enzyme catalysis and at the same time, block transferase and hydrolase catalysis. Besides the biological available negative static magnetic field from oxidation remnant magnetism, there is an always present electrostatic field (1). In an alkaline medium the electrostatic field produces a negative static magnetic field which energizes oxidoreductase catalysis. In an acid medium, an electrostatic field produces a positive static magnetic field which in turn energizes transferases and hydrolases. Both oxidation phosphorylation and fermentation catalysis are static magnetic field energized. However, they are energized by opposite magnetic poles. Oxidation phosphorylation is energized by a negative static magnetic field in an alkaline-hyperoxic medium. Fermentation is energized by a positive static magnetic field in an acid-hypoxic medium. A static magnetic field is required for the enzyme and the substrate to attach. A static magnetic field present during enzyme catalysis has been documented (2). ATP made by fermentation with its acid-hypoxic medium cannot maintain human biological life energy. ATP made by fermentation can maintain the life energy of microorganisms such as bacteria, fungi, viruses, parasites and cancer cells. The secret to reverse acute maladaptive symptom reactions, prevent and reverse microorganism infections, maintaining human biological health and providing for the reversal of degenerative diseases is to maintain a normal alkaline body pH, hyperoxia and an adequate negative static magnetic field. The biological response to a negative static magnetic field can maintain these necessary components of healthy human cells. Thus it can be understood that exposure to an external source of a negative static magnetic field supports human health and materially aids in reversal of inflammatory degenerative diseases, cancer and the defense against microorganism invasion. This external negative static magnetic field can be applied to local affected areas as well as applied systemically by such as a negative static magnetic field bed.

1) *Encyclopedia Britannica*. Vol 15, page 1060. 1986 edition

2) Fersht, Alan. *Enzyme Structure and Mechanism*  
**The Significance of Alkalinity and Acidity  
in Biological Health and Disease**

The human body functions in an alkaline dependent state. Hyperoxia, which is necessary for the production of adenosine triphosphate (ATP), can only be present in an alkaline medium. An acid medium ties up oxygen, which is no longer free for the oxidation-reduction process of producing ATP. A healthy human maintains a blood pH minimum of 7.4. Below 7.4, the numerous necessary enzymes for life function in a human lose their function because they are alkaline-dependent. Alkaline minerals such as sodium, magnesium, potassium, and calcium as bicarbonates are a necessary part of the pH buffer system maintaining alkalinity. Therefore, it is necessary that these nutrients be in adequate supply. Insulin also helps maintain the alkalinity, the production of which rises and falls depending on the need to maintain the alkalinity. This is one of insulin's functions. Endorphins, insulin and nutrients producing bicarbonates are all alkaloids and therefore have a normal physiological level. This normal physiological alkalinity is anti-inflammatory, buffers against infections and cancers that are acid-

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Degenerative diseases such as diabetes mellitus, rheumatoid arthritis, local and systemic infections are all acid states in which local areas of the body are acidic and also there are measurable episodes of systemic acidity in these degenerative diseases.

It is highly significant to understand that sensitivity, symptom-producing reactions to foods and or chemicals are acid-producing. I have measured thousands of these symptoms occurring during deliberate exposure to foods and chemicals and when symptoms occur there is a measurable acidity occurring in the blood. The local area where the symptom occurred is even more acidic than the blood. Degenerative diseases have been demonstrated to simply be an extension in time of these acute symptom-producing reactions to foods, chemicals and inhalants. It matters not whether these are immunologic with demonstrated antibodies or complement disorders or whether they are non-immunologic. Acidity occurring at the time of either acute symptom production or chronic disease symptoms is the central common denominator. It is true that immunologic reactions are also acidifying but it is also true that there are many times more non-immunologic type reactions that are acidifying and thus, symptom-producing.

Addiction, whether it is to narcotics or other drugs, or to foods has an acidic phase during the withdrawal of that substance. In addictions, the withdrawal begins to occur at 3-4 hours, post-exposure. Addiction to foods turns out to be the most common cause of symptom producing maladaptive sensitivity reactions to foods. The frequently eaten food becomes a stressor, which is beyond the body's biological capacity to optimally process. When first exposed to the food to which the subject is addicted, there is relief of symptoms because the stress evokes a rise in endorphins and serotonin. Some four hours later, when both endorphins and serotonin drop below the normal functional physiological levels, acidity emerges and symptoms occur. This is why it is so important that all addictions be stopped at the same time. Thus, this includes alcohol, tobacco, caffeine, and all foods to which the person is addicted.

#### **The Role of Oxidoreductase Enzymes in Addiction Including Food Addictions**

Members of the Oxidoreductase enzyme family classified by their function are as follows:

1. Dehydrogenases
2. Hydroxylases
3. Oxidases
4. Oxygenases
5. Peroxidases
6. Reductases

Oxidoreductase enzymes are responsible for the production of adenosine triphosphate and oxidation remnant magnetism (negative magnetic field). This is an alkaline-hyperoxia negative (south-seeking) magnetic field dependent enzyme catalytic reaction. When the frequency of a substance exceeds the available functional capacity of oxidoreductase enzymes, then this becomes a stress. The body's response to stress is to raise endorphins and serotonin. This stress over-produces endorphins and serotonin beyond their normal physiological level, thus providing not just a comfortable feeling, but also a super comfortable, even euphoric feeling. Some 3-4 hours later, the production of endorphins and serotonin drop below physiological level, which is now an acidic, inflammatory, psychologically depressive and anxiety-producing state. When oxidoreductase enzymes can be maintained at a normal physiological level,

this addictive state does not occur. We know this is true because when we expose the brain and the symptomatic areas to a negative (south-seeking) magnetic field, it will activate the oxidoreductase enzymes and thus relieve the symptoms. This fact also becomes the center focus for handling the symptoms of addiction in general and food addiction in particular. By the use of a negative (south-seeking) magnetic field applied to symptomatic areas and the brain, the withdrawal from addictive substances including foods can be made comfortable. Maintaining comfort while withdrawing from food addiction is an important part of magnetic therapy of reversing food addiction.

#### **THE ROLE OF ADDICTION IN OBSESSIVE-COMPULSIVENESS**

Obsessive-compulsiveness can be a learned response from environmental experiences. However, much of obsessive-compulsiveness is learned from addiction. When contacting the addictive substance, food or otherwise, the subject is super comfortable without body pains and with a mental euphoria. When the addictive withdrawal phase sets in and the discomforts leave and pains, depression, anxiety and tension emerge, there develops first an obsessional wish to obtain relief by contact with the addictive substance again and a compulsion to act on that obsession. Addiction classically trains in obsessive-compulsiveness, which then pervades the entire behavior of the subject. The addict simply, obsessively, can't wait for relief. They can't accept any imperfection, including waiting for relief. Physical pain can be relieved by placing a negative (south-seeking) magnetic field over the area of pain. Brain symptoms can be relieved by placing the negative (south-seeking) magnetic field over the bitemporal areas of the brain. Bitemporal area placement of the discs relieves depression and tension. Placing a magnetic disc midforehead and left temporal relieves anxiety. Placing a magnetic disc over the left temporal and low occipital area is the most effective for relieving obsessive-compulsiveness.

It is understandable that overeating of calories becomes an obsessional compulsive component of food addiction. The system of magnetic weight reduction is to, first of all, stop all addictions. Secondly, handle all the withdrawal symptoms of stopping all addictions. The third is to decide the number of calories that needs to be consumed to maintain an appropriate weight. Eat this number of calories and stop any compulsion to overeat by placing the magnets appropriately on the head as well as a 4" x 6" x 1/2" magnet on the mid-sternum and over the epigastric area. Also, treat any areas of discomfort at the same time. By this method, the person learns with comfort to eat only the amount of calories that will maintain adequate weight. If there is an urge to eat between meals, then place the magnets on the head, the chest and on the epigastric area. Within 5-10 minutes, this urge will have disappeared. Thus, there is a method of self-help maintenance of comfort and magnetic cancellation of obsessive-compulsiveness.

#### **Grandfather Status of Magnet Therapy**

Among early medical practitioners, there are references to the medical uses and self-help uses of static field magnets. This description of static magnetic fields for medical use and self-help application holds a record for being among the longest, if not the longest, held application of medical therapeutics. The application of magnetic therapeutics is world-wide. This worldwide grandfather status of application of static magnetic fields for therapeutic reasons is important in view of the more recent establishment of research practices to prove the value and safety of procedures and products. Among the earliest effort at establishing through scientific means, the value of magnetics

**Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior** is that of the research establishing both the value and safety of the application of magnetic energy for magnetic resonance imagery.

Up to the 1970's, medical practices and sciences had been accepted because of their universal acceptance and application. There now are specific research techniques accepted by the Food and Drug Administration as valuable in establishing a scientific proof of both value and safety. Most medical practices have come to be accepted without this research proof. To this day, a substantial amount of medical practice is grandfathered and proceeds to be used without scientific proof. There is no official list of practices that have been grandfathered. They simply continued to exist without being challenged as to value and safety. Magnet therapy has existed since the early status of the practice of medicine and this has been worldwide. Although, not officially stated as grandfathered, its practice demonstrates that it is grandfathered in the United States and worldwide. In recent years, there has been an increase in the application of magnetics. Years ago, Sears Roebuck used to sell magnets for the relief of pain. In recent years there has been an increase of use of magnets for pain, sleep and other procedures. Magnetic therapy is also, at the same time, undergoing a scientific investigation as to values and limitations. National Institutes of Health is granting funds for this research. There are also privately funded researches in progress.

For many years, biochemistry has been fulfilling its promises of value and of financial rewards for marketing products. Biophysics has been largely ignored in terms of research for years. The times are changing and biophysics is now offering substantial rewards for harnessing magnetic applications.

### **An Invitation To Do Research In Therapeutic Magnetics**

Dear Doctor:

This is an invitation for you to do research in the area of medical magnetics. The research physician works under the consultation and supervision of William H. Philpott, M.D., who is a member of an FDA qualified institutional review board. The research-monitoring physician gives a statement as to the status of the patient and Dr. Philpott provides a magnetic research protocol to be followed in applying the magnets. The research physician agrees to send reports to Dr. Philpott, which then will be assessed by the magnetic research committee. When sufficient data is available on any one subject, then this is submitted for publication in a peer reviewed medical journal. The purpose of this research is to establish magnetics as a solid therapeutic modality in the practice of traditional medicine. This is a request to you to join us in this valuable research. It does not cost you anything to be a party to this research. The patient pays the physician for any service rendered. The patient also buys the magnets used in the research.

The application of magnets to humans and animals for both diagnosis and therapy is FDA approved. There are several approved magnetic instruments that can make claims of value in the specific limited areas that their research has established.

Our research is on the growing edge of therapeutic magnetics, expanding the value of magnetics to human and animal therapeutics. There are many promising values emerging that need definitive research. Would you please help us?

Sincerely,

William H. Philpott, M.D.

#### **Magnetic Therapy**

Medical Supervised Research

VS.

Self-Help Treatment

#### **Medical Supervised Research**

The objective Observations of the value of magnetic therapy for numerous medical conditions demonstrates what is usually considered to be "too good to be true." Indeed, magnetic therapy de-

serves definitive, controlled research following all the guidelines of the FDA. This research is in process under the supervision of William H Philpott, M.D. and other independent research organizations as well as NIH grant-sponsored researches. This research under William H. Philpott, M.D. requires a local physician to be following the patient. A physician and patient provide Dr. Philpott with a definitive diagnosis and the physician and patient both agree to be reporting at least 3 times a year to Dr. Philpott. Dr. Philpott provides a magnetic research protocol giving the details of the magnets used. This is a home treatment. To defer the cost of this, a gift of \$200 is needed. This is a tax-deductible gift to medical research. This is beyond the cost of the individual magnets that are specified for the condition under consideration. This information is part of a statistical study in preparation for publication in peer reviewed medical journals.

#### **Self-Help Magnetic Therapy**

William H. Philpott, M.D. has since 1995 prepared The Magnetic Health Quarterly that range widely on specific subjects. These quarterlies describe magnetic treatment that can be adapted to self-help. Also, there is a series of magnetic protocols describing in general terms treatment of specific conditions but not for a specific person. It is ethical to obtain this information that lends itself to self-help use. There is no restriction in the purchase of magnets. When a person does self-help is his responsibility. The application of magnets has been classified by the FDA as not being harmful. There is misuse of the magnets that can be made, such as using the positive magnetic pole for an extended period of time. Although this does not injure cells, it is acidifying and would not be healthy for long-term use. The cost of self-help is the purchase of a Magnetic Health Quarterly on the appropriate subject. Each Magnetic Health Quarterly costs \$12, and each magnetic protocol for self-help costs \$10. Otherwise, the cost of self-help is the cost of the magnets. In doing self-help, the person obtains the general information and decides without any coaching from anyone, what magnets they want to use and how they want to apply them based on the general information they have received. Many people are admirably helping themselves. It is always wise that major illnesses be under the supervision of the medical research program.

William H. Philpott, M.D.

17171 S.E. 29th

Choctaw, Ok 73020

405/ 390-1444 Fax 405/ 390-2968

### **THE MAGNETIC RESONANCE THERAPEUTIC RESEARCH PROJECT:**

#### **PHYSICIAN'S PARTICIPATION AGREEMENT**

I agree to consult with W.H. Philpott, M.D., in setting up a research project in magnetic resonance therapeutic research. An agreed upon format of monitoring during treatment and after treatment will be followed. The agreed upon format will be provided in printed form so that the research format can be followed by multiple cases and multiple physicians.

I agree to provide a report three times a year. When sufficient data has been accumulated, and the Institutional Review Board agrees, then an author for publication in a peer review journal will be sought.

Address:

Date:

William H. Philpott, M.D.

17171 S.E. 29th

Choctaw, Ok 73020

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405/ 390-1444 Fax 405/ 390-2968

**THE MAGNETIC RESONANCE THERAPEUTIC  
RESEARCH PROJECT:**

**PATIENT'S AGREEMENT FOR RESEARCH**

I understand this is a research project to determine the value of static magnetic field application to my type of condition. I understand that extensive toxicity studies preceding the Food and Drug Administration (FDA) approval of the marketing of magnetic resonance imagery resulted in the FDA's classifying magnetic exposure to humans as "not essentially harmful." I have not been promised symptom relief. I have not been promised a cure.

I agree to keep an accurate record of my extent of exposure to a magnetic field. I agree to the necessary monitoring of my condition before, during and after treatment as agreed to by my physician in consultation with W. H. Philpott, M.D.

I understand that private and government (Medicare and Medicaid) insurances do not apply for medical research. I understand my physician will not apply for insurance payments for the medical research that is being rendered me. I agree not to apply for insurance payments since they do not apply to medical research. I understand that laws relating to medical treatment for Medicare and Medicaid payments do not apply to medical research. I understand that the physician doing medical research monitoring for my case can charge for the service rendered for which no report to government insurance Medicare or Medicaid) is made and that the research service is beyond, apart from, and not related to any laws relating to medical services rendered to a Medicare or Medicaid patient.

Address:  
Date:

**SELF-HELP TREATMENT RESPONSIBILITY**

You have a right to purchase magnets and do with them as you wish. You have a right to purchase information that is general in nature. The application of self-help does not constitute a medical order.

William H. Philpott, M. D. would appreciate periodic reports of your success. He can use this information in gathering research for publication.

I understand that I am taking responsibility for magnetic treatment if I engage in self-help, non-medical supervised therapy.

I understand that any of the general information that Dr. Philpott has prepared is not a medical order. I understand that any conversation that I have had or will have with Dr. Philpott is general in nature and is not to be construed as a medical order.

Name \_\_\_\_\_ Date \_\_\_\_\_

Mailing address \_\_\_\_\_

\_\_\_\_\_  
City, State, Zip

**INDEPENDENT, SELF-SUPPORTING  
RESEARCH DETERMINATION OF THE  
VALUES OF MAGNET THERAPY**

There is a steady advancing application of magnetics for health maintenance as well as valuable therapeutic reversal of degenerative diseases. There is a great need to document the many values of the application of magnets for their therapeutic value. The FDA has classified magnetic application to humans as "not essentially harmful." William H. Philpott, M.D. is a chairman of an independent ethical Research Institutional Review Board which follows FDA guidelines for research in magnetics.

Therapeutic research format available:

1. A local physician provides William H. Philpott, M.D. with an initial statement of the research subject's condition prior to magnet therapy. After receiving this initial statement, Dr. Philpott prepares a magnet research protocol to be followed.

The local research monitoring physician makes the initial report and additional reports to Dr. Philpott at four month intervals.

For this consultation service of the research protocol, the initial and periodic communication with the monitoring physician and research subject there is a requested medical research gift of \$200.00. You will receive a receipt for a tax deductible medical research gift. Make your medical research gift payable to HOLOS INSTITUTES OF HEALTH, INC. Send the check or credit card number to William H. Philpott, M.D.

This \$200.00 medical research gift plus the research subject purchasing the magnets used in research makes it economically possible to proceed with self-supporting magnet research.

For research treatment guided by Dr. W. H. Philpott with you monitored by a local physician. Call, write or fax:

William H. Philpott, M.D.  
17171 S.E. 29th Street  
Choctaw, OK 73020  
405/ 390-1444 or fax 405/390-2968

**WILLIAM H. PHILPOTT, M. D.**

17171 S.E. 29TH Street Choctaw, Ok 73020  
405/390-3009 Fax: 405/390-2968

William H. Philpott, M.D., Chairman  
Institutional Review Board  
W. H. Philpott Magnetic Research

Research gift to HOLOS INSTITUTES OF HEALTH made  
by:

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

Date \_\_\_\_\_

Received by W.H. Philpott, M.D.

\_\_\_\_\_  
W.H. Philpott, M.D.

Date \_\_\_\_\_

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Deductible 501C-3 Organization

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## MAGNETIC HEALTH

by

William H. Philpott, M.D.

MAGNET THERAPY:

THE MEDICAL MIRACLE OF THE NEXT MILLENNIUM

2005 MAGNET THERAPY UPDATE

ABOUT WILLIAM H. PHILPOTT, M.D.

### INTRODUCTION

Between 1995-2004, I prepared four issues of Magnetic Health Quarterlies on single subjects. This has covered major medical subjects for the use of magnet therapy. In 2005, I have prepared one update booklet on magnet health.

Twenty years ago, my first use of a negative magnetic field was to produce an alkalization that relieved symptoms evoked by deliberate food testing. This biological response of alkalization to a negative magnetic field proved to be more valuable than the alkalization I had been using with soda and potassium bicarbonate. I was documenting the evidence that when symptoms occurred, whether allergy, addiction or toxicity to a food or other substance that a measurable acidity was present in the blood. Thus, I also proved that using a negative magnetic field reverses this acidity. It not only reversed the acidity, but also reversed the symptoms. The next progressive step I made was to treat the body with magnets on the head, heart and the liver with a negative magnetic field for 30 minutes ahead of exposure to a food or chemical which I had documented as producing symptoms. Thus, I proved that not only could we relieve symptoms after we had evoked them, we could prevent symptoms from developing if we treated ahead of the exposure. I had also established that the symptoms we were seeing to maladaptive responses to foods, chemicals and inhalants were the same symptoms as chronic degenerative diseases. The chronic diseases were extensions of the acute reactions. Thus, I also was able to demonstrate that a negative magnetic field is useful in reversing chronic degenerating diseases.

It had been established by Otto Warburg that cancer development requires acid-hypoxia by which it makes its ATP by the acid-dependent fermentation.

### THE PATHOLOGICAL ELECTROMAGNETIC MISSING DIAGNOSIS

It is understood that live biological systems are electromagnetic. Magnetic and electric poles cannot be separated. Electric fields produce magnetic fields and magnetic fields produce electricity. They cannot be separated. Live biological cells pulse as an expression of their magnetic state. Live biological cells respond to a static magnetic field by pulsing. The pulsing magnetic state of cells which express their magnetic state can be driven by:

1. A static magnetic field, or
2. A pulsing magnetic field
3. Pulsing sensory (sight, sound, tactual inputs)

Despite the fact that the always present electromagnetic phenomena of living cells is basic knowledge, it is ignored in medical diagnosis and treatment. Medical texts do not have chapters or even paragraphs on the electromagnetic diagnosis of each disease compared to the normal electromagnetic functions of live biological cells. This electromagnetic pathology diagnosis would include magnetic polarity (positive or negative), magnetic gauss strength, pulsing frequency and pH, both local and systemic.

Understanding the electromagnetic diagnosis provides a major clue as to treatment. Immediate treatment for symptom relief would involve a correction of the electromagnetic pathology by appropriate exposure to a static or pulsing magnetic field. Longer term would be providing for appropriate nutrition and detoxification as well as avoidance of the environmental inputs that are evoking the pathology. The environmental inputs are such as allergies, especially to foods,

addictions, especially to foods, and the identification of environmental enzyme toxins.

The value of the electromagnetic pathology diagnosis is that there are emerging a new energy medicine both from a diagnostic and a therapeutic standpoint in which there is more immediate symptom relief and an expanded version of what causes disease. Current technology makes it possible to proceed with an electromagnetic diagnosis. We need to focus on current technology capacity to provide us an electromagnetic pathology diagnosis. To achieve this, we need to access with instruments magnetic polarity, gauss strength, pulsing frequencies, pH (both local and systemic) and oxygen content (both local and systemic). The sciences of electroencephalography and magnetic encephalography are providing valuable clues as to the relationship between electromagnetism and the disease state. It has been objectively observed that a negative magnetic field is anti-stress with pulsing fields below thirteen cycles per second. The higher the gauss strength, the slower the pulsing field. 8-12 is a relaxing, anti-stress state. A pulsing field of 2 cycles per second is deep, energy-restoring sleep. A pulsing brain field can be driven by a pulsing input. Sensory input such as sight and sound and tactiles can be used in driving the specific pulsing frequencies that are desired to be achieved. In any event, either a static field exposure or a pulsing field exposure or a sensory pulsing input can achieve the same results of driving the brain as specific magnetic states that relate to behavioral consequences. A static positive magnetic field will drive the brain beyond 12 cycles per second. The higher the gauss strength, the higher the frequency of the brain response. In pathological states, the pulsing frequencies are in the stress level beyond that of 12 cycles per second. These pathological states can be corrected by either a static or pulsing anti-stress level. Based on our current knowledge of the electromagnetic diagnosis of pathological states, we can deduce an anti-stress level of magnetism whether this be pulsing fields or static fields, to achieve our results of anti-stress reversal of the biological stress pathologies. It would be a considerable boon to therapeutic medicine to note specifically the electromagnetic diagnosis of specific conditions and reverse this with a corrective electromagnetic anti-stress input for immediate relief of symptoms. We need to also be able to repeat this electromagnetic diagnosis as a biofeedback mechanism demonstrating that we have indeed achieved an electromagnetic correction of the pathological state.

### MAGNET THERAPY

#### The 21st Century Miracle

From the earliest history of therapeutic medicine, there have been reports of observations about the therapeutic value of magnetic fields. However, the valuable contributions of biochemistry has, for many years, overshadowed the contributions of biophysics to medical therapeutics. There is a recent renewal of considering the therapeutic values of biophysics including magnetism. The development of magnetic resonance imagery has spurred a renewed interest in the scientific examination of the value of magnetic fields as applied to humans. Central to the new interest in therapeutic magnetics, is the establishment of no adverse side effects of magnetic therapy. The goals of this article is to alert the reader to watch for the emerging reports of the value of magnetic therapy. Static field magnets can be arranged so opposite magnetic fields are on opposite sides of a flat-surfaced plate type magnet which allows for an exposure of a single magnetic field. The biological response to a negative magnetic field is alkaline-hyperoxia. Much is known of the value of biological alkalinity and of the biological need for oxygen. From this knowledge of the biological dependence of humans on alkaline-hyperoxia, predictions can be safely made concerning the anticipated value of magnet therapy which serves then as a guide to the research. For example, Otto Warburg, M.D. received a Nobel Prize for demonstrating that

**Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior** cancer is acid-hypoxic dependent when it makes its energy (adenosine triphosphate).

Since it is an established fact that a biological response to a negative magnetic field is that of alkaline-hyperoxia, we can safely predict and therefore, logically proceed with research in treating cancer with a negative magnetic field. The alkaline-hyperoxia produced by a negative magnetic field will cancel out the acid-hypoxia necessary for the fermentation process for cancer growth. Based on this knowledge, research in cancer is progressing using magnet therapy with remarkable success. However, single cases, no matter how wonderful the results, cannot ethically be used as a claim of cure. What has to happen is that a large scale of a detailed statistical study demonstrating the universality of a negative magnetic field treating cancer is necessary to be submitted to the Food and Drug Administration from which they will make a statement that a cure for cancer can be made. There is now a published research article observing that cancer culture grew in the presence of a positive magnetic field and died out in the presence of a negative magnetic field. An EEG demonstrates the electrical activity of the brain and demonstrates that relationship to states of biological stress or of non-biological stress. In biological stress, the brain is pulsing at 13 cycles per second or higher. In anti-stress, the brain is pulsing below 13 cycles per second. When the brain is exposed to a negative magnetic field, the pulsing frequency is in the anti-stress range. When the brain is exposed to a positive magnetic field, the pulsing frequency is beyond 13 cycles per second which is stress. From this, we know that by providing a negative magnetic field to the brain, it will cancel out biological stress. We also know that when mental or emotional symptoms are produced, the EEG registered that the brain is in a state of stress. Placing the negative magnetic field of disc magnets bitemporally drives the brain as anti-stress and therefore is symptom-relieving. It is quite remarkable how these small disc magnets placed bitemporally can reduce tension, anxiety, depression, phobia, obsessive-compulsiveness and a series of neurotic symptoms as well as blocking the production of hallucinations, delusions and psychotic depression in the mentally ill. For a long time, we have known the value of electroconvulsive therapy. What this is, is that we have a high level electro-biological stress with a pulsing frequency around 35 cycles per second producing a seizure. Following this, the brain reflexly switches polarity from magnetic positive to magnetic negative. The EEG demonstrates this by a slow pulsing frequency. However, we do not need the seizure to affect a symptom reduction. Placing a negative magnetic field bitemporally will change the brain from positive symptom-producing to negative nonsymptom-producing. Thus research is now demonstrating that ceramic disc magnets placed bitemporally on the brain have a superior value to tranquilizers, antidepressants or electric shock treatments. This evidence has spurred a renewed interest in research in the use of magnetics for the treatment of emotional and mental disorders.

Another factor that is spurring research in magnetics is that a negative magnetic field is a universal antibiotic. The observation is that viruses, bacteria, fungi, parasites and all invading microorganisms will die in the presence of a negative magnetic field. We only partially understand why this is true. We do understand that these microorganisms all function best in an acid-hypoxic medium and of course, a negative magnetic field cancels out acid-hypoxia and replaces it with alkaline-hyperoxia.

We also know that inflammation, no matter why it is present, is acid-hypoxic and therefore, a negative magnetic field producing alkaline-hyperoxia becomes a universal answer for inflammation whether this is muscle pains from fibromyalgia or the joint pains from arthritis or the pain from cellular edema, and so forth.

The human organism is an electromagnetic organism and is

therefore influenced by electromagnetism from its environment. This is why a static magnetic field magnet can be used to influence human biological response. From this knowledge, we can make logical decisions as to the research that needs to be gathered and from this we can also make predictions as to the place that magnet therapy is going to take in the practice of medicine. A claim of cure is not ethically permitted until the FDA has been provided adequate, large scale statistical research from which they can make a judgement and decide if indeed cures are resulting from magnetic therapy. This necessary research is in process. Magnet therapy has a bright future. We need to keep abreast of its progress.

The following are a series of predictions that can be made from our current knowledge:

**P** Cancer therapy will be a major use for negative magnetic field therapy. The mechanism is that cancer is acid-hypoxic-dependent fermentation. Negative magnetic field therapy produces a sustained alkaline-hyperoxia and thus cancer cannot survive. Furthermore, there are no harmful side effects to magnetic therapy such as occur from chemotherapy and radiation. Therefore, in time, magnet therapy will win over chemotherapy and radiation.

**P** Negative magnetic field therapy will take a major role in treating vascular disorders of the heart and brain due to its observed ability to resolve insoluble deposits of calcium, amino acids and fats. Calcium, amino acids and fats are soluble in an alkaline medium such as is necessary to be maintained in the blood and become insoluble in an acid medium. Negative magnetic field therapy works because it maintains an alkaline-hyperoxic medium.

Examples are:

Place a 4" x 6" x 1/2" magnet over the heart to resolve arteriosclerosis and atherosclerosis of the heart. At the end of three months, these insoluble deposits in the heart arteries will have disappeared because the calcium, amino acids and the fats that were insoluble have now become soluble. Furthermore, placing this negative magnetic field magnet over the heart is a pacemaker. This non-invasive magnetic pacemaker is preferred to the electrical implanted pacemaker. Negative magnetic field therapy will become common in weight reduction and especially in reducing a pot belly. The technique is to place two 4" x 6" x 1/2" magnets a couple of inches apart on the enlarged abdomen. The negative magnetic field will reach into the abdomen and melt away the fat in the omentum that covers the intestinal tract. Some are losing as much as a pound a day without changing their diet. This weight reduction occurs at night during sleep. A negative magnetic field activates growth hormone which causes the fat cells to drop their fats and also the fat, being in an alkaline-producing negative magnetic field, becomes soluble.

A negative magnetic field will become popular in treating anxiety, depression and other psychoneurotic conditions as well as treating learning disorders and behavioral disorders. Also, the discs placed bitemporally have been observed to effectively stop psychotic symptoms such as hallucinations, delusions, obsessive-compulsiveness and psychotic depression. The principle on which this works is that the brain is magnetically driven to a negative magnetic state which is an anti-stress state. This is preferred to and is capable of replacing electric shock treatment. The treatment is amazingly simple. The subject can carry the disc magnets and a 2" x 26" band in a pocket. If and when symptoms develop, the subject can place these magnets bitemporally and reduce the symptoms within five minutes. There is no disturbance of consciousness or of motor function.

Negative magnetic therapy will become popularly used as a universal antibiotic. It matters not whether the invading microorganism is a virus, bacteria, fungus or a parasite. They all die in the presence of a sustained negative magnetic field. This universal antibiotic

**Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior** effect of a negative magnetic field is not clearly understood. It likely relates to the sustained alkalinity and hyper oxygenation that a negative magnetic field's biological response makes. The observation is that any invading microorganism will die in the presence of a sustained negative magnetic field. The observation is that it has to be the human body's biological response to the negative magnetic field that makes this possible since this doesn't effectively work in plate cultures being treated with a negative magnetic field. This is a great value. We are fighting hard to keep ahead of the adaptations that microorganisms can make, however, the evidence is that they cannot make an adaptation to a human biological response of a negative magnetic field.

Negative magnetic therapy has been observed to be a universal anti-inflammatory agent. The application of negative magnetic therapy to any inflammatory areas of the body will become popular. There are no side effects to negative magnetic field therapy whereas steroids and anti-inflammatory agents all have some undesirable side effects. Therefore, negative magnetic field therapy is preferred to any steroid or anti-inflammatory agents.

The negative magnetic field is compatible with any chemical agents being used for inflammation or for pain. Negative magnetic field therapy works well for pain that is caused by some inflammatory process. However, pain that is caused by a nerve injury is not likely to be relieved from a negative magnetic field application. The value of a negative magnetic field is the establishment of alkalinity and oxygenation. Acids cause cellular edema and low oxygen which is painful. A negative magnetic field response is not anesthetic or an analgesic but instead is a disordered metabolism such as cellular edema, acidity or a lack of oxygen. The types of pain which of course are quite frequent from lack of oxygen and acidity are the types of pains for which a negative magnetic field application is useful.

#### **VALUES AND LIMITATIONS OF MAGNET THERAPY FOR CANCER**

There is peer reviewed documentation that a negative magnetic field inhibits cancer growth. (TRAPPER, ARTHUR, et al. "Evaluating Perspectives on the Exposure Risks from Magnetic Fields", *Journal of the National Medical Association*, 82:9, September 1990.) (RAYLMAN, Raymond R., CLAVO, Anaira. C, WAHL, Richard L. *BioElectromagnetics*.) My research observations are that cancer of any type predictably dies in response to a negative static magnetic field of sufficient gauss strength and sufficient duration. These studies have been based on a 24 hour a day exposure for a three month period. Less time and less frequency during the day exposure have not been tested in the documented evidence that cancer dies in the presence of a negative magnetic field.

Why is it then that we do not have 100% cure of cancer? Local cancers such as melanoma, basal cell or squamous cell cancers are easy to treat with predictable results. Metastatic cancers have limiting circumstances beyond the control of the magnetic therapy itself. For metastatic cancer, both local and systemic therapies are combined. Failures occur when the subjects with cancer bring to the therapy limitations of their state of health. The subject has to be able to survive while receiving magnetic therapy. Magnetic therapy itself is not stressful. There are conditions of non-survival. These particularly are such things as obstructions to vital functional areas of the body such as a bowel, liver-gall bladder-pancreatic obstruction, respiratory obstruction or obstruction to the cerebral spinal fluid resulting in hydrocephalus. Some come to therapy with a depleted liver function or a massive nutritional deficiency. Because of these limitations it is impossible to have 100% successful magnet therapy treatment for cancer. These are the observed limiting factors. All cancer has the same mechanisms of functions of acid-hypoxia. A negative magnetic

field biological response is alkaline-hyperoxia in which cancer cannot survive. All types of cancer are inhibited by a negative magnetic field. In spite of this, therapy for the treatment of metastatic cancer cannot be 100% successful because of the limitations of the subject for survival separate from the magnetic therapy.

The FDA requirement for research is that the research subject must understand that a cure is not promised by the research.

#### **MAGNETIC THERAPY**

**NEGATIVE MAGNETIC FIELD THERAPY IS AN ORDERING OF DISORDERED PHYSIOLOGY.**

A NEGATIVE MAGNETIC FIELD THERAPY IS NOT A NARCOTIC AND DOES NOT EVOKE A NARCOTIC BIOLOGICAL RESPONSE. A NEGATIVE MAGNETIC FIELD IS NOT AN ANALGESIC LIKE THE ARRAY OF NON-STEROIDAL ANALGESICS ALL OF WHICH HAVE POTENTIAL SIDE EFFECTS WHICH CAN BE SERIOUS. A NEGATIVE MAGNETIC FIELD IS NOT AN ANESTHETIC. A NEGATIVE MAGNETIC FIELD IS NOT A STATIN DRUG WHICH CAN HAVE SERIOUS SIDE EFFECTS, SOME OF WHICH HAVE BEEN REMOVED FROM THE MARKET BECAUSE OF DEATHS OCCURRING. A NEGATIVE MAGNETIC FIELD RELIEVES SYMPTOMS BECAUSE IT CORRECTS THE DISORDERED PHYSIOLOGY OF DISEASE PROCESSES. THE ACID-HYPOXIA AND OTHER DISORDERED CHEMISTRIES OF THE DISEASE PROCESS ARE CHANGED TO ALKALINE-HYPEROXIA. A NEGATIVE MAGNETIC FIELD CURES THE SYMPTOMS BY CURING THE DISEASE. HUMAN HEALTH IS AN ORDERED ELECTROMAGNETIC STATE. HUMAN DISEASE IS A DISORDERED ELECTROMAGNETIC STATE. THE BIOLOGICAL RESPONSE TO A NEGATIVE MAGNETIC FIELD DOES NOT MASK THE SYMPTOMS BY ANALGESICS, ANESTHETICS, STEROIDS, NARCOTICS, STATIN DRUGS, TRANQUILIZERS, ANTI-DEPRESSANTS OR ANTI-SEIZURE MEDICATIONS. A NEGATIVE MAGNETIC FIELD IS A UNIVERSAL ORDERING OF THE DISORDERED CHEMISTRIES OF DISEASES NO MATTER WHETHER THIS DISEASE IS IDENTIFIED AS AN ALLERGY, AN AUTOIMMUNE DISEASE, A TOXICITY, AN ADDICTION, AN INFECTION, CANCER, DEPRESSION, PSYCHOSIS, BEHAVIOR DISORDER, LEARNING DISORDER AND SO FORTH. MAGNETIC THERAPY CURES THE DISEASE. MAGNET THERAPY IS THE ONLY UNIVERSAL ORDERING OF THE DISORDERED METABOLISM OF DISEASES. MAGNET THERAPY IS NOT A MAGICAL SECRET. MAGNET THERAPY IS THE WELL DOCUMENTED ENERGY ACTIVATOR OF ENZYMES.

#### **MAGNET THERAPY PLACEMENT**

##### **HEART TREATMENT FOR ATHEROSCLEROSIS AND ARTERIOSCLEROSIS OF THE HEART**

Place a 4" x 6" x 12" magnet over the heart with the 6" lengthwise the body. Always use the negative magnetic field facing the body. Hold in place with a 3" x 52" body wrap or other suitable way of holding the magnet over the heart. A vest with a pocket in it is ideal. Women can place this in their bra. The weight of this is 2 pounds which is suitable for most people. The same size magnet made of plastiform that weighs half as much can be provided. This should be used nightly for months with a minimum being three months. The longer, the better. If heart arrhythmia is present, this magnet can be used as a pacemaker any time, day or night.

##### **BRAIN TREATMENT FOR ARTERIOSCLEROSIS AND CEREBRAL VASCULAR SPASM**

Place a 4" x 6" x 1/2" magnet on either the top of the head or the side of the head. It can be placed under a pillow or placed on a metal

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#### SPINE PLACEMENT FOR LUMBAR PAIN, STRAIN OR DISC DISORDER

Place the 4" x 6" x 1/2" magnet over the affected area with the 6" lengthwise the body. Always use the negative magnetic field facing the body. Hold in place with a 3" x 52" body wrap or other suitable holder.

#### PELVIC PLACEMENT

For prostate: Place a 4" x 6" x 12" magnet over the pubic area with the 6" lengthwise the body and the negative magnetic field facing the body. For prostatic hypertrophy and prostatitis, keep it on 24 hours a day until symptoms are relieved. This will require a month or more of continuous treatment. then wear it nightly as a lifestyle. For cancer, it needs to be continuous for a minimum period of three months and then followed nightly as a lifestyle.

#### FOR PAINS IN PELVIC AREA

Place the 4" x 6" x 1/2" magnet over the painful area. Hold in place with a 3" x 52" body wrap or other suitable holder. Always use the negative magnetic field facing the body. The longer the duration, the better.

#### FOR ABDOMEN

Place a 4" x 6" x 1/2" magnet over the fat area of the abdomen or the painful area. Always use the negative magnetic field facing the body. Hold in place with a 3" x 52" body wrap. For fat reduction, use at night only. For pain reduction, use anytime needed. The longer the exposure, the better.

