

ALTERNATIVE CLEANSING THERAPIES

Colosan = Magnesium oxide = Homozone = MgO₂ = proper intestinal hygiene

There are common goals to healthful living. One primary goal is proper colon hygiene. The cleansing of the digestive tract is a logical place from which to embark on a healthful regimen. Ask any contractor - you have to clean up before you repair and rebuild. The same concept applies to well being and rejuvenation. Eliminate built up toxins before you provide the body with what it needs to restore well being.

I have found that the best way to clean the colon is with oxygen since digestion is known to be a process of oxidation. By introducing oxygen into the intestines and the colon, one can assist the process of complete digestion as well as oxidizing undigested material. Colosan/ Homozone turns the undigested material into CO₂, waste and water. Colosan is a cathartic and initially will give you liquid stools. This is a sign that the product is working.

The gentle oxidizing action of Colosan/ Homozone can be compared with three other forms of laxative. The amphetamines that are used as diuretics and contain addictive substances. Herbal laxatives that employ micro toxins, or small poisons, to induce the system to purge itself of valuable water in order to rid the digestive tract of the toxin. These two methods drain the body of necessary fluids in their attempt to wash out the system and do not contribute to good health. Fiber type laxatives, like psyllium, taken to maintain regularity, force matter through the tract via the plug or bolus of fiber. Fiber is an appropriate natural way to maintain regularity but oxygen is a gentler more sensible method.

Colosan/ Homozone should be used as a first step in any health regimen. This will help to prevent the usual Hoxsey reaction, healing crisis or detox reaction that individuals undertaking a cleansing will frequently encounter. Practitioners familiar with natural healing are generally overjoyed to learn about this valuable tool for avoiding these unpleasant reactions. It is very logical to clean out the organs of elimination prior to attempting to detoxify the body. This way the body can eliminate the toxins more readily rather than have them stirred up, floating around and creating complications. Common symptoms of a healing crisis are nausea, headaches, tiredness, or pain in the liver and kidneys. Colosan makes this unpleasantness a thing of the past

Many colon therapists love Colosan/ Homozone because it enables them to clean the entire 21 feet of the digestive tract as well as loosening the impacted material in the lower colon. By giving Colosan to their patients prior to the colonic they can effect a more thorough cleanse. This creates very satisfied, happy clients.

The goal is to clear the small intestines and colon of impacted material and improve their functions of assimilation, absorption and elimination. This is an important first step in establishing good health. The average person has six to twelve pounds of putrefaction rotting away in their gut. Your body encases this muck in mucus to keep itself from being poisoned. This fecal fortress is a home base for parasites, germs, bacteria and viruses to multiply in and organize their

attacks on your body. By eliminating their home base you can prevent pathogens from getting a toe hold on your system and help to prevent recurrences of annoying bugs.

OPTIMAL WAY TO TAKE COLOSAN

The instructions on the bottle say to put one teaspoon of Colosan/ Homozone in an eight to twelve ounce glass of water, stir thoroughly and drink. Then, in the same glass, squeeze the juice of one half lemon or pour one ounce of apple cider vinegar and drink that. There is no flavor to Colosan, but it does have a chalky taste. Here's a tip for big babies. Add some water and a dash of honey to the lemon juice. This "lemonade" will wash out the chalky taste. The lemon or vinegar will assist the hydrochloric acid in your stomach in liberating the oxygen from the Colosan.

It is important to take Colosan/ Homozone on an empty stomach and wait an hour and a half before eating anything else. Colosan can be taken 2, 3 or more times a day for an initial cleansing period of 4 to 7 days. After the initial cleansing period Colosan can be taken once or twice weekly for maintenance. In general it breaks down that men take Colosan once a week and women prefer to take it twice weekly. There is an informal Colosan Club of people who take it every Monday morning to atone for what they have done over the weekend. We call it 'The Push'.

Most people find it practical to take Colosan/ Homozone at 6:00 or 7:00 a.m. or when they first wake up. An other convenient time is around five or six in the afternoon when the typical individual gets home from a days activity. At this time of day the stomach is empty and a person is likely to be doing things around the house and preparing a meal. This affords Colosan the necessary amount of time to clear the stomach and begin its' work in the digestive tract. A third convenient time for taking Colosan is right before going to bed. At this hour the stomach is usually empty and Colosan can effect its gentle cleansing action. As you lie still you can actually feel it working.

Don't be alarmed by the cathartic effect of Colosan, this is not diarrhea. The flushing is the very positive action you are looking for. It's like having an oxygenated colonic or enema that goes the entire length of your digestive tract, all 21 feet. You will realize why colon hydro therapists use it in conjunction with colonics to reach past the colon. We have had the privilege of having many colorful conversations with Colosan users amazed that what they saw in the bowl had once been in their bowel. After a few uses you will start to become familiar with how your body reacts to Colosan, and develop more control. You will literally start to feel lighter and more in touch with that area. If you give it a chance, you will find Colosan is one of the best friends a person can have and you will start to look at it that way.

Colosan/ Homozone at Work

Nature designed the intestines with a maximum amount of surface area to facilitate the absorption of nutrients. If that membrane is clogged and impacted nutrient assimilation is impaired. If you're not getting what you need from what you eat your brain tells you to eat more. Imagine that. Colosan does dramatically improve absorption of nutrients by cleaning the surfaces of the intestines. Individuals that need to gain weight or have difficulty maintaining their weight because of malabsorption problems benefit greatly. Heavy people develop a tremendous loyalty to Colosan/ Homozone because it is a quick way to dump a few extra unnecessary pounds and helps to reduce cravings. Many chronic fatigue and Candida sufferers rave about Colosan, saying that it is the only thing that brings them calming relief from bouts of severe malaise and toxicity. Healthy people rely on Colosan for keeping their plumbing as clean as they keep their car, their clothes and their kitchen. It is often the first thing they resort to when not feeling well or when they feel a bug coming on.

It is okay to experiment a little with the size of the doses and times convenient for taking Colosan. You can take less than a teaspoon if it is difficult for you, since a little is better than none, though a rounded teaspoon is best. For extended use, one may want to pay attention to maintaining the balance of electrolytes, as with any intestinal cleanse.

Consider following your cleanse with Aloe Vera juice and stabilized oxygen to further help restore intestines to optimal function, cleanse the body of toxins, unfriendly bacteria, parasites, viruses, and boost all immune system functions for a total rejuvenation.

For maximum absorption and proper colon hygiene use Colosan. Purchase it from Raw Health !

The liver/ GB flush we use incorporates both of these products listed below: Ortho phos (or phos drops) and Colosan(or Oxy Mag/Magnesium Oxide).

Between the two of them, they really clean you out.

Click here: Colosan- Homozone MgO₂. For intestinal detox and candida cleanse.

<http://www.rawhealth.net/colosan.html>

Click here: The Herb Finder - Ortho Phos

<http://www.theherbfinder.com/products/ortho.html>

What is H₂O₂?

H₂O₂ is simply the scientific name for Hydrogen Peroxide. It is a naturally occurring water-like liquid that has many practical applications both inside and outside the home. The purpose of this site is to educate and inform the average person about this amazing liquid. Hydrogen peroxide (H₂O₂) is made up of two hydrogen atoms and two oxygen atoms. H₂O₂ looks like water (H₂O), but that extra oxygen molecule makes this natural water additive one of the most powerful oxidizers known to man. It is formed in nature by the action of sunlight on water, and even in [honey!](#)

You are probably already familiar with using the low grade 3% hydrogen peroxide in your medicine cabinet as an antiseptic on cuts and scrapes. Being a powerful oxidizer, hydrogen peroxide kills bacteria, viruses and fungi. This means it is also great for disinfecting your kitchen and bathroom. You can make your household cleaner and safer just by substituting hydrogen peroxide for those caustic chemicals you are currently using.

Did you know that your body makes hydrogen peroxide to fight infection? It is a fact that Hydrogen peroxide must be present for our immune system to function correctly. White blood cells are known as Leukocytes. Leukocytes are divided into three classes: Granulocytes, Lymphocytes and Monocytes. Granulocytes are themselves divided into three classes: Neutrophils, Eosinophils and Basophils. Neutrophils produce hydrogen peroxide as the first line of defense against toxins, parasites, bacteria, viruses and yeast.

