

The Greening of... Your Body!

Denis Ouellette

Going Green is the new cool. It seems like everyone is interested in finding ways to preserve our natural resources and take better care of our planet. Maybe it took impending crises and hitting everyone in the pocketbook to wake us up... and I believe it's never too late... but let's talk about how the cleanup needs to start at home—and within.

How is *your own* biological terrain doing? Toxic waste dump? Junk-food depository? How many of us could describe ourselves as: stressed-out, caffeine-fueled, fatigue-ridden, over-extended financially, emotionally and physically... backed-up with past injury, illness or trauma, or overly medicated, both over and under the counter (or barstool)? To paraphrase: “*Stop my body, I want to get off!*”

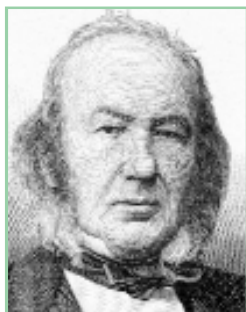
So let's do a *whoah* right here... Let's overview some facts and some history, and look at three strategies that will help you understand how your body works, how we got into this mess, and how to get out. This *triple whammy* offers new hope for your health and our planet's future—starting from within:

- 1) **Avoiding Disease by Breathing Better**
- 2) **Drinking Better Water & Balancing Body pH**
- 3) **MMS (ClO₂): A Pathogen Killer “Gone Viral”**

TERRAIN or DISEASE MODELS?

Take Your Pick, Choose Wisely

First, a history lesson to help us get back on track with the “terrain model” for immunity and wellness... In the words of research scientist, Christian Drapeau, MSc., “Today, there are more sophisticated medications than ever before, yet our health is declining at an alarming rate. One would assume that the current mainstream view of western medicine is the culmination of centuries of experimentation and knowledge, yielding the best possible understanding of health... Unfortunately, this is not [always] so.”¹



Claude Bernard
(1813–1878)

To understand how we got off track, where health-care became a multi-billion-dollar industry for disease “treatment,” where

“managing” a disease is spoken of more often than its cure, including the increasingly unpopular pharmaceutical model for symptom “manipulation” rather than addressing its cause, we go back to the 1880s with Pasteur and Bernard, and to pivotal events that helped set the course for modern medicine.

The Oxygen Factor



“managing” a disease is spoken of more often than its cure, including the increasingly unpopular pharmaceutical model for symptom “manipulation” rather than addressing its cause, we go back to the 1880s with Pasteur and Bernard, and to pivotal events that helped set the course for modern medicine.

Drapeau continues, “Claude Bernard, a contemporary of Louis Pasteur, was one of the pioneers of the theory that the whole body, or the biological *terrain*, is the determining factor in health. He held that if the terrain is well maintained [*think green*] by proper nutrition and strong immunity, disease would not develop. On the other hand, Pasteur, among the first to provide evidence of the bacterial world around us, suggested that the root cause of all disease is the introduction of bacteria into the body, regardless of the terrain. His discovery of antibiotics, which virtually eliminated tuberculosis and other epidemics of infectious disease, cemented Pasteur's bacterial approach over Bernard's more realistic, but less popular, terrain approach.”¹

Yes, antibiotics have saved many lives, but we all know how this course has run into problems with over-prescription and resistant strains. And in today's world, we know it's not simply bacteria's presence. There are viruses, fungi, pathogens, carcinogens and toxic chemicals lurking everywhere. By the way, I'm not paranoid, nor am I into conspiracy theories. And I'm not advocating tossing western medicine out with the bath water.

How could we? There is undoubtedly great value there... We all appreciate the miracles of modern medical technology, and we bemoan its shortcomings, especially with degenerative diseases... So stay with me on this one, because looking at your health from the wellness model (*greening your inner terrain*) puts the responsibility and the victory back into your hands.