#### LIVER PLACEMENT FOR HEPATITIS OR DETOXIFICATION

Place a 4" x 6" x 12" magnet over the right side of the body with half of it on the rib cage and half below the rib cage. Hold in place with a 3" x 52" body wrap. Always use the negative magnetic field facing the body. Exposure should be continuous, day and night, until the value has been achieved. Then continue nightly as a lifestyle.

#### PLACEMENT FOR NEUROPATHY PAIN IN FEET

Place the foot on the negative pole of a 4" x 6" x 1/2" magnet. The longer the duration, the better. Continue until the pain is relieved.

#### HEAD PLACEMENT FOR HEADACHE, EMOTIONAL SYMPTOMS, MENTAL SYMPTOMS

Place the negative magnetic field of the discs centered bitemporally. Hold in place with a 2" x 26" band. The longer the exposure, the better.

#### FOR CARPAL TUNNEL SYNDROME, TENDINITIS, MYOSITIS, JOINT PAINS

Place the discs over the painful area. Hold in place with the 2" x 26" wrap.

#### USES OF THE CERAMIC DISCS, 1-1/2" x 1/2"

The ceramic disc has a number of valuable uses such as described below:

##### Head placement:

Place the ceramic discs bitemporally, that is on each side of the head at the level of the top of the ears. Hold in place with a 2" x 26" band. This is useful in treating headaches of all types including migraine headaches, emotional states, depressive states, psychotic ideas and behavior including such as delusions, hallucinations, psychotic depression and other psychotic manifestations.

##### Placement on inflamed areas:

Use the negative magnetic field of the magnet on inflamed areas, whether this is skin, muscles or tendons. It is very useful in treating carpal tunnel syndrome by placing the negative magnetic

field directly over the inflamed tendinitis. The magnets should be used continuously until the symptom of inflammation is corrected. In some cases, it will take several weeks.

##### Local cancers:

The negative magnetic field of a ceramic disc magnet is useful in reversing basal cell carcinoma, squamous cell carcinoma, malignant melanoma and other local cancers. The magnets should be held in place until the cancer has died and new skin has grown under the cancer. This will take several weeks. I have found this to consistently occur within twelve weeks.

#### MAGNETIC MYTHS

##### Myth:

Magnetism is one energy, providing only one biological response.

##### Answer to the myth:

Textbooks in physics provide a model of magnetism that does not incorporate the biological responses to a positive and negative magnetic field. Magnet therapy, which is the use of the biological response to a separate positive and negative magnetic field, is a new science whereas the application of magnetism to industrial uses is an old science.

The physicist, Albert Roy Davis, documented the separateness of the biological response to the positive and negative magnetic fields. Biological response to a positive magnetic field is that of acid-hypoxia. The biological response to a negative magnetic field is alkaline-hyperoxia. My research has confirmed that this is true. Much is known about the significance of pH in human metabolism. Knowing the difference in the biological response in the separate magnetic fields can be used in a predictable way.

In an electrolysis procedure, the positive and negative electric poles are in an aqueous solution. Around the negative electrode is a negative magnetic field. Around the positive electrode is a positive magnetic field. The pH around the negative electrode with its negative magnetic field is a pH of 10. The pH around the positive electrode with its positive magnetic field has the pH of 2. Thus, when using a negative magnetic field exposure to the human body, we have the same predictable difference in pH in which the negative magnetic field produces an alkaline pH and the positive magnetic field produces an acid pH. The swings in acid and alkaline and the biological response is not as great as in electrolysis procedure but it is understandably in the same direction. It is understandable that the biological response to positive and negative magnetic fields is the same as in an electrolysis procedure.

There are a number of published articles in peer reviewed medical literature about magnetism considered to be a single unit with only one type of response. Those articles have produced confusing and non-predictable results.

There is one peer reviewed article in which the separate biological response to the positive and negative magnetic fields were evaluated (Arthur Trappier). In this research, when cancer was exposed to a positive magnetic field, it flourished and when exposed to a negative magnetic field, it died.

It is easy to demonstrate the biological difference in the magnetic pole fields. It is easy for anyone to prove this to their own satisfaction. The following is an experiment I did on myself. I place on my forearm, the positive magnetic field of a 1" x 1/8" neodymium disc magnet. I left it on for two weeks. By the fourth day, the area began to itch and to hurt. By the end of two weeks, when I removed the magnet, the area was highly inflamed and was infected with numerous pustules. At the same time, I placed in another area on my forearm, a negative magnetic field of a 1" x 1/8" neodymium disc magnet and left it there for 2 weeks. There was no inflammation. When the magnet was removed, the area was completely clean with-

**Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior** out any infection or any inflammation. This demonstrates that there are separate biological responses to the positive and negative magnetic fields. The acidification of the positive magnetic field produces an inflammatory vasculitis and also encourages the growth of microorganisms thus producing inflammation and infection. The negative magnetic field does not support inflammation or infection. At the same time, I placed another 1" x 1/8" neodymium disc magnet on my abdomen and taped this tightly on the abdomen so that it pressed down so that the edge of the magnet was covered with soft tissue. I had the negative magnetic field facing the body around the edge of the magnet. Where it was exposed to the soft tissue, there was a ring of inflammation and infection but not over the area where the magnet itself had been. This demonstrated that when you press a thin magnet, such as 1/8" neodymium disc magnet, down into the soft tissue sufficient that it reaches the equator between the positive and negative magnetic fields, that there is an exposure to the positive magnetic field which produces inflammation and infection. The equator between the positive and negative magnetic fields of a 1/8" neodymium disc magnet is only 1/16". This demonstrates that the magnetic field coming back to reach the other side enters the equator at the edge of the magnet, not around on the flat side of the magnet.

Myth:

In a flat surface magnet, there is an opposite magnetic field coming around the edge of the magnet exposing the subject to the opposite magnetic field of the magnet. Thus, when exposing a person to a negative magnetic field of a flat surface magnet, there is a positive magnetic field coming around the edge of the magnet to the flat surface to the opposite flat surface of the magnet.

Answer to the myth:

There is the magnetic field on each side of the magnet that extends upward and the edge of which buckles back around to the opposite magnetic field. The question is, where does this enter the magnetic field? Is it around on the opposite flat surface of the magnet or is it at the equator which is at the edge of the magnet. The obvious answer is that it enters the closest area that it can which is the equator between the two magnetic fields and does not extend around to the opposite flat surface of the magnet. I proved this when I exposed myself to a neodymium disc magnet and by pressing it down into the soft tissue so that it reached the equator between the two magnetic fields. This only occurred when this magnet is pressed down into the tissues so that it can reach this equator halfway point between the positive and negative magnetic fields.

A gauss meter reads the positive or negative magnetic fields and when it comes to the edge of the magnet, the magnetometer shows there is no field. Therefore, the field has not extended beyond the equator. When using a magnetometer as it is described by its manufacturer, there also is a magnet field read when you are over either the positive or negative magnetic field which is uniform. The manufacturer states the limitations of the magnetometer as limited only to a uniform magnetic field. When passing beyond the edge of the magnet which is beyond this uniform magnetic field, the magnetometer cannot be used because it only is used in a uniform magnetic field. The magnetometer, when you pass beyond the edge of the magnet, reads a magnetic field. It does so because the magnetometer is a bar magnet and extends the magnetic field several inches therefore it reaches the equator between the two magnetic fields. It is reading the magnetic field at the equator. The magnetic field does not come around the edge. It comes only to the equator between the two positive and negative magnetic fields. The gauss meter tells us this. The magnetometer tells us this also when it is used according to the manufacturers specifications. This myth that there is a field coming around the edge of the magnet to the other side of the magnet has come about because of a misuse of a magnetometer which violates its

manufacturers state of limitations. It is easy to also demonstrate on one self that when you place a flat-surface magnet over an area of the body that you are exposed only to the one field. However, if you are exposing to the negative magnetic field and press down into soft tissue such that you reach the equator between the two positive and negative magnetic fields, you will receive some positive magnetic field and will have the inflammatory vasculitis which is characteristic of the positive magnetic field with its acidhypoxia response.

Myth:

When treating a person with a non-inflammatory, alkaline-hyperoxic-producing negative magnetic field in the northern hemispheres of the earth, then the biological response is alkaline-hyperoxia with its anti-inflammatory; anti-infectious, anti-cancer value. When using the negative magnetic field exposure on the subject while in the southern hemisphere of the earth, then the poles have to be switched and the positive pole provides the alkaline-hyperoxia response and the negative pole provides the acid-hypoxic response.

Answer to the myth:

I have treated many subjects, both in the northern hemisphere and the southern hemisphere of the earth and have specifically obtained reports back as to the results. It is documented that the negative magnetic field response is alkaline-hyperoxia and the positive magnetic field biological response is acid-hypoxia no matter where you are on the face of the earth, northern hemisphere or southern hemisphere. This is a biological truth that the biological response to a negative magnetic field wherever you are on the earth's surface is alkaline-hyperoxia and the biological response to a positive magnetic field no matter where you are on the surface of the earth is an acid-hypoxia. Thus, this universal truth makes it possible for predictable results no matter where you are, southern or northern hemispheres of the earth.

**SEPARATE POLARITY MAGNET BIOLOGICAL RESPONSES**

**RESEARCH AND UPDATED BIOMAGNETIC MODEL EQUIPMENT**

Three 1" x 1/8" neodymium disc magnets with negative and positive magnetic fields on opposite sides. Manufacturer's rating: 12,300 gauss.

**STATIC FIELD MAGNETS**

Goals:

1. To demonstrate a separate and opposite biological response to the separate magnetic positive and negative magnetic pole fields.
  - a) Alkaline-hyperoxia response to a static negative magnetic field.
  - b) Acid-hypoxia response to a static positive magnetic field.
2. To demonstrate
  - a) Microorganism growth in response to static positive magnetic field
  - b) Antibiotic response of the static negative magnetic field
3. Update magnet model to include biomagnetism
  - a) Separate biological responses
  - b) Antibiotic effect of a negative magnetic field
  - c) Return of magnetic fields to opposite pole entering at the equator between the positive and negative magnetic poles

**METHOD OF RESEARCH**

Place a positive magnetic pole of a neodymium disc magnet on the skin. Tape this down. Tape it loosely so that it is not being pressed down into the skin. At another area, place the negative magnetic field of a neodymium disc magnet on the skin. Do not press down into soft tissue. A third neodymium disc is placed with the negative magnetic field facing the skin. Press this down into soft tissue so that the halfway point, which is the equator between the positive and negative magnetic fields, can be reached. This will expose the

**Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior** skin to a positive magnetic field at the edge of the magnet. In this case, there will develop a ring of vasculitis around the edge where the magnet has been pressed down into soft tissue.

Leave the magnets taped on for two weeks.

Test the area under the positive magnetic field for oxygen saturation and for pH. The area will be with low oxygen saturation, will have acidity and will also have the growth of microorganisms producing an infectious vasculitis in which there are pustules.'

Under the negative magnetic field, there would be no evidence of a response test for oxygen concentration and pH. There will be a high oxygen content and an alkaline pH.

The magnet in which the edge of the magnet has been pressed down into soft tissue will have a ring of vasculitis around the area that was pressed down into soft tissue. This demonstrates that the positive magnetic field of the positive magnetic side of the magnet buckling back to the negative magnetic field enters that negative magnetic field at the equator and not around on the opposite side of the magnet. The negative magnetic field that has not pressed down into the tissue, shows no vasculitis around the edge of the magnet. Only the one that is pressed down so that the equator has been reached shows the evidence of a positive magnetic field. Thus, the magnet field returning to the opposite pole enters at the equator and not on the opposite side of the magnet.

From William H. Philpott, M.D.

May 22, 2005

Selwyn Super, Ph.D.

University of Southern California

11938 Kiowa Ave #1-01 Los Angeles, CA 90049 310-207-0012

phone/fax

Dear Dr. Super,

I am delighted to receive your call and your interest in the recent program testing the value of magnet therapy. I am an experienced psychiatrist, having given over 70,000 electric shock treatments and over 50,000 non-seizure electrical stimulation of the brain treatments using the Reiter Sedac. Therefore, I am in a position to make judgement about the values.

The simplest and most minimal magnet therapy treatment for the brain, whether this is tension, anxiety, depression, phobias, delusions or hallucinations, is that of using ceramic disc magnets that are 1-1/2" across and 1/2" thick. These are flat magnets with opposite magnetic fields on opposite sides, therefore the single polarity field can be applied. Place the negative magnetic field of the disc magnets bitemporally, that is above the ears and in front of the ears about an inch or so. These are placed directly over the amygdala and it is through the amygdala that this influences our brain. Usually within five minutes, sometimes even up to 15 minutes, we will have symptom relief. It doesn't matter whether these are minor or major symptoms, neurotic or psychotic. Symptom relief nearly always occurs. This simply calms the brain. A non-stress state of the brain is a negative magnetic field which is a pulsing of the brain no higher than 12 cycles per second. I am a neurologist as well as a psychiatrist and have much experience in EEG, having been in charge of the EEG Department of a hospital and having read thousands of EEG's. The placement of a static magnetic field on the brain has a response of the brain pulsing. With the negative magnetic field, the brain pulses below 12 cycles per second. The higher the gauss strength, the slower the pulsing field. When using a positive magnetic field on the brain, the pulsing field is 13 cycles and beyond. The higher the gauss strength, the higher the pulsing field and it can go clear up to 35 cycles per second, producing a seizure. Disc magnets are strong enough to calm the brain down. I find this to be superior than any tranquilizers, antidepressants or electric shock treatment whether this is seizure produced or non-seizure produced. The treatment of seizures is a magnetic treatment. Seizure level magnetic treatment is a high positive magnetic

field with a frequency of 35 cycles per second. The value is not the treatment. The value is the brain adaptation for correction of that high stress. The subject goes into an anesthetic state in which the brain is pulsing very slow and this is the value. However, when we are using the negative magnetic field on the brain, we are not going through the stress to arrive at a reflex non-stress. We are going directly to the non-stress. Therefore, there is no disturbance of consciousness and no symptom production at all, only symptom reduction. This certainly deserves to be statistically studied. It costs \$21.95 for these magnets and the band that holds them and it costs \$8.50 to ship these two magnets and the band.

I do not, however, consider this minimal treatment to be optimal at all for my patients because what I have found is that they are reacting to foods and chemicals. I found that on an average they will react to at least six different foods and sometimes more. We discovered this by fasting our patients for five days which to my surprise, they were symptom-free. They were all schizophrenic or manic depressive and even if they were a seclusion case, after five days of just water only, they were sane. I mean they were routinely sane, not just occasionally. Then feeding them meals of single foods showed which foods evoked which symptoms. The foods that evoked symptoms more frequently than any other was that of gluten foods-wheat, rye, oats, barley and corn. But, it could be any food that they use frequently. It wasn't foods that they used infrequently, only foods they used frequently. We determined that there were three mechanisms. One is addiction in which the symptoms emerged in the withdrawal stage of the addiction. Food addiction is very real, just as much as narcotic addiction. Or food allergy is another mechanism. Toxicity is another. Anyway, the frequency made all the difference as to whether this happened or not. Therefore, we had our patients go without any of these foods that produced symptoms for three months. Interestingly, schizophrenics have more physical symptoms than they have mental symptoms. Gastrointestinal symptoms are very common. With a 4 or 7 day rotation diet, many subjects were symptom-free. They had to be sure they were not addicted to anything like tobacco or alcohol because they would develop their symptoms again if they used any addictive substances, including addiction to foods. Allergy to a food and addiction to foods behave alike. They both have a delayed withdrawal phase which occurs at about 3-4 hours after eating the food. The only way you can tell a difference between an allergy and an addiction is to whether there were antibodies to the food or not. If there weren't antibodies, then this is either a food addiction or a food toxicity. Routinely, both are present. We did antibodies on thousands of cases.

Dr. Theron G. Randolph of Chicago had taught me to use soda and potassium bicarbonate after a person had symptoms to a food. This was fair in it's relief. If necessary, we gave bicarbonate intravenously. However, just by chance I heard about a negative magnetic field producing alkaline-hyperoxia. From this basis, I tested to see if it relieved my patient's symptoms from the food reactions and it did a marvelous job. Better than the bicarbonate. The next step was to discover if I put the magnets to the head, heart and the liver ahead of a meal, did it prevent the reactions from occurring and low and behold, it did. We can block these reactions by treating the patient ahead of the meal with magnets. We use the bitemporal placement and then a 4" x 6" x 1/2" magnet over the heart and one over the liver. The one over the head is essentially adequate. The heart of course will treat the blood. All the cellular elements as well as the water will be magnetized or ionized negatively. The liver, of course, being a detoxifying organ, would quickly detoxify. We really are having marvelous results with this.

However, this is not the end of the story or the beginning of the story. What we found is that all of our mental patients, learning dis-

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abled children, behavioral disordered children and autistic children all had the same viruses which is Epstein-Barr or cytomegalovirus and occasionally human herpes virus #6. Epstein-Barr was the most frequent infection. It is common that they had two or more infections. What we found is that there is an encephalitis which does injure the brain and therefore, the symptoms even to food allergies, food addictions or toxicities plays into this disorder of the brain so that the brain becomes the target organ, not some other area of the body. That is what is causing these learning disordered, behavioral disordered and autistic disorders and adults with schizophrenia and manic depression. Interestingly enough, the children with excessive compulsiveness are the ones that become manic depressive as adults. The children with some autistic features become schizophrenic. Therefore, our treatment doesn't end with just the magnets placed on the head or treating ahead of meals. What it consists of is killing the viruses. We have demonstrated that a negative magnetic field will kill the viruses. Of course, we want more research proving this. We want culture studies before we begin and a culture study three months later proving that the viruses no longer exist. We don't have any antibiotics that do a good job of killing these viruses. They stun them but don't really completely kill them. We kill them with a negative magnetic field. We still are best to rotate the patient's foods and to treat ahead of meals to keep them symptom-free. Sometimes, they have started reacting to even their chemical environment like car exhaust or other frequent environmental chemicals so we do need to do some avoiding and have the magnets kept available so that if symptoms do develop out of exposure to chemicals, they have the magnets to put on their head immediately to prevent a psychosis from developing. Most of them have a sense of awareness that something is happening which is really a sense of tension. They put the magnets on and then they don't become psychotic. In my judgement, there is no reason for tranquilizers, antidepressants or other psychotic medication and of course all their side effects which really are quite terrible. Magnet therapy has absolutely no harm, no symptoms and no side effects whatsoever. The FDA has in fact classified magnet application to humans as being harmless. They did this out of the toxicity studies that proceeded the marketing of magnetic resonance imagery. We are fortunate that this study has already been done and that the FDA has classified the application of magnets to humans as being harmless. The FDA doesn't know however, that if you use the positive magnetic field for an extended period of time it is acidifying and reduces oxygen and thus produces symptoms. The short exposure time that an MRI uses where only half of the body is placed in the positive magnetic field is not sufficient to produce acidity and therefore is not symptom-producing.

At this time there is a new interest in treating the mental patients with physical treatments including a pulsing magnetic field. However I am quite disappointed in some of the pulsing magnetic fields which have their frequency beyond the, twelve cycles per second. They are still relying on the body's reflex correction of the stress when they are using the pulsing field beyond 12 cycles per second. Those who are now using pulsing fields less than 13 cycles per second are really on the right track. This will not be symptom producing and it will go directly to providing the body as anti-stress rather than going through stress to arrive reflexly at anti-stress. However, a static magnetic field can be used and doesn't need a pulsing field at all to achieve the goal. The brain does its own pulsing. We have demonstrated that when you use a static, that is a non-moving, non-pulsing magnetic field, the brain responds with pulsing. The higher the gauss strength, the slower the pulsing field. Besides, we don't even need a magnet to do this. We can use sensory input like a stroboscope, lights, auditory or tactile input. We could use pulsing fields of sensory inputs and therefore the brain responds to be in a non-stress state. When

the pulsing field of the brain is 12 cycles or more, this is a non-stress state. When the pulsing field is 13 cycles per second and beyond, this is a stress state. I think our first study should be the use of the disc magnets to reduce symptoms and do so without any symptom side effect. The second one is to look at the viruses. We need to document the presence of the viruses, not just to antibodies of the viruses but with the fact that the viruses are there and they are alive. And then after three months of treatment as I have described with the bed and the head unit, then we prove by doing another culture that the viruses are not there. This needs very much to be documented. The method of looking at the immunology response doesn't work for these viruses because they have the capacity of stealth adaptation. The very thing that they leave out that the body is responding to is what has been used to identify the viruses as being present. Therefore, you cannot use that type of test. You have to actually culture the viruses which is the only way you can prove that they are or are not present.

NIH is providing grant money for research in magnetism. I don't think there is any question but that you would get what you need or any number of universities get what they need. We ought to of course, have several universities doing this, showing that it is consistent.

I have sent you a copy of my curriculum vitae. In this, it states that I was a member of the original committee by the National Institutes of Health on electromagnetism. This committee has advised that NIH give grant money, which they are doing. I also have a letter that I haven't yet fulfilled and that is a request to be on a committee deciding the grant money for electromagnetic treatment.

I would like to have my name on research that is being done. Not necessarily being the one that is documented as doing the research, but at least my name in the list of those involved. In fact, I would like to be considered a consultant to these research projects.

I am so delighted that you called me and I look forward to the research that you engendered.

A part of the research should be if EEG evidence that a negative magnetic field evokes a slow pulsing field below 12 cycles per second and the higher the gauss strength, the slower the pulsing field and that a positive magnetic field evokes a pulsing field 13 cycles and beyond and that the higher the gauss strength, the faster the pulsing field. This would be a part of an interesting documentation as to the mechanism of magnet therapy.

Sincerely,

William H. Philpott. M.D.

From William H. Philpott, M.D.

March 22, 2005

Sarah H. Lisanby, M.D.

189 West 89th St #9 NY, NY 10024

Dear Dr. Lisanby,

I have enthusiastically noted the brain stimulation presentation that will be made at the next American Psychiatric meeting. Unfortunately, I will not be able to attend. I would love to be there and make comments on what has been presented.

I have decided that I want to share with you my information and conclusions that I have made through my years of research. I am a psychiatrist and a neurologist. My work in neurology has been more EEG and seizure cases than any other part of neurology. I have given over 70,000 electric shock treatments. I have given over 50,000 of what was called deep Sedac treatments. This was an electrical stimulation of the brain, non-seizure type. Sedac treatment was invented by Rubin Reider. This was similar to transcranial magnetic stimulation. For the last 30 years, I have been examining magnet therapy. I have written a book called, *Magnet Therapy* which is on the market. I am retired from medical practice. I am 86-years-old. I am very busy with a research project, gathering data for the significance of magnet therapy. I prepare magnetic research protocols to be followed

May 22, 2005

**Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior** and rely on the physician for diagnosis and for follow up. I am retired and no longer see patients. We are having most remarkable success. I have shared with you my quarterly called *Viral Encephalitis Syndrome* which is the final focal point that my research and psychiatric experience has come to be regarded as the central point about magnet therapy. I started back in the 60's, looking for the cause of schizophrenia. Between 1970 and 1975, I did a research project in a hospital, looking for the cause of schizophrenia. We were fasting patients for five days and then feeding them meals of single foods. We found them reactive to foods and to chemicals in their environment. I have written this up in a book called, *Brain Allergies*, which has now sold out. I have this same information though in other writings.

I am sharing with you some conclusions about treatment such as electric shock, non-convulsive electric stimulation of the brain, static magnet field treatment of the brain and pulsing magnet field treatment of the brain.

The EEG tells what the electromagnetic state of the brain is. When the pulsing field is below 13 cycles per second, this is anti-stress. This is the pulsing frequency that blocks symptoms and also heals and provides all the values of relaxation and sleep. 13 cycles and beyond is the stress field. When we use a static negative magnetic field placement on the brain, the pulsing frequency ranges from 12 cycles per second to 2 cycles per second depending entirely on the strength of the magnetic field that the brain is being exposed to. When the brain is being exposed to a positive magnetic field, then the pulsing frequency is 13 cycles up to 35 cycles, 35 cycles being a seizure. This is stress and symptom-producing. The function of the brain in such as thinking, imagery or motor movement has a low gauss strength positive field which only is held briefly and then reverts back to non-stress, that is below 13 cycles per second. So the basic function of the brain is anti-stress. It is in this state that we can relax and sleep but also this is the state required to make adenosine triphosphate which is the basic energy for much of the catalytic reaction of the body. Also, not only can the brain's electromagnetic state be driven by static magnetic fields in which the brain will do its own pulsing response to the static magnetic field, but also, it can be driven by sensory inputs such as sight as from a stroboscope, sound or even tactile inputs. Using inputs with a pulsing field of 12 cycles and below drives the brain into a negative electromagnetic field. If the sensory pulsing frequencies are higher than 12 cycles per second, then it drives the brain into a positive electromagnetic state. It is interesting to note that we do not need a pulsing magnetic field for the brain to respond. A static magnetic field works just as well. The EEG response proves this. Of course, a pulsing magnet field is ideal and is a very efficient way to drive the brain in the electromagnetic state that you wish to use for treatment. When we use a positive magnetic field, either static or produced by an electric current such as an electric shock for seizure production, we are using stress even to the point of a seizure following which there is a post-stress reflex of a negative electromagnetic field. The EEG proves this. We can achieve our goal of electromagnetic negativity by either going through stress such as pulsing fields that are higher than 12 cycles per second, even on to a seizure and reflexly arrive at the symptom-relieving anti-stress or we need not go through stress at all. We can go directly to the anti-stress pulsing frequency. 8-12 is the relaxing state of the brain. 8 cycles per second would be a good driving frequency. 6 cycles per second would be even more anti-stress. It would be best to avoid 4 cycles per second. That is disassociation. 3 cycles per second provides a petit mal-type consciousness disorder. 2 cycles per second is the pulsing frequency of deep sleep and is highly anti-stress. We don't need to go through a seizure or any kind of mental disturbance in order to achieve our goal. These pulsing frequencies of 12 and

below do not disturb consciousness except the 3 per cycle and the 4 per cycle can have some sense of awareness. When there is an input of 2 cycles per second, it will not force the subject to sleep but it encourages sleep. In my work, I use a static magnetic field for the encouragement of sleep and for its value during the sleep state for making energy, healing and reversing any stress state. I use twelve 4" x 6" x 1" ceramic block magnets. Four are on each side of the head, stacked together and there are four approaching the crown of the head -- all in a wooden frame. With this, people sleep soundly. It is very restorative to their regular function and it kills brain cancer. I have remarkable results with two discs that are ceramic discs, 1-1/2" across and 1/2" thick placed bitemporally. That is, they are placed right over the amygdala area and held there with a band. Not only can it relieve tension, anxiety, all types of depression, but it also can reverse the symptoms of psychosis, delusions, hallucinations and psychotic depression. The symptoms have usually disappeared within five minutes and sometimes we need up to 15 minutes. This is far superior to electric shock treatment and is available at any time that the subject needs it:

Ultimately, you will notice from my writings that we must kill the viruses that are causing an encephalitis, rotate the foods to reverse the allergies, addictions and toxicities that have developed to foods and also by treating the head, heart and the liver ahead of each meal, there is very little chance that there will be any reaction to a food.

Please note the case histories I have given. I find no need for tranquilizers, antidepressants or electric shock treatments. The treatment is very effective. I have reversed psychosis where the subject was delusional, hallucinating, depressed, unable to work, unable to study and not essentially reasonably manageable with tranquilizers and antidepressants. This is a magnetic program that I have outlined as in my quarterly.

Sincerely,

William H. Philpott, M.D.

**MAGNET THERAPY SUCCESSES  
SLEEP APNEA, INSOMNIA, MIGRAINE HEAD-  
ACHES  
PAIN, ACHES AND CRAMPS**

Dear Dr. Philpott,

I am writing to let you know results from the use of the magnets you prescribed. I also have rotated my diet for 8 years. I use alkaline micro negative ionized water with an alkaline pH which I get from an electrolysis machine I purchased about 2 years ago. I do not use drugs, alcohol, tobacco, caffeine or carbonated soft drinks.

My husband had a bad case of sleep apnea and insomnia for years. After sleeping on the magnet mattress pad and headboard system for a week, almost all of his symptoms are gone. He rarely wakes up until morning and his breathing is much more normal with little snoring or other noises he used to make. He is so happy about it!

My results are also exciting. I followed your instructions to wear the 4" x 6" x 1/2" magnets over my liver and heart as well as the disc magnets over my temples 15 minutes before mealtimes and during the meals. As long as I do this, I am able to eat anything and suffer no horrendous migraine headache. I had found from the book by Mausko and Fox "*What Your Doctor May Not Tell You About Migraines*" that there were at least 39 foods or categories of foods containing tyramine which caused my headaches. It was difficult to avoid all these foods or accidentally eat one and end up with the aura and blindness and painful headache with nausea for a 24 hour period with no relief. I forgot to wear the magnets several times and got migraines as a result. I am still perplexed as to why migraines began to plague me at menopause. Your magnet prescription is a Blessing of God and a Miracle to me to be able to keep the migraines away.

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Another result of wearing the magnets before meals is I have gained weight. I am approximately 5'6" tall and weighed around 100 lbs. for 30 years due to allergies. After the Photonic Light NAET treatments which seemed to cure many of my allergies about 5 years ago, I gained 5 lbs. The Photonic Light NAET treatments did nothing for my migraine sensitivity to tyramine foods. After the use of the magnets at meal times, I have gained and maintained another 5 lbs. to 110 lbs.

The last result of wearing the magnets before mealtimes is I am now able to take vitamin E that I was allergic to before. I was having awful hot flashes multiple times a day for 8 years and felt bad when one took me down for 5 minutes each time. I am rarely having the hot flashes now. It is wonderful!

Another nice benefit is the pain relief from minor pains such as cramps, stomach aches, ear aches, etc. We have found that pain is often relieved by placing a magnet over the pain for a short while.

The insomnia problem I have has not been solved by sleeping on the magnet system.

I usually go to sleep fine but wake up between 2 and 4 and can't go back to sleep if at all. Do you have any further advice for me to totally solve this?

To summarize:

1. My husband's sleep apnea and insomnia is helped or solved.
2. My migraine headaches are kept away.
3. My hot flashes are controlled.
4. I was happy to gain a little weight. My digestion is improved.
5. Minor pains are often relieved when a magnet is applied for awhile.
6. My wakefulness between 2 and 4 has not improved.

If you can help with the with sleep problem any further, please let me know. I look forward to hearing from you.

Thank you so much for your work and wisdom! It has been a part of the missing puzzle for my health. The magnet solutions are a God Send to our family.

With Gratefulness,

Gayle Zinn

**MAGNETIC PROTOCOLS** (All Protocols are for general information only, not a Medical Order. No Claim of cure is promised. For Medical Supervision under a research program project, contact William H. Philpott, M.D. **MEDICAL SUPERVISION IS RECOMMENDED**)

### **HERPES SIMPLEX 1**

**ORIENTATION:**

Herpes simplex 1 is a type of herpes virus that affects the lips, eyes or other places around the face. Occasionally, this is serious enough to be also affecting the brain.

The infection resides in the cervical neurones and therefore requires treatment of the cervical spine as well as local treatment. Most of the time, the blisters are in or around the lips.

**MAGNETS USED:**

2" x 6" x 1/2" ceramic block magnet. One 1" x 1/8" neodymium disc magnet.

**INFORMATION NEEDED:**

*Allergy, Immunology and Microbiology* quarterly

**PLACEMENT AND DURATION:**

Place the 2" x 6" x 1/2" ceramic block magnet on the cervical spine. The best way to do this is to tape this to a soft collar around the neck. The magnet is placed lengthwise the body. Always use the negative magnetic field. It will take a minimum of two weeks or a month, even up to six weeks to treat this effectively. The local treatment consists of taping a 1" x 1/8" neodymium disc magnet directly

over the affected area. This can be over the lips or if it is inside the mouth, it can be pieced on the outside of the mouth over the lesion.

Occasionally, the following may need to be added:

A 4" x 6" x 1" plastiform double strength magnet placed on the side of the face. This would have to be with the negative pole towards the face. This could be attached to the brim of a sports cap or the brim of a ballcap with the magnet hanging down over the side of the face.

### **GENITAL HERPES**

**ORIENTATION:**

Genital herpes is caused by herpes simplex 2 virus. Blisters are on the genital area.

The herpes virus resides in the lumbosacral spine neurones. There has to be both local and spinal treatment.

**MAGNETS USED:**

Two 4" x 6" x 1/2" ceramic block magnets with Velcro on the positive pole side.. Two 3" x 52" body wraps.

**INFORMATION NEEDED:**

*Allergy, Immunology and Microbiology* quarterly

**PLACEMENT AND DURATION:**

Place the negative field of a 4" x 6" x 1/2" magnet on the lumbosacral spine. Hold in place with a 3"x 52" body wrap. Place a 4" x 6" x 1/2" with the negative field facing the body with the 6" lengthwise the body over the low pubic area. Hold in place with a 3" x 52" body wrap. It will take anywhere from 2-6 weeks of continuous treatment.

### **MACULAR DEGENERATION CATARACTS GLAUCOMA**

**ORIENTATION:**

This magnetic protocol is for the treatment of macular degeneration, cataracts, glaucoma or retinal disorder.

**MAGNETS USED:**

Magnetic Eye/Sinus unit.

**INFORMATION NEEDED:**

*Allergy, Immunology and Microbiology* quarterly *Magnet Therapy* book

**PLACEMENT AND DURATION:**

Nightly, place the eye unit over the face with the magnets placed directly over the eyes. The unit comes so that you could treat the four sinuses or the eyes. Move the magnets so that they are directly over the eyes. Do this nightly. It will require many months such as a year or more, to achieve the goal. It is fine to use these magnets over the eyes nightly as a lifestyle.

### **HYPOGLYCEMIA**

**ORIENTATION:**

Hypoglycemia is due to food allergy or food addiction. It occurs three or four hours after eating a meal of a food to which the subject is either allergic, addicted or toxic.

A food rotation is necessary to stop the addiction, allergy or toxicity. This is described in the *Metabolic Syndrome* quarterly.

**INFORMATION NEEDED:**

*Metabolic Syndrome* quarterly

**PLACEMENT AND DURATION:**

The *Metabolic Syndrome* quarterly describes the treatment of the metabolic syndrome which is the early stage of the diabetic disease process, cardiovascular disorder, hypertension and disordered lipid metabolism. A four or seven day rotation diet is essential. For general health, follow the instructions of magnetic treatment.

### **GENERAL NEGATIVE MAGNETIC FIELD TREATMENT FOR PREVENTION AND TREATMENT OF DEGENERATIVE DISEASES**

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#### ORIENTATION:

This general magnetic protocol is for the maintenance of optimum pH and oxygenation. For the prevention and reversal of degenerative diseases, both physical and mental, the recommended Magnetic Health Quarterlies by William H. Philpott, M.D. are *Metabolic Syndrome*, *The pH Factor*, *Inflammation*, *Viral Encephalitis Syndrome*, *Cancer* and *Vascular Disorders*. These quarterlies describe both treatment for single lesions such as infections and cancer as well as multiple cancer lesions and systemic infections.

#### MAGNETS USED:

##### Minimal program for local treatment:

Two 4" x 6" x 1/2" ceramic block magnets with Velcro on the positive pole side. Two 3" x 52" body wraps.

Two 1-1/2" x 1/2" ceramic disc magnets with Velcro on the positive pole side. One 2" x 26" band.

#### INFORMATION NEEDED:

The quarterlies as have been described above.

##### Optimal program for general health as well as systemic treatment for infections and for metastatic cancer:

Super magnetic bed composed of seventy 4" X 6" X 1" magnets. Thirty-five of these are placed in a wooden carrier 38" square. Two of these wooden carriers are placed end to end producing a bed 76" x 38". This is the size of a single bed and is usually placed where the mattress has been removed.

A 2" thick memory foam pad for a single sized bed.

Super magnetic head unit composed of twelve 4" x 6" x 1" magnets.

#### PLACEMENT AND DURATION:

##### For local treatment:

Use the disc magnets placed bitemporally for emotional and mental disorders. The more hours used, the better. They can also help aid with sleep. They can be used singly over lesions from infection or cancer that is no larger than 1-1/2" in size. They can also be used for aches and pains and local inflammation. For cancer and infections, they need to be kept on a minimal of one month for infections and an optimum of three months for cancer.

The 4" x 6" x 1/2" magnets can be used for local lesions. They can be used to resolve calcium deposits in the lumbar spine such as stenosis, the calcium deposits around joints or the amino acid deposits of amyloid. These magnets are large enough and penetrate deep enough to treat organs in the body. The more hours of treatment, the better. It is well to leave them on 24 hours a day until the treatment achieves the goal of symptom relief.

Pre-meal, place the discs bitemporally. A 4" x 6" x 1/2" magnet is placed over the heart and one over the liver. Hold in place with the body wraps. This is described in more detail in the *Metabolic Syndrome* quarterly. Also, the *Metabolic Syndrome* quarterly has the 7 day rotation diet which is recommended.

##### For general health and treatment of systemic infections. do the following:

Sleep on the bed and the head unit all night and return to the bed and head unit one hour, four times during the day for the first three months. After three months, continue to sleep on the bed and the head unit as a nightly lifestyle.

When systemic infections or systemic cancer is not present, then there is no need to return to the bed for one hour, four times during the day. Simply sleep on the bed and head unit at night. The head unit is excellent for encouraging sleep, treating cerebral disorders such as vascular disorders and Alzheimer's.

#### **HOW TO USE THE FOUR DAY OR SEVEN DAY DIVERSIFIED ROTATION DIET**

The essence of the Diversified Rotation Diet is that foods are

rotated on a four or seven day basis, thus preventing their maladaptive reactions, be these allergies or addictions. Also, this rotation diet will correct hypoglycemia and non-insulin dependent diabetes mellitus.

One method is to avoid food eaten twice a week or more for a period of three months, rotating all other foods. At the end of three months, then place these frequently used foods back into the diet, rotated once in four or seven days. This method is outlined in my quarterly, *Metabolic Syndrome* quarterly and also in my book, *Magnet Therapy*.

Another method that is preferred by some is to start rotating all foods, even those that are eaten frequently. This can be achieved if the subjects will treat themselves to magnets for 15-30 minutes ahead of the meal. To achieve this, place the ceramic disc magnets bitemporally, that is in the front of the ears at the level of the top of the ears. These are held in place with a 2" x 26" band. The discs are ceramic discs that are 1-1/2" x 1/2". The negative magnetic field is always placed toward the body. On the positive magnetic field side, there is hook Velcro that will hook to the band around the head and hold these in place. At the same time, place a 4" x 6" x 1/2" magnet on the heart with the 6" lengthwise the body. Hold this in place with a 3" x 52" body wrap. Also, place a 4" x 6" x 1/2" magnet with the 6" lengthwise the body over the liver area which is on the right side of the body with half of the magnet over the rib cage and half below the rib cage. Hold this in place with a 3" x 52" body wrap. The minimum time of exposure should be 15 to 30 minutes or more before each meal. With this method, there is no avoidance period of the commonly used foods.