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[How Your Immune System Works](#), by Marshall Brain -HowStuffWorks.com
"Neutrophils - Neutrophils are by far the most common form of white blood cells that you have in your body. Your bone marrow produces trillions of them every day and releases them into the bloodstream, but their life span is short - generally less than a day. Once in the bloodstream neutrophils can move through capillary walls into tissue. Neutrophils are attracted to foreign material, inflammation and bacteria. If you get a splinter or a cut, neutrophils will be attracted by a process called chemotaxis. Many single-celled organisms use this same process - chemotaxis lets motile cells move toward higher concentrations of a chemical. Once a neutrophil finds a foreign particle or a bacteria it will engulf it, releasing enzymes, **hydrogen peroxide** and other chemicals from its granules to kill the bacteria. In a site of serious infection (where lots of bacteria have reproduced in the area), pus will form. Pus is simply dead neutrophils and other cellular debris."

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See Encyclopædia Britannica, "Granulocytes"

"White blood cells (leukocytes)..."

Granulocytes, the most numerous of the white cells, are larger than red cells (approximately 12-15 micrometres). They have a multilobed nucleus and contain large numbers of cytoplasmic granules (i.e., granules in the cell substance outside the nucleus). Granulocytes are important mediators of the inflammatory response. There are three types of granulocytes: neutrophils, eosinophils, and basophils.

...Neutrophils are actively phagocytic; they engulf bacteria and other microorganisms and microscopic particles. The granules of the neutrophil are microscopic packets of potent enzymes capable of digesting many types of cellular materials. When a bacterium is engulfed by a neutrophil, it is encased in a vacuole lined by the invaginated membrane. The granules discharge their contents into the vacuole containing the organism. As this occurs, the granules of

the neutrophil are depleted (degranulation). A metabolic process within the granules produces **hydrogen peroxide** and a highly active form of oxygen (superoxide), which destroy the ingested bacteria . Final digestion of the invading organism is accomplished by enzymes."

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[Definition for Hydrogen peroxide \(H₂O₂\)](#) -University of Kansas Medical Center

It is believed that toxins which accumulate in the body (more so in the ill) are normally burnt up by the natural process of oxidation, whereby the toxins are changed chemically because of the effect of oxygen upon it. This oxidation process breaks down the toxins into carbon dioxide and water and they are eliminated from the body. If the body is weak and in a toxic state through acquired diseases, improper diet, pollution, etc., our bodies cannot eliminate these toxins properly, and toxic reactions are the result which we see in the final result --disease.

Bio-oxidative therapies are small amounts of diluted ozone and or hydrogen peroxide used in the body for the prevention and treatment of disease. Many of these therapies have been used by European physicians for over a century, however hydrogen peroxide therapy was developed in the United States primarily by Charles H. Farr, M.D., P.H.D. , of Oklahoma, a nominee for the 1993 Nobel prize in Medicine.

Find out what this Doctor has to say about the medical use of Hydrogen Peroxide: [Hydrogen Peroxide : Medical Miracle \(Paperback, 1996\)](#) by William Campbell Douglas, MD
Second Opinion Publishing, ISBN: 1885236077

See the [Oxidative Medicine](#) site
See the [Oxyfiles](#) #119 report

Hydrogen Peroxide has been proven to kill mold, mildew, fungi, viruses, bacteria and other harmful biological contaminants. 35% [H₂O₂](#) can be used to protect against the sicknesses of today as well as the bioweapons of tomorrow.

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See [48 Hours: Invisible Killers](#) -- The Dangerous World Of Viruses And Bacteria: An Insidious Mold

A house became a **biohazard** after it was invaded by **toxic mold**. --Television Show 48 Hours

"Some strains of Stachybotrys cause allergies, asthma and skin rashes. Others produce mycotoxins, released into the air. These **toxins** can seriously damage the lungs and central nervous system"... "The couple's son Reese was the first to become ill at age 4. "(He was) coughing up blood," Ballard said. "His equilibrium

was completely shot; very bad stomach problems; diarrhea; vomiting - it just spanned the whole globe in terms of symptoms.""

[Cleansing From Mildew](#) -- The Bible, Leviticus 14:33-57

[Household Fungus Contributes To "Sick Building Syndrome"](#)--Science Daily

Original Source: American Phytopathological Society (<http://www.scisoc.org/>)

[Mayo Clinic Study Implicates Fungus As Cause Of Chronic Sinusitis](#) --Science Daily

"-Mayo Clinic researchers say they have found the cause of most chronic sinus infections -- an immune system response to **fungus**. They say this discovery opens the door to the first effective treatment for this problem, the most common chronic disease in the United States.

-An estimated 37 million people in the United States suffer from chronic sinusitis, an inflammation of the membranes of the nose and sinus cavity. Its incidence has been increasing steadily over the last decade. Common symptoms are runny nose, nasal congestion, loss of smell and headaches. Frequently the chronic inflammation leads to polyps, small growths in the nasal passages which hinder breathing.

"Up to now, the cause of chronic sinusitis has not been known," say the Mayo researchers: Drs. David Sherris, Eugene Kern and Jens Ponikau, Mayo Clinic ear, nose and throat specialists. Their report appears in the September issue of the journal Mayo Clinic Proceedings.

"Fungus allergy was thought to be involved in less than ten percent of cases," says Dr. Sherris. "Our studies indicate that, in fact, **fungus is likely the cause of nearly all of these problems**. And it is not an allergic reaction, but an immune reaction."

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See article [Bioweapons, Health, and the Individual](#)

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See [PLAGUE WAR](#) -- Frontline

-A report on the biological weapons threat and how the Soviet Union secretly amassed an arsenal of bio-weapons.

35% Hydrogen Peroxide is used world wide in municipal water supplies instead of chlorine to disinfect and stop the growth of unwanted organisms. Do you have pure water?

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[In Over Our Heads? Questions on Protecting U.S. Water Supplies](#) - ABCNews.com

"...consider an estimate from the CDC that close to one million Americans annually become ill and about 1,000 die because of a variety of microbes carried in the nation's water supply"

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See [Municipal drinking water](#)

H₂O₂ can be used as a marinade or as a vegetable wash or soak to kill bacteria and neutralize chemicals. It can also be used to disinfect your dishwasher or

refrigerator. Commercially, it is used in aseptic packaging (the juice boxes you see in the stores) to prevent spoilage and provide shelf life without refrigeration. It is also great to use in the garden. You can use it as a natural insecticide, as well as uses for your pets, and personal uses such as in your bath, as a foot soak, and as toothpaste. Your plants, your pets, and your body will thank you for using it! [H₂O₂](#) is also being used as an alternative fuel source! See our many informative links on our [Amazing Facts](#) page.

These are just a few of the reasons that [H₂O₂](#) is the solution to keep your household a cleaner and safer place for your family and pets. But don't just run out to the drugstore to stock up on 3% [H₂O₂](#). Your local drugstore's low quality 3% Hydrogen Peroxide has added chemicals. That is why we located a source of fine technical grade [H₂O₂](#). Our product is the finest technical grade [H₂O₂](#) that you can get! We packaged it in self measuring bottles for your convenience. This is very concentrated solution (35%) and needs to be diluted before use. For some appropriate mixing ratios, consult the [Oxyfiles](#) report. Click here to [Order Hydrogen Peroxide](#).

Clyde Co-op Co.
8050 PR 2543
Clyde, Texas 79510
1-866-847-H2O2
(1-866-847-4262)

Please try our alternate number if you cannot get through. 1-915-893-2353

All About Hydrogen Peroxide

These pages will be added to as we receive permission to reprint from the author Here is some suggested reading that will help you make an informed decision on Hydrogen Peroxide:

Dr. William Douglass's book: Hydrogen Peroxide-Medical Miracle

Dr. Kurt Donsbach's book: Oxygen, Oxygen, Oxygen

Elizabeth Baker's book: The UN-Medical Miracle-Oxygen

"Hydrogen peroxide may be cure-all"

By Paul Kope

Reprinted from Alaska Well Being magazine October 12, 1987

Arthritis completely disappearing, high blood pressure normalizing, cancers going into remission, high energy returned, bowels regulated, alertness and memory back, elimination of depression... these are a few of the results people are getting from taking food grade hydrogen peroxide!