After three months of rotation, there is little likelihood of a maladaptive reaction to a food without the magnets before the meal. Whenever purposely violating the rotation diet such as eating out, then use the magnets ahead of a meal.

The 4-day diversified rotation diet is in the quarterly, *The Ultimate Non-Addiction, Non-Stress Diet*. The 7-day rotation diet is in the quarterly, *Metabolic Syndrome*.

#### POLARITY:

Always use a negative magnetic field facing the body.

#### RESEARCH CONSIDERATIONS:

I request a report from the research subject and from the monitoring physician a minimum of three times a year.

#### BEYOND MAGNETISM:

Acute maladaptive reactions to foods, chemicals, inhalants or stress frequency pulsing fields has been documented as producing a brief state of acid-hypoxia. In this state, there is a production of acid and a failure to process properly the end-products of oxidation phosphorylation metabolism. In this state of acidosis, oxygen content is reduced. Maladaptive reactions to foods are the most frequent cause of bouts of acidosis. Degenerative diseases are noted for their acid-hypoxic state. Therefore, every effort should be made to maintain a normal alkaline and normal oxygen state.

A majority of people are maladaptively reacting in one or more ways to foods, thus producing bouts of acidosis and reduced oxygen. It is the better part of wisdom to follow a 4-Day or 7-Day Diversified Rotation Diet. This program leaves out foods that are used as frequently as twice a week or more for a period of three months. This is based on the assumption that these foods are being reacted to in some maladaptive way. It is the frequency of the use that produces the maladaptive reactions. A 4-Day or 7-Day Diversified Rotation Diet is set up to leave out these frequently used foods. After three months, these frequently used foods can be returned to the diet, usually without any symptoms being produced.

All addictive substances should be abandoned such as addictive drugs, alcohol, tobacco and caffeine (coffee, tea with caffeine, choco-

**Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior** late, and soft drinks containing caffeine). Addiction is acidifying.

Carbonated soft drinks are acid and should be rarely used. Soft drinks are sweetened with corn sugar and if and when used should be limited to the corn rotation day.

There is a valuable method of electrolysis which provides an alkaline micro negative ionized water that has an alkaline pH. There is a home electrolysis unit (AKAI instrument) that provides this alkaline micro water. It is recommended that five glasses of this alkaline micro water be used a day. The total amount of water used during a day should be a minimum of eight glasses of water and preferably as much as a total of ten glasses of fluid intake.

### **MAGNETIC RESEARCH PROTOCOL UNIVERSAL REACTOR SINUSITIS PROSTATIC HYPERTROPHY**

#### **ORIENTATION:**

This magnetic research protocol is for a man who has an essential universal reaction both to foods and environmental allergens. He is under treatment of Dr. John Toth. He has a sinusitis and an enlarged prostate. Some time ago, his prostate was examined for possible cancer and none was found at that time. However, his enlarged prostate continues. It would be wise to treat him as though it is cancer which would be a three month continuous treatment.

#### **MAGNETS USED:**

Super magnetic bed composed of seventy 4" x 6" x 1" magnets. Thirty-five of these are placed in a wooden carrier 38" square. Two of these wooden carriers are placed end to end producing a bed 76" x 38". This is the size of a single bed which he states would be suitable for him. This is 400 pounds of magnets.

A 3" thick memory foam pad for a single sized bed.

Super magnetic head unit composed of twelve 4" x 6" x 1" magnets.

Two 4" x 6" x 1/2" ceramic block magnets with Velcro on the positive pole side. Two 3" x 52" body wraps.

Two 1-1/2" x 1/2" ceramic disc magnets with Velcro on the positive pole side. One 2" x 26" band.

#### **INFORMATION NEEDED:**

*Universal Reactor* quarterly

*Cancer* quarterly

*Allergy, Immunology and Microbiology* quarterly *Metabolic Syndrome* quarterly

#### **PLACEMENT AND DURATION:**

Sleep on the magnetic bed and head unit nightly as a lifestyle. It would be wise for the first three months for him to return to the bed one hour, four times during the day. This is for the purpose of killing any cancer that may be present. He has an enlarged prostate and does not know whether it is cancer or not. If it is cancer, treating it vigorously as we have said, all night and for one hour, four times during the day is ideal. He should place a 4" x 6" x 1/2" magnet over the pubic area with the 6" lengthwise the body with the negative pole always facing the body. Hold in place with a 3" x 52" body wrap, tight-fitting Jockey shorts or other suitable holder such as an inguinal hernia binder. This is to be kept on 24 hours a day or near so. This magnet can be used to be placed over his heart 30 minutes ahead of each meal and then returned to the prostate. Pre-meal, he should treat his heart and his liver both with 4" x 6" x 1/2" magnets with the 6" lengthwise the body and the negative pole facing the body. Hold this in place with 3" x 52" body wraps. At the same time, he places the two ceramic discs bitemporally, held in place with a 2" x 26" band. Always use the negative magnetic field facing the body. At the same time, 30 minutes pre-meal, he should drink two glasses of water. He should drink a total of ten glasses of water a day. The best water is alkaline-hyperoxia which is volcanic source water. There are on the

market, waters from Iceland, Hawaii and Fiji which are alkaline micro negative ion waters. If he doesn't use this water, then it would be well for him to place a glass of tap water on the negative magnetic pole of a 4" x 6" x 1/2" magnet five minutes or so before he drinks it. There is also a description of the placement of these magnets and of a 7 day rotation diet in the quarterly, *Metabolic Syndrome*.

The more hours of exposure to the negative magnetic field, the less likely he is to react to any food or any allergen. The biological response to a negative magnetic field is that of an alkaline-hyperoxia. Any maladaptive reaction from foods is acid-hypoxic.

#### **HOW TO USE THE FOUR DAY OR SEVEN DAY DIVERSIFIED ROTATION DIET**

The essence of the Diversified Rotation Diet is that foods are rotated on a four or seven day basis, thus preventing their maladaptive reactions, be these allergies or addictions. Also, this rotation diet will correct hypoglycemia and non-insulin dependent diabetes mellitus.

One method is to avoid food eaten twice a week or more for a period of three months, rotating all other foods. At the end of three months, then place these frequently used foods back into the diet, rotated once in four or seven days. This method is outlined in my quarterly, *Metabolic Syndrome* quarterly and also in my book, *Magnet Therapy*.

Another method that is preferred by some is to start rotating all foods, even those that are eaten frequently. This can be achieved if the subjects will treat themselves to magnets for 15-30 minutes ahead of the meal. To achieve this, place the ceramic disc magnets bitemporally, that is in the front of the ears at the level of the top of the ears. These are held in place with a 2" x 26" band. The discs are ceramic discs that are 1-1/2" x 1/2". The negative magnetic field is always placed toward the body. On the positive magnetic field side, there is hook Velcro that will hook to the band around the head and hold these in place. At the same time, place a 4" x 6" x 1/2" magnet on the heart with the 6" lengthwise the body. Hold this in place with a 3" x 52" body wrap. Also, place a 4" x 6" x 1/2" magnet with the 6" lengthwise the body over the liver area which is on the right side of the body with half of the magnet over the rib cage and half below the rib cage. Hold this in place with a 3" x 52" body wrap. The minimum time of exposure should be 15 to 30 minutes or more before each meal. With this method, there is no avoidance period of the commonly used foods.

After three months of rotation, there is little likelihood of a maladaptive reaction to a food without the magnets before the meal. Whenever purposely violating the rotation diet such as eating out, then use the magnets ahead of a meal.

The 4-day diversified rotation diet is in the quarterly, *The Ultimate Non-Addiction, Non-Stress Diet*. The 7-day rotation diet is in the quarterly, *Metabolic Syndrome*.

#### **NEGATIVE ION HOUSEHOLD AIR TREATMENT**

The biological response to negative ions and negative magnetic fields are the same. The biological response to negative ions and a negative magnetic field is alkaline-hyperoxia. Alkaline-hyperoxia is anti-inflammatory, anti-stress, antibiotic, energizing and aids in healing. Negative air ions plus a small amount of ozone in the air cleans the air from dust, microorganisms, pollen, smoke, chemicals, odors and so forth. Negative ions in the air clean up the environment whereas a negative magnetic field is used on the body to achieve the same values inside the body. Thus, negative air ions, negative water ions and a negative magnetic field are complementary and should be used together to achieve optimum results.

#### **AIR NEGATIVE ION GENERATORS**

##### LIVING AIR CLASSIC

Covers up to 3,000 square feet. Useful for living room size

**Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior areas.**

#### ECOHELP

LIVING AIR CLASSIC with air filter. Especially useful for respiratory disorders.

#### LIVING BREEZE

Covers 1,200 square feet. Useful for small rooms such as bedrooms.

Air negative ions are absorbed through the mucus membrane of the nasopharynx and lungs as well as the skin. Water negative ions from electronic produced negative ion-micro water and naturally occurring negative ion water are absorbed through the mucus membrane of the gastrointestinal tract. Colloidal silver antibiotic negative ions are absorbed through the mucus membrane of the mouth and gastrointestinal tract.

#### ALKALINE MICRO NEGATIVE ION WATER:

Alkaline micro negative ion water helps materially to maintain the body's normal alkaline state. Also, being micro water, it enters into the cells of the body more readily than the usual water. This also carries negative ions as well as being alkaline. The AKAI Electrolysis Instrument is used for producing the alkaline micro negative ion water. At least five glasses of this water should be used each day.

#### POLARITY:

Always use a negative magnetic field facing the body.

#### RESEARCH CONSIDERATIONS:

I request a report from the research subject and from the monitoring physician a minimum of three times a year.

#### BEYOND MAGNETISM:

Acute maladaptive reactions to foods, chemicals, inhalants or stress frequency pulsing fields has been documented as producing a brief state of acid-hypoxia. In this state, there is a production of acid and a failure to process properly the end-products of oxidation phosphorylation metabolism. In this state of acidosis, oxygen content is reduced. Maladaptive reactions to foods are the most frequent cause of bouts of acidosis. Degenerative diseases are noted for their acid-hypoxic state. Therefore, every effort should be made to maintain a normal alkaline and normal oxygen state.

A majority of people are maladaptively reacting in one or more ways to foods, thus producing bouts of acidosis and reduced oxygen. It is the better part of wisdom to follow a 4-Day or 7-Day Diversified Rotation Diet. This program leaves out foods that are used as frequently as twice a week or more for a period of three months. This is based on the assumption that these foods are being reacted to in some maladaptive way. It is the frequency of the use that produces the maladaptive reactions. A 4-Day or 7-Day Diversified Rotation Diet is set up to leave out these frequently used foods. After three months, these frequently used foods can be returned to the diet, usually without any symptoms being produced.

All addictive substances should be abandoned such as addictive drugs alcohol, tobacco and caffeine (coffee, tea with caffeine, chocolate, and soft drinks containing caffeine). Addiction is acidifying.

Carbonated soft drinks are acid and should be rarely used. Soft drinks are sweetened with corn sugar and if and when used should be limited to the corn rotation day.

There is a valuable method of electrolysis which provides an alkaline micro negative ionized water that has an alkaline pH. There is a home electrolysis unit (AKAI instrument) that provides this alkaline micro water. It is recommended that five glasses of this alkaline micro water be used a day. The total amount of water used during a day should be a minimum of eight glasses of water and preferably as much as a total of ten glasses of fluid intake.

#### **MAGNETIC RESEARCH PROTOCOL**

#### ORIENTATION:

This magnetic research protocol is for a man that has been diagnosed by biopsy as having cancer of the prostate. Originally, his PSA was 10. After receiving hormone injections the PSA became 0. It has now started to rise. He has purchased two 4" x 6" x 1/2" magnets, a 3" x 52" body wrap and the *Cancer* quarterly and the *Metabolic Syndrome* quarterly.

Minimal program for non-metastatic prostatic cancer. Two 4" x 6" x 1/2" magnets.

One 3" x 52" body wrap.

#### INFORMATION NEEDED:

*Cancer* quarterly

*Metabolic Syndrome* quarterly

For cancer of the prostate with metastasis:

This is unknown. Originally, he did have a bone scan some months ago which was normal. Now that the PSA is rising is a concern of the possibility of metastatic cancer. I have suggested that he have another bone scan. If it is demonstrated that there is metastatic spread, then we need to treat not only locally but also systemically. The prostate would be treated locally, but also wherever there is any evidence of metastasis would also be treated with a 4" x 6" x 1/2" magnet.

The treatment for the metastatic spread is as follows:

Super magnetic bed composed of seventy 4" x 6" x 1" magnets.

Thirty-five of these are placed in a wooden carrier 38" square. Two of these wooden carriers are placed end to end producing a bed 76" x 38". This is the size of a single bed.

A 3" thick memory foam pad for a single sized bed.

An additional 3" x 52" body wrap.

Two 1-1/2" x 1/2" ceramic disc magnets with Velcro on the positive pole side. One 2" x 26" band.

Super magnetic head unit composed of twelve 4" x 6" x 1" magnets.

#### PLACEMENT AND DURATION:

For minimum program for non-metastatic prostate cancer:

Place a 4" x 6" x 1/2" magnet with the 6" lengthwise the body on the pubic area. Hold this in place with a 3" x 52" body wrap or tight-fitting Jockey shorts, or both. Keep this on 24 hours a day other than the brief period of taking a bath. This should be a period of at least three months. After three months, the PSA should be repeated.

When sitting down, he should sit on a 4" x 6" x 1/2" magnet. In both cases, have the negative pole facing the body.

It would be wise for him to rotate his foods on a 7 day basis and also use the disc magnets on the head, a magnet over the liver and another magnet on the heart as outlined in the *Metabolic Syndrome* quarterly.

For metastatic prostate cancer:

Sleep on the super magnetic bed and the head unit nightly and return to the bed and the head unit one hour, four times during the day. Continue the local treatment of the prostate or wherever there is a metastatic spread, place a 4" x 6" x 1/2" magnet over that area and keep it in place 24 hours a day.

#### HOW TO USE THE FOUR DAY OR SEVEN DAY DIVERSIFIED ROTATION DIET

The essence of the Diversified Rotation Diet is that foods are rotated on a four or seven day basis, thus preventing their maladaptive reactions, be these allergies or addictions. Also, this rotation diet will correct hypoglycemia and non-insulin dependent diabetes mellitus.

One method is to avoid food eaten twice a week or more for a period of three months, rotating all other foods. At the end of three months, then place these frequently used foods back into the diet,

**Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior** rotated once in four or seven days. This method is outlined in my *Metabolic Syndrome* quarterly and also in my book *Magnet Therapy*.

Another method that is preferred by some is to start rotating all foods even those that are eaten frequently. This can be achieved if the subjects will treat themselves to magnets for 15-30 minutes ahead of the meal. To achieve this, place the ceramic disc magnets bitemporally, that is in the front of the ears at the level of the top of the ears. These are held in place with a 2" x 26" band. The discs are ceramic discs that are 1-1/2" x 1/2". The negative magnetic field is always placed toward the body. On the positive magnetic field side, there is hook Velcro that will hook to the band around the head and hold these in place. At the same time, place a 4" x 6" x 1/2" magnet on the heart with the 6" lengthwise the body. Hold this in place with a 3" x 52" body wrap. Also, place a 4" x 6" x 1/2" magnet with the 6" lengthwise the body over the liver area which is on the right side of the body with half of the magnet over the rib cage and half below the rib cage. Hold this in place with a 3" x 52" body wrap. The minimum time of exposure should be 15 to 30 minutes or more before each meal. With this method, there is no avoidance period of the commonly used foods.

After three months of rotation, there is little likelihood of a maladaptive reaction to a food without the magnets before the meal. Whenever purposely violating the rotation diet such as eating out, then use the magnets ahead of a meal.

The 4-day diversified rotation diet is in the quarterly, *The Ultimate Non-Addiction, Non-Stress Diet*. The 7-day rotation diet is in the quarterly, *Metabolic Syndrome*.

#### **NEGATIVE ION HOUSEHOLD AIR TREATMENT**

The biological response to negative ions and negative magnetic fields are the same. The biological response to negative ions and a negative magnetic field is alkaline-hyperoxia. Alkaline-hyperoxia is anti-inflammatory, anti-stress, antibiotic, energizing and aids in healing. Negative air ions plus a small amount of ozone in the air cleans the air from dust, microorganisms, pollen, smoke, chemicals, odors and so forth. Negative ions in the air clean up the environment whereas a negative magnetic field is used on the body to achieve the same values inside the body. Thus, negative air ions, negative water ions and a negative magnetic field are complementary and should be used together to achieve optimum results.

##### **AIR NEGATIVE ION GENERATORS**

###### **LIVING AIR CLASSIC**

Covers up to 3,000 square feet. Useful for living room size areas.

###### **ECOHELP**

LIVING AIR CLASSIC with air filter. Especially useful for respiratory disorders.

###### **LIVING BREEZE**

Covers 1,200 square feet. Useful for small rooms such as bedrooms.

Air negative ions are absorbed through the mucus membrane of the nasopharynx and lungs as well as the skin. Water negative ions from electronic produced negative ion-micro water and naturally occurring negative ion water are absorbed through the mucus membrane of the gastrointestinal tract. Colloidal silver antibiotic negative ions are absorbed through the mucus membrane of the mouth and gastrointestinal tract.

##### **ALKALINE MICRO NEGATIVE ION WATER:**

Alkaline micro negative ion water helps materially to maintain the body's normal alkaline state. Also, being micro water, it enters into the cells of the body more readily than the usual water. This also carries negative ions as well as being alkaline. The AKAI Electrolysis Instrument is used for producing the alkaline micro negative ion water. At least five glasses of this water should be used

each day.

##### **POLARITY:**

Always use a negative magnetic field facing the body.

##### **RESEARCH CONSIDERATIONS:**

I request a report from the research subject and from the monitoring physician a minimum of three times a year.

##### **BEYOND MAGNETISM:**

Acute maladaptive reactions to foods, chemicals, inhalants or stress frequency pulsing fields has been documented as producing a brief state of acid-hypoxia. In this state, there is a production of acid and a failure to process properly the end-products of oxidation phosphorylation metabolism. In this state of acidosis, oxygen content is reduced. Maladaptive reactions to foods are the most frequent cause of bouts of acidosis. Degenerative diseases are noted for their acid-hypoxic state. Therefore, every effort should be made to maintain a normal alkaline and normal oxygen state.

A majority of people are maladaptively reacting in one or more ways to foods, thus producing bouts of acidosis and reduced oxygen. It is the better part of wisdom to follow a 4-Day or 7-Day Diversified Rotation Diet. This program leaves out foods that are used as frequently as twice a week or more for a period of three months. This is based on the assumption that these foods are being reacted to in some maladaptive way. It is the frequency of the use that produces the maladaptive reactions. A 4-Day or 7-Day Diversified Rotation Diet is set up to leave out these frequently used foods. After three months, these frequently used foods can be returned to the diet, usually without any symptoms being produced.

All addictive substances should be abandoned such as addictive drugs, alcohol, tobacco and caffeine (coffee, tea with caffeine, chocolate, and soft drinks containing caffeine). Addiction is acidifying.

Carbonated soft drinks are acid and should be rarely used. Soft drinks are sweetened with corn sugar and if and when used should be limited to the corn rotation day.

There is a valuable method of electrolysis which provides an alkaline micro negative ionized water that has an alkaline pH. There is a home electrolysis unit (AKAI instrument) that provides this alkaline micro water. It is recommended that five glasses of this alkaline micro water be used a day. The total amount of water used during a day should be a minimum of eight glasses of water and preferably as much as a total of ten glasses of fluid intake.

#### **MAGNETIC RESEARCH PROTOCOL**

##### **CANCER OF THE LUNGS**

##### **ORIENTATION:**

This magnetic research protocol is for a 65-year-old man diagnosed recently with cancer of the lungs. The lesions are multiple. No biopsy has been done so no definite diagnosis can be given, however melanoma is suspected. He is not a surgical candidate. He is breathing oxygen, especially all night and during the day, if and when needed.

##### **MAGNETS USED:**

Super magnetic bed composed of seventy 4" x 6" x 1" magnets. Thirty-five of these are placed in a wooden carrier 38" square. Two of these wooden carriers are placed end to end producing a bed 76" x 38". This is the size of a single bed. The weight is approximately 400 pounds.

A 2" thick memory foam pad for a single sized bed.

Super magnetic head unit composed of twelve 4" x 6" x 1" magnets.

Two 4" x 6" x 1/2" ceramic block magnets with Velcro on the positive pole side. Two 3" x 52" body wraps.

Two 1-1/2" x 1/2" ceramic disc magnets with Velcro on the positive pole side. One 2" x 26" band.

Suspension unit which is composed of four 4" x 6" x 1" mag-

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**INFORMATION NEEDED:**

*Cancer* quarterly

*Metabolic Syndrome* quarterly

**PLACEMENT AND DURATION:**

Sleep on the bed and head unit all night and return to the bed and head unit an hour, four times during the day. Use the suspension unit over the lungs whenever on the bed. When not on the bed, place the two 4" x 6" x 1/2" magnets over the lungs, held in place with the 3" x 52" body wrap. Preferably, place them over the lung lesions demonstrated by the original examination. These can be placed on the front or the back of the chest, whichever is closest to the lesions. Place the 2" x 26" band across the left shoulder. This will attach to the body wrap, holding the magnets in place. This intense treatment is to continue for a minimum of three months and likely more. Continue if the lesions have not completely cleared. After the clearance of the lesions, then continue to sleep on the bed and the head unit nightly as a lifestyle. The suspension unit would not be needed.

It would be wise to treat the heart, the liver and the brain with magnets pre-meal for 30 minutes as described in the *Metabolic Syndrome* quarterly. Although not completely necessary, it would be wise to rotate the foods on a 7 day basis as outlined in the *Metabolic Syndrome* quarterly.

Pre-meal, he should drink two glasses of water 30 minutes ahead of the meal and then put the magnets in place. He should drink a total of ten glasses of water a day. The preferred water is alkaline micro negative ion water as described below.

**HOW TO USE THE FOUR DAY OR SEVEN DAY DIVERSIFIED ROTATION DIET**

The essence of the Diversified Rotation Diet is that foods are rotated on a four or seven day basis, thus preventing their maladaptive reactions, be these allergies or addictions. Also, this rotation diet will correct hypoglycemia and non-insulin dependent diabetes mellitus.

One method is to avoid food eaten twice a week or more for a period of three months, rotating all other foods. At the end of three months, then place these frequently used foods back into the diet, rotated once in four or seven days. This method is outlined in my quarterly, *Metabolic Syndrome* quarterly and also in my book, *Magnet Therapy.*

Another method that is preferred by some is to start rotating all foods, even those that are eaten frequently. This can be achieved if the subjects will treat themselves to magnets for 15-30 minutes ahead of the meal. To achieve this, place the ceramic disc magnets bitemporally, that is in the front of the ears at the level of the top of the ears. These are held in place with a 2" x 26" band. The discs are ceramic discs that are 1-1/2" x 1/2". The negative magnetic field is always placed toward the body. On the positive magnetic field side, there is hook Velcro that will hook to the band around the head and hold these in place. At the same time, place a 4" x 6" x 1/2" magnet on the heart with the 6" lengthwise the body. Hold this in place with a 4" x 52" body wrap. Also, place a 4" x 6" x 1/2" magnet with the 6" lengthwise the body over the liver area which is on the right side of the body with half of the magnet over the rib cage and half below the rib cage. Hold this in place with a 4" x 52" body wrap. The minimum time of exposure should be 15 to 30 minutes or more before each meal. With this method, there is no avoidance period of the commonly used foods.

After three months of rotation, there is little likelihood of a maladaptive reaction to a food without the magnets before the meal. Whenever purposely violating the rotation diet such as eating out, then use the magnets ahead of a meal.

The 4-day diversified rotation diet is in the quarterly, The *Ul-*

**NEGATIVE ION HOUSEHOLD AIR TREATMENT**

The biological response to negative ions and negative magnetic fields are the same. The biological response to negative ions and a negative magnetic field is alkaline-hyperoxia. Alkaline-hyperoxia is anti-inflammatory, anti-stress, antibiotic, energizing and aids in healing. Negative air ions plus a small amount of ozone in the air cleans the air from dust, microorganisms, pollen, smoke, chemicals, odors and so forth. Negative ions in the air clean up the environment whereas a negative magnetic field is used on the body to achieve the same values inside the body. Thus, negative air ions, negative water ions and a negative magnetic field are complementary and should be used together to achieve optimum results.

**AIR NEGATIVE ION GENERATORS**

**LIVING AIR CLASSIC**

Covers up to 3,000 square feet. Useful for living room size areas.

**ECOHELP**

LIVING AIR CLASSIC with air filter. Especially useful for respiratory disorders.

**LIVING BREEZE**

Covers 1,200 square feet. Useful for small rooms such as bedrooms.

Air negative ions are absorbed through the mucus membrane of the nasopharynx and lungs as well as the skin. Water negative ions from electronic produced negative ion-micro water and naturally occurring negative ion water such as Nariwa water are absorbed through the mucus membrane of the gastrointestinal tract. Colloidal silver antibiotic negative ions are absorbed through the mucus membrane of the mouth and gastrointestinal tract.

**ALKALINE MICRO NEGATIVE ION WATER:**

Alkaline micro negative ion water helps materially to maintain the body's normal alkaline state. Also, being micro water, it enters into the cells of the body more readily than the usual water. This also carries negative ions as well as being alkaline. The AKAI Electrolysis Instrument is used for producing the alkaline micro negative ion water. At least five glasses of this water should be used each day.

**NARIWA WATER:**

Nariwa water is a negative ion water from Japan's magnetic mountain. This comes in a bottle containing 500 cc. A minimum of one of these bottles should be used a day and preferably, two. The total amount of water used during a day should be a minimum of eight glasses of water and preferably as much as a total of ten glasses of fluid intake.

**POLARITY:**

Always use a negative magnetic field facing the body.

**RESEARCH CONSIDERATIONS:**

I request a report from the research subject and from the monitoring physician a minimum of three times a year.

**BEYOND MAGNETISM:**

Acute maladaptive reactions to foods, chemicals, inhalants or stress frequency pulsing fields has been documented as producing a brief state of acid-hypoxia. In this state, there is a production of acid and a failure to process properly the end-products of oxidation phosphorylation metabolism. In this state of acidosis, oxygen content is reduced. Maladaptive reactions to foods are the most frequent cause of bouts of acidosis. Degenerative diseases are noted for their acid-hypoxic state. Therefore, every effort should be made to maintain a normal alkaline and normal oxygen state.

A majority of people are maladaptively reacting in one or more ways to foods, thus producing bouts of acidosis and reduced oxy-

**Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior** gen. It is the better part of wisdom to follow a 4-Day or 7-Day Diversified Rotation Diet. This program leaves out foods that are used as frequently as twice a week or more for a period of three months. This is based on the assumption that these foods are being reacted to in some maladaptive way. It is the frequency of the use that produces the maladaptive reactions. A 4-Day or 7-Day Diversified Rotation Diet is set up to leave out these frequently used foods. After three months, these frequently used foods can be returned to the diet, usually without any symptoms being produced.

All addictive substances should be abandoned such as addictive drugs, alcohol, tobacco and caffeine (coffee, tea with caffeine, chocolate, and soft drinks containing caffeine). Addiction is acidifying.

Carbonated soft drinks are acid and should be rarely used. Soft drinks are sweetened with corn sugar and if and when used should be limited to the corn rotation day.

There is a valuable method of electrolysis which provides an alkaline micro negative ionized water that has an alkaline pH. There is a home electrolysis unit (AKAI instrument) that provides this alkaline micro water. It is recommended that five glasses of this alkaline micro water be used a day.

Nariwa water is a naturally negative ionized water from Japan's magnetic mountain and is the optimum alkaline micro water available. This comes in a bottle containing 500 cc. A minimum of one of these bottles should be used a day and preferably, two. The total amount of water used during a day should be a minimum of eight glasses of water and preferably as much as a total of ten glasses of fluid intake.

## **SELF-HELP MAGNETIC PROTOCOL TYPE II DIABETES MELLITUS**

### **ORIENTATION:**

Type II diabetes is caused by maladaptive reactions to foods and/or chemicals. These maladaptive reactions are in the nature of IgG allergies, addictions and toxicities. Isolation of the substance evoking these maladaptive reactions is best to be determined. However, it is possible to go directly into treatment without assessing ahead of time the causes, by setting up either a 4 day or a 7 day rotation diet and treating with the negative magnetic field of magnets ahead of meals for 30 minutes. If, per chance, a food still reacts with a hyperglycemia beyond 140, then this food should be left out for a period of three months before trying it again.

### **MAGNETS USE:**

#### Minimal program:

Two 4" x 6" x 1/2" ceramic block magnets with Velcro on the positive pole side. Two 3" x 52" body wraps.

Two 1-1/2" x 1/2" ceramic disc magnets with Velcro on the positive pole side. One 2" x 26" band.

#### Optimal program for optimum health:

Super magnetic bed composed of seventy 4" x 6" x 1" magnets. Thirty-five of these are placed in a wooden carrier 38" square. Two of these wooden carriers are placed end to end producing a bed 76" x 38".

A 3" thick memory foam pad for a single sized bed.

Super magnetic head unit composed of twelve 4" x 6" x 1" magnets.

### **PLACEMENT AND DURATION:**

#### Minimal program:

Start a 7 day rotation diet. This is outlined in the Magnetic Health Quarterly entitled, *Metabolic Syndrome*. A 4 day diet is outlined in the Magnetic Health Quarterly, *The Ultimate Non-Addiction, Non-Stress Diet*.

Thirty minutes ahead of a meal, place the negative pole of the discs bitemporally, held in place with a 2" x 26" band. Place a 4" x 6" x 1/2" magnet with the negative magnetic field facing the body. Place

one over the heart and hold in place with a 3" x 52" body wrap. Place a 4" x 6" x 1/2" block magnet over the liver with the negative magnetic field facing the body and with the 6" lengthwise the body. Hold in place with a 3" x 52" body wrap. Thirty minutes before meals, drink two glasses of water. Initially, to determine if any foods need to be left out of the diet for awhile, test the blood sugar before a meal. If the fasting blood sugar is beyond 120, wait until the blood sugar has normalized before eating the meal. Test the blood sugar one hour after the end of the meal which is usually 1-1/2 hours after the first blood sugar was taken. If the blood sugar is beyond 140, then the foods that were in that particular meal, which is usually 3-4 foods, need to be individualized and the next go-round seven days later, each food should be singled out as a full meal. Any food that has a blood sugar beyond 140 should be left out of the diet for three months before it is tried again.

A total of ten glasses of water should be used every day. The best water is alkaline micro negative ion water. There is an electrolysis unit that can produce this water. It also is obtainable from volcanic sources in which the water is filtered through volcanic ash. The minerals are negative ion minerals. Such waters can be purchased locally from health food stores from such areas as Iceland, Hawaii, Fiji and others.

#### Optimal program for optimum health:

Sleep all night on the super magnetic bed and head unit. Proceed with the minimal program as has been outlined as well as sleeping at night on the bed and the head unit.

### **HOW TO USE THE FOUR DAY OR SEVEN DAY DIVERSIFIED ROTATION DIET**

The essence of the Diversified Rotation Diet is that foods are rotated on a four or seven day basis, thus preventing their maladaptive reactions, be these allergies or addictions. Also, this rotation diet will correct hypoglycemia and non-insulin dependent diabetes mellitus.

One method is to avoid food eaten twice a week or more for a period of three months, rotating all other foods. At the end of three months, then place these frequently used foods back into the diet, rotated once in four or seven days. This method is outlined in my quarterly, *Metabolic Syndrome* quarterly.

Another method that is preferred by some is to start rotating all foods, even those that are eaten frequently. This can be achieved if the subjects will treat themselves to magnets for 15-30 minutes ahead of the meal. To achieve this, place the ceramic disc magnets bitemporally, that is in the front of the ears at the level of the top of the ears. These are held in place with a 2" x 26" band. The discs are ceramic discs that are 1-1/2" x 1/2". The negative magnetic field is always placed toward the body. On the positive magnetic field side, there is hook Velcro that will hook to the band around the head and hold these in place. At the same time, place the negative pole side of a 4" x 6" x 1/2" magnet on the heart, with the 6" lengthwise the body. Hold this in place with a 3" x 52" body wrap. Also, place the negative pole side of a 4" x 6" x 1/2" magnet with the 6" lengthwise the body over the liver area which is on the right side of the body with half of the magnet over the rib cage and half below the rib cage. Hold this in place with a 3" x 52" body wrap. The minimum time of exposure should be 15 to 30 minutes or more before each meal. With this method, there is no avoidance period of the commonly used foods.

After three months of rotation, there is little likelihood of a maladaptive reaction to a food without the magnets before the meal. Whenever purposely violating the rotation diet such as eating out, then use the magnets ahead of a meal.

The 4-day diversified rotation diet is in the quarterly, *The Ultimate Non-Addiction, Non-Stress Diet*. The 7-day rotation diet is in

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### **NEGATIVE ION HOUSEHOLD AIR TREATMENT**

The biological response to negative ions and negative magnetic fields are the same. The biological response to negative ions and a negative magnetic field is alkaline-hyperoxia. Alkaline-hyperoxia is anti-inflammatory, anti-stress, antibiotic, energizing and aids in healing. Negative air ions plus a small amount of ozone in the air cleans the air from dust, microorganisms, pollen, smoke, chemicals, odors and so forth. Negative ions in the air clean up the environment whereas a negative magnetic field is used on the body to achieve the same values inside the body. Thus, negative air ions, negative water ions and a negative magnetic field are complementary and should be used together to achieve optimum results.

#### **AIR NEGATIVE ION GENERATORS**

##### **LIVING AIR CLASSIC**

Covers up to 3,000 square feet. Useful for living room size areas.

##### **ECOHELP**

**LIVING AIR CLASSIC** with air filter. Especially useful for respiratory disorders.

##### **LIVING BREEZE**

Covers 1,200 square feet. Useful for small rooms such as bedrooms.

Air negative ions are absorbed through the mucus membrane of the nasopharynx and lungs as well as the skin. Water negative ions from electronic produced negative ion -micro water and naturally occurring negative ion water are absorbed through the mucus membrane of the gastrointestinal tract. Colloidal silver antibiotic negative ions are absorbed through the mucus membrane of the mouth and gastrointestinal tract.

#### **ALKALINE MICRO NEGATIVE ION WATER:**

Alkaline micro negative ion water helps materially to maintain the body's normal alkaline state. Also, being micro water, it enters into the cells of the body more readily than the usual water. This also carries negative ions as well as being alkaline. The AKAI Electrolysis Instrument is used for producing the alkaline micro negative ion water. At least five glasses of this water should be used each day.

#### **POLARITY:**

Always use a negative magnetic field facing the body.

#### **RESEARCH CONSIDERATIONS:**

I request a report from the research subject and from the monitoring physician a minimum of three times a year.

#### **BEYOND MAGNETISM:**

Acute maladaptive reactions to foods, chemicals, inhalants or stress frequency pulsing fields has been documented as producing a brief state of acid-hypoxia. In this state, there is a production of acid and a failure to process properly the end-products of oxidation phosphorylation metabolism. In this state of acidosis, oxygen content is reduced. Maladaptive reactions to foods are the most frequent cause of bouts of acidosis. Degenerative diseases are noted for their acid-hypoxic state. Therefore, every effort should be made to maintain a normal alkaline and normal oxygen state.

A majority of people are maladaptively reacting in one or more ways to foods, thus producing bouts of acidosis and reduced oxygen. It is the better part of wisdom to follow a 4-Day or 7-Day Diversified Rotation Diet. This program leaves out foods that are used as frequently as twice a week or more for a period of three months. This is based on the assumption that these foods are being reacted to in some maladaptive way. It is the frequency of the use that produces the maladaptive reactions. A 4-Day or 7-Day Diversified Rotation Diet is set up to leave out these frequently used foods. After three months, these frequently used foods can be returned to the diet,

usually without any symptoms being produced.

All addictive substances should be abandoned such as addictive drugs, alcohol, tobacco and caffeine (coffee, tea with caffeine, chocolate, and soft drinks containing caffeine). Addiction is acidifying.

Carbonated soft drinks are acid and should be rarely used. Soft drinks are sweetened with corn sugar and if and when used should be limited to the corn rotation day.

There is a valuable method of electrolysis which provides an alkaline micro negative ionized water that has an alkaline pH. There is a home electrolysis unit (AKAI instrument) that provides this alkaline micro water. It is recommended that five glasses of this alkaline micro water be used a day. The total amount of water used during a day should be a minimum of eight glasses of water and preferably as much as a total of ten glasses of fluid intake.

#### **FOR THE TREATMENT OF TYPE I DIABETES**

You cannot go through the same deliberate food testing with a type I diabetic as you could a type II diabetic. The program here is to simply set up a rotation diet, either a 4 or 7 day using the magnets ahead of each meal as described. This will optimize the amount of insulin that is needed.

#### **MAGNETIC RESEARCH PROTOCOL**

This can be used as a self-help treatment or physician-monitored application.

The application of magnets to humans is not a prescription item and is classified with the FDA as not harmful.

#### **NON-ALCOHOLIC FATTY LIVER DISEASE (NAFLD)**

##### **ORIENTATION:**

An alcoholic produced fatty liver which frequently progresses to cirrhosis is well-known. However, there is a non-alcoholic fatty liver disease which is not caused by alcohol or a viral infection to the liver but by obesity and the accompanied insulin-resistance. Half of the type II non-insulin-dependent diabetics are affected by this condition. This is characteristically associated with an enlarged abdomen. Three-quarters of obese people and 90% of markedly obese subjects have a fatty liver. With the large number of obese children, this fatty liver is now being observed in children and adolescents.

The early stage of this is a simple fatty liver with elevation of liver enzymes and fatty deposits in about 10% of the liver cells. When arrested at this early stage, it is relatively benign. Reversal would have to be by weight reduction and if type II diabetes is present, reversal of the diabetic state. One in five persons with a fatty liver progresses to involve inflammation of the liver in which half develop cirrhosis of the liver which is marked by scarring fibrosis, and loss of liver function. Factors for progression include the metabolic syndrome with a body mass index greater than 30 and type II diabetes.

The metabolic syndrome, which includes a body mass index greater than 30 which is the early stage leading to non-insulin-dependent diabetes, is that of maladaptive reactions to foods, chemicals and inhalants but largely to foods. These reactions are in the form of IgG food allergy, food addiction and toxic reactions to chemicals which are in the food or other environmental toxins. The treatment is that of appropriately treating these allergies, addictions and toxicities which is described below.

##### **MAGNETS USED:**

###### **Minimal program for fatty liver.**

One 4" x 6" x 1/2" ceramic block magnet with Velcro on the positive pole side. One 3" x 52" band.

###### **Minimal program for fatty abdomen:**

One 4" x 6" x 1/2" ceramic block magnet with Velcro on the positive pole side. One 3" x 52" body wrap.

**Optimal program for optimum health.** add to the minimal pro-

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Super magnetic bed composed of seventy 4" x 6" x 1" magnets. Thirty-five of these are placed in a wooden carrier 38" square. Two of these wooden carriers are placed end to end producing a bed 76" x 38". This is the size of a single bed. The approximate weight is 400 pounds.

A 3" thick memory foam pad for a single sized bed.

Super magnetic head unit composed of twelve 4" x 6" x 1" magnets.

Two 1-1/2" x 1/2" ceramic disc magnets with Velcro on the positive pole side. One 2" x 26" band.

**INFORMATION NEEDED:**

*Metabolic Syndrome* quarterly

*The Ultimate Non-Addiction, Non-Stress Diet* quarterly *The pH Factor* quarterly

*Liver Disorder* quarterly

**PLACEMENT AND DURATION:**

For treatment of the fatty liver

This is for a person without a fatty abdomen who has abnormal enzyme function. Place a 4" x 6" x 1/2" magnet with the negative pole facing the body directly over the liver facing the body. Half of this magnet would cover the rib cage and half below the rib cage. Treat the liver continuously day and night for a period of three months. After three months, then continue treating nightly as a lifestyle.

For treatment of the fatty abdomen plus the fatty liver

Add to the liver treatment a 4" X 6" X 1/2" magnet over the abdomen with the 6" lengthwise the body with part of this above the umbilicus and 2/3 below the umbilicus. This placement would also be treating the pancreas and correcting any inflammation or abnormal function of the pancreas as well as melting down the fat in the abdomen. The abdomen only needs to be treated at night as this is the only time that the fat will be melting away. The negative magnetic field activates growth hormone which is necessary for dropping the fat out of the fat cells. Growth hormone to any extent is only available at night since it is only being made at night and/or during sleep. Continue treating the abdomen as long as is necessary to reduce the size of the abdomen.

At the same time that the abdomen is being treated with a magnetic field, calories should be reduced. A picture should be taken of the breakfast, noon and evening meal and a second picture taken that reduces the calorie intake by 1/3. The subject agrees to eat only the amount in the reduced calorie pictures and not to eat anything between meals, not even any liquid such as orange juice or pop should be used between meals.

General treatment for optimum health:

Sleep at night on the super magnetic bed and the head unit.

Rotate the food on a 7 day basis as outlined in the quarterly, *Metabolic Syndrome*. Also, treat the head bitemporally with the discs and a 4" x 6" x 1/2" magnet over the heart and over the liver as outlined in the *Metabolic Syndrome* quarterly. Do this 30 minutes ahead of meals. Thirty minutes ahead of meals, drink two glasses of water and place the magnets. The magnets can be used during the meal which would increase the urge to overeat. Do this as it is needed to control the urge to overeat. There should be a total of ten glasses of water minimal, per day. Twelve would even be better. The best water is volcanic source waters in which the minerals are charged up as a negative ion. Negative ions have the same biological value as a negative magnetic field, that is the production of a response of the alkaline-hyperoxia.

**HOW TO USE THE FOUR DAY OR SEVEN DAY DIVERSIFIED ROTATION DIET**

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ive reactions, be these allergies or addictions. Also, this rotation diet will correct hypoglycemia and non-insulin dependent diabetes mellitus.

One method is to avoid food eaten twice a week or more for a period of three months, rotating all other foods. At the end of three months, then place these frequently used foods back into the diet, rotated once in four or seven days. This method is outlined in my *Metabolic Syndrome* quarterly and also in my book, *Magnet Therapy*.

Another method that is preferred by some is to start rotating all foods, even those that are eaten frequently. This can be achieved if the subjects will treat themselves to magnets for 15-30 minutes ahead of the meal. To achieve this, place the ceramic disc magnets bitemporally, that is in the front of the ears at the level of the top of the ears. These are held in place with a 2" x 26" band. The discs are ceramic discs that are 1-1/2" x 1/2". The negative magnetic field is always placed toward the body. On the positive magnetic field side, there is hook Velcro that will hook to the band around the head and hold these in place. At the same time, place a 4" x 6" x 1/2" magnet on the heart with the 6" lengthwise the body. Hold this in place with a 3" x 52" body wrap. Also, place a 4" x 6" x 1/2" magnet with the 6" lengthwise the body over the liver area which is on the right side of the body with half of the magnet over the rib cage and half below the rib cage. Hold this in place with a 3" x 52" body wrap. The minimum time of exposure should be 15 to 30 minutes or more before each meal. With this method, there is no avoidance period of the commonly used foods.

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#### **POLARITY:**

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#### **SELF-HELP MAGNETIC PROTOCOL**

##### **Medical supervision is recommended**

##### **PAGETS DISEASE**

#### **ORIENTATION:**

Pagets disease is a disorder of bone function. Although there is no specific cause demonstrated, there is evidence that would indicate a viral infection is involved. The microscopic examination of the bone is suggestive of a measles virus. Other viruses could also be involved. Therefore, the treatment of Pagets disease is to treat it as a chronic, systemic viral infection.

#### **MAGNETS USED:**

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mattress.

A 3" thick memory foam pad for a single sized bed.

Super magnetic head unit composed of twelve 4" x 6" x 1" magnets.

Two 4" x 6" x 1/2" ceramic block magnets with Velcro on the positive pole side. Two 3" x 52" body wraps.

Two 1-1/2" x 1/2" ceramic disc magnets with Velcro on the positive pole side. One 2" x 26" band.

#### **INFORMATION NEEDED:**

*Allergy, Immunology and Microbiology* quarterly *Metabolic Syndrome* quarterly

#### **PLACEMENT AND DURATION:**

Sleep all night on the super magnetic bed and head unit. It is preferred during the first three months to also sleep on the bed and the head unit one hour, four times during the day. The purpose of this is to be sure and kill the viruses. After three months, continue to sleep on the bed and the head unit.

It is wise to rotate the foods on a 7 day basis as outlined in the *Metabolic Syndrome* quarterly. Also, place the disc magnets on the head, a 4" x 6" x 1/2" magnet over the heart and the liver as outlined in the *Metabolic Syndrome* quarterly. These magnets should be placed 30 minutes ahead of each meal. It would be wise to drink two glasses of water 30 minutes ahead of each meal. The total glasses of water should be a minimum of ten glasses a day. The best water is alkaline micro negative ion water such as obtainable from a volcanic source or make this water with an electrolysis unit.

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#### **UNDERSTANDING ELECTROMAGNETIC CHARGED PARTICLES**

In the language of physics, electromagnetic charged particles can have either a positive or negative electromagnetic charge or can be neutral. In the language of medical science, a positive charged particle is called a free radical. Free radicals are identified as the cause of inflammation and thus, the cause of degenerative diseases. A magnetic field is a polarity charge of minerals contained in a solid substance. In this case, there is always a positive magnetic field and a negative magnetic field that are essentially equal in gauss strength. Charged particles are not magnetic fields but are individual substances that carry a charge.

The biological response to charged particles and magnetic fields are one and the same. To a negative magnetic field or a negative ion charge, the biological response is alkaline-hyperoxia. To a positive magnetic field or a positive ion charge, the biological response is that of acid-hypoxia. The human body functions in an alkaline-hyperoxia state thus, negative magnetic field exposure and negative ion exposure keeps the body alkaline and oxygenated. This alkaline-hyperoxia state is the baseline of human metabolic function. However, microorganisms that invade the human body such as bacteria, viruses, fungi and parasites -- their basic function is acid-hypoxia. The basic function of cancer is acid-hypoxia. The ability to expose the human body to a negative magnetic field and to make the negative ions is central to the therapeutic value of preventing and reversing inflammation, preventing and reversing microorganism invasion and preventing and reversing cancer. The stronger the negative magnetic field, the longer duration of exposure, and the higher the concentration of negative ions, the more therapeutic the value.

Another way of looking at this is that a positive magnetic field and positive ions with their production of acid-hypoxia are biologically stressful whereas the production of alkaline-hyperoxia from a negative magnetic field and negative ions is anti-stressful and can

able of reversing the biological damages of stress no matter where the stress comes from. An electro-encephalogram reveals the magnetic state of neurones. Other cells in the same area will have the same magnetic field as the neurones. The EEG pulsing field of a negative ion state is that of 8-12 cycles per second for the beginning of anti-stress which is a wakeful relaxation such as no movement and no thinking. Deep sleep is 2 cycles per second. Stress on an EEG demonstrates the area of stress to be 13 cycles per second and above. 35 cycles per second produces grand mal seizures. 35 cycles of sufficient gauss intensity produces a grand mal seizure. The human body has a baseline magnetic field which is negative and consequently also alkaline-hyperoxia. Excursions are made into a stress magnetic field by biological function such as wakefulness, thinking or motor activity. There is always a return to the negative magnetic field state. It is the negative magnetic field state that is necessary for the production of our basic energy drive of enzyme functions which is adenosine triphosphate. When we are functioning in the positive magnetic field area, we are using adenosine triphosphate. We have to return to the negative magnetic field. This is why it is so important to have periods of relaxation and periods of sleep.

In electrolysis, there is a production of acidity at the positive magnetic pole and alkalinity at the negative magnetic pole.

Before and during a storm, the atmosphere is flooded with positive magnetic ions. After the storm, the atmosphere is flooded with negative ions. The positive ions before a storm are irritating to biological cellular function. The negative ions are supportive of normal biological cell function.

Heavy atomic weight minerals (metals) are electromagnetic positive and thus produce acid-hypoxia in the body and, in essence, it is producing acidity and low alkalinity due to their positive ion state.

Any substance can be produced into either a positive or negative magnetic field. Electrons are usually spinning counter-clockwise, however they can, through an electric charge, be turned into spinning clockwise. At the atomic level of a single atom, it can be understood this way. The proton in the center of this atom is a positive magnetic charge. The cloud of electrons that surround the proton are a negative magnetic charge. The electrons are spinning counter-clockwise and the protons, clockwise. When the outer electron is charged electromagnetically to spin clockwise, then there is a free radical and this is also a positive ion. When there is an extra electron attached to this atom which is spinning counterclockwise, then this is a negative ion. Water and oxygen can both be turned into ions, either positive or negative. There is a technique through electrolysis of charging oxygen to be a negative ion. This can be used therapeutically to aid in maintaining alkaline-hyperoxia and therefore be anti-stress, anti-inflammatory, anticancer and antibiotic. This negatively charged ion oxygen is being called vitamin O based on its therapeutic value. The most manageable way of maintaining alkaline-hyperoxia and of maintaining negative ions in the body is to use a negative magnetic field. The higher the gauss strength, the more therapeutic the value. Ions can be absorbed through the skin and the mucous membrane. There are negative ion generators that can flood the air in a home or office with negative ions. There is electrolysis of water containing minerals in which the low atomic weight minerals are turned into negative ions and there is also the electrolysis of turning oxygen into a negative ion. Water can also be turned into a negative ion through electrolysis.

Neurones and non-neurone cells can be turned into a negative electromagnetic state by either a negative magnetic field, negative ions in the air, negative ion minerals, in the water, negative ion oxygen, negative ion water and also sensory inputs such as sight or sound can also drive the magnetic state of the neurones and other

**Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior** cells by their pulsing frequency. The EEG tells us what that pulsing frequency is. To achieve symptom-reducing biological response, we can use any one of the methods that produces this anti-stress pulsing frequency. Some instruments have been developed that use a negative magnetic field pulse frequency at the anti-stress level of below 13 cycles per second.

There are other instruments that have pulsing frequencies that are in the stress level. Some are at 50, 60 or 100 more pulsing frequency of a magnetic field. These are positive stress frequencies. Why is it these frequencies can have a value? An example is electric shock used for mental patients. This is a high frequency, high gauss intensity of a positive magnetic field with the pulsing being at 35 cycles per second. A grand mal seizure is produced by this method following which the brain switches its polarity from positive to negative for a period of several minutes. It is the reflex switching of the brain to the negative magnetic field that has the value, not the seizure itself. It is interesting to note that a number of these instruments that use the stress level frequency of a magnetic pulsing field limit their exposure to 20 minutes. The value of this stress exposure is the neurones reflex of switching the brain's polarity. These instruments that use a stress level pulsing frequency are not using the most efficient way to achieve their goal. They should be using pulsing frequencies that are below 13 cycles per second and not frequencies that are above 12 cycles per second. Why go through stress to arrive reflexly at anti-stress. Instead, go directly to anti-stress.

#### ALKALINE MICRO NEGATIVE ION WATER:

This water can be obtained from volcanic sources. There are on the market, sources from Iceland, Hawaii and Fiji and other areas. The water that filters through volcanic ash is an alkaline micro negative ion water. The value of negative ions is the same as a negative magnetic field. It keeps the body alkaline and better oxygenated and has a degree of antibiotic effect.

#### POLARITY:

Always use a negative magnetic field facing the body.

#### BEYOND MAGNETISM:

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#### MAGNETIC RESEARCH PROTOCOL

##### METASTATIC PROSTATE ADENOCARCINOMA ORIENTATION:

This magnetic research protocol is for a 70-year-old man recently diagnosed as having profuse metastatic spread of prostatic cancer. The involvement is quite pervasive in the pelvis and causing symptoms down his legs. It is in his spine, skull, ribs, knees, ankles, hips and shoulders. This is massively pervasive. His PSA is 320. In my judgement, magnetic therapy is his only chance of survival. This must be applied as quickly as possible and as continuous as possible. I advise that he take off from work for three months and devote himself entirely to treating this cancer. He is of the opinion that he cannot do this, however, I don't think he will win unless he does. He needs to be exposed to the magnets as near to 24 hours a day as possible. If he tries to continue work, it won't be for long and it would soon be his end.

##### MAGNETS USED:

Super magnetic bed composed of seventy 4" x 6" x 1" magnets. Thirty-five of these are placed in a wooden carrier 38" square. Two of these wooden carriers are placed end to end producing a bed 76" x 38". This is the size of a single bed and is approximately 400 pounds.

A 3" thick memory foam pad for a single sized bed.

Super magnetic head unit composed of twelve 4" x 6" x 1" magnets. Suspension unit which is composed of six 4" x 6" x 1" magnets.

Three 4" x 6" x 1/2" ceramic block magnets with Velcro on the positive pole side. Three 3" x 52" body wraps.

Two 1-1/2" x 1/2" ceramic disc magnets with Velcro on the positive pole side.

One 2" x 26" band. INFORMATION NEEDED:

*Cancer* quarterly

*Metabolic Syndrome* quarterly

##### PLACEMENT AND DURATION:

He is to sleep all night on the super magnetic bed and head unit. The minimum would be to return to the bed and the head unit for one hour, four times a day. However, he would be much wiser to stay on the bed except for periods when he gets up to exercise and to eat which should be one hour at a time, four times a day. He also must use the suspension unit over the pelvic and abdomen area. Whenever he is on the bed, he also has the suspension unit over him. If there are times that he is off of the bed, then he should place a 4" x 6" x 1/2" magnet with the 6" lengthwise the body -- one directly over the pubic area and one on each side of this over the groin area. This could be held in place with two of the 3" x 52" body wraps. Tight-fitting Jockey shorts would help. I do not believe that it is wise for him to try to work at all. He merely would be reducing the chances of recovery by trying to work at all. He must devote himself to as near to 24 hours a day exposure as possible other than one hour at a time to eat and to exercise.

If he isn't on the bed before he eats, then he should place the disc magnets bitemporally, a 4" x 6" x 1/2" magnet over his heart and another one over his liver for 30 minutes ahead of meals. This is described in the *Metabolic Syndrome* quarterly. It would be wise for him to be rotating his foods on a 7 day basis although this is not as important as being sure he does eat. But being sure that he is treated ahead of meals can be helpful; either having been on the bed or treating with the magnets pre-meal as described in the *Metabolic Syndrome* quarterly. He should drink a minimum of twelve glasses of water a day. The best water would be that prepared by an electrolysis

**Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior** instrument that makes tap water or well water into alkaline micro negative ion water.

#### HOW TO USE THE FOUR DAY OR SEVEN DAY DIVERSIFIED ROTATION DIET

The essence of the Diversified Rotation Diet is that foods are rotated on a four or seven day basis, thus preventing their maladaptive reactions, be these allergies or addictions. Also, this rotation diet will correct hypoglycemia and non-insulin dependent diabetes mellitus.

One method is to avoid food eaten twice a week or more for a period of three months, rotating all other foods. At the end of three months, then place these frequently used foods back into the diet, rotated once in four or seven days. This method is outlined in my quarterly, *Metabolic Syndrome* quarterly and also in my book, *Magnet Therapy*.

Another method that is preferred by some is to start rotating all foods, even those that are eaten frequently. This can be achieved if the subjects will treat themselves to magnets for 15-30 minutes ahead of the meal. To achieve this, place the ceramic disc magnets bitemporally, that is in the front of the ears at the level of the top of the ears. These are held in place with a 2" x 26" band. The discs are ceramic discs that are 1-1/2" x 1/2". The negative magnetic field is always placed toward the body. On the positive magnetic field side, there is hook Velcro that will hook to the band around the head and hold these in place. At the same time, place a 4" x 6" x 1/2" magnet on the heart with the 6" lengthwise the body. Hold this in place with a 3" x 52" body wrap. Also, place a 4" x 6" x 1/2" magnet with the 6" lengthwise the body over the liver area which is on the right side of the body with half of the magnet over the rib cage and half below the rib cage. Hold this in place with a 3" x 52" body wrap. The minimum time of exposure should be 15 to 30 minutes or more before each meal. With this method, there is no avoidance period of the commonly used foods.

After three months of rotation, there is little likelihood of a maladaptive reaction to a food without the magnets before the meal. Whenever purposely violating the rotation diet such as eating out, then use the magnets ahead of a meal.

The 4-day diversified rotation diet is in the quarterly, *The Ultimate Non-Addiction, Non-Stress Diet*. The 7-day rotation diet is in the quarterly, *Metabolic Syndrome*.

#### NEGATIVE ION HOUSEHOLD AIR TREATMENT

The biological response to negative ions and negative magnetic fields are the same. The biological response to negative ions and a negative magnetic field is alkaline-hyperoxia. Alkaline-hyperoxia is anti-inflammatory, anti-stress, antibiotic, energizing and aids in healing. Negative air ions plus a small amount of ozone in the air cleans the air from dust, microorganisms, pollen, smoke, chemicals, odors and so forth. Negative ions in the air clean up the environment whereas a negative magnetic field is used on the body to achieve the same values inside the body. Thus, negative air ions, negative water ions and a negative magnetic field are complementary and should be used together to achieve optimum results.

#### AIR NEGATIVE ION GENERATORS

##### LIVING AIR CLASSIC

Covers up to 3,000 square feet. Useful for living room size areas.

##### ECOHELP

LIVING AIR CLASSIC with air filter. Especially useful for respiratory disorders.

##### LIVING BREEZE

Covers 1,200 square feet. Useful for small rooms such as bedrooms.

Air negative ions are absorbed through the mucus membrane

of the nasopharynx and lungs as well as the skin. Wafer negative ions from electronic produced negative ion-micro water and naturally occurring negative ion water are absorbed through the mucus membrane of the gastrointestinal tract. Colloidal silver antibiotic negative ions are absorbed through the mucus membrane of the mouth and gastrointestinal tract.

#### ALKALINE MICRO NEGATIVE ION WATER:

Alkaline micro negative ion water helps materially to maintain the body's normal alkaline state. Also, being micro water, it enters into the cells of the body more readily than the usual water. This also carries negative ions as well as being alkaline. The AKAI Electrolysis Instrument is used for producing the alkaline micro negative ion water. At least five glasses of this water should be used each day.

#### POLARITY:

Always use a negative magnetic field facing the body.

#### RESEARCH CONSIDERATIONS:

I request a report from the research subject and from the monitoring physician a minimum of three times a year.

#### BEYOND MAGNETISM:

Acute maladaptive reactions to foods, chemicals, inhalants or stress frequency pulsing fields has been documented as producing a brief state of acid-hypoxia. In this state, there is a production of acid and a failure to process properly the end-products of oxidation phosphorylation metabolism. In this state of acidosis, oxygen content is reduced. Maladaptive reactions to foods are the most frequent cause of bouts of acidosis. Degenerative diseases are noted for their acid-hypoxic state. Therefore, every effort should be made to maintain a normal alkaline and normal oxygen state.

A majority of people are maladaptively reacting in one or more ways to foods, thus producing bouts of acidosis and reduced oxygen. It is the better part of wisdom to follow a 4-Day or 7-Day Diversified Rotation Diet. This program leaves out foods that are used as frequently as twice a week or more for a period of three months. This is based on the assumption that these foods are being reacted to in some maladaptive way. It is the frequency of the use that produces the maladaptive reactions. A 4-Day or 7-Day Diversified Rotation Diet is set up to leave out these frequently used foods. After three months, these frequently used foods can be returned to the diet, usually without any symptoms being produced.

All addictive substances should be abandoned such as addictive drugs, alcohol, tobacco and caffeine (coffee, tea with caffeine, chocolate, and soft drinks containing caffeine). Addiction is acidifying. Carbonated soft drinks are acid and should be rarely used. Spft drinks are sweetened with corn sugar and if and when used should be limited to the corn rotation day.

There is a valuable method of electrolysis which provides an alkaline micro negative ionized water that has an alkaline pH. There is a home electrolysis unit (AKAI instrument) that provides this alkaline micro water. It is recommended that five glasses of this alkaline micro water be used a day. The total amount of water used during a day should be a minimum of eight glasses of water and preferably as much as a total of ten glasses of fluid intake.

#### MAGNETIC RESEARCH PROTOCOL AVASCULAR NECROSIS OF LEFT HIP OVERWEIGHT

#### ORIENTATION:

This magnetic research protocol is for a 53-year-old woman who has developed pain in her right hip. At first, it was thought of as a groin sprain and treated with physical therapy. X-ray and MRI nine months ago documented that there was avascular necrosis of the left hip and a suggestion that this is also beginning to occur in the right hip. She is 5' 4" tall and weighs 198. She has been as high as 235.

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The weight would be a strain on her hips and undoubtedly relates to the necrosis of the hip. Also, it could be anticipated that she is a food addict and that the acidity of the addictive state also helped produce the avascular necrosis. It is important that she not only reduce her weight but that she also stop any food allergy, addiction or toxicity which is acidifying. There is also a history of having a heavy use of alcohol. She uses a cane to help in her balance. It could be useful if she had a period of not walking. There would need to be passive-reactive movements but not especially weight-bearing movements for about three months. After that, it is very important that weight-bearing be a part of her therapy. She is a teacher and does frequently stand. She has a Master's Degree in Physiology and does readily understand the significance of the program I am outlining for her.

She sleeps with her husband in a king-sized bed. He sleeps to her right. He is 56-years old and has arthritis which is likely osteoarthritis. He is having pain in his right knee and hip. He should also have the same treatment that his wife is having. There should be two of the 70 magnet beds and head units. Both should reduce their weight. His weight is around 270 pounds. He is 5'9" tall.

#### MAGNETS USED:

Minimal program for the treatment of avascular necrosis:

Two 4" x 6" x 1/2" ceramic block magnets with Velcro on the positive pole side. Two 3" x 52" body wraps.

Two 1-1/2" x 1/2" ceramic disc magnets with Velcro on the positive pole side. One 2" x 26" band.

#### INFORMATION NEEDED:

Magnetic Health Quarterlies:

*Bone Healing*

*The pH Factor*

*Metabolic Syndrome*

*Addiction and Weight Management*

*Inflammation*

Optimal program for optimum health:

Super magnetic bed composed of seventy 4" x 6" x 1" magnets.

Thirty-five of these are placed in a wooden carrier 38" square. Two of these wooden carriers are placed end to end producing a bed 76" x 38". This is the size of a single bed or half the size of a king bed. The weight is around 400 pounds.

A 3" thick memory foam pad for a single sized bed. If she sleeps alone in a single size bed, the pad should be for a single size bed. If she sleeps with her husband and he has his own 70 magnet bed, then this pad should be the size of a king bed.

Super magnetic head unit composed of twelve 4" x 6" x 1" magnets.

#### PLACEMENT AND DURATION:

For minimal program treating hip avascular necrosis:

Place a 4" x 6" x 1/2" magnet over the right hip and it can also be used on the left hip in the same way. The right hip is the most serious one at this time. Have the negative pole facing the body. It can be either on the front of the body, the side of the hip or from behind. In any event, the negative magnetic field from this magnet can reach the hip. As near as possible, keep this on 24 hours a day. It could be held with a 3" x 52" body wrap. It would be better if she has a garment that supports the weight from her shoulders and has pockets in this garment directly over the area to be treated. She could do this on both sides of the body.

In order to handle acidity, we need to have her rotate her foods on a 7 day basis as outlined in the *Metabolic Syndrome* quarterly. Also, she should treat with magnets thirty minutes ahead of meals as outlined in the *Metabolic Syndrome* quarterly. The two discs are placed bitemporally. A 4" x 6" x 1/2" magnet is placed over the heart and a 4" x 6" x 1/2" magnet is placed over the liver 30 minutes ahead

of meals. The magnets could be worn on the hip as near as possible, day and night. It would be well if she had two other 4" x 6" x 1/2" magnets and at night, would place one over her abdomen with 1/3 of this above the umbilicus and 2/3 below the umbilicus. This will aid in reducing the fat in the abdomen and also will be treating the pancreas. It would be well at least for the first three months, for her to treat her heart with a 4" x 6" x 1/2" magnet using the negative pole facing the body. The 6" would be lengthwise the body. This could be held in place with a 3" x 52" body wrap. This will clean out the heart of any atherosclerosis or arteriosclerosis. This treatment should be continued nightly for at least a minimum of three months. Then after that it would be well if every once in awhile she would wear the magnet over her heart for a few nights at a time to keep any atherosclerosis or arteriosclerosis from developing in the heart.

She should reduce her weight to that of 130-140 pounds. The best way to do this is to take a picture of her classic breakfast, noon and evening meal. Then, make another meal with 1/3 less and take a picture of this. Then, whenever she is making the meal, she looks at the picture of the reduced calories and agrees with herself that she will not eat more than that and she won't eat between meals. The disc magnets placed bitemporally will help her willpower in that it would take away the compulsive urge to overeat or to eat between meals.

Optimal program for optimum health:

Sleep on the super magnetic bed and the head unit all night. If she does have a break from her work, then she should go back on the bed one hour, four times during the day. Of course, she should be taking supplemental calcium and also, magnesium with vitamin D in order to restore minerals in the bones. The negative magnetic field will heal the inflammatory reaction. The minerals are needed to replace the minerals in the bone. After three months, she should then sleep on the magnetic bed and the head unit nightly as a lifestyle.

Thirty minutes ahead of meals, she should drink two glasses of water. She should drink a total of ten glasses of water a day. The best water is alkaline micro negative ion water which comes from volcanic sources of water or can be made by an electrolysis instrument which makes it out of city water or well water.

#### HOW TO USE THE FOUR DAY OR SEVEN DAY DIVERSIFIED ROTATION DIET

The essence of the Diversified Rotation Diet is that foods are rotated on a four or seven day basis, thus preventing their maladaptive reactions, be these allergies or addictions. Also, this rotation diet will correct hypoglycemia and non-insulin dependent diabetes mellitus.

One method is to avoid food eaten twice a week or more for a period of three months, rotating all other foods. At the end of three months, then place these frequently used foods back into the diet, rotated once in four or seven days. This method is outlined in my *Metabolic Syndrome* quarterly and also in my book, *Magnet Therapy*.

Another method that is preferred by some is to start rotating all foods, even those that are eaten frequently. This can be achieved if the subjects will treat themselves to magnets for 15-30 minutes ahead of the meal. To achieve this, place the ceramic disc magnets bitemporally, that is in the front of the ears at the level of the top of the ears. These are held in place with a 2" x 26" band. The discs are ceramic discs that are 1-1/2" x 1/2". The negative magnetic field is always placed toward the body. On the positive magnetic field side, there is hook Velcro that will hook to the band around the head and hold these in place. At the same time, place a 4" x 6" x 1/2" magnet on the heart with the 6" lengthwise the body. Hold this in place with a 3" x 52" body wrap. Also, place a 4" x 6" x 1/2" magnet with the 6" lengthwise the body over the liver area which is on the right side of the body with half of the magnet over the rib cage and half below the

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rib cage. Hold this in place with a 3" x 52" body wrap. The minimum time of exposure should be 15 to 30 minutes or more before each meal. With this method, there is no avoidance period of the commonly used foods.

After three months of rotation, there is little likelihood of a maladaptive reaction to a food without the magnets before the meal. Whenever purposely violating the rotation diet such as eating out, then use the magnets ahead of a meal.

The 4-day diversified rotation diet is in the quarterly, *The Ultimate Non-Addiction, Non-Stress Diet*. The 7-day rotation diet is in the quarterly, *Metabolic Syndrome*.

#### **NEGATIVE ION HOUSEHOLD AIR TREATMENT**

The biological response to negative ions and negative magnetic fields are the same. The biological response to negative ions and a negative magnetic field is alkaline-hyperoxia. Alkaline-hyperoxia is anti-inflammatory, anti-stress, antibiotic, energizing and aids in healing. Negative air ions plus a small amount of ozone in the air cleans the air from dust, microorganisms, pollen, smoke, chemicals, odors and so forth. Negative ions in the air clean up the environment whereas a negative magnetic field is used on the body to achieve the same values inside the body. Thus, negative air ions, negative water ions and a negative magnetic field are complementary and should be used together to achieve optimum results.

#### **AIR NEGATIVE ION GENERATORS**

##### LIVING AIR CLASSIC

Covers up to 3,000 square feet. Useful for living room size areas.

##### ECOHELP

LIVING AIR CLASSIC with air filter. Especially useful for respiratory disorders.

##### LIVING BREEZE

Covers 1,200 square feet. Useful for small rooms such as bedrooms.

Air negative ions are absorbed through the mucus membrane of the nasopharynx and lungs as well as the skin. Water negative ions from electronic produced negative ion-micro water and naturally occurring negative ion water are absorbed through the mucus membrane of the gastrointestinal tract. Colloidal silver antibiotic negative ions are absorbed through the mucus membrane of the mouth and gastrointestinal tract.

##### ALKALINE MICRO NEGATIVE ION WATER:

Alkaline micro negative ion water helps materially to maintain the body's normal alkaline state. Also, being micro water, it enters into the cells of the body more readily than the usual water. This also carries negative ions as well as being alkaline. The AKAI Electrolysis Instrument is used for producing the alkaline micro negative ion water. At least five glasses of this water should be used each day.

##### POLARITY:

Always use a negative magnetic field facing the body.

##### RESEARCH CONSIDERATIONS:

I request a report from the research subject and from the monitoring physician a minimum of three times a year.

##### BEYOND MAGNETISM:

Acute maladaptive reactions to foods, chemicals, inhalants or stress frequency pulsing fields has been documented as producing a brief state of acid-hypoxia. In this state, there is a production of acid and a failure to process properly the end-products of oxidation phosphorylation metabolism. In this state of acidosis, oxygen content is reduced. Maladaptive reactions to foods are the most frequent cause of bouts of acidosis. Degenerative diseases are noted for their acid-hypoxic state. Therefore, every effort should be made to maintain a normal alkaline and normal oxygen state.

A majority of people are maladaptively reacting in one or more ways to foods, thus producing bouts of acidosis and reduced oxygen. It is the better part of wisdom to follow a 4-Day or 7-Day Diversified Rotation Diet. This program leaves out foods that are used as frequently as twice a week or more for a period of three months. This is based on the assumption that these foods are being reacted to in some maladaptive way. It is the frequency of the use that produces the maladaptive reactions. A 4-Day or 7-Day Diversified Rotation Diet is set up to leave out these frequently used foods. After three months, these frequently used foods can be returned to the diet, usually without any symptoms being produced.

All addictive substances should be abandoned such as addictive drugs, alcohol, tobacco and caffeine (coffee, tea with caffeine, chocolate, and soft drinks containing caffeine). Addiction is acidifying.

Carbonated soft drinks are acid and should be rarely used. Soft drinks are sweetened with corn sugar and if and when used should be limited to the corn rotation day.

There is a valuable method of electrolysis which provides an alkaline micro negative ionized water that has an alkaline pH. There is a home electrolysis unit (AKAI instrument) that provides this alkaline micro water. It is recommended that five glasses of this alkaline micro water be used a day. The total amount of water used during a day should be a minimum of eight glasses of water and preferably as much as a total of ten glasses of fluid intake.

#### **MEDICAL SUPERVISION IS RECOMMENDED MULTIPLE SCLEROSIS**

##### ORIENTATION:

This is a self-help magnetic protocol. The case on which this magnetic protocol is based is a 35-year-old man diagnosed four years ago with multiple sclerosis. He walks with a cane.

##### MAGNETS USED:

Super magnetic bed composed of seventy 4" x 6" x 1" magnets. Thirty-five of these are placed in a wooden carrier 36" square. Two of these wooden carriers are placed end to end providing a bed 36" x 72". Over this place a 2" foam pad.

A 2" thick memory foam pad for a single sized bed.

Super magnetic head unit composed of twelve 4" x 6" x 1" magnets.

Two 4" x 6" x 1/2" ceramic block magnets with Velcro on the positive pole side. Two 4" x 52" body wraps.

Two 1-1/2" x 1/2" ceramic disc magnets with Velcro on the positive pole side. One 2" x 26" band.

##### INFORMATION NEEDED:

*Magnet Therapy* book

*Multiple Sclerosis* quarterly

*Energy Medicine* quarterly

*pH Factor* quarterly

*Metabolic Syndrome* quarterly

##### PLACEMENT AND DURATION:

Sleep all night on the super magnetic bed and super magnetic head unit. Go back on this one hour, four times during the day for the first three months of treatment. After that, continue to use the bed and head unit nightly. Pre-meal, place the discs bitemporally, held in place with a 2" x 26" band. Place a 4" x 6" x 1/2" magnet over the heart with the 6" lengthwise the body and one over the liver with the 6" lengthwise the body. Hold in place with 4" x 52" body wraps. Do this 30 minutes ahead of each meal and continue during the meal. The foods should be rotated on a four day basis as outlined in *The Ultimate Non-Addiction, Non-Stress Diet* quarterly or a seven day basis as outlined in the *Metabolic Syndrome* quarterly.

#### **HOW TO USE THE FOUR DAY OR SEVEN DAY DIVERSIFIED ROTATION DIET**

The essence of the Diversified Rotation Diet is that foods are

**Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior** rotated on a four or seven day basis, thus preventing their maladaptive reactions, be these allergies or addictions. Also, this rotation diet will correct hypoglycemia and non-insulin dependent diabetes mellitus.

One method is to avoid food eaten twice a week or more for a period of three months, rotating all other foods. At the end of three months, then place these frequently used foods back into the diet, rotated once in four or seven days. This method is outlined in my quarterly, *The Ultimate Non-Addiction, Non-Stress Diet* and also in my book, *Magnet Therapy*.

Another method that is preferred by some is to start rotating all foods, even those that are eaten frequently. This can be achieved if the subjects will treat themselves to magnets for 15-30 minutes ahead of the meal. To achieve this, place the ceramic disc magnets bitemporally, that is in the front of the ears at the level of the top of the ears. These are held in place with a 2" x 26" band. The discs are ceramic discs that are 1-1/2" x 1/2". The negative magnetic field is always placed toward the body. On the positive magnetic field side, there is hook Velcro that will hook to the band around the head and hold these in place. At the same time, place a 4" x 6" x 1/2" magnet on the heart with the 6" lengthwise the body. Hold this in place with a 4" x 52" body wrap. Also, place a 4" x 6" x 1/2" magnet with the 6" lengthwise the body over the liver area which is on the right side of the body with half of the magnet over the rib cage and half below the rib cage. Hold this in place with a 4" x 52" body wrap. The minimum time of exposure should be 15 to 30 minutes or more before each meal. With this method, there is no avoidance period of the commonly used foods.

After three months of rotation, there is little likelihood of a maladaptive reaction to a food without the magnets before the meal. Whenever purposely violating the rotation diet such as eating out, then use the magnets ahead of a meal.

The 4-day diversified rotation diet is in the quarterly, *The Ultimate Non-Addiction, Non-Stress Diet*. The 7-day rotation diet is in the quarterly, *Metabolic Syndrome*.

#### **NEGATIVE ION HOUSEHOLD AIR TREATMENT**

The biological response to negative ions and negative magnetic fields are the same. The biological response to negative ions and a negative magnetic field is alkaline-hyperoxia. Alkaline-hyperoxia is anti-inflammatory, anti-stress, antibiotic, energizing and aids in healing. Negative air ions plus a small amount of ozone in the air cleans the air from dust, microorganisms, pollen, smoke, chemicals, odors and so forth. Negative ions in the air clean up the environment whereas a negative magnetic field is used on the body to achieve the same values inside the body. Thus, negative air ions, negative water ions and a negative magnetic field are complementary and should be used together to achieve optimum results.

#### **AIR NEGATIVE ION GENERATORS**

##### LIVING AIR CLASSIC

Covers up to 3,000 square feet. Useful for living room size areas.

##### ECOHELP

LIVING AIR CLASSIC with air filter. Especially useful for respiratory disorders.

##### LIVING BREEZE

Covers 1,200 square feet. Useful for small rooms such as bedrooms.

Air negative ions are absorbed through the mucus membrane of the nasopharynx and lungs as well as the skin. Water negative ions from electronic produced negative ion -micro water and naturally occurring negative ion water such as Nariwa water are absorbed through the mucus membrane of the gastrointestinal tract. Colloidal silver antibiotic negative ions are absorbed through the mucus

membrane of the mouth and gastrointestinal tract.

#### **ALKALINE MICRO NEGATIVE ION WATER:**

Alkaline micro negative ion water helps materially to maintain the body's normal alkaline state. Also, being micro water, it enters into the cells of the body more readily than the usual water. This also carries negative ions as well as being alkaline. The AKAI Electrolysis Instrument is used for producing the alkaline micro negative ion water. At least five glasses of this water should be used each day.

#### **NARIWA WATER:**

Nariwa water is a negative ion water from Japan's magnetic mountain. This comes in a bottle containing 500 cc. A minimum of one of these bottles should be used a day and preferably, two. The total amount of water used during a day should be a minimum of eight glasses of water and preferably as much as a total of ten glasses of fluid intake.