Hydrogen peroxide is [H₂O₂](#), water with an extra oxygen atom. Water ([H₂O](#)) is the very substance of life and oxygen is its breath. Together they spell hydrogen peroxide. When the sun's ultraviolet rays strike the earth's layer of oxygen it turns

our oxygen precipitates down. When ozone is bubbled through water it turns water into hydrogen peroxide. So when the ozone meets the moisture it turns into hydrogen peroxide and comes down as rain. Rainwater is loaded with hydrogen peroxide. The common thought for years has been that hydrogen peroxide is a poison. This, however, is a myth and it is now discovered that you desperately need hydrogen peroxide. It would be in your water if you drank rainwater. It's in your food if you eat the green chlorophyll in the tops and outside leaves. There is a high content of hydrogen peroxide in breast milk. It oxygenates your body.

There are literally thousands of different types of microorganisms around you. Viruses are anaerobic, meaning they cannot live around oxygen. They are negatively charged with electrons. The extra oxygen attacks the viruses, killing them and leaving them to be washed out of the body. The sea is a mostly bacteria free and we tested ocean water all over the world and found it rich in hydrogen peroxide. Another amazing fact is when you boil hydrogen peroxide, it does not break up, but goes off in steam and then is condensed back into hydrogen peroxide. Dr. Maynard Murray, MD dissected some 964 whales and found them all to be cancer free and devoid of hardening of the arteries. All salt-water fish passed the same test. But dissected Minnesota trout showed 60 percent over five pounds had liver cancer. Most fresh water lakes are dangerously low in hydrogen peroxide. Cancerous mice treated with hydrogen peroxide in their drinking water showed the cancerous tumors disappeared in 60 days.

Due to years of faulty eating habits of processed foods, we have starved our bodies of hydrogen peroxide. All raw fruits and vegetables abound in hydrogen peroxide, but when you cook your food, you boil off that precious hydrogen peroxide.

Panacea: Sedona lecture says use of oxygen is creating a health care revolution by curing the incurable

By Kathie Dame-Glerum The Sedona Times

It has remained a controversial remedy for over 70 years, yet the popularity of food grade hydrogen peroxide as a cure-all for everything from migraine headache to cancer, to Alzheimer's, to multiple sclerosis... has continued to escalate. And it has continued to escalate, not only because of unflagging internationally published success stories, but also because of the untiring effort of a handful of men who believe in the product and the attainable results. One of these men is Walter Grotz.

Walter Grotz is a recipient of the National Health Federations 1987 Pioneer Award and Humanitarian Award for his work with hydrogen peroxide. Recently he spoke with an interested group of approximately 40 people at the Flicker Shack in Sedona. His focus was on the curative qualities of this natural element as well as the stigma placed on its use by much of the medicinal profession.

“My biggest problem is egos and empires,” he stated, “All I’ve asked people to do is just to take a look”. He stressed the fact that people have been afraid of hydrogen peroxide because the Federal Drug Administration for internal use has not approved it. “It’s only extra oxygen in water”, he explained, “Of course oxygen has never been approved by the FDA to be taken internally. Neither has water. In a fact study done a Berkeley University has proven that even breathing is bad for you. But what’s the alternative? Still it’s the empires that label this particular therapy “quackery”, even if it worked, it would be too simple, too inexpensive and too readily available to support,” he cited.

What is being termed “oxidative therapy” does indeed sound too good to be true. And yet it has to date been supported by well over 4800 published medical papers, and is used in a number of hospitals outside of this country. What it does, simply, it generates oxygen in the body. A body Grotz establishes, that is severely oxygen deficient due to lack of exercising, overcooked foods, carbon monoxide poisoning and the lack of available oxygen in our everyday air supply due to smog and acid rain. Naturally, this element can be traced to a number of astounding things other than the by-product of plant life (photosynthesis): the spring waters of Lourdes, France; human mother’s milk; rain and snow. And the FDA for certain things...has approved it, which are ultimately ingested; to process cheese and cheese products, eggs and egg products, whey and wine.

Hydrogen peroxide is widely used in the “aseptic” packaging process, a process that allows a product an extremely long shelf life without refrigeration (milk, juices, and meats). “Hydrogen peroxide”, state Grotz, “is neither toxic nor carcinogenic. But treatment can be tough: it’s not easy. I know every body’s looking for a silver bullet these days, but you have to go into it very very slowly”. According to Dr. William Campbell Douglass in an article, The Health Freedom News (republished in the Echo Newsletter put out by Grotz): “It can damage your stomach if overdone – just like anything else. Food grade (which is recommended) is 35 percent strong and must be diluted. If you drink it straight, you might look down and see it pouring out your belly button”.

There is specific recommended program or therapy, which should be administered and regulated by a physician. It varies in diluted dosage by ailments, by body weight, and by sensitivity to the product. The program can be done orally or through IV therapy depending on severity. There are a variety of products on the market, including a hydrogen peroxide. Toddy, a tooth gel, a pain gel, a nasal spray and eardrops formulated by another advocate, Dr. Kurt Donsbach. And it has accumulated some extraordinary results. A booklet titled “Oxidative Therapy”, published by the International Bio Oxidative Medicine Foundation (BOM), a non-profit educational foundation dedicated to supporting research and distributing information in Dallas/Forth Worth, Texas, explains, “The body uses oxidation as its first line of defense against bacteria, virus, yeast, parasites. It (oxidative therapy) is part of a system, which helps you use the oxygen you breath. It is a hormonal regulator and is important in the regulation of

blood sugar and the production of energy.” Dr. Douglass goes even further. “If you can get oxygen into the blood cheaply and safely, maybe cancer (which doesn’t like oxygen), emphysema, AIDS and many other terrible diseases can be treated effectively.” In fact, Grotz claims that simple treatment with hydrogen peroxide has been extremely effective in treating even terminal cancer patients for good. And he stated, “More recent discoveries have found that the AIDS virus cannot tolerate high oxygen levels in its victim’s blood, and every other disease organism tested so far has the same weakness.”

Hyper oxygenating the patient’s blood, BGM states further readily destroys AIDS, herpes, hepatitis, Epstein Barr and other virus. Over the past 50 years, hundreds of patients have received hydrogen peroxide without a single reported serious side effect. A small booklet, a “progress report”, also published by Grotz and available from him (300 South, 4th Street, Delano, MN 55328), enumerates on other uses of the simple element hydrogen peroxide: as a vegetable soak and meat marinade, in agriculture to produce large blight less plants, in the drinking water of chickens to increase egg production, as a detoxifying bath or foot soak, as a toothpaste or mouthwash, and even in the laundry as a bleach. Added to buckets of fresh milk, the milk will keep – unrefrigerated – for up to 10 months if covered. It is already used in milk in over 45 countries around the world. Food grade hydrogen peroxide is available in Sedona from Chel Savage, who is responsible for bringing Grotz to our area to speak from The Crystal Castle and The Eye of the Vortex books store in Cottonwood from Mt. Hope Market.

While Grotz stresses that he is not in a position to advocate the therapy, or even to recommended it for any specific individual or disease, he has allowed the product to speak for itself and offered the information for those who have need of it.

Here's a page that gives a summary of the benefits of DMSO Therapy:
http://www.edelsoncenter.com/Diseases_Treatment/dmsso.htm

Here's an summary article on Hydrogen Peroxide (H_2O_2):
http://health.consumercide.com/Hydrogen_Peroxide_Therapy.htm

I'm experimenting with a 3% H_2O_2 /40%DMSO/50%Aloe Vera Jell lotion on lower back, fatty lumps and joint stiffness. No conclusions yet on lump dissolving or lower back healing but it reduces joint pains a lot.

In order to be most effective H_2O_2 should be taken in quantities just enough so that it does not create a burning feeling in your intestines. For most adults, 10 drops is a reasonable starting point. I doubt you will, but if you find it too strong, scale it back a few drops until you find a comfort zone. You can start as conservatively as you like, but keep in mind that if it is too diluted it will give you less results. When you begin increasing it, do so only 1 drop at a time. Between

colloidal silver and food grade peroxide, they offer some of the best known bowel cleansings for bugs. The following two URL's will give you a little bit of reading on peroxide. If you want more after that, type in "oxidative therapy, food grade hydrogen peroxide" on your browser. It will give you back at least 50 pages of sites. Also type in "colloidal silver" and you'll get overwhelmed by sites.