#### **POLARITY:**

Always use a negative magnetic field facing the body.

#### **RESEARCH CONSIDERATIONS:**

I request a report from the research subject and from the monitoring physician a minimum of three times a year.

#### **BEYOND MAGNETISM:**

Acute maladaptive reactions to foods, chemicals, inhalants or stress frequency pulsing fields has been documented as producing a brief state of acid-hypoxia. In this state, there is a production of acid and a failure to process properly the end-products of oxidation phosphorylation metabolism. In this state of acidosis, oxygen content is reduced. Maladaptive reactions to foods are the most frequent cause of bouts of acidosis. Degenerative diseases are noted for their acid-hypoxic state. Therefore, every effort should be made to maintain a normal alkaline and normal oxygen state.

A majority of people are maladaptively reacting in one or more ways to foods, thus producing bouts of acidosis and reduced oxygen. It is the better part of wisdom to follow a 4-Day or 7-Day Diversified Rotation Diet. This program leaves out foods that are used as frequently as twice a week or more for a period of three months. This is based on the assumption that these foods are being reacted to in some maladaptive way. It is the frequency of the use that produces the maladaptive reactions. A 4-Day or 7-Day Diversified Rotation Diet is set up to leave out these frequently used foods. After three months, these frequently used foods can be returned to the diet, usually without any symptoms being produced.

All addictive substances should be abandoned such as addictive drugs, alcohol, tobacco and caffeine (coffee, tea with caffeine, chocolate, and soft drinks, containing caffeine). Addiction is acidifying.

Carbonated soft drinks are acid and should be rarely used. Soft drinks are sweetened with corn sugar and if and when used should be limited to the corn rotation day.

There is a valuable method of electrolysis which provides an alkaline micro negative ionized water that has an alkaline pH. There is a home electrolysis unit (AKAI instrument) that provides this alkaline micro water. It is recommended that five glasses of this alkaline micro water be used a day.

Nariwa water is a naturally negative ionized water from Japan's magnetic mountain and is the optimum alkaline micro water available. This comes in a bottle containing 500 cc. A minimum of one of these bottles should be used a day and preferably, two. The total amount of water used during a day should be a minimum of eight glasses of water and preferably as much as a total of ten glasses of fluid intake.

#### **MAGNETIC RESEARCH PROTOCOL SCHIZOPHRENIA AND BIPOLAR DISORDER ORIENTATION:**

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This magnetic research protocol is for a 53-year-old man who first developed symptoms at age 25. He has gone through hospitalization, tranquilizers and antidepressants without appreciable success.

**MAGNET USED:**

Super magnetic bed composed of seventy 4" x 6" x 1" magnets. Thirty-five of these are placed in a wooden carrier 36" square. Two of these wooden carriers are placed end to end providing a bed 36" x 72". The total weight of this is 400 pounds. Over this place a 2" foam pad.

A 2" thick memory foam pad for a single sized bed.

Super magnetic head unit composed of twelve 4" x 6" x 1" magnets.

Two 4" x 6" x 1/2" ceramic block magnets with Velcro on the positive pole side. Two 4" x 52" body wraps.

Two 1-1/2" x 1/2" ceramic disc magnets with Velcro on the positive pole side. One 2" x 26" band.

**INFORMATION NEEDED:**

*Magnet Therapy* book

*Major Mental Disorder* quarterly

*Addiction* quarterly

*Metabolic Syndrome* quarterly

**PLACEMENT AND DURATION:**

He is to sleep all night on the super magnetic bed and head unit. He is to return to this one hour, four times during the day for the first three months. At the end of three months, he continues to use the head unit and the bed nightly as a lifestyle.

He is to rotate his foods on a 7 day basis as outlined in the quarterly, *Metabolic Syndrome*. He is to treat the head with the disc magnets placed bitemporally and held in place with a 2" x 26" band. Place a 4" x 6" x 1/2" magnet over the heart with the 6" lengthwise the body. Hold in place with a 4" x 52" body wrap. Place a 4" x 6" x 1/2" magnet over the liver with the 6" lengthwise the body. Hold in place with a 4" x 52" body wrap.

The disc magnets can also be used at any time there are symptoms. Place them bitemporally and hold in place with a 2" x 26" band. The more hours of use, the better -either with or without symptoms.

**HOW TO USE THE FOUR DAY OR SEVEN DAY DIVERSIFIED ROTATION DIET**

The essence of the Diversified Rotation Diet is that foods are rotated on a four or seven day basis, thus preventing their maladaptive reactions, be these allergies or addictions. Also, this rotation diet will correct hypoglycemia and non-insulin dependent diabetes mellitus.

One method is to avoid food eaten twice a week or more for a period of three months, rotating all other foods. At the end of three months, then place these frequently used foods back into the diet, rotated once in four or seven days. This method is outlined in my *Metabolic Syndrome* quarterly and also in my book, *Magnet Therapy*.

Another method that is preferred by some is to start rotating all foods, even those that are eaten frequently. This can be achieved if the subjects will treat themselves to magnets for 15-30 minutes ahead of the meal. To achieve this, place the ceramic disc magnets bitemporally, that is in the front of the ears at the level of the top of the ears. These are held in place with a 2" x 26" band. The discs are ceramic discs that are 1-1/2" x 1/2". The negative magnetic field is always placed toward the body. On the positive magnetic field side, there is hook Velcro that will hook to the band around the head and hold these in place. At the same time, place a 4" x 6" x 1/2" magnet on the heart with the 6" lengthwise the body. Hold this in place with a 4" x 52" body wrap. Also, place a 4" x 6" x 1/2" magnet with the

6" lengthwise the body over the liver area which is on the right side of the body with half of the magnet over the rib cage and half below the rib cage. Hold this in place with a 4" x 52" body wrap. The minimum time of exposure should be 15 to 30 minutes or more before each meal. With this method, there is no avoidance period of the commonly used foods.

After three months of rotation, there is little likelihood of a maladaptive reaction to a food without the magnets before the meal. Whenever purposely violating the rotation diet such as eating out, then use the magnets ahead of a meal.

The 4-day diversified rotation diet is in the quarterly, *The Ultimate Non-Addiction, Non-Stress Diet*. The 7-day rotation diet is in the quarterly, *Metabolic Syndrome*.

**NEGATIVE ION HOUSEHOLD AIR TREATMENT**

The biological response to negative ions and negative magnetic fields are the same. The biological response to negative ions and a negative magnetic field is alkaline-hyperoxia. Alkaline-hyperoxia is anti-inflammatory, anti-stress, antibiotic, energizing and aids in healing. Negative air ions plus a small amount of ozone in the air cleans the air from dust, microorganisms, pollen, smoke, chemicals, odors and so forth. Negative ions in the air clean up the environment whereas a negative magnetic field is used on the body to achieve the same values inside the body. Thus, negative air ions, negative water ions and a negative magnetic field are complementary and should be used together to achieve optimum results.

**AIR NEGATIVE ION GENERATORS**

LIVING AIR CLASSIC

Covers up to 3,000 square feet. Useful for living room size areas.

ECOHELP

LIVING AIR CLASSIC with air filter. Especially useful for respiratory disorders.

LIVING BREEZE

Covers 1,200 square feet. Useful for small rooms such as bedrooms.

Air negative ions are absorbed through the mucus membrane of the nasopharynx and lungs as well as the skin. Water negative ions from electronic produced negative ion -micro water and naturally occurring negative ion water such as Nariwa water are absorbed through the mucus membrane of the gastrointestinal tract. Colloidal silver antibiotic negative ions are absorbed through the mucus membrane of the mouth and gastrointestinal tract.

**ALKALINE MICRO NEGATIVE ION WATER:**

Alkaline micro negative ion water helps materially to maintain the body's normal alkaline state. Also, being micro water, it enters into the cells of the body more readily than the usual water. This also carries negative ions as well as being alkaline. The AKAI Electrolysis Instrument is used for producing the alkaline micro negative ion water. At least five glasses of this water should be used each day.

**NARIWA WATER:**

Nariwa water is a negative ion water from Japan's magnetic mountain. This comes in a bottle containing 500 cc. A minimum of one of these bottles should be used a day and preferably, two. The total amount of water used during a day should be a minimum of eight glasses of water and preferably as much as a total of ten glasses of fluid intake.

**COLLOIDAL SILVER THERAPY:**

Colloidal silver is made by an electrolysis method that produces a particle size of 0.0001 micron. These small silver particles are charged to a negative magnetic field by the electrolysis method. This solution of colloidal silver is placed in the mouth, especially under the tongue for absorption. This provides quick absorption

**Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior** into the blood stream. These fine silver particles go throughout the entire body. The negative magnetic field magnetically attaches to microorganisms, parasites and cancer cells which are positive magnetic poled. Silver, in its own right beyond that of the negative magnetic field, inhibits the replication of these cells. The small silver particles do not interfere in any way with human cell function. It is recommended to use 40 parts per million starting for the first week with 1/2 teaspoon four times a day and followed for the next three months with 1 teaspoon four times a day. In the case of acute infections, two weeks of treatment of 1 teaspoon four times a day usually suffices. There is also an aloe vera silver salve which can treat local skin infections.

**POLARITY:**

Always use a negative magnetic field facing the body.

**RESEARCH CONSIDERATIONS:**

I request a report from the research subject and from the monitoring physician a minimum of three times a year.

**BEYOND MAGNETISM:**

Acute maladaptive reactions to foods, chemicals, inhalants or stress frequency pulsing fields has been documented as producing a brief state of acid-hypoxia. In this state, there is a production of acid and a failure to process properly the end-products of oxidation phosphorylation metabolism. In this state of acidosis, oxygen content is reduced. Maladaptive reactions to foods are the most frequent cause of bouts of acidosis. Degenerative diseases are noted for their acid-hypoxic state. Therefore, every effort should be made to maintain a normal alkaline and normal oxygen state.

A majority of people are maladaptively reacting in one or more ways to foods, thus producing bouts of acidosis and reduced oxygen. It is the better part of wisdom to follow a 4-Day or 7-Day Diversified Rotation Diet. This program leaves out foods that are used as frequently as twice a week or more for a period of three months. This is based on the assumption that these foods are being reacted to in some maladaptive way. It is the frequency of the use that produces the maladaptive reactions. A 4-Day or 7-Day Diversified Rotation Diet is set up to leave out these frequently used foods. After three months, these frequently used foods can be returned to the diet, usually without any symptoms being produced.

All addictive substances should be abandoned such as addictive drugs, alcohol, tobacco and caffeine (coffee, tea with caffeine, chocolate, and soft drinks containing caffeine). Addiction is acidifying.

Carbonated soft drinks are acid and should be rarely used. Soft drinks are sweetened with corn sugar and if and when used should be limited to the corn rotation day.

There is a valuable method of electrolysis which provides an alkaline micro negative ionized water that has an alkaline pH. There is a home electrolysis unit (AKAI instrument) that provides this alkaline micro water. It is recommended that five glasses of this alkaline micro water be used a day.

Nariwa water is a naturally negative ionized water from Japan's magnetic mountain and is the optimum alkaline micro water available. This comes in a bottle containing 500 cc. A minimum of one of these bottles should be used a day and preferably, two. The total amount of water used during a day should be a minimum of eight glasses of water and preferably as much as a total of ten glasses of fluid intake.

**MAGNETIC RESEARCH PROTOCOL**

**EPISODIC DEPRESSION**

**Multiple Food Sensitivities**

**ORIENTATION:**

This magnetic research protocol is for a 56-year-old woman in a state of episodic depression. There is a history of depression on both sides of her family. She is known to be reactive to multiple foods.

The symptoms are such that after three hours of eating a food she has assumed that she has hypoglycemia. This is quite likely since hypoglycemia is caused by the withdrawal phase of addiction and food allergy. Her weight is slightly beyond normal being 145 pounds as she is usually 125 pounds. She is 5' 3" in height.

Depressions such as she has are most frequently caused by viral infections such as Epstein-Barr, cytomegalovirus or human herpes virus #6. Therefore, I am recommending it is best for her to have the optimal program which includes sleeping on the super magnetic bed, being treated locally and rotating her foods. The minimal program would be to use the ceramic discs bitemporally and rotate her foods on either a four or seven day basis. It would be wiser to add to this the super magnetic bed and the head unit as lifestyle. This is capable of killing the viruses, which are likely to be present.

**Minimal program:**

Two 1-1/2" x 1/2" ceramic disc magnets with Velcro on the positive pole side. One 2" x 26" band.

Two 4" x 6" x 1/2" ceramic block magnets with Velcro on the positive pole side. Two 3" x 52" body wraps.

**INFORMATION NEEDED:**

*Magnet Therapy* book

*Emotional Disorder* quarterly

*The Ultimate Non-Addiction, Non-Stress Diet* quarterly

*Metabolic Syndrome* quarterly

**Optimal program**, add to the above:

Super magnetic bed composed of seventy 4" x 6" x 1" magnets. Thirty-five of these are placed in a wooden carrier 38" square. Two of these wooden carriers are placed end to end producing a bed 76" x 38".

A 3" thick memory foam pad for a single sized bed.

Super magnetic head unit composed of twelve 4" x 6" x 1" magnets.

**PLACEMENT AND DURATION:**

**Minimal program:**

Use the ceramic disc magnets placed bitemporally, that is placed in front of the ears at the level of the top of the ears. Hold this in place with a 2" x 26" wrap. The more hours of exposure, the better. The foods need to be rotated on either a 4 day basis as outlined in *The Ultimate Non-Addiction, Non-Stress Diet* quarterly or a 7 day basis as outlined in the *Metabolic Syndrome* quarterly.

Before meals, place the discs bitemporally as well as a 4" x 6" x 1/2" ceramic magnet over the heart and over the liver. This is described in more detail below.

**Optimal program:**

Also, sleep on the super magnetic bed and with the head in the super magnetic head unit. This is to be used nightly as a lifestyle. However, it is wise to use it all night and one hour, four times a day for at least the first three months. The reason for this is to kill the viruses.

**HOW TO USE THE FOUR DAY OR SEVEN DAY DIVERSIFIED ROTATION DIET**

The essence of the Diversified Rotation Diet is that foods are rotated on a four or seven day basis, thus preventing their maladaptive reactions, be these allergies or addictions. Also, this rotation diet will correct hypoglycemia and non-insulin dependent diabetes mellitus.

One method is to avoid food eaten twice a week or more for a period of three months, rotating all other foods. At the end of three months, then place these frequently used foods back into the diet, rotated once in four or seven days. This method is outlined in my *Metabolic Syndrome* quarterly.

Another method that is preferred by some is to start rotating all foods, even those that are eaten frequently. This can be achieved if

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the subjects will treat themselves to magnets for 15-30 minutes ahead of the meal. To achieve this, place the ceramic disc magnets bitemporally, that is in the front of the ears at the level of the top of the ears. These are held in place with a 2" x 26" band. The discs are ceramic discs that are 1-1/2" x 1/2". The negative magnetic field is always placed toward the body. On the positive magnetic field side, there is hook Velcro that will hook to the band around the head and hold these in place. At the same time, place the negative pole side of a 4" x 6" x 1/2" magnet on the heart with the 6" lengthwise the body. Hold this in place with a 3" x 52" body wrap. Also, place the negative pole side of a 4" x 6" x 1/2" magnet with the 6" lengthwise, the body over the liver area which is on the right side of the body with half of the magnet over the rib cage and half below the rib cage. Hold this in place with a 3" x 52" body wrap. The minimum time of exposure should be 15 to 30 minutes or more before each meal. With this method, there is no avoidance period of the commonly used foods.

After three months of rotation, there is little likelihood of a maladaptive reaction to a food without the magnets before the meal. Whenever purposely violating the rotation diet such as eating out, then use the magnets ahead of a meal.

The 4-day diversified rotation diet, is in the quarterly, *The Ultimate Non-Addiction, Non-Stress Diet*. The 7-day rotation diet is in the quarterly, *Metabolic Syndrome*.

#### **NEGATIVE ION HOUSEHOLD AIR TREATMENT**

The biological response to negative ions and negative magnetic fields are the same. The biological response to negative ions and a negative magnetic field is alkaline-hyperoxia. Alkaline-hyperoxia is anti-inflammatory, anti-stress, antibiotic, energizing and aids in healing. Negative air ions plus a small amount of ozone in the air cleans the air from dust, microorganisms, pollen, smoke, chemicals, odors and so forth. Negative ions in the air clean up the environment whereas a negative magnetic field is used on the body to achieve the same values inside the body. Thus, negative air ions, negative water ions and a negative magnetic field are complementary and should be used together to achieve optimum results.

#### **AIR NEGATIVE ION GENERATORS**

##### **LIVING AIR CLASSIC**

Covers up to 3,000 square feet. Useful for living room size areas.

##### **ECOHELP**

**LIVING AIR CLASSIC** with air filter. Especially useful for respiratory disorders.

##### **LIVING BREEZE**

Covers 1,200 square feet. Useful for small rooms such as bedrooms.

Air negative ions are absorbed through the mucus membrane of the nasopharynx and lungs as well as the skin. Water negative ions from electronic produced negative ion -micro water and naturally occurring negative ion water are absorbed through the mucus membrane of the gastrointestinal tract. Colloidal silver antibiotic negative ions are absorbed through the mucus membrane of the mouth and gastrointestinal tract.

#### **ALKALINE MICRO NEGATIVE ION WATER:**

Alkaline micro negative ion water helps materially to maintain the body's normal alkaline state. Also, being micro water, it enters into the cells of the body more readily than the usual water. This also carries negative ions as well as being alkaline. The AKAI Electrolysis Instrument is used for producing the alkaline micro negative ion water. At least five glasses of this water should be used each day.

#### **POLARITY:**

Always use a negative magnetic field facing the body.

#### **RESEARCH CONSIDERATIONS:**

I request a report from the research subject and from the monitoring physician a minimum of three times a year.

#### **BEYOND MAGNETISM:**

Acute maladaptive reactions to foods, chemicals, inhalants or stress frequency pulsing fields has been documented as producing a brief state of acid-hypoxia. In this state, there is a production of acid and a failure to process properly the end-products of oxidation phosphorylation metabolism. In this state of acidosis, oxygen content is reduced. Maladaptive reactions to foods are the most frequent cause of bouts of acidosis. Degenerative diseases are noted for their acid-hypoxic state. Therefore, every effort should be made to maintain a normal alkaline and normal oxygen state.

A majority of people are maladaptively reacting in one or more ways to foods, thus producing bouts of acidosis and reduced oxygen. It is the better part of wisdom to follow a 4-Day or 7-Day Diversified Rotation Diet. This program leaves out foods that are used as frequently as twice a week or more for a period of three months. This is based on the assumption that these foods are being reacted to in some maladaptive way. It is the frequency of the use that produces the maladaptive reactions. A 4-Day or 7-Day Diversified Rotation Diet is set up to leave out these frequently used foods. After three months, these frequently used foods can be returned to the diet, usually without any symptoms being produced.

All addictive substances should be abandoned such as addictive drugs, alcohol, tobacco and caffeine (coffee, tea with caffeine, chocolate, and soft drinks containing caffeine). Addiction is acidifying.

Carbonated soft drinks are acid and should be rarely used. Soft drinks are sweetened with corn sugar and if and when used should be limited to the corn rotation day.

There is a valuable method of electrolysis which provides an alkaline micro negative ionized water that has an alkaline pH. There is a home electrolysis unit (AKAI instrument) that provides this alkaline micro water. It is recommended that five glasses of this alkaline micro water be used a day. The total amount of water used during a day should be a minimum of eight glasses of water and preferably as much as a total of ten glasses of fluid intake.

#### **MAGNETIC RESEARCH PROTOCOL SCHIZOPHRENIA**

##### **ORIENTATION:**

This magnetic research protocol is for a 41-year-old man. Because of his aggressiveness as a pro-life activist, he is under court order for medical supervision. He is receiving 5 different medications and also injections, the cost of which is about \$500 a month. He has been in and out of hospitals for several years. Magnetic therapy can only succeed if his physician, who is responsible for him by court order, sees light in proceeding with magnetic therapy. After magnetic therapy has successfully treated him, then medicines would be slowly withdrawn while the doctor monitors him and his behavior. The significance of treating schizophrenia with magnet therapy is in my book, *Magnet Therapy* and the quarterly, *Major Mental Disorders*. My research indicates that schizophrenia is initially a viral infection starting in childhood and injuring the brain. The viruses involved are one or more of the following; Epstein-Barr, cytomegalovirus or human herpes virus #6. These viruses do not die, however a magnetic field of sufficient strength and duration can kill these viruses. Secondly to these viruses and the injured brain, maladaptive reactions to foods and chemicals in the nature of allergies, addictions and toxicities can activate behavioral disorders based on the area of the brain that has been injured. First of all, the viruses need to be killed and secondly, the subject needs to rotate the foods on a four or seven day basis. The 4-day diversified rotation diet is in the quarterly, *The Ultimate Non-*

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*Addiction, Non-Stress Diet* The 7-day rotation diet is in the quarterly, *Metabolic Syndrome*.

**MAGNETS USED:**

Super magnetic bed composed of seventy 4" x 6" x 1" magnets. Thirty-five of these are placed in a wooden carrier 36" square. Two of these wooden carriers are placed end to end providing a bed 36" x 72". The total weight of this is 400 pounds. Over this place a 2" foam pad.

A 2" thick memory foam pad for a single sized bed.

Super magnetic head unit composed of twelve 4" x 6" x 1" magnets.

Two 4" x 6" x 1/2" ceramic block magnets with Velcro on the positive pole side. Two 4" x 52" body wraps.

Two 1-1/2" x 1/2" ceramic disc magnets with Velcro on the positive pole side.

One 2" x 26" band.

**INFORMATION NEEDED:**

*Magnet Therapy* book

*Major Mental Disorders* quarterly

*The Ultimate Non-Addiction, Non-Stress Diet* quarterly

*Metabolic Syndrome* quarterly

**PLACEMENT AND DURATION:**

He is to sleep all night on the super magnetic bed and with his head in the super magnetic head unit. For the first three months, he is to go back on this bed one hour, four times during the day. After that, he is to continue sleeping on the bed and super head unit nightly. He is to rotate his foods on either a four or seven day basis. Before his meal, he is to place the ceramic disc magnets bitemporally, that is, in front of the ears at the level of the top of the ears. Hold in place with a 2" x 26" band. Place a 4" x 6" x 1/2" magnet over the heart with the 6" lengthwise the body. Hold in place with a 4" x 52" body wrap. Place another 4" x 6" x 1/2" over the liver and hold in place with a 4" x 52" body wrap. This is to be 15 minutes before each meal and also during the meal. The disc magnets can also be used, placed bitemporally to reduce symptoms if and when they occur. It usually takes 5-15 minutes for the symptoms to subside. This could be tension, depression, and major symptoms of psychosis such as delusions and hallucinations. He should learn to spot minor symptoms which could then lead to major symptoms and put the magnets in place as soon as the minor symptoms occur or use them after the serious symptoms have already developed. This method of treating the symptoms is superior to any medication or electric shock. I am well-versed in using both. I have given over 70,000 electric shock treatments and by comparison these magnets are superior to any other kind of treatment.

**HOW TO USE THE FOUR DAY OR SEVEN DAY DIVERSIFIED ROTATION DIET**

The essence of the Diversified Rotation Diet is that foods are rotated on a four or seven day basis, thus preventing their maladaptive reactions, be these allergies or addictions. Also, this rotation diet will correct hypoglycemia and non-insulin dependent diabetes mellitus.

One method is to avoid food eaten twice a week or more for a period of three months, rotating all other foods. At the end of three months, then place these frequently used foods back into the diet, rotated once in four or seven days. This method is outlined in my quarterly, *The Ultimate Non-Addiction, Non-Stress Diet* and also in my book, *Magnet Therapy*.

Another method that is preferred by some is to start rotating all foods, even those that are eaten frequently. This can be achieved if the subjects will treat themselves to magnets for 15-30 minutes ahead of the meal. To achieve this, place the ceramic disc magnets bitemporally, that is in the front of the ears at the level of the top of

the ears. These are held in place with a 2" x 26" band. The discs are ceramic discs that are 1-1/2" x 1/2". The negative magnetic field is always placed toward the body. On the positive magnetic field side, there is hook Velcro that will hook to the band around the head and hold these in place. At the same time, place a 4" x 6" x 1/2" magnet on the heart with the 6" lengthwise the body. Hold this in place with a 4" x 52" body wrap. Also, place a 4" x 6" x 1/2" magnet with the 6" lengthwise the body over the liver area which is on the right side of the body with half of the magnet over the rib cage and half below the rib cage. Hold this in place with a 4" x 52" body wrap. The minimum time of exposure should be 15 to 30 minutes or more before each meal. With this method, there is no avoidance period of the commonly used foods.

After three months of rotation, there is little likelihood of a maladaptive reaction to a food without the magnets before the meal. Whenever purposely violating the rotation diet such as eating out, then use the magnets ahead of a meal.

The 4-day diversified rotation diet is in the quarterly, *The Ultimate Non-Addiction, Non-Stress Diet*. The 7-day rotation diet is in the quarterly, *Metabolic Syndrome*.

**POLARITY:**

Always use a negative magnetic field facing the body.

**RESEARCH CONSIDERATIONS:**

I request a report from the research subject and from the monitoring physician a minimum of three times a year.

**BEYOND MAGNETISM:**

Acute maladaptive reactions to foods, chemicals, inhalants or stress frequency pulsing fields has been documented as producing a brief state of acid-hypoxia. In this state, there is a production of acid and a failure to process properly the end-products of oxidation phosphorylation metabolism. In this state of acidosis, oxygen content is reduced. Maladaptive reactions to foods are the most frequent cause of bouts of acidosis. Degenerative diseases are noted for their acid-hypoxic state. Therefore, every effort should be made to maintain a normal alkaline and normal oxygen state.

A majority of people are maladaptively reacting in one or more ways to foods, thus producing bouts of acidosis and reduced oxygen. It is the better part of wisdom to follow a 4-Day or 7-Day Diversified Rotation Diet. This program leaves out foods that are used as frequently as twice a week or more for a period of three months. This is based on the assumption that these foods are being reacted to in some maladaptive way. It is the frequency of the use that produces the maladaptive reactions. A 4-Day or 7-Day Diversified Rotation Diet is set up to leave out these frequently used foods: After three months, these frequently used foods can be returned to the diet, usually without any symptoms being produced.

All addictive substances should be abandoned such as addictive drugs, alcohol, tobacco and caffeine (coffee, tea with caffeine, chocolate, and soft drinks containing caffeine). Addiction is acidifying.

Carbonated soft drinks are acid and should be rarely used. Soft drinks are sweetened with corn sugar and if and when used should be limited to the corn rotation day.

There is a valuable method of electrolysis which provides an alkaline micro negative ionized water that has an alkaline pH. There is a home electrolysis unit (AKAI instrument) that provides this alkaline micro water. It is recommended that five glasses of this alkaline micro water be used a day.

Nariwa water is a naturally negative ionized water from Japan's magnetic mountain and is the optimum alkaline micro water available. This comes in a bottle containing 500 cc. A minimum of one of these bottles should be used a day and preferably, two. The total amount of water used during a day should be a minimum of eight glasses of water and preferably as much as a total of ten glasses of

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## **MAGNETIC RESEARCH PROTOCOL BIPOLAR AND BEHAVIORAL DISORDERS**

### **ORIENTATION:**

This magnetic research protocol is for a 6-year-old boy having been diagnosed as having a bipolar disorder and a markedly disturbed behavioral disorder and learning disorder. He is wild, runs, jumps, hits and injures animals and people. He has mood swings and an attention-deficit. He attends a special educational class and even at that has to be separated at least once a day from other members of the class because of his marked abnormal behavior.

### **MAGNETS USED:**

Super magnetic bed composed of seventy 4" x 6" x 1" magnets. Thirty-five of these are placed in a wooden carrier 38" square. Two of these wooden carriers are placed end to end producing a bed 76" x 38". This is the size of a single bed and is 400 pounds of magnets.

A 3" thick memory foam pad for a single sized bed.

Super magnetic head unit composed of twelve 4" x 6" x 1" magnets.

Two 4" x 6" x 1/2" ceramic block magnets with Velcro on the positive pole side. Two 3" x 52" body wraps.

Two 1-1/2" x 1/2" ceramic disc magnets with Velcro on the positive pole side. One 2" x 26" band.

### **INFORMATION NEEDED:**

*Viral Encephalitis Syndrome* quarterly

*Metabolic Syndrome* quarterly

**PLACEMENT AND DURATION:** He is to sleep all night on the super magnetic bed with his head unit. He is to return to this one hour, four times during the day. This program is more important than his attending school at this time. It takes three months to treat the viruses. After three months, then he could return to school. His medication should start to be reduced after 6 weeks of treatment. By three months, his medication should have all been removed. The monitoring physician is the one who is responsible for reducing his medication.

It is important that he rotate his foods on a 7 day basis as outlined in the *Metabolic Syndrome* quarterly. Most subjects with this problem are reacting to cereal grains containing gluten which is wheat, rye, oats, barley and corn and also to dairy products and some react to other foods as well. Rotating the foods and with the magnets ahead of each meal as described will markedly prevent him from reacting to foods. Thirty minutes ahead of meals, he should drink a glass of water. He should drink at least five glasses of water a day. The disc magnets should be placed bitemporally and a 4" x 6" x 1/2" magnet over his heart and over his liver thirty minutes pre-meal. The disc magnets can be used as much as is needed to help control his outbursts of unreasonableness. The more they are used, the better. They are placed bitemporally, that is in front of the ears at the level of the top of the ears. They are held in place with a 2" x 26" band.

### **HOW TO USE THE FOUR DAY OR SEVEN DAY DIVERSIFIED ROTATION DIET**

The essence of the Diversified Rotation Diet is that foods are rotated on a four or, seven day basis, thus preventing their maladaptive reactions, be these allergies or addictions. Also, this rotation diet will correct hypoglycemia and non-insulin dependent diabetes mellitus.

One method is to avoid food eaten twice a week or more for a period of three months, rotating all other foods. At the end of three months, then place these frequently used foods back into the diet, rotated once in four or seven days. This method is outlined in my quarterly, *Metabolic Syndrome* quarterly and also in my book, *Magnet Therapy*.

Another method that is preferred by some is to start rotating all

foods, even those that are eaten frequently. This can be achieved if the subjects will treat themselves to magnets for 15-30 minutes ahead of the meal. To achieve this, place the ceramic disc magnets bitemporally, that is in the front of the ears at the level of the top of the ears. These are held in place with a 2" x 26" band. The discs are ceramic discs that are 1-1/2" x 1/2". The negative magnetic field is always placed toward the body. On the positive magnetic field side, there is hook Velcro that will hook to the band around the head and hold these in place. At the same time, place a 4" x 6" x 1/2" magnet on the heart with the 6" lengthwise the body. Hold this in place with a 3" x 52" body wrap. Also, place a 4" x 6" x 1/2" magnet with the 6" lengthwise the body over the liver area which is on the right side of the body with half of the magnet over the rib cage and half below the rib cage. Hold this in place with a 3" x 52" body wrap. The minimum time of exposure should be 15 to 30 minutes or more before each meal. With this method, there is no avoidance period of the commonly used foods.

After three months of rotation, there is little likelihood of a maladaptive reaction to a food without the magnets before the meal. Whenever purposely violating the rotation diet such as eating out, then use the magnets ahead of a meal.

The 4-day diversified rotation diet is in the quarterly, *The Ultimate Non-Addiction, Non-Stress Diet*. The 7-day rotation diet is in the quarterly, *Metabolic Syndrome*.

### **NEGATIVE ION HOUSEHOLD AIR TREATMENT**

The biological response to negative ions and negative magnetic fields are the same. The biological response to negative ions and a negative magnetic field is alkaline-hyperoxia. Alkaline-hyperoxia is anti-inflammatory, anti-stress, antibiotic, energizing and aids in healing. Negative air ions plus a small amount of ozone in the air cleans the air from dust, microorganisms, pollen, smoke, chemicals, odors and so forth. Negative ions in the air clean up the environment whereas a negative magnetic field is used on the body to achieve the same values inside the body. Thus, negative air ions, negative water ions and a negative magnetic field are complementary and should be used together to achieve optimum results.

### **AIR NEGATIVE ION GENERATORS**

#### LIVING AIR CLASSIC

Covers up to 3,000 square feet. Useful for living room size areas.

#### ECOHELP

LIVING AIR CLASSIC with air filter. Especially useful for respiratory disorders.

#### LIVING BREEZE

Covers 1,200 square feet. Useful for small rooms such as bedrooms.

Air negative ions are absorbed through the mucus membrane of the nasopharynx and lungs as well as the skin. Water negative ions from electronic produced negative ion-micro water and naturally occurring negative ion water are absorbed through the mucus membrane of the gastrointestinal tract. Colloidal silver antibiotic negative ions are absorbed through the mucus membrane of the mouth and gastrointestinal tract.

#### ALKALINE MICRO NEGATIVE ION WATER:

Alkaline micro negative ion water helps materially to maintain the body's normal alkaline state. Also, being micro water, it enters into the cells of the body more readily than the usual water. This also carries negative ions as well as being alkaline. The AKAI Electrolysis Instrument is used for producing the alkaline micro negative ion water. At least five glasses of this water should be used each day.

#### POLARITY:

Always use a negative magnetic field facing the body.

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**RESEARCH CONSIDERATIONS:**

I request a report from the research subject and from the monitoring physician a minimum of three times a year.

**BEYOND MAGNETISM:**

Acute maladaptive reactions to foods, chemicals, inhalants or stress frequency pulsing fields has been documented as producing a brief state of acid-hypoxia. In this state, there is a production of acid and a failure to process properly the end-products of oxidation phosphorylation metabolism. In this state of acidosis, oxygen content is reduced. Maladaptive reactions to foods are the most frequent cause of bouts of acidosis. Degenerative diseases are noted for their acid-hypoxic state. Therefore, every effort should be made to maintain a normal alkaline and normal oxygen state.

A majority of people are maladaptively reacting in one or more ways to foods, thus producing bouts of acidosis and reduced oxygen. It is the better part of wisdom to follow a 4-Day or 7-Day Diversified Rotation Diet. This program leaves out foods that are used as frequently as twice a week or more for a period of three months. This is based on the assumption that these foods are being reacted to in some maladaptive way. It is the frequency of the use that produces the maladaptive reactions. A 4-Day or 7-Day Diversified Rotation Diet is set up to leave out these frequently used foods. After three months, these frequently used foods can be returned to the diet, usually without any symptoms being produced.

All addictive substances should be abandoned such as addictive drugs, alcohol, tobacco and caffeine (coffee, tea with caffeine, chocolate, and soft drinks containing caffeine). Addiction is acidifying.

Carbonated soft drinks are acid and should be rarely used. Soft drinks are sweetened with corn sugar and if and when used should be limited to the corn rotation day.

There is a valuable method of electrolysis which provides an alkaline micro negative ionized water that has an alkaline pH. There is a home electrolysis unit (AKAI instrument) that provides this alkaline micro water. It is recommended that five glasses of this alkaline micro water be used a day. The total amount of water used during a day should be a minimum of eight glasses of water and preferably as much as a total of ten glasses of fluid intake.

**MAGNETIC RESEARCH PROTOCOL  
BEHAVIORAL DISORDER, SECONDARY TO FOOD  
ALLERGIES**

**ORIENTATION:**

This magnetic research protocol is for a 9-year-old boy who is observed to usually be quiet, shy and reasonable. However, it has been noted after drinking milk, eating cheese or wheat, that he becomes angry, explosive, depressed, tearful and otherwise with unreasonable behavior. The mother has read my book, *Brain Allergies*.

**MAGNETS USED:**

Minimal program:

Two 1-1/2" x 1/2" ceramic disc magnets with Velcro on the positive pole side.

One 2" x 26" band.

Two 4" x 6" x 1/2" ceramic block magnets with Velcro on the positive pole side. Two 3" x 52" body wraps.

**INFORMATION NEEDED:**

*Metabolic Syndrome* quarterly

*The pH Factor* quarterly

*Viral Encephalitis Syndrome* quarterly

Optimal program for optimum health and for killing viruses,  
add to the minimal program, the following:

Super magnetic bed composed of seventy 4" x 6" x 1" magnets. Thirty-five of these are placed in a wooden carrier 38" square. Two of these wooden carriers are placed end to end producing a bed 76" x

38". This is the size of a single bed. This is approximately 400 pounds of magnets.

A 3" thick memory foam pad for a single sized bed.

Super magnetic head unit composed of twelve 4" x 6" x 1" magnets.

**PLACEMENT AND DURATION:**

For minimal program:

Use the two disc magnets placed bitemporally which would be at the level of the top of the ears, in front of the ears. Hold in place with a band that is 2" x 26". This will usually relieve the symptoms within 5-15 minutes. The more these are used, the better. The symptoms are characteristically relieved even if and when we know specifically the foods or chemicals that evoke the symptoms. The more these magnets are used, the better. They can even be used at night to aid in sleep. Rotate the foods on a 7 day basis as outlined in the *Metabolic Syndrome* quarterly or the 4 day rotation as outlined in my book *Brain Allergies*. The *Metabolic Syndrome* quarterly also describes the placement of magnets 30 minutes, pre-meal. Place the two discs bitemporally, a 4" x 6" x 1/2" magnet over the heart with the 6" lengthwise the body and also treat the liver the same way. Always use the negative magnetic field facing the body. If symptoms still occur when the magnets are used ahead of a meal and rotated, then that food or chemical should not be used for a period of three months and then tried again. Occasionally, there is someone who should leave out gluten continuously which is from such as wheat, rye, oats, barley and corn.

Optimal program for good health and for killing viruses:

My findings are that behavioral disordered children have viruses from the herpes family such as Epstein-Barr or cytomegalovirus or both. These viruses are also consistently present in major mental disorders. I have also observed that behavioral disorders can become worse and become major mental disorders. A negative magnetic field is the only sure way we have of killing the viruses. This is achieved by a 70 magnet bed. Sleep on this 70 magnet bed and the head unit nightly as a lifestyle. In order to be sure and kill the viruses however, it is recommended that he go back on the bed one hour, four times during the day for the first three months. After three months, then continue nightly as a lifestyle to sleep on the bed and the head unit.

**HOW TO USE THE FOUR DAY OR SEVEN DAY DIVERSIFIED ROTATION DIET**

The essence of the Diversified Rotation Diet is that foods are rotated on a four or seven day basis, thus preventing their maladaptive reactions, be these allergies or addictions. Also, this rotation diet will correct hypoglycemia and non-insulin dependent diabetes mellitus.

One method is to avoid foods eaten twice a week or more for a period of three months, rotating all other foods. At the end of three months, then place these frequently used foods back into the diet, rotated once in four or seven days. This method is outlined in my *Metabolic Syndrome* quarterly and also in my book, *Magnet Therapy*.