Click here: All About Hydrogen Peroxide

<http://www.bedsoreolutions.com/Docs/peroxide.html>

Click here: Hydrogen Peroxide H_2O_2 Secrets THEY Don't Want You to Know

<http://www.H2O2-4u.com/index.html>

Why Should I Buy a Water Ionizer?

Rejuvenation through Ionized Water

Ionized Water is a Powerful Antioxidant

Imagine having the ability to take normal tap water and turn it into an antioxidant with a NEGATIVE ORP (or charge), which retards the aging process. Put simply, a high or rising ORP causes oxidation and therefore aging. The negative ORP of Ionized Water literally retards the aging process by counteracting this rising ORP. Ionized Water essentially renews us at a cellular level. This is as close as we can ever hope to get to a Fountain of Youth, as incredible as that may sound.

For instance, real fresh squeezed orange juice has a negative ORP of -250. Although we can only drink a few glasses of fresh orange juice in a day, we *can* drink as much Ionized Water as we wish to a day. Many people drink as much two gallons of Ionized Water per day.

Ionized Water Provides the Body with Lots of Oxygen and Lots of Energy

The other Antioxidant quality of Ionized Water is hydroxyl ions. These are oxygen molecules with an extra electron attached to them as are all antioxidants such as vitamins A, C and E. Hydroxyl ions scavenge for free radicals, which are unstable oxygen molecules that cause damage to us. Once the hydroxyl antioxidant and free radical have canceled each other, the result is that the body is provided with lots of oxygen and therefore lots of energy. Oxygen is one of the most exhausted nutrients in our body because of our diet and the Earth's oxygen-depleted environment today. Oxygen destroys cancer cells as well as bacteria and viruses invading the body. It carries away acid waste from body tissue. It is vital to human health, perhaps our most important nutrient. A glass of strong Ionized Water first thing in the morning naturally helps you to wake up.

To get the full power of Negatively Charged, Antioxidant, Oxygen-Rich Ionized Water, it must be consumed fresh and strong, right out of the tap. Slow the water flow down on the Technos Water Ionizer and the glass you fill will have thousands of tiny bubbles in it. Those are hydroxyl ions, which is the antioxidant

and the reason for the Negative ORP. You will This is because the ORP is the most fragile aspect of Ionized Water lasting only a maximum of 18-24 hours.

Ionized Water is Alkaline

Ionized Water helps balance the body's pH, which tends to be acidic because of our diet comprised of cooked foods, pasteurized or otherwise processed foods. Soft drinks are the most acid substance a person can put in their body. This acidic condition creates an ideal environment in our body for disease to thrive. For example, accumulated acid waste in the joints encourages inflammation and arthritis. Because it is very Alkaline, Ionized Water dissolves accumulated acid waste and returns the body to a balance. Keeping ourselves Alkaline is the first line of defense in fighting any disease.

Ionized Water is Up to Six Times more Hydrating that Conventional Water

Water is one of the most important element in the body, which is over 80% water. Ionized Water is fundamentally different from conventional water. This is because the size and shape of the water molecule cluster has reduced in size and change in shape to hexagonal, which allows the water cluster to pass through our tissue more easily. One of the primary causes of disease is chronic cellular dehydration, a condition which leaves the body's cells in a perpetual state of weakness and defense. This is one of the major causes of chronic disease is providing the body with insufficient water. We simply do not drink enough water (at least half our weight in ounces) to keep ourselves properly hydrated and therefore healthy.

Ionized Water is Detoxifying and a Superior Hydrator

This is also because of the reduced size and shape of the water molecule clusters. Once reduced, these water clusters pass through the body's tissue much easier and push out toxins and acid waste quite effectively. Water Ionizers have several levels of strength so people who are toxic can begin by drinking mild Ionized Water, slowly drinking it stronger as they acclimate to it.

Minerals that are Ionized are more Bio-available

This means that the body can absorb them much more efficiently and make use of them where they are needed throughout the body. Water soluble trace minerals of any kind can be added to your water source through the filter on the Technos Water Ionizer. Minerals are some of the most important nutrients the body needs, yet mineral deficiency is common. Ionized Water is an efficient and effective way for the body to get its minerals.

Ionized Water improves the taste of food

Ionized Water hydrates food better, helps bring out its flavor, lowers acid levels of any food including coffee, tea & juice. It ionizes the minerals in the food which helps make them bio-available.

Having Ionized Acid Water on Hand is Worth the Price of a Water Ionizer

Ionized Acid Water is great for the skin

Applying Ionized Acid Water regularly works like an astringent to tighten the skin and remove wrinkles, however, there is NO chemical residue. It soothes and helps keep the skin clear of acne and other blemishes.

At its strongest level, Ionized Acid Water kills most bacteria on contact. It improves hair and skin conditions of any kind, including fungus, cuts, scraps, even serious wounds. It takes the itch out of mosquito bites, the sting out of other insect bites.

Ionized Acid Water has been used successfully in treating diabetic ulcers. This is a condition that develops in diabetics where a fester opens in the skin, usually in the legs or feet, which can result in amputation if not promptly treated. These ulcers can become very serious. However, soaking the ulcer in Ionized Acid Water has tremendous healing effects.

Ionized Acid Water promotes substantially healthier plant growth.

Mavello Water Ionizer : <http://watershed.net/mavello.htm>

Starter Package: Mavello

Mavello Water Ionizer / 325 gr **Chlorella**/ 325 gr **Spirulina**/ Book on Ionized Water/ **Achieving Great Health Video**

Total Package: \$609 (\$700 Value)

Starter Package: Technos

Technos Water Ionizer 325 gr **Chlorella** / 325 gr / **Spirulina** / Book: Confessions of a Body Builder / **Achieving Great Health Video**

Total Package: \$509 (\$600 Value)

The MAVELLO Water Ionizer by **Dong Yang Science Co, Ltd.**, Seoul, Korea

The Mavello Water Ionizer is Dong Yang Science Company's newest model, the first completely redesigned unit in over seven years. It incorporates the very latest *polymer ion separation technology*, which is patented by Dong Yang Science. It produces an Ionized Water of about. Regarding quality and ionization strength, the Mavello is comparable to any other *Water Ionizer* on the market. It easily rivals any of the Japanese imports, which have dominated the market for years without challenge. However, led by Jupiter International, Korea manufacturing standards rose sharply in the 1990s to challenge Japanese quality. Jupiter International has now surpassed Japanese quality standards and set a new standard which Japanese manufacturers are now trying their best to mimic.

With 4 levels to choose from, the optimal ionization level is immediately obtained. The Mavello comes with a faucet diverter and is easily installed in minutes to any sink in the house or office. The automatic cleaning feature turns

on every time the unit is used. This can be manually overridden, which makes it the only unit like it on the market.

The Mavello has the option of having most advanced filter available on the market, which is one of its most attractive features. [Filter Information for Technos/Mavello Water Ionizers](#). When people understand the incredible [preventative health advantages](#) of drinking Ionized Water, it will only be a matter of time before Water Ionizers become as common as the Microwave Oven or VCR. But they have been slow to catch on until now because of their high cost, that is until now. [The Watershed](#) was the first to sell the Mavello Water Ionizer below \$700. We offer low pricing because we import direct from the manufacturer and sell direct to the public, the only North American Water Ionizer retailer to do so. Japanese Water Ionizer tend to be more expensive because Japanese products overall are more costly than Korean products and we do not use a middleman system to sell our product. WE SELL DIRECT.

You can find our comparison between the [Technos](#), Mavello and other Water Ionizers on the market [here](#).

After years of only having high priced units available on the market (\$900-\$2800), affordable Water Ionizer units have at long last arrived. We invite you to call the competition and talk to them about quality and price, then call us. We stand behind the warranty and service the Mavello ourselves at The Watershed. Therefore, if there is a problem, it can be quickly handled. The Mavello has less than a 1% repair return rate, well below the industry standard. [Dong Yang Science Co., Ltd.](#) is Korea's leading Water Ionizer manufacturer and has been in business over 40 years.

Mavello Operating Manual Confusion: The Mavello has an ON/OFF switch in the back of the unit and a power button in front of the unit. Both must be turned on for the unit to work. The Mavello will automatically come on in cleaning mode and will remain in cleaning mode indefinitely until the unit is manually switched into drinking mode by pushing one of the 4 numbered buttons on the top half of the control panel. The cleaning mode will not automatically come on after that unless the unit is turned completely in the back of the unit and then turned back on. *The cleaning mode duration and operation is not clear in the Mavello operating manual and has caused some confusion.*

If you have any questions regarding the Mavello Water Ionizer or Ionized Water in general, please call us at 1-888-826-4448.