Another method that is preferred by some is to start rotating all foods, even those that are eaten frequently. This can be achieved if the subjects will treat themselves to magnets for 15-30 minutes ahead of the meal. To achieve this, place the ceramic disc magnets bitemporally, that is in the front of the ears at the level of the top of the ears. These are held in place with a 2" x 26" band. The discs are ceramic discs that are 1-1/2" x 1/2". The negative magnetic field is always placed toward the body. On the positive magnetic field side, there is hook Velcro that will hook to the band around the head and hold these in place. At the same time, place a 4" x 6" x 1/2" magnet on the heart with the 6" lengthwise the body. Hold this in place with

**Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior** a 3" x 52" body wrap. Also, place a 4" x 6" x 1/2" magnet with the 6" lengthwise the body over the liver area which is on the right side of the body with half of the magnet over the rib cage and half below the rib cage. Hold this in place with a 3" x 52" body wrap. The minimum time of exposure should be 15 to 30 minutes or more before each meal. With this method, there is no avoidance period of the commonly used foods.

After three months of rotation, there is little likelihood of a maladaptive reaction to a food without the magnets before the meal. Whenever purposely violating the rotation diet such as eating out, then use the magnets ahead of a meal.

The 4-day diversified rotation diet is in the quarterly, *The Ultimate Non-Addiction, Non-Stress Diet*. The 7-day rotation diet is in the quarterly, *Metabolic Syndrome*.

#### **NEGATIVE ION HOUSEHOLD AIR TREATMENT**

The biological response to negative ions and negative magnetic fields are the same. The biological response to negative ions and a negative magnetic field is alkaline-hyperoxia. Alkaline-hyperoxia is anti-inflammatory, anti-stress, antibiotic, energizing and aids in healing. Negative air ions plus a small amount of ozone in the air cleans the air from dust, microorganisms, pollen, smoke, chemicals, odors and so forth. Negative ions in the air clean up the environment whereas a negative magnetic field is used on the body to achieve the same values inside the body. Thus, negative air ions, negative water ions and a negative magnetic field are complementary and should be used together to achieve optimum results.

#### **AIR NEGATIVE ION GENERATORS**

##### LIVING AIR CLASSIC

Covers up to 3,000 square feet. Useful for living room size areas.

##### ECOHELP

LIVING AIR CLASSIC with air filter. Especially useful for respiratory disorders.

##### LIVING BREEZE

Covers 1,200 square feet. Useful for small rooms such as bedrooms.

Air negative ions are absorbed through the mucus membrane of the nasopharynx and lungs as well as the skin. Water negative ions from electronic produced negative ion-micro water and naturally occurring negative ion water are absorbed through the mucus membrane of the gastrointestinal tract. Colloidal silver antibiotic negative ions are absorbed through the mucus membrane of the mouth and gastrointestinal tract.

#### **ALKALINE MICRO NEGATIVE ION WATER:**

Alkaline micro negative ion water helps materially to maintain the body's normal alkaline state. Also, being micro water, it enters into the cells of the body more readily than the usual water. This also carries negative ions as well as being alkaline. The AKAI Electrolysis Instrument is used for producing the alkaline micro negative ion water. At least five glasses of this water should be used each day.

#### **POLARITY:**

Always use a negative magnetic field facing the body.

#### **RESEARCH CONSIDERATIONS:**

I request a report from the research subject and from the monitoring physician a minimum of three times a year.

#### **BEYOND MAGNETISM:**

Acute maladaptive reactions to foods, chemicals, inhalants or stress frequency pulsing fields has been documented as producing a brief state of acid-hypoxia. In this state, there is a production of acid and a failure to process properly the end-products of oxidation phosphorylation metabolism. In this state of acidosis, oxygen content is reduced. Maladaptive reactions to foods are the most frequent cause

of bouts of acidosis. Degenerative diseases are noted for their acid-hypoxic state. Therefore, every effort should be made to maintain a normal alkaline and normal oxygen state.

A majority of people are maladaptively reacting in one or more ways to foods, thus producing bouts of acidosis and reduced oxygen. It is the better part of wisdom to follow a 4-Day or 7-Day Diversified Rotation Diet. This program leaves out foods that are used as frequently as twice a week or more for a period of three months. This is based on the assumption that these foods are being reacted to in some maladaptive way. It is the frequency of the use that produces the maladaptive reactions. A 4-Day or 7-Day Diversified Rotation Diet is set up to leave out these frequently used foods. After three months, these frequently used foods can be returned to the diet, usually without any symptoms being produced.

All addictive substances should be abandoned such as addictive drugs, alcohol, tobacco and caffeine (coffee, tea with caffeine, chocolate, and soft drinks containing caffeine). Addiction is acidifying.

Carbonated soft drinks are added and should be rarely used. Soft drinks are sweetened with corn sugar and if and when used should be limited to the corn rotation day.

There is a valuable method of electrolysis which provides an alkaline micro negative ionized water that has an alkaline pH. There is a home electrolysis unit (AKAI instrument) that provides this alkaline micro water. It is recommended that five glasses of this alkaline micro water be used a day. The total amount of water used during a day should be a minimum of eight glasses of water and preferably as much as a total of ten glasses of fluid intake.

#### **MAGNETIC RESEARCH PROTOCOL SCHIZO AFFECTIVE DISORDER**

##### **ORIENTATION:**

This magnetic research protocol is for a 20-year-old man who has symptoms of depression, talking to himself, auditory hallucinations and an inability to relate to people. As a child, he was diagnosed as having food allergies including milk allergy. At age 3, he was diagnosed as having attention-deficit, hyperactive disorder. At 1 year, he had an infection that produced a skin rash (roseola). The father has read my book, *Magnet Therapy*.

##### **MAGNETS USED:**

Super magnetic bed composed of seventy 4" x 6" x 1" magnets. Thirty-five of these are placed in a wooden carrier 38" square. Two of these wooden carriers are placed end to end producing a bed 76" x 38". This is 400 pounds of magnets. This is the size of a single bed.

A 3" thick memory foam pad for a single sized bed.

Super magnetic head unit composed of twelve 4" x 6" x 1" magnets.

Two 4" x 6" x 1/2" ceramic block magnets with Velcro on the positive pole side. Two 3" x 52" body wraps.

Two 1-1/2" x 1/2" ceramic disc magnets with Velcro on the positive pole side. One 2" x 26" band.

##### **INFORMATION NEEDED:**

*Viral Encephalitis Syndrome* quarterly

*Metabolic Syndrome* quarterly

*Magnet Therapy* book

**PLACEMENT AND DURATION:** Sleep all night on the super magnetic bed and head unit. Return to the bed and head unit one hour, four times during the day for the first three months. After three months, continue to sleep on the bed and the head unit nightly as a lifestyle. A small pillow will need to be placed in the head unit. It is recommended that he rotate his food on a 7 day basis. This is outlined in the *Metabolic Syndrome* quarterly. Also, thirty minutes ahead of each meal he should treat himself with magnets. Thirty minutes ahead of each meal, place the disc magnets bitemporally, that is in front of the ears at the level of the top of the ears, held in place with

**Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior** to use. Place a 4" x 6" x 1/2" magnet over the heart with the 6" lengthwise the body. Hold in place with a 3" x 52" body wrap. Do the same to the liver which is on the right side of the body. Half of the magnet would be on the rib cage, half would be below the rib cage. Hold in place with a 3" x 52" body wrap. The 6" should be lengthwise the body. It is wise to drink two glasses of water at the time you place the magnets on, thirty minutes ahead of a meal. He should drink a total of ten glasses of water in the course of a day. It is important that he keep track of the amount of water he drinks. It is very necessary to have adequate water. The best water is water that comes from volcanic sources. These can be purchased in health food stores. Some are from Iceland, Hawaii, Fiji and other places. The water needs to filter through volcanic ash. This then is alkaline micro negative ion water.

#### HOW TO USE THE FOUR DAY OR SEVEN DAY DIVERSIFIED ROTATION DIET

The essence of the Diversified Rotation Diet is that foods are rotated on a four or seven day basis, thus preventing their maladaptive reactions, be these allergies or addictions. Also, this rotation diet will correct hypoglycemia and non-insulin dependent diabetes mellitus.

One method is to avoid food eaten twice a week or more for a period of three months, rotating all other foods. At the end of three months, then place these frequently used foods back into the diet, rotated once in four or seven days. This method is outlined in my *Metabolic Syndrome* quarterly and also in my book, *Magnet Therapy*.

Another method that is preferred by some is to start rotating all foods, even those that are eaten frequently. This can be achieved if the subjects will treat themselves to magnets for 15-30 minutes ahead of the meal. To achieve this, place the ceramic disc magnets bitemporally, that is in the front of the ears at the level of the top of the ears. These are held in place with a 2" x 26" band. The discs are ceramic discs that are 1-1/2" x 1/2". The negative magnetic field is always placed toward the body. On the positive magnetic field side, there is hook Velcro that will hook to the band around the head and hold these in place. At the same time, place a 4" x 6" x 1/2" magnet on the heart with the 6" lengthwise the body. Hold this in place with a 3" x 52" body wrap. Also, place a 4" x 6" x 1/2" magnet with the 6" lengthwise the body over the liver area which is on the right side of the body with half of the magnet over the rib cage and half below the rib cage. Hold this in place with a 3" x 52" body wrap. The minimum time of exposure should be 15 to 30 minutes or more before each meal. With this method, there is no avoidance period of the commonly used foods.

After three months of rotation, there is little likelihood of a maladaptive reaction to a food without the magnets before the meal. Whenever purposely violating the rotation diet such as eating out, then use the magnets ahead of a meal.

The 4-day diversified rotation diet is in the quarterly, *The Ultimate Non-Addiction, Non-Stress Diet*. The 7-day rotation diet is in the quarterly, *Metabolic Syndrome*.

#### NEGATIVE ION HOUSEHOLD AIR TREATMENT

The biological response to negative ions and negative magnetic fields are the same. The biological response to negative ions and a negative magnetic field is alkaline-hyperoxia. Alkaline-hyperoxia is anti-inflammatory, anti-stress, antibiotic, energizing and aids in healing. Negative air ions plus a small amount of ozone in the air cleans the air from dust, microorganisms, pollen, smoke, chemicals, odors and so forth. Negative ions in the air clean up the environment whereas a negative magnetic field is used on the body to achieve the same values inside the body. Thus, negative air ions, negative water ions and a negative magnetic field are complementary and

should be used together to achieve optimum results.

#### AIR NEGATIVE ION GENERATORS

##### LIVING AIR CLASSIC

Covers up to 3,000 square feet. Useful for living room size areas.

##### ECOHELP

LIVING AIR CLASSIC with air filter. Especially useful for respiratory disorders.

##### LIVING BREEZE

Covers 1,200 square feet. Useful for small rooms such as bedrooms.

Air negative ions are absorbed through the mucus membrane of the nasopharynx and lungs as well as the skin. Water negative ions from electronic produced negative ion -micro water and naturally occurring negative ion water are absorbed through the mucus membrane of the gastrointestinal tract. Colloidal silver antibiotic negative ions are absorbed through the mucus membrane of the mouth and gastrointestinal tract.

#### ALKALINE MICRO NEGATIVE ION WATER:

Alkaline micro negative ion water helps materially to maintain the body's normal alkaline state. Also, being micro water, it enters into the cells of the body more readily than the usual water. This also carries negative ions as well as being alkaline. The AKAI Electrolysis Instrument is used for producing the alkaline micro negative ion water. At least five glasses of this water should be used each day.

#### POLARITY:

Always use a negative magnetic field facing the body.

#### RESEARCH CONSIDERATIONS:

I request a report from the research subject and from the monitoring physician a minimum of three times a year.

#### BEYOND MAGNETISM:

Acute maladaptive reactions to foods, chemicals, inhalants or stress frequency pulsing fields has been documented as producing a brief state of acid-hypoxia. In this state, there is a production of acid and a failure to process properly the end-products of oxidation phosphorylation metabolism. In this state of acidosis, oxygen content is reduced. Maladaptive reactions to foods are the most frequent cause of bouts of acidosis. Degenerative diseases are noted for their acid-hypoxic state. Therefore, every effort should be made to maintain a normal alkaline and normal oxygen state.

A majority of people are maladaptively reacting in one or more ways to foods, thus producing bouts of acidosis and reduced oxygen. It is the better part of wisdom to follow a 4-Day or 7-Day Diversified Rotation Diet. This program leaves out foods that are used as frequently as twice a week or more for a period of three months. This is based on the assumption that these foods are being reacted to in some maladaptive way. It is the frequency of the use that produces the maladaptive reactions. A 4-Day or 7-Day Diversified Rotation Diet is set up to leave out these frequently used foods. After three months, these frequently used foods can be returned to the diet, usually without any symptoms being produced.

All addictive substances should be abandoned such as addictive drugs, alcohol, tobacco and caffeine (coffee, tea with caffeine, chocolate, and soft drinks containing caffeine). Addiction is acidifying.

Carbonated soft drinks are acid and should be rarely used. Soft drinks are sweetened with corn sugar and if and when used should be limited to the corn rotation day.

There is a valuable method of electrolysis which provides an alkaline micro negative ionized water that has an alkaline pH. There is a home electrolysis unit (AKAI instrument) that provides this alkaline micro water. It is recommended that five glasses of this alkaline micro water be used a day. The total amount of water used during a

**Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior** day should be a minimum of eight glasses of water and preferably as much as a total of ten glasses of fluid intake.

### **MAGNETIC RESEARCH PROTOCOL ATTENTION-DEFICIT DISORDER**

#### **ORIENTATION:**

This magnetic research protocol is for a 9-year-old child with a mild degree of attention-deficit disorder. This has been sufficient to interfere to some degree with her education. My experience has been that learning disabled children, behavioral disordered children and autistic children are infected with the herpes family viruses such as Epstein-Barr, cytomegalovirus or human herpes virus #6. This possibility has not been studied for Brieana. It would be well if antibodies were examined to these viruses. It needs to be understood that these learning disorders, behavioral disorders and autism children are candidates for schizophrenia or manic depressive illness in their 20's. A small percentage do develop these illnesses. It is because they have a viral infection which is progressive and continues to injure the brain and interfere with the central nervous system function. Because these viruses have infected not only the neurones but the immune system such as the B-lymphocytes that make antibodies, they become more reactive to foods, chemicals and inhalants, particularly to foods. She is known to be sensitive to gluten which could be due to an infection or could be due to frequency of use such as daily, or could be genetic. There is only a small chance of being genetic. Avoiding gluten is a good idea. For most people however, after they have avoided it for several weeks, it could be rotated on either a 4 or 7 day basis without any difficulty. This is especially true if they don't have any viral infections active at that time. Avoiding of course is useful, however, even those who are reacting to gluten are nearly always reactive to several other foods as well. Rotation of foods is always a good idea. Maladaptive reactions to foods can be prevented by treating the head, heart and the liver with magnets ahead of a meal.

The herpes family viruses cannot be killed by the human immune system. They make a stealth adaptation and then they survive as a chronic infection. They can however be killed with a negative magnetic field. This is composed of both a strong magnetic bed and a strong magnetic head unit.

#### **MAGNETS USED:**

Super magnetic bed composed of seventy 4" x 6" x 1" magnets. Thirty-five of these are placed in a wooden carrier 38" square. Two of these wooden carriers are placed end to end producing a bed 76" x 38" which is the size of a single bed. This is placed on top of her bed. This is 400 pounds of magnets.

A 2" thick memory foam pad for a single sized bed.

Super magnetic head unit composed of twelve 4" x 6" x 1" magnets.

Two 4" x 6" x 1/2" ceramic block magnets with Velcro on the positive pole side. Two 3" x 52" body wraps.

Two 1-1/2" x 1/2" ceramic disc magnets with Velcro on the positive pole side. One 2" x 26" band.

#### **INFORMATION NEEDED:**

Book:

*Magnet Therapy*

Quarterlies:

*Metabolic Syndrome*

*The pH Factor*

*Viral Encephalitis Syndrome*

The mother has already purchased these.

#### **PLACEMENT AND DURATION:**

The evidence is that both Brieana and her Mother, Rebecca, would benefit by this bed. It would be possible, in order to kill the viruses, for each one to have their own three months on this. Say, if

Brieana is treated during the summer for three months when she is off of school, this would allow her to go back on the bed one hour, four times during the day. That would kill the viruses. The viruses will be dead and would not continue to injure her unless of course, she gets a second infection from someone who has the viruses. Also, in Brieana's case, it would be well for her to use the disc magnets frequently, placed bitemporally, which is likely to relieve her symptoms at the time they are in place.

The full treatment would be to sleep on the bed and the head unit all night and return an hour, four times during the day for the first three months. This intense treatment is required to kill the viruses. Following this treatment, then it is wise to sleep on the bed and the head unit nightly as a lifestyle for optimum health.

It would be wise to rotate the food on a 7 day basis or on a 4 day basis. The 7 day is more convenient for most people. She is already leaving out gluten. Gluten could be returned on a rotation diet. Most of the time, the cause is not genetic. Only in the genetic cases, would the gluten have to be left out all the time. 1 out of 200, if they are Irish, have this genetic disorder. 1 out of 2,000 that are not Irish have this genetic disorder. Most people that react to gluten do so because they are eating it frequently and if they rotate it and/or treat with magnets ahead of meals, they are not going to react. The use of placing the magnets ahead of meals is outlined in the quarterly, *Metabolic Syndrome*.

#### **HOW TO USE THE FOUR DAY OR SEVEN DAY DIVERSIFIED ROTATION DIET**

The essence of the Diversified Rotation Diet is that foods are rotated on a four or seven day basis, thus preventing their maladaptive reactions, be these allergies or addictions. Also, this rotation diet will correct hypoglycemia and non-insulin dependent diabetes mellitus.

One method is to avoid food eaten twice a week or more for a period of three months, rotating all other foods. At the end of three months, then place these frequently used foods back into the diet, rotated once in four or seven days. This method is outlined in my quarterly, *Metabolic Syndrome* quarterly and also in my book, *Magnet Therapy*.

Another method that is preferred by some is to start rotating all foods, even those that are eaten frequently. This can be achieved if the subjects will treat themselves to magnets for 15-30 minutes ahead of the meal. To achieve this, place the ceramic disc magnets bitemporally, that is in the front of the ears at the level of the top of the ears. These are held in place with a 2" x 26" band. The discs are ceramic discs that are 1-1/2" x 1/2". The negative magnetic field is always placed toward the body. On the positive magnetic field side, there is hook Velcro that will hook to the band around the head and hold these in place. At the same time, place a 4" x 6" x 1/2" magnet on the heart with the 6" lengthwise the body. Hold this in place with a 4" x 52" body wrap. Also, place a 4" x 6" x 1/2" magnet with the 6" lengthwise the body over the liver area which is on the right side of the body with half of the magnet over the rib cage and half below the rib cage. Hold this in place with a 4" x 52" body wrap. The minimum time of exposure should be 15 to 30 minutes or more before each meal. With this method, there is no avoidance period of the commonly used foods.

After three months of rotation, there is little likelihood of a maladaptive reaction to a food without the magnets before the meal. Whenever purposely violating the rotation diet such as eating out, then use the magnets ahead of a meal.

The 4-day diversified rotation diet is in the quarterly, *The Ultimate Non-Addiction, Non-Stress Diet*. The 7-day rotation diet is in the quarterly, *Metabolic Syndrome*.

#### **NEGATIVE ION HOUSEHOLD AIR TREATMENT**

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The biological response to negative ions and negative magnetic fields are the same. The biological response to negative ions and a negative magnetic field is alkaline-hyperoxia. Alkaline-hyperoxia is anti-inflammatory, anti-stress, antibiotic, energizing and aids in healing. Negative air ions plus a small amount of ozone in the air cleans the air from dust, microorganisms, pollen, smoke, chemicals, odors and so forth. Negative ions in the air clean up the environment whereas a negative magnetic field is used on the body to achieve the same values inside the body. Thus, negative air ions, negative water ions and a negative magnetic field are complementary and should be used together to achieve optimum results.

#### **AIR NEGATIVE ION GENERATORS**

##### **LIVING AIR CLASSIC**

Covers up to 3,000 square feet. Useful for living room size areas.

##### **FCOHELP**

LIVING AIR CLASSIC with air filter. Especially useful for respiratory disorders.

##### **LIVING BREEZE**

Covers 1,200 square feet. Useful for small rooms such as bedrooms.

Air negative ions are absorbed through the mucus membrane of the nasopharynx and lungs as well as the skin. Water negative ions from electronic produced negative ion -micro water and naturally occurring negative ion water such as Nariwa water are absorbed through the mucus membrane of the gastrointestinal tract. Colloidal silver antibiotic negative ions are absorbed through the mucus membrane of the mouth and gastrointestinal tract.

##### **ALKALINE MICRO NEGATIVE ION WATER:**

Alkaline micro negative ion water helps materially to maintain the body's normal alkaline state. Also, being micro water, it enters into the cells of the body more readily than the usual water. This also carries negative ions as well as being alkaline. The AKAI Electrolysis Instrument is used for producing the alkaline micro negative ion water. At least five glasses of this water should be used each day.

##### **NARIWA WATER:**

Nariwa water is a negative ion water from Japan's magnetic mountain. This comes in a bottle containing 500 cc. A minimum of one of these bottles should be used a day and preferably, two. The total amount of water used during a day should be a minimum of eight glasses of water and preferably as much as a total of ten glasses of fluid intake.

##### **POLARITY:**

Always use a negative magnetic field facing the body.

##### **RESEARCH CONSIDERATIONS:**

I request a report from the research subject and from the monitoring physician a minimum of three times a year. -

##### **BEYOND MAGNETISM:**

Acute maladaptive reactions to foods, chemicals, inhalants or stress frequency pulsing fields has been documented as producing a brief state of acid-hypoxia. In this state, there is a production of acid and a failure to process properly the end-products of oxidation phosphorylation metabolism. In this state of acidosis, oxygen content is reduced. Maladaptive reactions to foods are the most frequent cause of bouts of acidosis. Degenerative diseases are noted for their acid-hypoxic state. Therefore, every effort should be made to maintain a normal alkaline and normal oxygen state.

A majority of people are maladaptively reacting in one or more ways to foods, thus producing bouts of acidosis and reduced oxygen. It is the better part of wisdom to follow a 4-Day or 7-Day Diversified Rotation Diet. This program leaves out foods that are used as frequently as twice a week or more for a period of three months. This

is based on the assumption that these foods are being reacted to in some maladaptive way. It is the frequency of the use that produces the maladaptive reactions. A 4-Day or 7-Day Diversified Rotation Diet is set up to leave out these frequently used foods. After three months, these frequently used foods can be returned to the diet, usually without any symptoms being produced.

All addictive substances should be abandoned such as addictive drugs, alcohol, tobacco and caffeine (coffee, tea with caffeine, chocolate, and soft drinks containing caffeine). Addiction is acidifying.

Carbonated soft drinks are acid and should be rarely used. Soft drinks are sweetened with corn sugar and if and when used should be limited to the corn rotation day.

There is a valuable method of electrolysis which provides an alkaline micro negative ionized water that has an alkaline pH. There is a home electrolysis unit (AKAI instrument) that provides this alkaline micro water. It is recommended that five glasses of this alkaline micro water be used a day.

Nariwa water is a naturally negative ionized water from Japan's magnetic mountain and is the optimum alkaline micro water available. This comes in a bottle containing 500 cc. A minimum of one of these bottles should be used a day and preferably, two. The total amount of water used during a day should be a minimum of eight glasses of water and preferably as much as a total of ten glasses of fluid intake. Magnet therapy can be a substantial part of the treatment of both type I and type II diabetes mellitus. Providing magnets for the head, heart and liver ahead of meals along with the rotation diet can materially help control diabetes mellitus. The infectious and neuritis complications of diabetes mellitus can substantially be solved with magnet therapy.

##### **INFECTION**

A negative magnetic field is a universal antibiotic. All invading microorganisms are positive magnetic poled and need some degree of acidity in order to start the invading process. If the human cells have a high enough negative magnetic field, they will win the battle by preventing the invading microorganisms from making their ATP which they make by fermentation. Friendly microorganisms that cannot invade such as those in the gastrointestinal tract are useful in that the human body absorbs some of the vitamins. They cannot invade because they are negative magnetic fields the same as the human cells. The answer for infections is to maintain a high level of alkaline-hyperoxia which will defeat the invading microorganisms from making their energy (ATP) and at the same time will support the metabolic function of the non-invading, friendly bacteria which make their ATP by oxidative phosphorylation rather than by fermentation. An example is a woman who had multiple bowel complaints was sent to me by a doctor, along with the results of a stool culture. This had numerous pathological bacteria including also the fungus Candida as well as the good bacteria. She was placed on the 70-magnet bed. Three months later, the physician now sends me the results of a new stool culture. The pathological bacteria are not present. Candida is no longer present. The good bacteria are flourishing. Based on this information, we can predict that a negative magnetic field will become prominent in use of its antibiotic value. Negative ions have the same biological response of alkaline-hyperoxia that a negative magnetic field has. However, the negative ions cannot be concentrated the same as a negative magnetic field. Both negative ions and negative magnetic fields do work together and in the same way. Negative ions come from waters that have a volcanic source. The water filters through the volcanic ash. The volcano itself is a negative magnetic field whereas the molten mass below the volcano is a positive magnetic field. Therefore, the water filtering through the volcanic ash picks up over seventy minerals that are low atomic weight. These minerals become negative

**Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior** ions. Drinking this water has the effect of alkaline-hyperoxia and to a mild degree is an antibiotic. Colloidal silver is also a negative ion and this is why it has its antibiotic effect. Negative ion generators providing negative ions in the air are also an antibiotic. It would be well to be using these mild antibiotics as a prophylaxis against infection. If and when an infection does occur, then treat the area continuously with a negative magnetic field. If it is a systemic infection, then treat it systemically with a 70 magnet bed and the head unit composed of twelve 4" x 6" x 1" magnets.

#### **SYSTEMIC VIRAL INFECTIONS SUCH AS EPSTEIN-BARR, CYTOMEGALOVIRUS OR HUMAN HERPES VIRUS #6**

For these systemic viruses, use the 70 magnet bed composed of seventy 4" x 6" x 1" magnets and the magnetic head unit composed of twelve 4" x 6" x 1" magnets. For the first three months, sleep all night on the magnetic bed and head unit and return to the bed and the head unit one hour, four times during the day. These viruses have been found to be consistently present in autism, learning disorders and behavioral disorders and present in major mental disorders like schizophrenia, manic depression and psychotic depression. When infection of these viruses occur early in life, then this viral encephalitis syndrome which affects behavior, learning and predisposes to the development of major mental disorders. The children with autistic spectrum symptoms become schizophrenic, in fact, a full-blown autistic schizophrenic is given the diagnosis of catatonia. The feature of not communicating with other people is characteristic of the majority of the schizophrenic symptoms. The obsessive-compulsive children with this infection have been observed to become manic depressive as adults. If these systemic viral infections develop in adulthood after the brain has developed, then the person is weak, depressed and has fibromyalgia pains. These subjects should all be treated with the 70 magnet bed and the head unit and treatment of an hour or so, three or four times a day, for the first three months.

#### **SINUSITIS**

Use the sinus/eye unit that has the neodymium disc magnets that are 1" x 1/8". These are placed directly over the sinuses. The treatment should be all night and preferably 1/2 hour to 1 hour sessions during the day until the infection is handled. It often takes a month to six weeks to do a good job. Then continue to use the magnets at night. Or, another solution is to use the super magnetic head unit composed of twelve 4" x 6" x 1" magnets.

#### **LARYNGITIS**

Place the 1-1/2" x 1/2" ceramic discs directly over the larynx. Hold in place with a 2" x 26" band.

#### **BRONCHITIS**

For bronchitis, place a 4" x 6" x 1/2" magnet directly over the sternum with the negative magnetic field facing the body. Hold in place continuously day and night until the infection is handled. This is very effective in handling acute bronchitis. Chronic bronchitis which can become bronchiectasis will be materially improved but not completely handled. It will soften the mucous so that it can be coughed up. It does this even more effectively than even the usual medications that are used to soften up the mucous. In case of bronchitis, the treatment needs to be quite continuous to keep the infection down and more easily remove the extra mucous that forms in the bronchi.

#### **INFLUENZA**

At the first symptom, place the negative pole of a 4" x 6" x 1/2" over the sternum. This may prove to be adequate to head off the flu even when the first stage has been experienced. Keep the magnet on the sternum until the flu has been handled which should be about 2-3 weeks. It is possible also to help this, by using a negative ion generator and folding a paper so as to make a funnel to concentrate the negative ions being breathed. Drinking alkaline micro negative

ion water will also help in fighting the flu or any other infection of course. So will colloidal silver help in this fight with infection.

#### **PNEUMONIA**

In treating pneumonia which is quite pervasive in the lungs, it would be well to be using four of the 4" x 6" x 1/2" magnets, two on the front to the body and two on the back of the body. It would be well to have a garment supporting the weight from the shoulders that has pockets in it over these four areas of the body. The magnets should be on continuously until the infection has been handled. Any of the usual treatments of antibiotics is compatible with the treatment with magnets. Magnetic fields are not a foreign substance to the body. They strengthen the body's own negative magnetic field to fight the infections and in no way is toxic or in no way chemically interferes with any other treatment being used to fight the infection.

#### **INTESTINAL INFECTION**

Place the 4" x 6" x 1/2" magnet over the affected area of the abdomen. Hold in place continuously until the infection has been handled.

#### **LIVER INFECTIONS AND OTHER LIVER DISORDERS**

Place the negative pole of a 4" x 6" x 1/2" magnet directly over the liver on the front of the body with the 6" lengthwise the body. Half of the magnet would be on the rib cage and half below. This could also be used on the right side of the body or the front of the body. Excellent results have been obtained from viral infections. This also works very well for toxic states of the liver. Occasionally, the liver that is functioning so poorly that the person could not survive can be treated with the negative magnetic pole and the liver function and the patient survive. An example is a subject whose liver was injured by a toxic reaction which was so bad that it was judged that survival could not occur except with a liver transplant. While waiting for the transplant, a 4" x 6" x 1/2" magnet was placed over the liver. The patient's condition improved. A year later when a liver was available, the liver function was completely normal and no liver transplant was needed.

#### **LOCAL SKIN INFECTIONS**

Use a magnet field that is as large as the infected area. Neodymium disc magnets that are 1" x 1/8" are ideal for small lesions. Ceramic disc magnets can be used. Plastiform magnets can be cut into any size that is needed and can be used. A 4" x 6" x 1/2" magnet can be used. Ulcers that do not heal can be healed with a negative magnetic field. An example is a diabetic with an ulcer on the foot that would not heal. It was so bad, that removal of the foot was scheduled. A 4" x 6" x 1/2" magnet was placed over this non-healing ulcer. Within a week, there was evidence that the healing was occurring. The ulcer completely healed and the foot did not have to be removed. This is despite the fact that the diabetes was in poor control. Of course, every effort should be made to correct the metabolic disorder.

#### **FREE RADICALS**

A negative magnetic field will become the major method of reversing free radicals.

Free radicals have been identified as a major source of inflammation leading to both immediate symptoms and to degenerative diseases. There are a number of nutritional sources of free radical scavengers. Unfortunately, at this juncture of time, the fact that a negative magnetic field is a free radical scavenger is not general knowledge. A negative magnetic field is most optimal of all free radical scavengers.

A free radical is a charged substance of an imbalance of electromagnetic field energy in which the outer electron is spinning clockwise the same as the proton is spinning. This is an imbalanced charged particle. The way the human metabolism processes free radicals is first of all for super oxide dismutase to process the free radical to

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hydrogen peroxide. The next step is for catalase to process hydrogen peroxide to molecular oxygen and to water. If this process does not rapidly take place, then oxyacids are formed. Oxyacids inhibit the metabolism of oxidoreductase enzymes. Both superoxide dismutase and catalase are oxidoreductase enzymes which are alkaline-dependent. This process of turning free radicals to molecular oxygen and water would be inhibited when acids are formed because oxidoreductase enzymes are alkaline-dependent and their function is inhibited by acids. These oxidoreductase enzymes also have the assignment of processing acids however, when the acid is too high it overwhelms the catalytic function of the oxidoreductase enzymes. A negative magnetic field activates these alkaline-dependent enzymes and under these conditions, the oxidoreductase enzymes can process acids and other toxins.

Ions are described as charged particles with an extra electron producing an imbalance. Positive electrons have the outer electrons spinning clockwise. Positive electrons and free radical are one and the same. In a negative ion, the outer electron is spinning counter-clockwise. The biological response to a negative magnetic field is alkaline-hyperoxia. The biological response to a positive ion (free radical) is acid-hypoxia. Negative magnetic field changes the spin of the positive ion from clockwise to counter-clockwise and thus the positive ion becomes a negative ion under the influence of a negative magnetic field. This occurs without any catalytic processing of the free radicals. Thus, a negative magnetic field will immediately change the free radicals (positive ions) into negative ions which supports the human metabolism of alkalinity and oxygenation. If the positive ion has already produced acids which are toxic to the oxidoreductase enzymes, then the negative magnetic field supports the oxidoreductase enzyme catalytic reaction which ends up producing oxygen and water.

Thus, a negative magnetic field turns out to be the optimum free radical scavenger even better than the nutritional free radical scavenger antioxidants.

Local areas of inflammation can be effectively treated locally with the negative pole of a magnet. The size of the magnet will depend on the size of the inflammation. Small areas no larger than 1" can be treated with 1" x 1/8" neodymium disc magnets. Larger areas would be treated with the size of the magnet appropriate to cover the area. Systemically, the body can be treated with a negative magnetic field of sufficient strength to have a field of at least 25 gauss that goes all the way through the body. This can be achieved with a bed of 70 magnets composed of 4" x 6" x 1" magnets and a super magnetic head unit composed of twelve 4" x 6" x 1" magnets.

#### VASCULAR DISORDERS

A negative magnetic field has been demonstrated to reverse vascular inflammatory disorders. This is so effective that it can be predicted that a negative magnetic field therapy will become a major treatment for vascular diseases.

The cause of vascular diseases is inflammation which is caused by states of acidity. These states of acidity have multiple sources, such as infections, maladaptive reactions to foods, chemicals or inhalants, allergies, autoimmune immunologic reactions, physical trauma or local stress and the end products of metabolism that are not adequately processed enzymatically such as free radical oxygen being turned into oxygen and water. It has been established that calcium, amino acids and fats are soluble when the blood and tissues are appropriately alkaline. In case of acidity of blood and tissues, calcium, amino acids and fats become insoluble and become deposited in their insoluble state thus arteries can become arteriosclerotic, deposits of calcium, amino acids and fats can be made on the arteries which is the cause of atherosclerosis. Blood clots can form in veins, particularly noted in the legs due to inflammation.

Of interest, it has been noted that the behavior of the blood when exposed to a negative magnetic field is that the cellular elements, which are negative magnetic field charged, develop a strong negative magnetic field charge and therefore the cellular elements will not stick to each other and they will not stick to the cell walls of the arteries or the veins because they are all negatively charged. Therefore, the use of a negative magnetic field is markedly anti-blood clotting and could and should be used as the major method of preventing blood clots either in arteries or veins.

#### CARDIOVASCULAR DISORDERS

Atherosclerotic plaques develop in the heart and brain arteries due to bouts of acidity. A most common cause is maladaptive reactions, to foods, chemicals and inhalants. In relationship to foods, there can be an IgG immune reaction or an addictive withdrawal reaction both of which provide a brief period of acidity in which deposits of calcium, amino acids and fats become deposited on the cell wall of arteries. Also, the cell walls themselves become hardened by deposits of calcium, amino acids and fats. The answer to this dilemma is to provide a continuous, sustained alkaline-hyperoxia response from a negative magnetic field. This will turn these insoluble deposits back to soluble substances. It has been demonstrated that in treating the heart with a 4" x 6" x 1/2" magnet continuously for the purpose of resolving atherosclerosis and arteriosclerosis of the heart that the pH of the blood can be maintained at an alkaline 8. This has been documented as reversing these insoluble deposits. Three months treatment of a continuous negative magnetic field has been demonstrated to reverse arteriosclerosis and atherosclerosis of the heart. This can and should become the major treatment of arteriosclerosis and atherosclerosis of the heart and brain. Furthermore, there is an immediate alkalization and oxygenation of the heart by placing the negative magnetic field of a magnet over the heart which corrects irregular beating of the heart and also heart pain. The use of a 4" x 6" x 1/2" magnet with the negative pole facing the heart is ideal and should be the first treatment of choice in terms of cardiac pacemaking. If this is used, there would seldom need to be an electrical pacemaker. This is simple, inexpensive and can be applied at home by anyone. It has also been documented that treatment of the heart with a negative magnetic field is superior to chelation treatment. It is compatible with chelation treatment, however, superior also to chelation treatment. Yet this is simple and can be done at home and is inexpensive. Doctors should know this for their patients. People should know that they can do this even without a doctor's supervision.

#### TREATMENT FOR CEREBROVASCULAR DISORDER

A 4" x 6" x 1/2" magnet can be placed up against the side of the head to stop arterial spasm or treat post-stroke. The optimum treatment is to use the super magnetic head unit composed of twelve 4" x 6" x 1" magnets. The person should sleep at night with the head in this unit and go back on this unit whenever symptoms may develop. The more time exposed to the negative magnetic field, the better. The two ceramic discs could be used for cerebral spasm and may prove to be adequate for some. Otherwise, use the 4" x 6" x 1/2" magnet or the super magnetic head unit.

#### AORTIC ARCH ARTERIOSCLEROSIS:

Place a 4" x 6" x 1/2" magnet directly over the aortic arch which would be mid-sternum. Hold in place with a 3" x 52" body wrap or other suitable way of holding it in place. The treatment should be continuous for a number of months and then followed by nightly use of the magnet.

Venous blood clots in the legs:

Venous clots in the legs is a serious problem in which the clots form and are sometimes released, going to the lungs obstructing respiration. A number of people die each year from this problem. The legs should be treated with the negative magnetic field of 2" x 3"

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x 1/4" plastiform magnets or neodymium discs 1" x 1/8". These are ideal for treating inflamed or clotted varicose veins. The negative magnetic field should be taped over the affected area.