[Features of the Mavello Water Ionizer](#)
[Filter Information for Technos/Mavello Water Ionizers](#)

Pricing

[Mavello Water Ionizer: Email Us for Prices](#) or [\\$\\$Call](#)

Or Order On-line:

*plus a free copy of [Confessions of a Body Builder](#)
Rejuvenating the body with [Spirulina](#), [Chlorella](#), [Raw Foods](#) and [Ionized Water](#).*

Guaranteed Lowest Price in the Country

2 Year Warranty

[Email Us for Prices](#) for 2 Mavello Water Ionizers *Or Order On-line:*
(plus 2 copies of [Confessions of a Body Builder](#))

[Email Us for Prices](#) for 3 Mavello Water Ionizers *Or Order On-line:*
(plus 3 copies of [Confessions of a Body Builder](#))

Filters Replacement Cartridges

Mavello Filter Replacements

1 Micron Ultra Filter: **\$74.00**

2 Mavello Filter Replacements: **\$160.00**

Calcium Cartridges

Calcium Cartridge for Mavello/Technos Water Ionizer - **\$5.00**

2 Calcium Cartridges for Mavello/Technos Water Ionizer - **\$8.00**

5 Calcium Cartridges for Mavello/Technos Water Ionizer - **\$15.00**

1 Year Additional Warranty on Water Ionizer (3 years total) -- **\$25.00**

Guaranteed Lowest Price in the Country

Filter Information for Technos/Mavello Water Ionizers

Probiotics

UAS Labs: DDS Plus -- **\$15.90**

UAS Labs: DDS Junior -- **\$15.90**

UAS Labs: CoQ-10 -- **\$17.95**

UAS Labs Coenzyme Q-10 - 1 Case (12 bottles) -- **\$198.90**

To Order: 1-888-826-4448

We DO ship Internationally – 240V Units available

The Watershed also promotes the use of these powerful whole foods [Spirulina](#) and [Chlorella](#) in conjunction with [Ionized Water](#). They absolutely *must* be a part of every vegetarian's diet. Without them, **GREAT HEALTH** simply can **NOT** be achieved.

The Most Informative Ionized Water Web Site on the Internet

*We've answer every question on Ionized Water ever conceived of.
If you don't find it here, call us. (1-888-826-4448)*

[Mavello Water Ionizer by Jupiter](#)

[Technos Water Ionizer by Jupiter](#)

[Comparison Between Technos and Mavello Water Ionizers](#)

[Filter Information for Technos/Mavello Water Ionizers](#)

[Portable Traveler Water Ionizer - J700B by Jupiter](#)

[FAQ: Jupiter Water Ionizer Installation, Use and Maintenance](#)

[FAQ: Comparison Technos and Traveler Water Ionizers](#)

[Frequently Asked Questions: The Technos Water Ionizer](#)

[General Information on Ionized Water](#)

[Frequently Asked Questions: Ionized Water](#)

[Frequently Asked Questions: Water Ionizers on the Market](#)

[Articles on Ionized Water](#)

[Why Should I Buy A Water Ionizer?](#)

[Why Purchase a Jupiter Water Ionizer](#)

[What Ionized Water Has Done for Me](#)

[Filter Information: Technos & Mavello Water Ionizers](#)

[How to Install Your Water Ionizer](#)

Features of the Mavello Water Ionizer

- * pH Selection Range at 4 levels
- * Automatic cleaning when machine turns on (This can manually be turned off)
- * Extended Product Life by Self-Cleaning Mechanism.
- * Platinum Titanium Electrodes
- * Automatic Indicator Alert when Filter Requires Replacement
- * Easy installation of unit next to or over sink – Wall-mounted Option
- * Comes with everything to Install Unit
- * Fully automated system using MICOM artificial intelligence with 4 meg ram semiconductor
- * Automatic turn-on, shut-off via the incoming water "switch"/tap.
- * Platinum Titanium Electrodes with **Advanced Polymer** Patented Technology.
- * **2 Year Warranty** – Extra Year Available (\$25.00)
- * Extra calcium addition to water through calcium port.
- * Overheating prevention, *including hot water automatic shut off*

- * Self diagnostic system.
- * Automatic turn on, shut off when water pressure is applied.
- * Complete warranty guaranty - Less than 7 day repair time guaranteed.

Mavello Specifications

MODEL

MAVELLO WATER IONIZER

Voltage

220V / 60Hz

110V / 50Hz

Electricity

0.5A 110W

Water Temp

4 ~ 30°C

Flow rate

Approx 1 gal/min

Operation

One touch type

Water Pressure Tolerances

9.5-85 PSI

Operation Type

Open&Close type

Shipping Weight

5.5 Kg-12lbs

Shipped:4.6Kg10lbs

Method

Continue Electrolysis

Filter Duration

Approx 6-9Months

or 1000 Gallons

Filter Type

MTF

Electrode Materials

Platinum Titanium

Dimension

225x130x340 mm

Chlorine Removal

< 0.05PPM

Cleaning Device

Automatic Operation

pH Levels

Approx. 5.5pH to9.9pH- Depend on water sources

Hot Water Protection

Temp. Sensor

/Auto Shutoff

Replacement Filter Type

Easy change Cartridge

[Links Within this Document](#)

[Introduction to the Mavello Water Ionizer](#)

[Features of the Mavello Water Ionizer](#)

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[Other Ionized Water Links Within The Watershed Web Site](#)

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[Soft Drinks: Hazardous Materials Alert](#)

[The Importance of Drinking Water](#)

[Top Ten Reasons to Drink Water](#)

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[The Watershed Philosophy For Great Health](#)

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[Purified Water: Reverse Osmosis/Distilled Water: To Drink or NOT to Drink!](#)

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[Frequently Asked Questions: Chlorella](#)

[Confessions of a Body Builder *Rejuvenating the body with Spirulina, Chlorella, Raw Foods and Ionized Water.* Written for the layman, this is the clearest explanation of Ionized Water available on the market. The two things we most lack in our diet are water and enzymes. The most important element for the body](#)

is water and there is no better water to drink than Ionized Water. Enzymes are found only in raw fruits and vegetables. The most powerful foods are Spirulina and Chlorella. Discover how supplementing your diet with these incredible whole foods and ionized water can save your health and help you to prevent diseases of every kind. 108 pgs ISBN: 0-9703933-1-8 [Author Bio](#)
Free with every Mavello Water Ionizer Purchase!! (\$14.95 value) [Mavello Water Ionizer Pricing](#)

Watershed Return Policy

All Watershed products are deeply discounted. This provides the consumer with the best possible price and service. We provide as much information as possible on our products in order to allow the consumer to make an informed choice regarding them.

Unless otherwise stated, all warranties are between the product's manufacturer and the purchaser. We make no other express or implied warranties except on Jupiter Water Ionizers, [RoomPure Bedroom Air Purifier](#) and [AutoPure Car Air Purifier](#). The manufacturer is responsible for repairing or correcting any defects during the warranty period. Please review your warranty upon receipt of your products.

If you have NOT used the products, and NOT broken the manufacturer's seal on the box, you can return the products within 30 days of purchase for a full refund. If you have broken the manufacturer's seal or used the product in any way, you may return the product subject to a 15% restocking charge within 30 days of purchase. The original shipping charges will not be refunded and return shipping charges must be prepaid by the purchaser. Perishable products such as Spirulina and Chlorella can NOT be returned. Water products that have been used can NOT be returned.

No return can be accepted without our prior authorization. Please call 1-517-886-0440 to receive a Return Merchandise Authorization Number (RMA#).

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Vitalzym™ Systemic Oral Enzyme Therapy

World's Strongest Systemic Enzyme Blend Vitalzym provides the enzymes needed for each of the millions of biochemical reactions that make life possible. Without enzymes, life could not exist

As we age, our body's natural production of enzymes may slow. Supplementation with Vitalzym along with proper diet and exercise helps to maintain normal enzyme levels, balancing your body's own repair mechanisms

Vitalzym is natural. It contains no animal derivatives, artificial flavors, artificial colors, yeast or gluten. Vitalzym is also lactose free and contains no harmful talc.

Vitalzym Ingredients:

Proteolytic enzyme (Protease)

The term "proteolytic" refers to all enzymes that digest protein. Other classes of enzymes include Amylase a digestive enzyme that breaks down carbohydrates and Lipase a digestive enzyme that breaks down fat during the digestive process. Each of these help in the digestion of food which in turn helps with absorption of those essential nutrients in the diet. In the body, proteolytic digestive enzymes are produced in the pancreas, but supplemental forms of enzymes may come from fungal or bacterial sources, extraction from the pancreas of livestock animals (trypsin/chymotrypsin) or extraction from plants (such as papain from the papaya and Bromelain from pineapples). The primary uses of proteolytic enzymes in dietary supplements are used as digestive enzymes, anti-inflammatory agents and pain relievers.

There are a number of clinical trials showing the benefit of using oral proteolytic enzymes as a digestive aid. Proteolytic enzymes are also theorized to help reduce symptoms of food allergies and as a treatment for rheumatoid arthritis and other autoimmune diseases.

Perhaps the strongest evidence for benefits of proteolytic enzyme supplements come from numerous European studies showing various enzyme blends to be effective in accelerating recovery from exercise and injury in sportsmen as well as tissue repair in patients following surgery. In one study of footballers suffering from ankle injuries, proteolytic enzyme supplements accelerated healing and got players back on the field about 50% faster than athletes assigned to receive a placebo tablet(1). A handful of other small trials in athletes have shown enzymes can help reduce inflammation, speed healing of bruises and other tissue injuries (including fractures) and reduce overall recovery time when compared to athletes taking a placebo(2-8). In patients recovering from facial and various reconstructive surgeries, treatment with proteolytic enzymes significantly reduced swelling, bruising and stiffness compared to placebo groups (9-11).

Serrapeptase

Serrapeptase, also known as Serratia peptidase, is a proteolytic enzyme isolated from the non-pathogenic enterobacteria Serratia E15. The enzyme is found naturally in the intestine of the silkworm, which is used by the silkworm to dissolve the cocoon and emerge as a moth. When consumed in unprotected tablets or capsules, the enzyme is destroyed by acid in the stomach. However,

when enterically coated the enzyme passes through the stomach unchanged, and can be absorbed in the intestine.

It has many clinical uses including:

- as an anti-inflammatory agent (particularly for post traumatic swelling)
- for Fibrocystic breast disease
- for Bronchitis (Serrapeptase loosens and expels mucous)

Serrapeptase digests dead tissue, blood clots, cysts, and arterial plaque. The late German physician Dr. Hans Nieper, used serrapeptase to treat arterial blockage in his coronary patients. Clinical studies show that serrapeptase induces fibrinolytic, anti-inflammatory and anti-edemic (prevents swelling and fluid retention) activity in a number of tissues, and that its anti-inflammatory effects are superior to other proteolytic enzymes(12). Besides reducing inflammation, one of serrapeptase's most profound benefits is reduction of pain, due to its ability to block the release of pain-inducing amines from inflamed tissues(13) Physicians throughout Europe and Asia have recognized the anti-inflammatory and pain-blocking benefits of this naturally occurring substance and are using it in treatment as an alternative to salicylates, ibuprofen, and other NSAIDs(14).

Bromelain & Papain

Both Bromelain and Papain are plant derived proteolytic enzymes. Bromelain, also known as bromelin, is a protein-digesting enzyme extracted from the flesh and stem of the pineapple plant, *Ananas comosus*. Papain, is a proteolytic enzyme isolated from the papaya plant, *Carica papaya*. Bromelain is most notable for its effectiveness in the reduction of inflammation and decreasing swelling, but the scope of its benefits continues to increase. As a natural anti-inflammatory enzyme, bromelain has many uses. Arthritis patients may reduce the swelling that causes joint pain by taking bromelain. Bromelain may also be helpful for the pain, numbness, tingling, aching, and loss of motor and sensory function in the fingers resulting from carpal tunnel syndrome (CTS) (15,16). Prevention of the adhesiveness of platelets to endothelial cell walls was accomplished with 0.1 mcg/ml of Bromelian(16a). Thus the benefit of bromelain occurs over a broad range of doses, and even small amounts may be beneficial to anyone at risk to thrombotic heart attack or stroke. Papain has been shown to be effective in preventing burn wound infection and helping remove dead cells(17). Papain is also used for the following:

- Defibrinating wounds in hospitals
- Preventing cornea scar deformation
- Used in treatments of jellyfish and insect stings
- To treat edemas, inflammatory processes, and in the acceleration of wound healing
- In low doses as an indigestion medicine

Papain has been used to treat ulcers, dissolve membranes in diphtheria and reduce swelling, fever and adhesions after surgery.

Amla

Also known as Indian gooseberry (*Emblica officinalis*) is the richest source of Vitamin C. It also contains tannic acid, glucose, protein, cellulose and Calcium. Amla is useful for stomach problems, it is antipyretic, hair tonic and nerve brain tonic. It's also useful in anemia, hyperacidity and in gynecological problems and epistaxis. Amla is considered to have restorative and preventive properties.

Rutin

Is one of the many existing Flavonoids. Flavonoids are a class of water-soluble plant pigments. Flavonoids support health by strengthening capillaries and other connective tissue, and some function as anti-inflammatory, antihistaminic, and antiviral agents. Rutin and several other flavonoids may also protect blood vessels. Rutin was shown to stimulate wound healing in rats and augment the tensile strength of scar tissue significantly(18).

Systemic Enzyme Therapy for Healthier Bodies

If the word "systemic" is used, that translates to mean the whole-body therapy, not just a digestive therapy. Systemic enzymes and systemic enzyme therapy are needed for each biochemical reactions that takes place and makes life possible. Enzymes initiate millions of reactions within your body. Without enzymes, life could not exist. Systemic enzymes promote healthier bodies and wellness. As we age, our body's natural production of enzymes slows or stops. Supplementation of enzymes with Vitalzym, along with proper diet and exercise, will help to maintain your normal enzyme levels, balancing your body's own repair mechanisms and increasing your health and wellness.

The Essential of Life and Wellness By: William Wong, N.D., Ph.D.

Read what our customers using Vitalzym have to say

Finding you "Activation" dose

The Case of the Disappearing Spider Veins

Major Functions of Systemic Enzyme Therapy

FIGHTS FIBROSIS:

- Fights the aging process by removal of fiber buildup
- Reduces Fibromyalgia by reduction and removal of fiber buildup
- Reduces Endometriosis by removal of fiber buildup
- Reduces Pulmonary Fibrosis by removal of fiber buildup
- Reduces chronic fatigue
- Reduces thickening of the blood (fibrin deposits), increasing circulation
- Helps unclog the microcirculation system, increasing circulation
- Reduces spider veins and wrinkles

- Reduces formation of scar tissue
- Reduces post-operative scar tissue, increases healing capabilities

FIGHTS INFLAMMATION:

- Reduces anti-inflammatory effect of over-the-counter pain killers
- Reduces liver toxin
- Reduces joint and muscle inflammation
- Lowers inflammation by removing toxins and debris in the circulation system
- Increases penile functionality
- Reduces the effects of Sjogren's syndrome or disease

FIGHTS VIRUSES:

- Helps internal filters clean the circulation system
- Improves anti-virals, kills the virus
- Lowers viral loading

FIGHTS IMMUNE MODULATION:

- Works to balance the entire body synergy
- Helps prevent the rejection of transplanted and health-restoring organs and tissues
- Helps modulate the cell-signaling pathway that triggers immune activation

FIGHTS BLOOD CONTAMINATION:

- Reduces clogging of the microcirculation system
- Improves the detoxification of the blood
- Improves the condition of white blood cells
- Improves the absorption of vitamin and mineral supplements
- Improved homeostasis

"I want you to know that Vitalzym is my choice for the most effective systemic enzyme formulation! I believe it is faster, better and stronger than any other enzyme supplement anywhere – period." Dr. William Wong, ND, PhD

Vitalzym, the world's strongest systemic enzyme blend, is all natural. It contains no animal derivatives, artificial flavors, artificial colors, yeast or gluten. Vitalzym is also lactose free and contains no harmful talc.

People using prescription blood thinners should NOT use any systemic enzyme product.