### **MAGNETIC PROTOCOL**

#### **General Information. Not a Medical Order**

#### **WEIGHT REDUCTION AND WEIGHT MANAGEMENT**

##### **ORIENTATION:**

In weight reduction or weight management it is important to stop the urge to overeat or to eat between meals. The first principle is to stop any possible food addiction. This is achieved by using a 4-Day Diversified Rotation Diet which initially leaves out foods that are eaten as much as twice a week or more before they are placed back into the 4-Day Diversified Rotation Diet on a once in four day basis. There will be an initial withdrawal phase for four to five days in which there will be an urge to return to the food that is commonly used. To handle the urge, place the 1-1/2" x 3/8" discs bitemporally, that is in front of the ears near the top of the ears. Hold these in place with a 2" x 26" band. At the same time, place a 4" x 6" x 1/2" magnet on the sternum and another on the epigastric area. Symptoms will classically leave within 10-30 minutes. This can be applied as often as is needed during this withdrawal phase. Also, this same principle is used whenever there is an urge to overeat by placing the disc on the head and the ceramic block magnet on the sternum and epigastric area. The symptoms will leave usually within 10 minutes. The subject selects the number of calories that are appropriate for their body frame and keep a calorie count and refuse to eat more than the calorie count. Use the magnets bitemporally and on the sternum and epigastric to handle any urge to overeat.

The magnet placed directly over a fat area such as the abdomen or other fat areas will reduce the fat in that area. This should only be done at night during sleep. That is when growth hormone will help the fat cells drop their fat. There is no reason to put the magnets over the fat areas during the daytime when awake.

A classic example is the treatment of the abdomen. Place a 5" x 12" multi-magnet flexible mat crosswise across the abdomen. Place on top of this, six of the mini-block magnets. These are placed crosswise the two inner rows of magnets in the mat. The mat requires six of these. They are placed one and one-half inches apart. They will magnetically adhere to the mat. Hold this in place with a 4" x 52" body wrap. Two of these may be needed, one on the lower abdomen and one on the upper abdomen. When other fat areas are being treated, this same system is to be used. Do this nightly.

##### **MAGNETS USED:**

Three 5" x 12" multi-magnet flexible mats.

Three 4" x 52" body wraps.

Two 26" headbands.

Two 5" x 6" multi-magnet flexible mats.

Two 4" x 6" x 1/2" ceramic magnets. These have hook Velcro on the positive pole side.

One magnetic chair pad composed of mini-block magnets 1 7/8" x 7/8" x 3/8" placed an inch and one-half apart.

One magnetic mattress pad composed of mini-block magnets 1 7/8" x 7/8" x 3/8" placed an inch and one-half apart.

Four magnets that are 4 x 6 x 1 inch placed in a row 3/4 inch apart in a carrier that holds them up against the headboard.

One 14" x 25" magnetic multi-purpose pad that is composed of mini-block magnets 1-7/8" x 7/8" x 3/8" placed an inch and one-half apart.

Two ceramic discs that are 1-1/2 x 3/8 inch.

Fifteen mini-block ceramic magnets that are 1-7/8" x 7/8" x 3/8" . There is hook Velcro on the positive pole sides.

##### **RECOMMENDED INFORMATION:**

The following quarterlies:

*The Magnetic Field of Youth*, Volume III, First quarter 1997

*Diabetes Mellitus*, Volume III, Second quarter 1997

*Major Mental Disorders*, Volume III, Third quarter 1997

##### **PLACEMENT AND DURATION:**

When asleep at night place the 5" x 12" multi-magnet flexible mats on the abdomen with the mini-blocks attached. Do this as a nightly treatment.

When sitting down, sit on a magnetic chair pad that has magnets in the back and the seat. Place under this a 4" x 6" x 1/2" magnet to radiate into the pelvic area.

When sleeping at night, be on the magnetic bed pad. Place over this pad an eggcrate type foam pad. Sleep with the magnets in a carrier up against the headboard. It is designed that the top of the head be approximately three inches from the magnets in the carrier. This provides a full negative magnetic field which will stimulate the pineal gland to produce melatonin.

Place across the face a 5" x 6" multi-magnet flexible mat. Hold this in place with a 2" x 26" band. It is well to place mini-block magnets on top of this mat directly over the eyes.

Also sleep with magnets over the heart. This is achieved by a 5" x 12" multi-magnet flexible mat across the chest particularly somewhat to the left over the heart. Place three of the mini-block magnets on the mat directly over the heart. It is also wise to sleep with a 4" x 6" x 1/2" magnet up against the side of the head. It is well to cushion this with a 5" x 6" multi-magnet flexible mat that can be placed up against the negative pole side of this ceramic block magnet. When on the back, lean it up against either side of the head. When on the side, lean it up against the back of the head or place on the side of the head that is not on the pillow. Many people sleep soundly this way.

Whenever it is convenient, place a multi-purpose pad across the abdomen or the upper back or any areas that need to be reduced in size. This is especially useful during sleep at night in helping to reduce the fatty areas. However, it is very useful in the daytime also for such as the upper back, neck and back of the head when in a chair in a reclining position. It can also be used up across the abdomen. This pad is 14" x 25" and will cover the entire abdomen and chest.

##### **THERAPEUTIC SLEEP:**

In maintaining health and reversing degenerative diseases, it is very important that there be deep, energy restoring sleep. It is necessary to sleep a full eight hours in every 24 hour period. Energy is used up during the day and is restored during sleep. The depth of energy restoring sleep is controlled by the hormone, melatonin, that is made during sleep. The principle area in which melatonin is made is the pineal gland which is in the center of the head. This gland makes melatonin in response to a negative magnetic field. This is why it is so important to treat the head to a negative magnetic field during sleep. The retina of the eyes also make melatonin and the intestinal wall makes melatonin. Treating these areas also raises melatonin. The hormone melatonin has the control of the entire energy system of the body including such as the immune system and the endocrine system. Mother hormone that is made during sleep is growth hormone which is made by the hypothalamus in the brain. Growth hormone has control over the health of skin, nails, cellular replication and also, respiration. In order to achieve appropriate production of the hormones melatonin and the growth hormone it is necessary to sleep in a completely light-free environment and without any 60 cycle per second electrical pulsing frequency. Therefore, there should not be a night light, an electric clock, a heated blanket or a heated waterbed. If light cannot be completely excluded from the bedroom, then place over the eyes and the forehead a light shield. The magnetic mattress pad will encourage the production of melatonin by the gastrointestinal tract. Any magnetic treatment of the abdomen will encourage the production of melatonin by the wall of

**Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior** to the gastrointestinal tract. Treating the eyes with a magnetic flexible pad will also encourage the production of melatonin by the retina of the eyes. The Vitality Sleeper up against the headboard will have a magnetic field that penetrates into the head and stimulates the pineal gland to produce melatonin and the hypothalamus to produce growth hormone. This can be further encouraged by a flexible mat over the eyes and or up against the sides or back of the head. This can be further enhanced by reinforcing the flexible mat with mini-block magnets. Some sleep very well with a 4" x 6" x 1/2" magnet up against the side of the head. It is best to cushion this by placing a 5" x 6" mat up against the side of the head first with the 4" x 6" x 1/2" magnet over the mat. When laying on the back, this can be leaned up against either side of the head. When laying on the side it can be on the side of the head that is not on the pillow or be placed on the back of the head. Some find it valuable to place a 5" x 12" multi-magnet flexible mat on the pillow or under the pillowcase so that their head is resting on this mat. If they are on their back it is on the back of the head. If they are on their side, it is on the side of their head. The value can be further increased by reinforcing this mat with six mini-block magnets placed on the positive pole side.

#### **POLARITY:**

Always use a negative magnetic field.

#### **BEYOND MAGNETISM:**

Acute maladaptive reactions to foods, chemicals or inhalants has been documented as producing a brief state of acid-hypoxia. In this state, there is a production of acid and a failure to process properly the end-products of oxidation metabolism. In this state of acidosis, oxygen content is reduced. Maladaptive reactions to foods are the most frequent cause of bouts of acidosis. Degenerative diseases are noted for their acid-hypoxic state. Therefore, every effort should be made to maintain a normal alkaline and normal oxygen state.

A majority of people are maladaptively reacting in one or more ways to foods, thus producing bouts of acidosis and reduced oxygen. It is the better part of wisdom to follow a 4-Day Diversified Rotation Diet. This program leaves out foods that are used as frequently as twice a week or more for a period of three months. This is based on the assumption that these foods are being reacted to in some maladaptive way. It is the frequency of the use that produces the maladaptive reactions. A 4-Day Diversified Rotation Diet is set up to leave out these frequently used foods. After three months, these frequently used foods can be returned to the diet, usually without any symptoms being produced. The details of this rotation diet are in the booklet, "Health Strategies", which can serve as a guide for this program.

All addictive substances should be abandoned such as addictive drugs, alcohol, tobacco and caffeine (coffee, tea with caffeine, chocolate, and soft drinks containing caffeine). Addiction is acidifying.

Carbonated soft drinks are acid and should be rarely used. Soft drinks are sweetened with corn sugar and if and when used should be limited to the corn rotation day.

In order to maintain an adequate alkaline state, it is necessary that the minerals that are used in the bicarbonate buffer system be in adequate supply. These are the minerals calcium, magnesium and potassium. There are several proprietary preparations that contain these minerals associated with vitamin C as ascorbates. Use one-half teaspoon of one of these powders plus one-half teaspoon of soda bicarbonate in one-half glass of water three times a day. Before using this mineral alkaline water, place it on the negative magnetic field of a 4" x 6" x 1/2" magnet for a minimum of five minutes or more. This will charge up the water and the oxygen in the water with a negative magnetic field which again will help the body maintain its normal alkaline state. Most people do well with a one teaspoon of soda

bicarbonate and one teaspoon of the alkaline minerals in a glass of water three times a day. Some however, find that because of a loose stool they have to reduce this to one-half teaspoon of soda bicarbonate and the alkaline minerals. Use one half teaspoon of soda bicarbonate and one-half teaspoon of minerals in a glass of water three times a day.

There is a valuable method of electrolysis which provides an alkaline micro water that has an alkaline pH. There is a home electrolysis unit that provides this alkaline micro water. It is recommended that five glasses of this alkaline micro water be used a day.

### **THE ELECTROMAGNETICS OF HUMAN CELL LIFE CYCLE FUNCTION THE ROLE OF ACID-HYPOXIA-PRODUCED GENETIC CODE DISTORTION IN CANCER CELL PROLIFERATION**

Cell growth and cell death is genetically determined. Stem cells contain all the genetic code necessary for each cell to differentiate in the entire body functions of specific organs and tissues. Each cell is differentiated to the stage needed for each function and as cells die, specific cells proliferate to their specific genetic designed differentiation. This description is what happens when environmental factors are normal such as nutrients, pH, oxygen supply and absence of cellular toxins and so forth. This treatise has the goal of highlighting the necessary pH and oxygenation. Human cell function is alkaline-hyperoxic, negative magnetic field and negative ionic field-dependent. Alkaline-hyperoxia is dependent on negative magnetic-negative ionic fields.

Albert Roy Davis demonstrated that the biological response to a negative magnetic field is alkaline-hyperoxia. This has been confirmed.

Robert O. Becker demonstrated that a positive magnetic field is the signal of injury and that a negative magnetic field is present when healing/repair is occurring. Thus, a negative electromagnetic charge, be this a magnetic field or ionic field, with its cellular alkalinehyperoxia is necessary for normal cell function including the genetic code function.

Cancer develops when acid-hypoxia is present and dies when alkaline-hyperoxia is present. The cancer cell has lost some of its genetic code function in which the cell takes its place in the total scheme of body functions. Cancer cells continue to proliferate and not die and be replaced as long as there are nutrients in an acid-hypoxia environment at a compatible level.

The answer to the death of cancer is a maintenance of alkaline-hyperoxia as a response to an electromagnetic negative magnetic field and/or negative ionic field.

### **VASCULITIS THE ACID-HYPDXIA POSITIVE MAGNETIC FIELD EFFECT**

#### **Magnetic Polarity Orientation:**

A magnetometer identifying magnetic poles as positive and negative was used for magnetic polarity identification. Flat-surfaced, static field magnets with magnetic poles on opposite sides were used.

#### **VASCULITIS AND ITS CAUSES**

Vasculitis is inflammation of veins and/or arteries. Arteritis applies selectively to inflammation of arteries. Viral infections occasionally cause vasculitis. Allergies (immunologic) can cause vasculitis which includes immunologic food allergies. Chemical toxins can cause vasculitis. Hypersensitive (non-immunologic) reactions to foods and an assortment of common inhaled chemicals can cause vasculitis. The family of petrochemical hydrocarbons frequently produce inflammation and thus, vasculitis. Insect stings produce vasculitis due to the acid content of the venom. A positive magnetic field produces vasculitis due to the acid-hypoxic biological response. A

**Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior** negative magnetic field reduces vasculitis due to the alkaline-hyperoxia response.

#### THE ROLE OF ACID-HYPOXIA IN VASCULITIS

Acidity is inflammatory to alkaline-dependent human metabolism. Acid, with its free hydrogen ions, incorporates molecular oxygen into oxyacids thus, producing acid-hypoxia. Oxidoreductase enzymes have the function of 1) the enzyme production of adenosine triphosphate and oxidation remnant magnetism (negative magnetic field) which is alkalinehyperoxia dependent and, 2) the processing of free radicals, peroxides, oxyacids, alcohols and aldehydes to water and molecular oxygen which is the enzymatic process which is alkaline-dependent. Acid is toxic to oxidoreductase enzyme catalysis. Insect stings are acid which block oxidoreductase enzyme function and thus produces vasculitis. Acids from any source produce vasculitis. Maladaptive reactions to foods, whether immunologic or non-immunologic, have been documented as producing acid-hypoxia and thus produces vasculitis. Deliberate testing of single foods frequently manifest a visible cutaneous vasculitis characteristically, along with other symptoms.

#### THE MAGNETICS OF pH

The biological response to a negative magnetic field is alkaline-hyperoxia. The reasons for the alkaline-hyperoxia response to a negative magnetic field are 1) a negative magnetic field attaches to paramagnetic mineral bicarbonate buffers, 2) a negative magnetic field activation of the alkaline-negative magnetic field-dependent oxidoreductase enzyme processing of free radicals, peroxides, oxyacids, alcohols and aldehydes. An example of oxidoreductase enzyme catalysis of a free radical is illustrated in the following:

#### Super oxide dismutase enzyme

Super Oxide Free Radical (O<sub>2</sub><sup>-</sup>)-----Hydrogen Peroxide (H<sub>2</sub>O<sub>2</sub>)  
catalase enzyme

Hydrogen Peroxide (H<sub>2</sub>O<sub>2</sub>)----- a water (H<sub>2</sub>O) + molecular oxygen (O<sub>2</sub>)

Oxyacids, alcohols and aldehydes have a comparable process in which the end-product is water and molecular oxygen. Oxidoreductase catalysis releases molecular oxygen from free radicals, peroxides, oxyacids, alcohols and aldehydes which results in hyperoxia. Hyperoxia can only be present in an alkaline medium. A negative magnetic field both alkalizes and releases oxygen from its bound state thus producing alkaline-hyperoxia. Alkaline-hyperoxia reverses inflammation including vasculitis inflammation.

The biological response to a positive magnetic field is acid-hypoxia. The reasons for the acid-hypoxia response to a positive magnetic field are:

1. A positive magnetic field attachment to the paramagnetic alkaline bicarbonate minerals blocks their alkaline buffer value.
2. A positive magnetic field with its acidity blocks alkaline-dependent oxidoreductase enzyme catalysis. Thus, a positive magnetic field biological response is acid-hypoxia. Acid-hypoxia is inflammatory including the evoking of vasculitis inflammation.

#### VASODILATATION vs VASCULITIS

A vasodilatation response to warmth beyond the usual body temperature is an example of a valuable and harmless vasodilatation. This harmless vasodilatation increases oxygen supply to the local area that is being warmed.

It has been proposed that vasodilatation observed as a positive magnetic field expression increases the oxygen to the local area. It has been proposed to use a combined positive/negative magnetic field to produce vasodilatation and thus increase oxygen to the local area. This combination of the positive/negative magnetic field for the treatment of pain is in clinical use. The question is, "Is this a valuable, harmless vasodilatation comparable to the response to warmth or is it a harmful vasodilatation due to inflammatory vasculitis?" When using the combined positive and negative magnetic fields

side-by-side, the skin under the positive magnetic field will show redness while the skin under the negative magnetic field will not have any redness.

To differentiate the reason for the vasodilatation between a harmless vasodilatation and a harmful vasodilatation secondary to vasculitis, it is necessary to extend the time of exposure from brief to several days. A two-week exposure is optimal. A two-week exposure demonstrates the emergence of a red, raised, edematous pustular vasculitis under the positive magnetic field. There is no change of the skin under the negative magnetic field. This demonstrates conclusively that the vasodilatation observed with the positive magnetic field is in fact a harmful vasculitis. Vasculitis is due to the acid-hypoxia biological response to the positive magnetic field. The concept that a positive magnetic field will increase the oxygen supply to the local area is not so. But the fact is, that acidhypoxia is produced which reduces oxygen to the local area.

A negative magnetic field relieves pain and other symptoms by providing a physiologically normalizing alkaline-hyperoxia. Acid and hypoxia are painful. This physiologically normalizing response to a negative magnetic field does not raise endorphins and therefore is not addictive no matter how long the exposure is to the negative magnetic field. Thus, the stress of a positive magnetic field by itself or combined with a negative magnetic field relieves pain by evoking the production of endorphins. With frequent use, a positive magnetic field is addictive due to the evoking of endorphins and with chronic exposure is harmful due to the production of vasculitis.

Exposing the heart to the stress of a positive magnetic field speeds up the heart by ten beats per minute in normal persons and evokes an irregular cardiac rhythm and or tachycardia in those predisposed to these disorders. The positive magnetic field production of vasculitis in the heart predisposes to coronary occlusion. Exposing the brain to the stress of a positive magnetic field evokes endorphins producing euphoria, altered judgement and a sleep deficit. A positive magnetic field production of vasculitis in the brain predisposes to cerebral vascular accidents. Exposure of the brain to a positive magnetic field is addicting due to the rise of endorphins.

#### CASE HISTORIES

A woman purchased a magnetic pad for pain which has combined positive and negative magnetic fields. She placed the magnetic pain pad over her heart for the relief of pain which precipitated tachycardia for which she was hospitalized. The tachycardia ceased with the removal of the magnetic pain pad.

A man successfully treated pain in his cervical spine with a magnetic pad composed of both positive and negative magnetic fields. His wife used the same magnetic pad over her heart for heart pain and developed tachycardia.

An elderly man skipped every other heart beat at 9,500' in the Rocky Mountains. Within five minutes of placing a negative magnetic field over his heart, the cardiac rhythm was normal. Five minutes off the magnet resulted in skipping every other beat. Five minutes back on the magnet and the cardiac rhythm was normal. For one year he slept nightly with the negative magnetic field of a 4" x 6" x 1/2" magnet over his heart following which he visited the Rocky Mountains at 10,500' and higher with no cardiac irregularity. The conclusion is he had resolved cardiac atheromatous plaques in his heart by sleeping with a negative magnetic field over his heart. Atheromatous plaques are produced by acidhypoxia inflammation of the walls of the arteries plus calcium crystallization formation and amino acid gel formation due to the acidity of the blood. Calcium and amino acids are known to be soluble in an alkaline medium and they are known to be insoluble in an acid medium.

A physician called me expressing his pleasurable interest in sleeping with a 4" x 6" x 1/2" magnet against his head. He was talking fast

**Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior** with pressure of speech. He was sleeping only five hours a night. I ascertained he was using the positive magnetic field on his head. He had been told to use the positive magnetic field by the person from whom he purchased the magnet. I told him he was using the wrong magnetic field and to change to the negative magnetic field. I told him he needed eight hours of sleep a night. I told him that the positive magnetic field would make his thoughts race faster than he could speak, that atheromatous plaques would form in his arteries of his brain, microorganisms (if present) would flourish and that if he continued using the positive magnetic field on his head he would die early. A few days later, he called me stating he had switched to the negative magnetic field. He was now sleeping a full eight hours and his racing thoughts had ceased. I observed that he was not talking fast and revealed no pressure of speech.

A physicist who knew the difference between the biological response to the positive and negative magnetic fields enjoyed the pleasurable euphoria he experienced from the application of a positive magnetic field to his head. When he developed the "flu" he kept himself comfortable by applying the positive magnetic field to his head. His "flu" proceeded into pneumonia. He continued to be comfortable with the euphoria from the positive magnetic field. His judgement had been altered such that he refused his friends insistence for medical attention. He died of pneumonia while keeping himself comfortable with a positive magnetic field application to his head.

Magnetic addiction to a positive magnetic field can be a real serious problem..

#### **THE SIGNAL OF INJURY**

Robert O. Becker, M.D. observed 1) injury registers as a positive electromagnetic field, 2) healing registers as an electromagnetic field.

A positive magnetic field is the signal present when injury occurs. A positive magnetic field injures due to its acid-hypoxic biological response producing an inflammatory vasculitis.

#### **MAGNETIC SKIN TEST**

A. OPPOSITE BIOLOGICAL RESPONSES TO OPPOSITE MAGNETIC FIELDS

B. POSITIVE MAGNETIC FIELD VASCULITIS SKIN EXPERIMENT

Forehead Placement.

A 1" x 1/8" neodymium disc magnet was taped on the forehead. The negative magnetic field was facing the skin. The experiment was for a two week period. The skin under the negative magnetic field had not undergone any changes. There was no redness, swelling or pustules around the edge of the disc magnet. This forehead placement had no soft tissue and therefore, the disc magnet had not pressed down into the tissues. Under these circumstances, the positive magnetic field was not in contact with the skin. Only the negative magnetic field was in contact with the skin.

Soft Tissue Forearm Placement.

A 1" x 1/8" neodymium disc magnet was taped on the forearm with the negative magnetic field facing the skin. This was taped securely over the soft tissue of the forearm which pressed the disc into the skin such that the positive magnetic field at the edge of the disc was in contact with the skin. It was in place for two weeks before the tape was removed and the area examined. The area under the negative magnetic field was normal in color and had not undergone any changes. For 1/4" around the edge of the disc, there was a red, raised, edematous pustular area

#### **OBJECTIVE OBSERVATIONS:**

1. With skin exposure to a negative magnetic field, there was no interference with skin integrity and no evidence of bacterial growth.
2. With skin exposed to a positive magnetic field as occurred

at the edge of the magnetic disc, there was cellular edema, vasodilatation and bacterial invasion producing pustules.

#### **THE ROLE OF pH:**

The negative magnetic field maintains a physiologically normal pH under which conditions the skin integrity remains intact. There is no cellular edema, no vasodilatation and no bacterial invasion of the skin in the presence of a negative magnetic field.

A positive magnetic field acidifies in which the integrity of the skin is compromised by cellular edema, vasodilation and bacterial growth with pustular formation. *Streptococcus aureus* colonizes the skin and is known for its formation of pus.

Changes in pH is central to these observations. When the pH is below the normal physiological alkalinity of 7.4, then microorganisms thrive. Bacteria, viruses, fungi and cancer cells are acid-dependent and thrive well with an acid pH of 5.0-7.0.

The biological response to a positive magnetic field is acid-hypoxia. Cellular edema is a known product of acidity. Vasodilation is a response to the cellular injury produced by the acid-hypoxia. The molecular oxygen in the extra blood from the vasodilatation is met by free hydrogen ions of the acids which incorporate the molecular oxygen into oxyacids. Under the acid condition, bacteria, viruses, fungi and cancer cells flourish since the pH is optimum for their function.

This experiment conclusively demonstrates the separate biological responses to separate and opposite magnetic fields. This separate biological response to opposite magnetic fields serves as a reliable guide to magnetic therapy.

#### **CONCLUSIONS**

The acid-hypoxia biological response to a positive (north-seeking) magnetic field supports the acid-hypoxia dependency of bacteria, viruses, fungi, parasites and cancer cells. The acid-hypoxia biological response to a positive (north-seeking) magnetic field supports the acid-hypoxia dependent fermentation enzyme (transferase enzyme) production of adenosine triphosphate (ATP) by bacteria, viruses, fungi, parasites and cancer cells.

The acid-hypoxia biological response to a positive (north-seeking) magnetic field is inflammatory-producing vasculitis.

The alkaline-hyperoxia biological response to a negative (south-seeking) magnetic field supports the alkaline-hyperoxia dependent oxidative phosphorylation production of ATP of human cells and defeats the acid-hypoxia dependent state of microorganisms and cancer cells.

#### **MAGNETIC SKIN RESPONSE TEST**

##### **EQUIPMENT:**

Two large Band-Aids.

Two 1" x 1/8" neodymium disc magnets with magnetic poles on opposite sides. Adhesive tape. The best tape is called HY Tape which is a zinc-oxide tape. This tape is available from medical supply stores.

##### **SKIN PLACEMENT:**

Use the front of the forearm. Place two large Band-Aids one inch apart on the front of the forearm.

Place on one of the Band-Aids, the positive magnetic field of a neodymium disc magnet facing the arm and on the other Band-Aid, place the negative magnetic field of a neodymium disc magnet facing the arm. Place a second large Band-Aid over the disc holding the disc in place.

##### **DURATION:**

Continue exposure for 14 days. Observations that have been observed:

Observe that the skin response under the negative magnetic field shows no abnormalities. Observe that under the positive magnetic field, the skin is red and edematous with numerous pustules.

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On the skin injured area, turn the magnet over to the negative magnetic field and examine again in 14 more days:

Observe that the redness and edema are gone. There are scabs over the former pustular areas. Continue the negative magnetic field exposure for several more days until new skin has grown under the scabs and they fall off.

Note that there is no scar formation from the skin infection.

What the magnetic skin response conclusively establishes is:

1) There is a separate and opposite biological response to the separate positive and negative magnetic fields.

2) Static field magnets with positive and negative magnetic fields on opposite sides of a flat surfaced magnet can be relied on to provide distinctly separate magnetic fields. The separate biological response to a positive and negative magnetic field can be relied on for therapeutic values and limitations.

3) The biological response to a negative magnetic field is anti-inflammatory and thus, resolves vasculitis.

4) The biological response to a negative magnetic field is antibiotic and adequately inhibits bacterial infections.

5) A positive magnetic field is inflammatory, produces vasculitis and increases microorganism replication.

Those desiring personally observed evidence of the opposite biological response to separate positive and negative magnetic fields and also evidence of vasculitis evoked by the positive magnetic field should do a two week skin test exposure to separate positive and negative magnetic fields.

#### DON'TS

Don't treat pain with a positive magnetic field or combined positive/negative magnetic field due to 1) an acid-hypoxia biological response producing vasculitis. 2) stress response evoked endorphins which, with frequent repetition, produces addiction.

Don't treat the heart with a positive or combined positive/negative magnetic field due to 1) a stress response can precipitate irregular cardiac rhythm including tachy-cardia in predisposed subjects, 2) a vasculitis response predisposing to a coronary occlusion.

Don't treat an acute injury with edema and bleeding with a positive magnetic field or combined positive and negative magnetic field due to a) an inflammatory vasodilatation from acid-hypoxia response, b) an increase in bleeding, c) increase in microorganism replication response to acid-hypoxia.

Don't treat the head with a positive magnetic field or combined positive/ negative magnetic fields due to 1) stress-evoked endorphins producing euphoria, altered judgement, sleep deprivation and when used frequently, the development of addiction, 2) a stress-evoked seizure in subjects predisposed to seizures, 3) an increase of replication of microorganisms when present, 4) stress-evoked acidhypoxia increasing atherosclerosis and amyloidosis.

#### DO'S

Do treat pain with a negative magnetic field due to a biological response of alkaline-hyperoxia normalization of metabolic function. A negative magnetic field is anti-stress, does not evoke endorphins and is not addicting.

Do treat the heart to a negative magnetic field to resolve atherosclerotic plaques, oxygenate the heart with alkalinehyperoxia and stop pain and cardiac irregularities and resolve vasculitis.

Do treat an acute injury with edema to a negative magnetic field to:

- a) reduce edema and reduce inflammation.
- b) decrease bleeding.
- c) antibiotic effect.

Do treat the brain to a negative magnetic field due to 1) a magnetic control over anxiety, depression, psychosis and seizures,

2) an antibiotic effect, 3) alkaline-hyperoxia response resolving atherosclerotic plaques and amyloidosis.

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#### **ANTICANCER AND ANTIBIOTIC VALUE OF A SUSTAINED INTRACELLULAR ALKALINIZATION SUSTAINED INTRACELLULAR ALKALINIZATION METHOD OF TREATMENT AND PREVENTION OF CANCER**

The following review of the method of sustaining intracellular alkalization by biochemical means has been reviewed by request.

The method described for maintaining intracellular alkalization concerns the use of rare earth alkaline salt of cesium and rubidium. These alkaline salts are not available in foods since they are rare earth and thus, not available in foods. In intracellular physiology, they behave like potassium. The cell wall of a human cell is electromagnetic negatively charged in which state potassium or potassium-like alkaline minerals have an abundance within the cell whereas sodium is in a more abundant ratio outside of the cell. When a cell membrane is acidic, it now is electromagnetic positive in which the sodium enters the cell and the potassium leaches out of the cell. Alkaline minerals cesium and rubidium have a higher atomic weight than potassium and for this reason they have a tendency to stay inside the cell more than the lesser atomic weight potassium. However, these are not normal constituents of the alkaline minerals that normally maintain alkalinity within the cell. Therefore, they are stressors to some degree and as such, this method of sustaining an intracellular chronic alkalinity is itself a sufficient stressor that the treatment requires medical supervision with laboratory monitoring of the biological states. It is recommended that structured water produced by electrolysis be used as the soluble medium. Structured water produced by electrolysis is alkaline and negative ionized. The negative ions of this water can serve as an energy activator of oxidoreductase enzymes. Therefore, when they use these alkaline minerals in a soluble solution of alkalinity and negative ions, there is at least a degree of

**Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior** energy activation of oxidoreductase enzymes. However, when they have removed the water and have a powder, then they have not maintained the energy activation of oxidoreductase enzymes. This aspect of activating oxidoreductase enzymes with negative ions is not a part of this. The understanding of the energy activation of oxidoreductase enzymes with negative ions is not a part of the consideration of this system. I have added this observation to the program. Therefore, the solution in this negative ion water is more valuable than their powder. Apparently, they have not understood this.

#### CONCLUSION

Any system that will maintain a sustained alkalinity within physiological limits of cellular human physiology, is valuable as an anticancer or antimicrobial system. Cancer cells make their ATP by the process of fermentation. Anaerobic-like glycolysis is a definition of fermentation. In my writings, I have preferred to use the word *fermentation*. Otto Warberg received a Nobel Prize when he demonstrated that cancer cells make their ATP by fermentation. This process requires both acidity and hypoxia. It cannot function in the presence of alkaline-hyperoxia. Human cells make their ATP by oxidative phosphorylation which requires alkaline-hyperoxia. Therefore, it is understood that the energy of human cells will be enhanced by alkaline-hyperoxia and that human cells' energy function is inhibited in the presence of acid-hypoxia. On the other hand, cancer cells and microorganisms make their ATP by fermentation, and are strengthened by acid-hypoxia and are inhibited by alkaline-hyperoxia.

Therefore, it is logical to assume that any method that will sustain alkaline-hyperoxia will inhibit cancer cell replication as well as invading-type microorganism replication. The normal friendly intestinal flora-type of bacteria produce their energy by oxidative phosphorylation, the same as human cells. These friendly bacteria have no capacity to invade the human body since their cell membranes are electromagnetic negative which is the same as the human cell. Therefore, the friendly bacteria and the human cells would not join because they are repelled by their electromagnetic negativity.

For further information about sustained alkali therapy, contact:

Brian Cameron Giles, H.M.D., N.D.  
4800 North 68th St #221  
Scottsdale, AZ 85251

#### MAGNETIC THERAPY MECHANISM OF CANCER REVERSAL AND PREVENTION AND INVADING MICROORGANISM ANTIBIOTIC VALUE

The biological response to a negative magnetic field is alkaline-hyperoxia. The biological response to a positive magnetic field is acid-hypoxia. A static negative magnetic field exposure to normal human cells activates oxidoreductase enzymes that have the assignment of making ATP by oxidative phosphorylation and also the assignment of processing super oxide, free radical and all other free radicals and other toxins and inflammatory products such as acids, peroxides, alcohols and aldehydes. They also have the assignment of processing any other toxins such as exogenous toxins and free radical end products of heavy metals.

A negative magnetic field has no side effects and in no way disorders human physiology.

A negative magnetic field attaches to the bicarbonates formed by the alkaline minerals and energy activates and thus, sustains the alkaline-hyperoxia. This sustained cellular alkaline-hyperoxia defeats the fermentation process necessary for cancer cells and human invading microorganisms. Negative magnetic field exposure to human cells is entirely harmless and does not of necessity have to have medical supervision since no harm at all will occur.

#### CONCLUSION

A static negative magnetic field has been documented as reversing cancer and invading microorganisms. A negative magnetic field exposure to human cells is completely without any harm. Thus, magnet therapy has an advantage over cesium and rubidium therapies used for the maintenance of cellular chronic alkalinity which is a stressor and requires medical supervision. The secret to magnetic therapy is that of sufficient gauss strength and sufficient duration of application. When this is sufficient, there are no cancer or invading microorganisms that will survive because they cannot produce their ATP which requires acid-hypoxia from invasion. A negative magnetic field is the energy activator of oxidoreductase enzymes which make ATP by oxidation phosphorylation and also processes any and all toxic substances.

Some valuable ancillary treatments to magnetic therapy are such as;

1) Adequate nutrition for the available of alkali salt and the necessary micro nutrients such as vitamins and minerals that compose an enzyme system the body uses.

2) It is a valuable addition to use alkaline structured negative ion water produced by electrolysis.

3) Or, use negative ion waters such as Nariwa water from a volcanic mountain in Japan or other natural negative ion waters. Negative ions and negative magnetic fields have an identical biological response of alkaline-hyperoxia. Silver ions produced by electrolysis are negative ions and have the value of passing into the body through the mucous membranes a negative ion that not only in itself has anti-cancer and anti-invading microorganism value, but also has the added value of silver which is also toxic to these cancer cells and invading microorganism cells. Being a negative ion, it does not enter into human cells because both the human cell and the negative ion are negatively charged and therefore are repelled from joining whereas the negative ions will magnetically join the positive charged cancer cells and invading microorganism cells.

#### 4) NEGATIVE ION HOUSEHOLD AIR TREATMENT

The biological response to negative ions and negative magnetic fields are the same. The biological response to negative ions and a negative magnetic field is alkaline-hyperoxia. Alkaline-hyperoxia is anti-inflammatory, anti-stress, antibiotic, energizing and aids in healing. Negative air ions plus a small amount of ozone in the air cleans the air from dust, microorganisms, pollen, smoke, chemicals, odors and so forth. Negative ions in the air clean up the environment whereas a negative magnetic field is used on the body to achieve the same values inside the body. Thus, negative air ions, negative water ions and a negative magnetic field are complementary and should be used together to achieve optimum results.

#### AIR NEGATIVE ION GENERATORS

##### LIVING AIR CLASSIC

Covers up to 3,000 square feet. Useful for living room size areas.

##### ECOHELP

LIVING AIR CLASSIC with air filter. Especially useful for respiratory disorders.

##### LIVING BREEZE

Covers 1,200 square feet. Useful for small rooms such as bedrooms.

Air negative ions are absorbed through the mucus membrane of the nasopharynx and lungs as well as the skin. Water negative ions from electronic produced negative ion -micro water and naturally occurring negative ion water such as Nariwa water are absorbed through the mucus membrane of the gastrointestinal tract. Colloidal silver antibiotic negative ions are absorbed through the mucus membrane of the mouth and gastrointestinal tract.

5) Allergies and addictions are biological acid-hypoxic

**Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior** states, therefore allergies, especially noting the abundance of food allergies and food addictions, are a part of this system of magnetic therapy. The reason for this is to stop the input of acidity that these allergies and addictions evoke. Therefore, a 4 day diversified rotation diet is used which will stop these acidic states caused by food allergies and food addictions.

#### **INTRAVENOUS ASCORBATE THERAPY FOR CANCER**

The solution for intravenous ascorbate was composed of alkali minerals attached to ascorbate acid making alkali mineral ascorbate.

The dosage ranged from 30-50 grams of mineral ascorbates. This is an alkaline solution. The treatment was given daily or near daily until the cancer had shown evidence of receding or even completely disappearing.

Back in the 1970's, I reversed the cancer of several cancer patients. Routinely, the cancer would disappear with a daily or near daily dose of 50 grams in a six week to two month period: However, it would start returning unless I kept an intravenous dose of 50 grams every two weeks. I carried a number of patients on for five years by keeping the cancer in tow. I found that bowel-tolerated doses of mineral ascorbates did not keep the cancer at bay. When these patients for some reason, either moved away or I moved away, did not receive their vitamin C, they all died of cancer within a six month period.

#### **ALKALINE-HYPOGLYCEMIA**

In the 1940's and 1950's, insulin coma was being widely used for the treatment of schizophrenia. When I was a psychiatric resident in the 1950's, I gave a large number of insulin comas. The principle was to give high doses of insulin to produce hypoglycemia with the hypoglycemia to be low enough to produce a state of coma. The patient was held in that coma for an hour at a time. The treatments were given daily for a series of ten or more. It was remarkable that many schizophrenics recovered from their psychosis with this method. It was observed that if a person by chance had cancer, the cancer would die. It was also observed that infection would also die. Some physicians began to use an insulin coma for the treatment of cancer and for the treatment of infection. This method is currently being used for the treatment of cancer.

Out of this information, there has emerged a treatment called insulin potentiation. This produces hypoglycemia of a lesser extent than coma. This is associated with chemotherapy agents. The evidence is that the alkaline state and hypoglycemic state makes the cancer cells more sensitive to the toxic agents.

#### **WHAT IS THE PERCENTAGE CHANCE OF A NEGATIVE MAGNETIC FIELD REVERSING CANCER?**

The question is sometimes asked, "Is there any evidence in published peer reviewed literature that a negative magnetic field would be effective in treating cancer?" Peer reviewed literature justified a research examination of a negative magnetic field for the cancer to go into remission. My review of the peer reviewed literature justifies the following statement.

"It is an established scientific fact that a prolonged sustained static negative magnetic field produces cancer cell remission?"

Another question that is asked, "What is the percentage chance that a negative magnetic field will produce cancer cell remission?"