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VITALZYM VEG, 450 Capsules, 500mg VITALZYM (Free Audio Tape)
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Special Buy! In Stock, Ships same Day **Vitalzym** (3 Per Day) provides the enzymes needed for each of the millions ... our body's natural production of enzymes may slow. Supplementation with **Vitalzym** along with proper diet and exercise helps to maintain normal enzyme levels, balancing your body's own repair mechanisms. **Vitalzym** is natural. It contains no animal derivatives, artificial flavors, artificial colors, yeast or gluten.

The maintenance dosage is 3 per day. Try working up to 5 per day 3 times a day (therapeutic dosage).

The Essentials of Life and Wellness

By: William Wong, N.D., Ph.D.

For at least the last 40 years most of us have been taking vitamin and mineral supplements and have been doing and feeling somewhat better. Almost daily now there is more and more information on the function of some nutrient and on its place in the overall scheme of health.

But I've got a question! If these nutrients fill their allotted functions then why don't they seem to work the same for everyone? In other words, they seem to help some folks and not to work at all in others! Is there some underlying thing that allows these nutrient substances to perform their actions? Are vitamins, minerals and herbs the do all end all of attaining wellness or, are they the bricks and cement that must be placed on a solid foundation before they can take up their tasks solidly?

Let's redefine some terms. In 1913, Dr. Funk discovered nutritional substances he called "Vital Amines" or Vitamins for short. Without getting into biochemistry it turns out that vitamins are not amines but coenzymes, substances that help enzymes to work. An enzyme is a huge protein that speeds up chemical reactions. Without enzymes, chemical reactions would happen so slowly that life would not be able to exist at all. The human body has some 3000+ enzymes and over 7000 enzymic reactions.

Most folks think of enzymes as being involved only in digestion. This is among the last things that enzymes do. Of all the enzymes in the body, the protein cleaving (or cutting-eating) ones are the most important. These have 4 primary actions, they:

- Reduce inflammation
- Balance the repair mechanism and prevent fibrosis, (the buildup of scar tissue)
- Clean the blood
- Modulate the immune system

Folks who do not experience the beneficial reactions expected from their coenzymes (vitamins) possibly don't have the enzymes that the coenzyme is

supposed to help! The human body produces a finite amount of enzymes. From the age of 27 on, that enzyme production begins to wane. Dr. Max Wolf, an MD with 7 other Ph.D.'s after his name, researched enzymes and hormones at Columbia University from the 1930's through the 1960's. He found that round about 27 most folks stop making as many enzymes as they used to and that this event started the cycle of aging. In physiology we are taught that old age begins at 27!

The progression of aging goes like this:

- Round about age 27: Enzyme production drops - 27-35 marks the time when most of our aches, pains and arthritic changes begin to set in. Fibrosis begins building in the organs, blood vessels and muscles. Immune function begins to lag which is further complicated by high stress lifestyles. Blood begins to become thicker and harder to circulate.

- From 35 to 45 the drop in enzymes and stress of lifestyle causes a reduction in the all-important sexual hormones of testosterone and progesterone. Sex drive, mental drive, zest for life, bone density, muscle mass and overall energy go down significantly.

- At 45, we begin to have trouble absorbing the nutrients we need to maintain the 4 types of tissue we have in our bodies and these tissues begin to break down and malfunction. Here also from lack of proper eating and exercise complicated by smoking or air pollution, our blood is as thick as catsup. We don't have great circulation and oxygen is not getting every where we need to get it to! Especially up to our brains.

- From 50 through 60, we lose an estimated 10% muscle mass a year so that by the time we are 60 we are at bare bones minimal muscle mass to move us around - getting out of bed, off the potty or out of a deep chair becomes a chore. If the thighs and pelvic muscles, which are the strongest ones in the body are weak and have trouble getting you up then how are the other muscles doing?

- From 60 onward, our internal organs begin to shrink and further malfunction. That goes as well for the brain. The brain is 60 to 70% cholesterol. Everything we think with is based on a fat linked to a protein. If we are lacking for the good fats needed to produce neurotransmitters and maintain itself, then the brain begins to shrink and malfunction. If you've ever seen the MRI picture of an Alzheimer patient's brain, it looks like a dried, shrunken, cracked jello mold someone left out on the kitchen table under a ceiling fan for a week! The last 30 years of the low cholesterol craze has done nothing to lower the rate of heart disease and everything to increase the rate of the formerly rare Alzheimer's! Look in any Alzheimer's ward, are there any fat people there?

How do we stave off these ravages? If we are in the midst of them, how do we slow their progress down? And how do we make the vitamins and minerals we

are taking work better. We need to go back to the beginning of the degeneration and replace what we're missing.

Let's touch on again why vitamins, minerals and herbs alone don't work. Let's look at the lives or deaths rather, of some of the greatest nutritional teachers and practitioners of our time: Dr. Paul Kellogg - heart attack. Dr. Bernard Jenkins - prostate cancer. Dr. Carlton Frederick's - lung cancer. Dr. Pavo Aerola - stroke. Dr. Paul Bragg drowned after being knocked unconscious in the water by his surfboard at the age of 93! What differentiated Dr. Bragg from the rest?

Look at the bodies of some of the better known nutritional teachers and "natural" doctors now...go ahead think of them. Their faces and pictures are on books and television constantly. Are they severely overweight? Or, are they so thin and worn that they look as if they've just stepped out of a Siberian prison camp? If taking all of these good vitamins, minerals and herbs do it all then why did Kellogg, Jenkins, Fredericks and Aerola get sick and die. Why are the current gurus of "integrative medicine" overweight or emaciated, why don't they look like Dr. Bragg did, a handsome, muscular, vibrant man glowing with energy and power even in his 90's.

Here we go back to Dr. Wolfs' work and we start with, you guessed it, enzymes. If we maintained a high enzyme intake from our young years then we held off the changes that low enzyme levels precipitated. This is what Dr. Bragg did, through his mainly raw fruit and vegetable diet he replaced or substituted for many of the enzymes his body lagged in making.

This kept his hormone levels high throughout his life. Testosterone maintained the size and mass of his bone structure, his muscle mass and most importantly his brain. In men it has been found that the brain structure known as the medial amygdala is larger that it is in women. This is where a mans drive and zest for life come from.

As men age and testosterone levels go down (round about 35 to 45) estrogen levels go up. This causes the medial amygdala to shrink and with the shrinking goes a mans mental energy. A man in his 50's has more estrogen than his wife! High estrogen levels bring depression, anger, weight gain, lack of libido, mood swings and decreased erection size. We now know that it is estrogen that converts to the dreaded hormone Di Hydro testosterone (DHT) that wrecks our prostate and causes us to lose our hair! (Studies have confirmed this - swollen prostates and severe hair loss don't happen to testosterone dominant men in their teens and 20's).

With gals, the drop in progesterone levels to near 0 before and after menopause causes much the same effects, i.e. lack of mental drive, depression, moodiness, loss of bone and muscle mass, weight gain, etc. For decades MD's have concentrated on the estrogen after menopause. While it is true that estrogen levels in these women are lower than they previously were, their progesterone

and testosterone levels are practically nonexistent making them still estrogen dominant. Estrogen is the fuel that sparks fibrocystic breast disease, breast cancer, uterine fibroids and cervical cancer.

OK, so we did not do what Dr. Bragg did and eat enzymes from a young age. So, once they are gone, we'll need to replace them. What Next?

Oxygen. We have been 'plagued' by all the nutritional data about antioxidants for at least 15 years leading most folks to think that oxygenation is a bad thing. The strongest antioxidant you can find is to wrap your lips around a tailpipe! Life is an oxidative process! All disease states arise from, are fed by or are complicated by a lack of oxygen.

Oxygen not only feeds tissue and is vital to life, oxygen will also; kill viruses, burn bacteria, singe yeast, and dissolve cancer. Disease states are anaerobic. All bugs hate oxygen. Cancer cells for example, feed off of glycogen (anaerobic respiration), and die in the strong presence of oxygen! Part of a healthy immune system is to have the circulation, rich red blood cells and clean thin blood needed to carry oxygen throughout the body to every nook and cranny thereby killing off anything that may be thinking of festering there due to the lack of sufficient oxygen.

So we add Oxygen to our mix.

Finally we need to have an efficient outside to efficiently and painlessly carry our efficient insides around! For this, aerobic training will not do. All of the jazz exercise, yoga, karate aerobics, and even swimming and walking simply will not do. For this we have to strength train! Mind you I said strength training not body building. There is a huge difference I'll get to explain in a bit.

First let's look at something known as Wolfes' (a different Wolf this time) physiological law. A physiological law is an uncontested truth. That's the way it works - no questions about it! Wolfes' law states: "Mineralization is laid into bone along axial lines of stress". What that means is that unless we compress hard, tug hard and yank hard on a bone, it will not fill well with minerals or maintain it's mineral mass. Most MD's think Wolfes' law can be fulfilled by simple weight bearing as in walking, they are dead wrong. For one thing, while walking, what weight bearing do the arms, shoulders and mid back do? How can they benefit from the walking? For another, the first principle of exercise is that a muscle prefers to get its exercise in its primary range of motion in as great a range of motion as it can safely do. This will stress the bones sufficiently to produce the adaptive response of mineralizing. Walking has a mere 13 degrees of range of motion at the hip and knee when the hip is capable of 160 degrees of range and the knee 135 degrees. So how much exercise is 13 degrees? Not much. For walking to be a good exercise in bone building for the pelvis and lower extremity, you would have to going very fast up hill both ways....coming and going. Not likely to happen.

Now -- what's this difference between strength training and body building? A heck of a lot. Body building bloats muscles through a process known as hypertrophy and does not produce a lot of strength for the size. Real strength training on the other hand produces dense strong muscle through a process called hyperplasia. Do any of the lightweight Olympic weight lifting champions look like bodybuilders do? No. Do the men in the "Worlds Strongest Man" competitions look like bodybuilders? No. Look at the bantam and lightweight class of Olympic lifters. Yet these small men and women are some 3 to 4 times stronger and more able than the biggest of bodybuilders. We are not going for kissable beautiful biceps. We are shooting for useable strength for the Activities of Daily Living (ADL's) and:

to keep our circulation up, our bones strong, and very importantly increase the number of mitochondria in the muscle cells.

The energy we use for everything in our lives is produced by mitochondria. It is these furnaces of the cells where Adenosine Tri Phosphate is produced (ATP). ATP is the sugar everything in our bodies is powered by. Most all of the ATP in the body is made in the muscles. The brain uses 33% of the bodies' daily energy, the eyes 33% and the remainder of our body the rest! If we have lowered numbers of mitochondria, as in Mononucleosis, Fibromyalgia, Chronic Fatigue or due to age and loss of muscle, then all of our energy is significantly reduced and we are in a fog.

The only thing that can significantly increase the number of mitochondria in our bodies is **STRENGTH TRAINING**. Period. And yes, I know that for the last 20 years the medical emphasis has been on the aerobic training of the heart. Again research now shows that couch potatoes are living as long as their marathon running cousins and, that runners are dying of heart disease anyway while they sink their immune systems and wreck their joints with all the aerobic work! As we age, frame strength becomes more important than heart endurance. When was the last time you ran after the postman because he forgot to pick up a letter? But you arise from bed, the toilet and chairs every day. Strength is important not only in maintaining the circulation to our extremities but to perform all of the activities of daily living from blow drying our hair, to serving the table, to picking the skillet up from that bottom shelf! Nuff said.

Let's put this all together: When we only take vitamins, minerals and herbs, as important as they are, we are skirting around the outside of the essentials for health. If we just take supplements and not replace the enzymes we are wasting a good bit of money, expectation and time.

If we don't raise our levels of the sexual hormones, i.e. progesterone and testosterone, then we cannot stop or reverse the bone and muscle loss; we'll be depressed, gain fat and have no drive for life.

If we don't have high levels of circulating oxygen, we'll have bugs grow and fester throughout our bodies and have low energy and shortened life span.

If we don't maintain our frame, we can forget the rest of the program as it will give out and disease regardless of whatever else we do.

So again the cornerstones of life and wellness are:

Enzymes from juicing, raw foods and most importantly from supplementation. We need the supplements as the most essential enzymes for avoiding or combating the catastrophic diseases are the enzymes we may no longer make as much of. Pancreatin is essential in the prevention and fight against all cancers and inflammations. Eating raw pancreas and meat is out of the question. So, we have to find the finest enzyme supplement and take it liberally. Today Vitalzym from is the greatest systemic enzyme on the planet!

Progesterone and testosterone. With simple saliva tests we can determine just how low or off we are in our hormone balance and then safely supplement the loss with topical creams that are natural and without side effects. Testosterone has gotten a bad rap in the last 20 years as a cancer producer and aggression maker. The latest research shows the truth. Natural testosterone; protects the heart from disease, is the greatest antidepressant known, maintains sex drive, bone mass and muscle mass, lowers cholesterol and levels of body fat, protects the prostate and maintains mental drive! Life Flo makes the purest most utilizable proto - hormone supplement creams on the market today. The Progesta Care for women and the Andro - Edge are the products to look for.

Oxygen. We first clean the blood with the enzymes. Then we make the blood rich with oxygen carrying red blood cells. We then increase the circulation by opening up clogged blood vessels with enzymes and then make miles and miles of new blood vessels through weight training. On top of that, to make sure we are always oxygen rich to fight off bugs despite air pollution and the rest we'll supplement with a rich oxygen source. Aerobic 0-7 and K 0-7 are the industry standards for oxygen supplementation.

Finally we'll shore up our frames and boost our energy producing structures with strength training. This will lessen the incidence of injury, maintain our bone and muscle mass, increase our circulation, lubricate the joints, feed our brain better and give us the ability to carry ourselves around for life without being a burden to ourselves and others.

Does all that sound reasonable? Well stay tuned. We're in this for Life!

What is Pain

Pain is a very simple, but brilliant, concept. It is the body's cry for help. When the body has a lack of magnetic energy flowing through it, the immune system is weakened and it has trouble fighting off invading free radicals or cell contaminants. So when we experience pain, the brain receives a signal telling it that help is needed at the point of injury.

The body has a remarkable ability to self-heal under normal conditions. When there is injury to the body, the damaged site instantly produces positive electromagnetic energy. This is immediately followed by a signal for negative electromagnetic energy to start the healing process. If the body has an adequate supply of healthy, negatively charged cells to go to work at the injured site, then the healing process begins with haste, bring fresh blood and nutrients to mend the wound or lesion.

However, if the cells are ill-prepared to take on the job, the process takes longer and in some cases, is a long drawn out procedure. This is where it is most important to apply a secondary source of negative magnetic energy in the form of a negatively charged **Complex Meridian Unit (CMU)**.

Why Do We Feel Pain?

Pain is an instant message to our main control center, THE BRAIN. If the nerve endings which send the pain signals to our spine and on to our brain did not exist, then our life spans would be shortened by many, many years. This is because injuries would go unattended by the body and wounds would be open invitations to infections. All of this would soon take its toll on our bodies.

Therefore, our ability to "feel" is critical to our health. It is through our ability to feel that we help the body protect itself from damage. This most important sense operates in several ways, recognizing pressure, touch, pain, heat, and cold. Millions of receptors are in the skin and pass signals to the brain along the nerves in our bodies. The most sensitive parts of the body are the lips and, of course, the fingertips.

1. When we cut or hurt a finger, the nerve endings that transmit pain are stimulated.
2. The nerves immediately send pain signals to the spinal cord.
3. In the spinal cord several natural substances either increase or decrease the intensity of the pain
4. The pain signal then travels up through the spinal cord to the part of the brain called the thalamus. Once the signal is received in the brain, the thalamus produces various substances which will affect the intensity of the pain.
5. The sensors in the nerves which transmit pain are so precise in their execution that the brain knows exactly where the pain has occurred.

Chronic Pain

Most people have experienced chronic pain on more than one occasion. It might be from a stubbed toe, falling off a bike, tripping over something in the yard, or getting hit by a ball. And even when people are involved in a minor car accident where they don't immediately seem to have sustained any major injuries, all too often during the next day or two, the entire body suddenly responds with aches all over.

This is the kind of pain that we find difficult to deal with because there seems to be little that we can do to relieve the pain, other than to "tough it out." It may be a surprise to note that, while we as a society are doing our best to "grin and bear" the pain, we are spending billions of dollars for doctors' visits and drugs -- which usually address the symptoms (pain), but not necessarily the root causes.

http://www.bodybewell.com/site_map.html products and info for successfully addressing the need for relieving chronic pain.