My observations provide convincing evidence that cancer cells will die 100% of the time in the presence of a negative magnetic field. However, this does not mean that we win 100% of the time. There are circumstances, especially mechanical in nature, so that success cannot be 100% of the time. We have no immediate answer for a bowel obstruction or obstruction of the flow of the spinal fluid or for obstruction of the pancreas, liver, or gallbladder complex. We can't win when the immune system is essentially not functional and we can't win when the liver has depleted its function. There

simply are mechanical reasons why we cannot always win. This however does not relate to some kind of resistance that the cancer cells have, to the negative magnetic field.. There is no evidence that cancer cells can develop resistance to a sustained and prolonged negative magnetic field of sufficient gauss strength. This is also true of invading microorganisms. The evidence is that invading microorganisms or cancer cells cannot make an adaptation to the alkaline-hyperoxia biological response to a static negative magnetic field of sufficient gauss strength and of sufficient duration. Characteristically, infections will die within two weeks. We don't know exactly when cancer cells die but it has been the rule to sustain the continuous application of the negative magnetic field for a period of three months. By that time, the cancer has either disappeared or is half its original size and when examined, has been shown to be dead. Not all cancers reabsorb, but the majority do. Occasionally, there is a complication of cancer when it dies in that it forms a cyst. This particularly has been noted in brain tumors. The cyst may have to be drained.

#### **CASE HISTORIES**

A physician diagnosed with cancer of the liver with metastasis to the spleen was told that he was not a candidate for surgery, chemotherapy or radiation treatment. He read my description of the treatment of cancer in the book, *A Definitive Guide to Alternative Medicine*. He followed the instructions and treated himself with a 4" x 6" x 1/2 " over the liver and another 4" x 6" x 1/2 " over the spleen. This completely reversed the cancer and the fetoprotein markers completely disappeared. This has been a better than ten year remission. He hasn't missed a day of work as an anesthesiologist.

A man with a prostate cancer that had metastasized slept on a bed of 70 magnets. These magnets are 4" x 6" x 1". His cancer went into remission and has not returned in the last two years.

A woman with a melanoma on her forehead was treated with a ceramic disc magnet that is 1-1/2 " across and 1/2 " thick. The melanoma dried up and new skin grew under the melanoma. There has been no return during the last five years. Also, she was treated for basal cell carcinoma which dried up and peeled off, revealing new skin growth under the cancer that died.

An 88-year-old woman lost much of the function of her left arm. She staggered when she walked. She is a musician and could no longer play the piano. CT scan revealed a tumor on the right side of her head. She was treated with a super magnetic head unit composed of twelve 4" x 6" x 1" ceramic magnets in a wooden frame surrounding her head. She slept all night with her head in this super magnetic head unit and returned for one hour, four times a day during her waking period. At three months, all her functions had returned to normal. With enthusiasm, she played the piano while I listened on the phone. At six months, a CT scan documented that there was no longer a tumor in her brain. No surgery was done and thus there was no pathological cellular report of the tumor.

A woman with severe gastrointestinal symptoms was stool cultured for pathological bacteria and fungi as well as normal bacteria flora. Three months after sleeping on a bed composed of seventy 4" x 6" x 1" magnets, the gastrointestinal flora was again cultured. The pathological bacteria and fungi flora were absent and a normal friendly bacteria flora was flourishing.

A 71-year-old physician had cardiac surgery of seven bypassed arteries. One artery not bypassed was 50% occluded. For nine months, he wore a 4" x 6" x 1/2 " ceramic block magnet over his heart 24 hours a day with the negative magnetic field facing his body. Nine months later, a study of his heart revealed that the artery that was 50% occluded is now 100% open. He was also sleeping on a bed of 4" x 6" x 1" magnets with the negative pole facing his body. A leg that had lost all feeling has now regained normal feeling.

A schizophrenic in his 20's was depressed and anxious with

**Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior** visual and auditory hallucinations and delusions which were not managed by tranquilizers and antidepressants. He slept on a super magnetic bed composed of 70 magnets 4" x 6" x 1" with a negative pole facing his body. He also slept with his head in the super magnetic head unit composed of twelve magnets, 4" x 6" x 1". He managed his foods by using disc magnets on his head and a 4" x 6" x 1/2" magnet on his chest and epigastric area for 30 minutes before each meal. He sat up a 4 day diversified rotation diet. In this, he also used no caffeine, no tobacco and no alcohol and was not on tranquilizers or antidepressants. He used the 1-1/2 " x 1/2 " disc magnets placed bitemporally for any immediate symptoms.

Three months later, his mother reported to me that he was symptom-free. She proceeded to order the super magnetic bed for other members of the family.

We have many success stories. We do have failures which are mechanical failures. They are not failures that relate to a resistance of cancer to a negative magnetic field of sufficient gauss strength and sufficient duration of application.

### **CONCLUSION**

Biological systems are electromagnetic and thus are responsive to endogenous and exogenous electromagnetic field input. The biological response to a static negative magnetic field is alkaline-hyperoxia and thus relieves acute and chronic symptoms, is anticancerous, and antimicrobial for invading microorganisms. The understanding of an electromagnetic energy provides for predictable therapeutic results.

Acid-hypoxia is the central aspect of both acute and chronic symptom reactions, both immunologic and non-immunologic (addictions and toxicities). The biological response of alkaline-hyperoxia to a static negative magnetic field cancels the acid-hypoxia.

Cancer and invading microorganisms are acid-hypoxia-dependent and thus are being successfully treated with the alkaline-hyperoxia produced by exogenous negative magnetic field exposure.

### **MAGNETIC RESEARCH PROTOCOL**

#### **MAGNETIC PROTOCOL GENERAL INFORMATION**

#### **NOT A MEDICAL ORDER**

#### **MAGNETIC SPORTS CONDITIONING**

Magnetic sports conditioning includes vigorous daily exercise for the production of adequate muscle strength and adequate vascular health so as to stand the stress of a sports event. It is important that nutrition be optimum. This is beyond the scope of this protocol but should be followed. This protocol deals with the role that magnetics can have in this conditioning. When muscles are used to the extent of using up all the adenosine triphosphate (ATP) that has been made by oxidation reduction, then the muscles temporarily use fermentation to produce the necessary ATP for the continued use of the muscles. This production of ATP by fermentation can only satisfy a brief period of ATP production. Approximately 3% of the body's ATP is made by fermentation and 97% is made by oxidation phosphorylation. The goal is to maximize ATP production by oxidation phosphorylation and to cancel out as quickly as possible the lactic acid by-product of fermentation. It is the lactic acid that makes the muscles sore. The negative magnetic field achieves the goal of processing the lactic acid in a matter of minutes, usually within 10 minutes so that the muscles will not continue to be sore. Also, the building of muscle strength and mass is under the control of growth hormone. Growth hormone, along with melatonin are anabolic hormones that are made only at night. This is why it is so important to sleep on a magnetic bed and have magnets up around the head at night when asleep in order to maximize the production of both melatonin and growth hormone at night during sleep. It is also important to sleep on a magnetic bed pad and use other magnets over muscle groups in order to process the free radicals, acids, peroxides, alcohols

and aldehydes that have been made as a by-product of the vigorous exercise during the day. Each morning the subject should feel completely refreshed without any sore muscles. After exercise they should place the magnets appropriately to process the lactic acid in the muscles that has built up.

#### **CONDITIONING TREATMENT:**

Magnets used:

Four 5" x 12" double magnet, multi-magnet flexible mats. Two 4" x 52" body wraps, one with shoulder straps. Two 2" x 26" headbands.

Two 5" x 6" double magnet, multi-magnet flexible mats.

Two 4" x 6" x 1/2" ceramic magnets. One of these has hook Velcro on the positive pole side and one has hook Velcro on both the positive and negative pole sides.

A magnetic chair pad composed of mini-block magnets 1-7/8" x 7/8" x 3/8" placed an inch and one-half apart.

A 14" x 25" multi-purpose pad composed of mini-block magnets 1-7/8" x 7/8" x 3/8" placed an inch and one-half apart.

A magnetic bed pad composed of mini-block magnets 1-7/8" x 7/8" x 3/8" placed an inch and one-half apart.

Four 4" x 6" x 1" magnets. Four of these are placed in a row 3/4" apart in a wooden carrier that holds them up against the headboard.

#### **PLACEMENT AND DURATION:**

A baseline of recovery from the day's training should always be used. This would be sleeping on a magnetic bed pad. Sleep with magnets at the crown of the head in the wooden carrier that holds them firmly up against the headboard. These magnets come shipped at the top of this carrier and need to be lowered so that they are resting on the dowel. The dowel that they are resting on should be slightly below the back of the head when it is on the pillow. Place the negative pole of a 4" x 6" x 1/2" ceramic magnet on the positive pole of a 5" x 6" double magnet, multi-magnet flexible mat. This can be leaned up against the side of the head when a person is sleeping. When the subject is on his side, then place this magnet on the side of the head that is not on the pillow with the 6 inches extending from the forehead to the back of the head. Many people learn to sleep soundly for three to four hours without turning over by putting this magnet on the side of the head. The more magnetic field in which the head is at night, the more melatonin and growth hormone will be made. It is also important to sleep in a totally dark room. The pad over the face will help darken the room, but if total darkness cannot be managed then use a light shield over the eyes and forehead. Melatonin and growth hormone will not be made in adequate amounts when there is any light available. That is why there should be total darkness. Even when getting up at night to go to the restroom, the total darkness should be maintained. It is also necessary to not have any electric current in the room. No electric blanket, electric clock or any other instrument that is run by electricity. An electric instrument could be in the room if it is not turned on and if it is not producing some light.

A useful method for providing optimum conditioning of the vascular system is to place a 5" x 12" double magnet, multi-magnet flexible mat across the front of the chest which will also cover most of the heart. Place a 4" x 6" x 1/2" magnet on top of the flexible mat.

Hold this in place with a 4" x 52" body wrap. The magnet that is used over the heart has Velcro on both positive and negative pole sides. Although this is recommended as a nightly treatment, it would be very wise if a person uses this during their exercise periods as much as is convenient. Therefore, shoulder straps have been provided on one of the body wraps. Even better would be to make a garment from material that is non-stretchable that can hold these magnets over the chest and over the heart while exercising.

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When sitting down, sit on the magnetic chair pad that has magnets in the seat and the back. Any blood flowing in the body in the magnetic field from this is also magnetized. Both the oxygen and the water in the blood is magnetized and this helps to maintain the optimum pH also.

Whenever it is convenient, when sitting down and, especially when sleeping at night, pull up over the abdomen the 14" x 25" multi-purpose pad. This multi-purpose pad can also be used after the vigorous exercise, to place it over wherever the muscles have been used vigorously to help to reverse the lactic acid. Also any of the other magnets can be used on muscles that are the size of the magnets, such as the 4" x 6" x 1/2" magnet can be used on the calf muscle, the 5" x 12" double magnet, multi-magnet flexible mats used on the thighs and the arm muscles should have a magnet placed over them. It would usually take 10-30 minutes to completely reverse the lactic acid and reverse any soreness of the muscles. Also, these magnets should be taken with the person when they are away from home and engaging in a sports event. The magnetic pad can be rolled up and placed in a duffel bag. The multi-purpose pad particularly is going to be useful and to some degree, could take the place of the bed pad if it was inconvenient to take the bed pad to the sports event.

Another method that would help to keep the body exposed to a negative magnetic field and thus help maintain its normal pH and have an effect on preventing or reversing infections, would be that of colloidal silver. The person could take a tsp of colloidal silver before exercising and another tsp after exercise. Place the colloidal silver in the mouth, particularly under the tongue, for absorption. Use 40 parts per million solution.

#### **POLARITY:**

Always use a negative magnetic field.

#### **BEYOND MAGNETISM:**

It would be profitable for sport participants to rotate their foods on a four day diversified basis. Many people are maladaptively reading in one or more ways to the foods that they are eating with a frequency. The principle here would be to, first of all, start the program by leaving out foods that are used as often as twice a week and rotating all other foods on a four day diversified basis. After three months, any and all foods can be used on this four day rotation basis. The essence of this program is in the booklet *Health Strategies*.

Another method of maintaining optimum pH is to drink alkaline micro water. This water is made by electrolysis of water that contains appropriate minerals such as calcium, magnesium and potassium, in particular. Most city waters contain adequate amounts of these minerals for the minerals to occur. If not, then these minerals should be added to produce adequate alkaline micro mineral water of a pH of 10. This should be used a minimum of five glasses a day and, when engaging in vigorous exercise, considerably more. By drinking the alkaline water, you offset the acid state that is being built up by the exercise. Also, the production of ATP by oxidative phosphorylation requires an alkaline state. So to maintain energy, this alkaline mineral water needs to be used. Also, the micro aspect of this water is that the groups of water molecules that join together is usually 12. This does not readily go into the cell. This has been reduced to 4 or 5 by the electrolysis process and hydration quickly and effectively occurs. None of the sport drinks that are on the market are micro alkaline water. This is far superior to any of the sport drinks. An electrolysis instrument is required to produce this alkaline water. This unit is small enough to be carried with the person when they are engaging in sport events. Also, the water will keep and can be made ahead of time and carried with the person. It is better, however, to drink the water within minutes after making the water since it is not only alkaline and micro water in size, it also is carrying a negative magnetic field that has been produced by the electrolysis itself It

will only carry this for about eight hours. So, it is best to drink it immediately after making it. Also, the water should be placed on a negative magnetic field. It is best to use a 4" x 6" x 1/2" magnet. Place the glass of water on this negative magnetic field for five minutes before drinking it. Water is magnetizable and the oxygen that is dissolved in the water is magnetizable. This will help carry a negative magnetic field into the body.

Another method that can be quite important in maintaining the optimum pH is to make sure that the right minerals are taken into the body that are used by the bicarbonate buffer system. Also, the oxidoreductase enzymes that are used to process free radicals, acids, peroxides, alcohols and aldehydes require these minerals for their function. These minerals are calcium, magnesium, potassium, and zinc. These minerals can be obtained along with vitamin C in several available powders. Place this water on a negative magnetic field for five minutes before using. It is even best for the water that is used to produce this to be alkaline micro water.

### **MEDICAL SUPERVISION IS RECOMMENDED**

#### **MAXIMUM MAGNETIC THERAPY**

#### **70-MAGNET BED PLUS SUPER MAGNETIC HEAD UNIT ORIENTATION:**

This magnetic protocol is the maximum available for treating degenerative disease of any type. This is also the maximal prophylactic treatment whether or not a disease is present.

This bed was invented for the express purpose of treating cancer that had spread throughout the body necessitating a total body treatment. This is proving to be also a successful treatment for viral infections which are either caused or a party to a number of degenerative conditions such as rheumatoid arthritis, lupus erythematosus, multiple sclerosis, Lyme's disease, pathological intestinal bacteria and so forth. This bed is excellent for anyone as a prophylactic treatment against degenerative disease.

The subject should follow the rules of good sleep such as sleeping in a dark room. If the room cannot be darkened, then use a light shield across the eyes and forehead. Even when getting up at night when going to the restroom, the complete darkness should be maintained. The production of melatonin is cut off with any light and it takes two or three hours for its production to be reinstated. There should be no electric 60 cycles per second input such as an electric blanket, a waterbed heater or even a night light.

The 4-Day Diversified Rotation Diet plus optimizing nutrition is necessary for treatment as well as prophylaxis against disease.

#### **MAGNETS USED:**

A 70-magnet bed composed of magnets, 4" x 6" x 1". Each magnet weighs four pounds. These are placed an inch apart in a wooden frame containing 35 of these magnets. The wooden grid frame is 36" square. Two of these are placed end to end to make a bed 36"x 72". A foam pad, 2-3" thick is placed over this bed.

The therapeutic value of the bed reaches 18" above the bed. The weight of each of these frames is 200 pounds, thus the bed weighs 400 pounds.

Super magnetic head unit composed of twelve 4" x 6" x 1" magnets. These are placed in a wooden frame with four, stacked, on each side of the head and four at the top of the head. This is placed on the pillow. If needed, another small pillow can be placed in the area for the head. The subject can turn from side to side. The magnets are not attached to the subject.

#### **ANCILLARY TREATMENTS WITH THERAPEUTIC VALUE**

- A 4-Day Diversified Rotation Diet
- Ionized water treatment - this can be Nariwa water from a volcanic mountain in Japan or can be produced by an electrolysis instrument.

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Optimized nutrition - preferably under a physician's guidance

#### PLACEMENT AND DURATION:

Sleep all night on the magnetic bed with also the head in the super magnetic head unit. In case of metastatic cancer, it is preferred that the subject goes back on the bed four times during the day and also preferred that each area where the cancer is known, be treated with a suitable magnet. Usually these magnets for local treatment are 4" x 6" x 1/2" and held in place with a 4" x 52" body wrap.

For cancer, it is desired that the treatment be 24 hours a day and that the minimum time be three months.

#### GENERAL INFORMATION ABOUT THE 4-DAY DIVERSIFIED ROTATION DIET

The essence of the 4-Day Diversified Rotation Diet is that foods are rotated on a four day basis, thus preventing their maladaptive reactions, be these allergies or addictions.

One method is to avoid food eaten twice a week or more for a period of three months, rotating all other foods. At the end of three months, then place these frequently used foods back into the diet, rotated once in four days. This method is outlined in my quarterly, *The Ultimate Non-Addiction, Non-Stress Diet* and also in my book, *Magnet Therapy*.

Another method that is preferred by some is to start rotating foods, even those that are eaten frequently. This can be achieved if the subject will treat themselves to magnets for 15-30 minutes ahead of the meal. To achieve this, place the ceramic disc magnets bitemporally, that is in the front of the ears at the level of the top of the ears. These are held in place with a 2" x 26" band. The discs are ceramic discs that are 1-1/2" x 1/2". The negative magnetic field is always placed toward the body. On the positive magnetic field side, there is hook Velcro that will hook to the band around the head and hold these in place. At the same time, place a 4" x 6" x 1/2" magnet on the sternum with the 6" lengthwise the body. Hold this in place with a 4" x 52" body wrap. Also, place a 4" x 6" x 1/2" magnet with the 6" crosswise the body right over the epigastric area which is just below the rib cage. Hold this in place with a 4" x 52" body wrap. The minimum time of exposure should be 15 to 30 minutes or more before each meal. With this method, there is no avoidance period of the commonly used foods.

Follow the instructions in the Magnetic Health Quarterly, *The Ultimate Non-Addiction, Non-Stress Diet* and or in the book, *Magnet Therapy*, for the true families.

#### ALKALINE MICRO WATER:

Alkaline micro water helps materially to maintain the body's normal alkaline state. Also, being micro water, it enters into the cells of the body more readily than the usual water. This also carries a negative (south-seeking) magnetic field as well as being alkaline. The Singer Electrolysis Instrument is used for producing the alkaline micro water. At least five glasses of this water should be used each day.

#### NARIWA WATER:

Nariwa water is a naturally bio-energized water from Japan's magnetic mountain. This comes in a bottle containing 500 cc. A minimum of one of these bottles should be used a day and preferably, two. The total amount of water used during a day should be a minimum of eight glasses of water and preferably as much as a total of ten glasses of fluid intake.

#### COLLOIDAL SILVER THERAPY:

Colloidal silver is made by an electrolysis method that produces a particle size of 0.0001 micron. These small silver particles are charged to a negative (south-seeking) magnetic field by the electrolysis method. This solution of colloidal silver is placed in the mouth, especially under the tongue for absorption. This provides quick absorption into the blood stream. These fine silver particles go through-

out the entire body. The negative (south-seeking) magnetic field magnetically attaches to microorganisms, parasites and cancer cells which are positive (north-seeking) magnetic poled. Silver, in its own right beyond that of the negative (south-seeking) magnetic field, inhibits the replication of these cells.

The small silver particles do not interfere in any way with human cell function. It is recommended to use 40 parts per million starting for the first week with 1/2 teaspoon four times a day and followed for the next three months with 1 teaspoon four times a day. In the case of acute infections, two weeks of treatment of 1 teaspoon four times a day usually suffices. There is also an aloe vera silver salve which can treat local skin infections.

#### POLARITY:

Always use a negative magnetic field.

#### RESEARCH CONSIDERATIONS:

It is requested that reports from the subject be made to William H. Philpott, M.D. et three month intervals. It is encouraged that a physician be monitoring and also reporting the progress.

#### BEYOND MAGNETISM:

Acute maladaptive reactions to foods, chemicals or inhalants has been documented as producing a brief state of acid-hypoxia. In this state, there is a production of acid and a failure to process properly the end-products of oxidation phosphorylation metabolism. In this state of acidosis, oxygen content is reduced. Maladaptive reactions to foods are the most frequent cause of bouts of acidosis. Degenerative diseases are noted for their acidhypoxic state. Therefore, every effort should be made to maintain a normal alkaline and normal oxygen state.

A majority of people are maladaptively reacting in one or more ways to foods, thus producing bouts of acidosis and reduced oxygen. It is the better part of wisdom to follow a 4-Day Diversified Rotation Diet. This program leaves out foods that are used as frequently as twice a week or more for a period of three months. This is based on the assumption that these foods are being reacted to in some maladaptive way. It is the frequency of the use that produces the maladaptive reactions. A 4-Day Diversified Rotation Diet is set up to leave out these frequently used foods. After three months, these frequently used foods can be returned to the diet, usually without any symptoms being produced.

All addictive substances should be abandoned such as addictive drugs, alcohol, tobacco and caffeine (coffee, tea with caffeine, chocolate, and soft drinks containing caffeine). Addiction is acidifying.

Carbonated soft drinks are acid and should be rarely used. Soft drinks are sweetened with corn sugar and if and when used should be limited to the corn rotation day.

In order to maintain an adequate alkaline state, it is necessary that the minerals that are used in the bicarbonate buffer system be in adequate supply. These are the minerals calcium, magnesium, potassium and zinc. There are several proprietary preparations that contain these minerals associated with vitamin C as ascorbates. Use 1/2 teaspoon to 1 teaspoon of one of these powders in one-half glass of water, two times a day. The preferred time to take the alkaline minerals is in the morning on arising and before going to bed. Before using this mineral alkaline water, place it on the negative magnetic field of a 4" x 6" x 1/2" magnet for a minimum of five minutes or more. This will charge up the water and the oxygen in the water with a negative magnetic field which will help the body maintain its normal alkaline state. When using micro alkaline water, the mineral water need not be placed on a magnet since it is already magnetically charged.

There is a valuable method of electrolysis which provides an alkaline micro negative ionized water that has an alkaline pH, negative charged ions and negatively magnetically charged oxygen and

**Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior** water. There is a home electrolysis unit (The AKAI Electrolysis Instrument) that provides this alkaline micro water. It is recommended that five glasses of this alkaline micro water be used a day.

Nariwa water is a naturally negative ionized water from Japan's magnetic mountain and is the optimum alkaline micro water available. This comes in a bottle containing 500 cc. A minimum of one of these bottles should be used a day and preferably, two. The total amount of water used during a day should be a minimum of eight glasses of water and preferably as much as a total of ten glasses of fluid intake.

### **TYPE I DIABETES MELLITUS**

#### **ORIENTATION:**

This magnetic research protocol is for an 8-year-old girl diagnosed two years ago as having type I insulin-dependent diabetes mellitus.

My experience with type II, non-insulin dependent diabetes mellitus is that it is caused by maladaptive (IgG allergy, food addictions and or toxicities, particularly to food maladaptive reactions). The way I have diagnosed this is to fast the patient for five days on water only and then test them with meals of single foods or exposure to chemicals. Before this exposure, I test the blood sugar. One hour after the meal or exposure, I test the blood sugar again. Any blood sugar that is beyond 160 is considered abnormal. Taking away these foods reverses their diabetes. After three months of avoidance, they can usually be returned to the diet if they are only used once in four days or once in seven days. I have found another way to handle this. Instead of waiting three months, if we treat with magnets 30 minutes ahead of a meal, it will in most instances prevent the food reaction from occurring. We treat the head bitemporally with ceramic disc magnets that are 1 1/2" across and 1/2" thick. We treat the heart with a 4" x 6" x 1/2" magnet with the 6" lengthwise the body and the liver with a 4" x 6" x 1/2" magnet with the 6" lengthwise the body. These are held in place with suitable wraps. Do this 30 minutes ahead of a meal. Under these circumstances, food testing could take place with the magnets ahead of each meal and only those that have a blood sugar beyond 160 would be kept out of the diet for three months before returning them to the diet as a trial.

Insulin-dependent diabetes (type I) cannot be fasted. It would be easy for a child particularly, to go into acidosis. In this case, we start out with the food rotation diet, especially a 7 day rotation diet as outlined in my quarterly, *Metabolic Syndrome* and with the magnets applied to the head, heart and the liver 30 minutes ahead of meals. Test the blood sugar before each meal and one hour after each meal. If the blood sugar is beyond 150, give the appropriate amount of insulin. What I have found is that characteristically, we do not get rid of the insulin but we do reduce it to about one-third of what it was originally. What we are doing is ruling out the food reactions, although they are not the initial cause of the insulin-dependent diabetes, they become a complicating factor. In other words, the person has not only insulin-dependent diabetes but non-insulin-dependent diabetes. We are ruling out the non-insulin-dependent aspect of their illness. They still have to continue the use of insulin. It would also be wise to use a 4" x 6" x 1/2" magnet over the pancreatic area at night during sleep. You always use the negative magnetic field facing the body. The reason for this is to have any possible healing effect of the negative magnetic field on the pancreas. Viral infections can cause this problem and if they are chronic, the negative magnetic field will kill the viruses and calm the autoimmune reaction down. Some are noted to have an IgG milk allergy with a superimposed pancreatic autoimmune response. The rotation diet and the application of the magnets to the pancreas would do much to solve this problem.

#### **MAGNETS USED:**

#### Minimal program:

Two 1-1/2" x 1/2" ceramic disc magnets with Velcro on the positive pole side.

One 2" x 26" band.

Two 4" x 6" x 1/2" ceramic block magnets with Velcro on the positive pole side. Two 3" x 52" body wraps.

#### **INFORMATION NEEDED:**

*Metabolic Syndrome* quarterly

*Allergy, immunology and Microbiology* quarterly

*Energy Medicine* quarterly

Optimal program for optimum health, add the following to the minimal program:

Super magnetic bed composed of seventy 4" x 6" x 1" magnets. Thirty-five of these are placed in a wooden carrier 38" square. Two of these wooden carriers are placed end to end producing a bed 76" x 38". This is the size of a single bed and is approximately 400 pounds of magnets.

A 3" thick memory foam pad for a single sized bed.

Super magnetic head unit composed of twelve 4" x 6" x 1" magnets.

#### **PLACEMENT AND DURATION:**

For Minimal program:

Thirty minutes ahead of a meal, place the ceramic disc magnets bitemporally. Hold in place with a 2" x 26" band. Place a 4" x 6" x 1/2" magnet over the heart with the 6" lengthwise the body. Hold in place with a 3" x 52" body wrap. Do the same for the liver. Always use the negative magnetic field facing the body. Thirty minutes pre-meal, drink a minimum of 1-1/2 to 2 glasses of water. At the age of 8, she would drink a minimum of 6, better 8, glasses of water a day. An adult should drink ten glasses of water a day. The amount of water she uses depends on her weight in relationship to an adult at 120 pounds. The best water is a volcanic source water in which the minerals are negatively charged. These special waters are available at health food stores or can be made by an electrolysis unit. Negative ions have the same biological affect as a negative magnetic field and does help her maintain a normal alkalinity. The application of the magnets are also described in the *Metabolic Syndrome* quarterly as well as the 7 day rotation diet.

#### Optimal program for optimal health:

Sleep on the super magnetic bed and the head unit all night, regularly as a lifestyle. If per chance a chronic viral infection of the pancreas is present, then it would be wise to treat the pancreas with a 4" x 6" x 1/2" magnet with the negative pole facing the body 24 hours a day for a period of three months. After this, treat the pancreas at night during sleep.

#### **HOW TO USE THE FOUR DAY OR SEVEN DAY DIVERSIFIED ROTATION DIET**

The essence of the Diversified Rotation Diet is that foods are rotated on a four or seven day basis, thus preventing their maladaptive reactions, be these allergies or addictions. Also, this rotation diet will correct hypoglycemia and non-insulin dependent diabetes mellitus.

One method is to avoid food eaten twice a week or more for a period of three months, rotating all other foods. At the end of three months, then place these frequently used foods back into the diet, rotated once in four or seven days. This method is outlined in my quarterly, *Metabolic Syndrome* quarterly and also in my book, *Magnet Therapy*.

Another method that is preferred by some is to start rotating all foods, even those that are eaten frequently. This can be achieved if the subjects will treat themselves to magnets for 15-30 minutes ahead of the meal. To achieve this, place the ceramic disc magnets bitemporally, that is in the front of the ears at the level of the top of

**Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior** to the ears. These are held in place with a 2" x 26" band. The discs are ceramic discs that are 1 1/2" x 1/2". The negative magnetic field is always placed toward the body. On the positive magnetic field side, there is hook Velcro that will hook to the band around the head and hold these in place. At the same time, place a 4" x 6" x 1/2" magnet on the heart with the 6" lengthwise the body. Hold this in place with a 3" x 52" body wrap. Also, place a 4" x 6" x 1/2" magnet with the 6" lengthwise the body over the liver area which is on the right side of the body with half of the magnet over the rib cage and half below the rib cage. Hold this in place with a 3" x 52" body wrap. The minimum time of exposure should be 15 to 30 minutes or more before each meal. With this method, there is no avoidance period of the commonly used foods.

After three months of rotation, there is little likelihood of a maladaptive reaction to a food without the magnets before the meal. Whenever purposely violating the rotation diet such as eating out, then use the magnets ahead of a meal.

The 4-day diversified rotation diet is in the quarterly, *The Ultimate Non-Addiction, Non-Stress Diet*. The 7-day rotation diet is in the quarterly, *Metabolic Syndrome*.

#### **NEGATIVE ION HOUSEHOLD AIR TREATMENT**

The biological response to negative ions and negative magnetic fields are the same. The biological response to negative ions and a negative magnetic field is alkaline-hyperoxia. Alkaline-hyperoxia is anti-inflammatory, anti-stress, antibiotic, energizing and aids in healing. Negative air ions plus a small amount of ozone in the air cleans the air from dust, microorganisms, pollen, smoke, chemicals, odors and so forth. Negative ions in the air clean up the environment whereas a negative magnetic field is used on the body to achieve the same values inside the body. Thus, negative air ions, negative water ions and a negative magnetic field are complementary and should be used together to achieve optimum results.

##### **AIR NEGATIVE ION GENERATORS**

###### **LIVING AIR CLASSIC**

Covers up to 3,000 square feet. Useful for living room size areas.

###### **ECOHELP**

**LIVING AIR CLASSIC** with air filter. Especially useful for respiratory disorders.

###### **LIVING BREEZE**

Covers 1,200 square feet. Useful for small rooms such as bedrooms.

Air negative ions are absorbed through the mucus membrane of the nasopharynx and lungs as well as the skin. Water negative ions from electronic produced negative ion -micro water and naturally occurring negative ion water are absorbed through the mucus membrane of the gastrointestinal tract. Colloidal silver antibiotic negative ions are absorbed through the mucus membrane of the mouth and gastrointestinal tract.

##### **ALKALINE MICRO NEGATIVE ION WATER:**

Alkaline micro negative ion water helps materially to maintain the body's normal alkaline state. Also, being micro water, it enters into the cells of the body more readily than the usual water. This also carries negative ions as well as being alkaline. The AKAI Electrolysis Instrument is used for producing the alkaline micro negative ion water. At least five glasses of this water should be used each day.

#### **UNDERSTANDING ELECTROMAGNETIC CHARGED PARTICLES**

In the language of physics, electromagnetic charged particles can have either a positive or negative electromagnetic charge or can be neutral. In the language of medical science, a positive charged particle is called a free radical. Free radicals are identified as the cause

of inflammation and thus, the cause of degenerative diseases. A magnetic field is a polarity charge of minerals contained in a solid substance. In this case, there is always a positive magnetic field and a negative magnetic field that are essentially equal in gauss strength. Charged particles are not magnetic fields but are individual substances that carry a charge.

The biological response to charged particles and magnetic fields are one and the same. To a negative magnetic field or a negative ion charge, the biological response is alkalinehyperoxia. To a positive magnetic field or a positive ion charge, the biological response is that of acid-hypoxia. The human body functions in an alkaline-hyperoxia state thus, negative magnetic field exposure and negative ion exposure keeps the body alkaline and oxygenated. This alkaline-hyperoxia state is the baseline of human metabolic function. However, microorganisms that invade the human body such as bacteria, viruses, fungi and parasites - their basic function is acid-hypoxia. The basic function of cancer is acidhypoxia. The ability to expose the human body to a negative magnetic field and to make the negative ions is central to the therapeutic value of preventing and reversing inflammation, preventing and reversing microorganism invasion and preventing and reversing cancer. The stronger the negative magnetic field, the longer duration of exposure, and the higher the concentration of negative ions, the more therapeutic the value.

Another way of looking at this is that a positive magnetic field and positive ions with their production of acid-hypoxia are biologically stressful whereas the production of alkalinehyperoxia from a negative magnetic field and negative ions is anti-stressful and capable of reversing the biological damages of stress no matter where the stress comes from. An electro-encephalogram reveals the magnetic state of neurones. Other cells in the same area will have the same magnetic field as the neurones. The EEG pulsing field of a negative ion state is that of 8-12 cycles per second for the beginning of anti-stress which is a wakeful relaxation such as no movement and no thinking. Deep sleep is 2 cycles per second. Stress on an EEG demonstrates the area of stress to be 13 cycles per second and above. 35 cycles per second produces grand mal seizures. 35 cycles of sufficient gauss intensity produces a grand mal seizure. The human body has a baseline magnetic field which is negative and consequently also alkaline-hyperoxia. Excursions are made into a stress magnetic field by biological function such as wakefulness, thinking or motor activity. There is always a return to the negative magnetic field state. It is the negative magnetic field state that is necessary for the production of our basic energy drive of enzyme functions which is adenosine triphosphate. When we are functioning in the positive magnetic field area, we are using adenosine triphosphate. We have to return to the negative magnetic field. This is why it is so important to have periods of relaxation and periods of sleep.

In electrolysis, there is a production of acidity at the positive magnetic pole and alkalinity at the negative magnetic pole.

Before and during a storm, the atmosphere is flooded with positive magnetic ions. After the storm, the atmosphere is flooded with negative ions. The positive ions before a storm are irritating to biological cellular function. The negative ions are supportive of normal biological cell function.

Heavy atomic weight minerals (metals) are electromagnetic positive and thus produce acid-hypoxia in the body and, in essence, it is producing acidity and low alkalinity due to their positive ion state.

Any substance can be produced into either a positive or negative magnetic field. Electrons are usually spinning counter-clockwise, however they can, through an electric charge, be turned into spinning clockwise. At the atomic level of a single atom, it can be understood this way. The proton in the center of this atom is a positive magnetic

**Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior** charge. The cloud of electrons that surround the proton are a negative magnetic charge. The electrons are spinning counter-clockwise and the protons, clockwise. When the outer electron is charged electromagnetically to spin clockwise, then there is a free radical and this is also a positive ion. When there is an extra electron attached to this atom which is spinning counterclockwise, then this is a negative ion. Water and oxygen can both be turned into ions, either positive or negative. There is a technique through electrolysis of charging oxygen to be a negative ion. This can be used therapeutically to aid in maintaining alkalinehyperoxia and therefore be anti-stress, anti-inflammatory, anticancer and antibiotic. This negatively charged ion oxygen is being called vitamin O based on its therapeutic value. The most manageable way of maintaining alkaline-hyperoxia and of maintaining negative ions in the body is to use a negative magnetic field. The higher the gauss strength, the more therapeutic the value. Ions can be absorbed through the skin and the mucous membrane. There are negative ion generators that can flood the air in a home or office with negative ions. There is electrolysis of water containing minerals in which the low atomic weight minerals are turned into negative ions and there is also the electrolysis of turning oxygen into a negative ion. Water can also be turned into a negative ion through electrolysis.

Neurons and non-neurone cells can be turned into a negative electromagnetic state by either a negative magnetic field, negative ions in the air, negative ion minerals in the water, negative ion oxygen, negative ion water and also sensory inputs such as sight or sound can also drive the magnetic state of the neurones and other cells by their pulsing frequency. The EEG tells us what that pulsing frequency is. To achieve symptom-reducing biological response, we can use any one of the methods that produces this anti-stress pulsing frequency. Some instruments have been developed that use a negative magnetic field pulse frequency at the anti-stress level of below 13 cycles per second.

There are other instruments that have pulsing frequencies that are in the stress level. Some are at 50, 60 or 100 more pulsing frequency of a magnetic field. These are positive stress frequencies. Why is it these frequencies can have a value? An example is electric shock used for mental patients. This is a high frequency, high gauss intensity of a positive magnetic field with the pulsing being at 35 cycles per second. A grand mal seizure is produced by this method following which the brain switches its polarity from positive to negative for a period of several minutes. It is the reflex switching of the brain to the negative magnetic field that has the value, not the seizure itself. It is interesting to note that a number of these instruments that use the stress level frequency of a magnetic pulsing field limit their exposure to 20 minutes. The value of this stress exposure is the neurones reflex of switching the brain's polarity. These instruments that use a stress level pulsing frequency are not using the most efficient way to achieve their goal. They should be using pulsing frequencies that are below 13 cycles per second and not frequencies that are above 12 cycles per second. Why go through stress to arrive reflexly at anti-stress. Instead, go directly to anti-stress.

#### **POLARITY:**

Always use a negative magnetic field facing the body.

#### **RESEARCH CONSIDERATIONS:**

I request a report from the research subject and from the monitoring physician a minimum of three times a year.

#### **BEYOND MAGNETISM:**

Acute maladaptive reactions to foods, chemicals, inhalants or stress frequency pulsing fields has been documented as producing a brief state of acid-hypoxia. In this state, there is a production of acid and a failure to process properly the end-products of oxidation phosphorylation metabolism. In this state of acidosis, oxygen content is

reduced. Maladaptive reactions to foods are the most frequent cause of bouts of acidosis. Degenerative diseases are noted for their acid-hypoxic state. Therefore, every effort should be made to maintain a normal alkaline and normal oxygen state. a 4-Day or 7-Day Diversified Rotation Diet. This program leaves out foods that are used as frequently as twice a week or more for a period of three months. This is based on the assumption that these foods are being reacted to in some maladaptive way. It is the frequency of the use that produces the maladaptive reactions. A 4-Day or 7-Day Diversified Rotation Diet is set up to leave out these frequently used foods. After three months, these frequently used foods can be returned to the diet, usually without any symptoms being produced.

All addictive substances should be abandoned such as addictive drugs, alcohol, tobacco and caffeine ( coffee, tea with caffeine, chocolate, and soft drinks containing caffeine). Addiction is acidifying.

Carbonated soft drinks are acid and should be rarely used. Soft drinks are sweetened with corn sugar and if and when used should be limited to the corn rotation day.

There is a valuable method of electrolysis which provides an alkaline micro negative ionized water that has an alkaline pH. There is a home electrolysis unit ( AKAI instrument) that provides this alkaline micro water. It is recommended that five glasses of this alkaline micro water be used a day. The total amount of water used during a day should be a minimum of eight glasses of water and preferably as much as a total of ten glasses of fluid intake.