My goal as a holistic-health practitioner has always been to *shake hands* with modern medicine—to bring both paradigms forward—and to combine the best of both worlds. But there’s a groundswell happening today. The disease model of health is disengaging itself from mainstream acceptance (even among medical folks). The disease model is the mind-set where we only pay attention when there’s pain or a diagnosis—and usually that’s too late since the body’s terrain has been off-kilter for years, or when the doctor prescribes a series of medications or surgeries with dangerous side effects and a host of complications. Many are ready now for this paradigm shift; others are not. Otto Warburg (see next section) was vilified by many scientists of his day for his oxygen-terrain discoveries. He often quoted Max Planck’s famous maxim that scientists don’t change their minds; rather they get old and die, to be replaced by younger men (women?) with newer ideas... But back to our story of Claude Bernard for one final point:

On his deathbed Pasteur recanted, writing the famous words: “It is not the germ that causes disease but the terrain in which the germ is found.” However, since *The Germ* became so profitable, the medical world has [by and large] written off his final statements as the madness of a dying man.²

So, our bodies are, in essence, mini-ecosystems or biological terrains in which nutritional status and levels of toxicity and pH [acid/alkaline balance] play key roles.³ How do we nurture a healthy body terrain? There are several keys and it’s not that complicated. Just like a garden, it’s about feeding, watering and weeding (and weather). Next, we’ll discuss the basics of optimizing your breathing and its value for immune boosting through oxygenation and detoxification. Then we’ll go over advances in water technology for improving hydration and body pH. Finally, we’ll explore a key breakthrough in major body cleansing and **pathogen** removal. [PATHOGEN: *any agent capable of causing disease. Usually restricted to such living agents as viruses, rickettsia, bacteria, fungi, yeasts, protozoa, parasites, and certain insect larval stages.*⁴]

So health and disease prevention are your goals and responsibilities in life—not the doctor’s. Another paradigm buster: your “terrain” is not just your physical body. It is the living, interconnected exchange between your body, mind, emotions and memories—governed overall hopefully by the upward trend of your spirit. It’s ultimately about achieving your victories, great and small, and self-mastery. And that depends on you getting these areas of your life cleaned up and working in harmony. It’s what we call holistic health.

1) BREATHING & AVOIDING DISEASE—

Their Relationship Was Under Your Nose All Along!

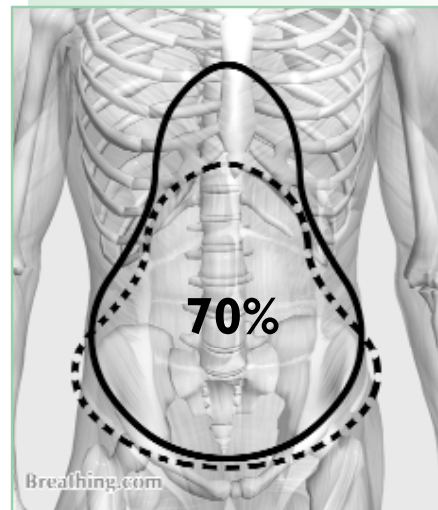
Let’s continue with another history lesson, that of Otto Warburg, medical doctor and Nobel laureate for medicine in 1931, nominated again in 1944, one of the twentieth century’s foremost cellular biologists and cancer researchers. He was the son of a leading German physicist, Emil Warburg, and grew up with lively discussions around their dinner table that included the likes of Albert Einstein, Max Planck (father of quantum physics) and other luminaries of their day.

He won the Nobel Prize for discovering the action of the enzyme responsible for *cellular respiration*—see where this is going?—and for showing that

Supporting a More Optimal Breathing Pattern:

The Pear + the Cone = the Wave

See sidebars on this and next pages.

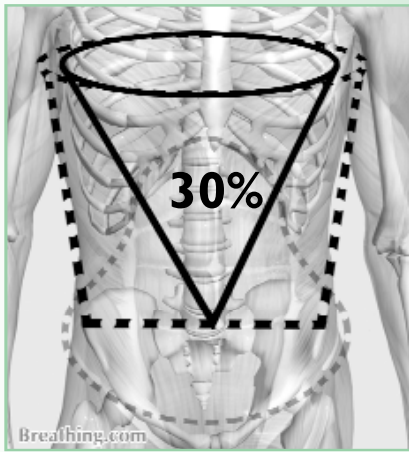


- Exhale (resting)
- - - - - Inhale (lungs full)

The Pear

Imagine a pear hanging from your collarbones. Your diaphragm lies on top of the lower, round portion of the pear, and rises and falls with each breath. At the end of an exhale, the diaphragm rests up inside your ribs in its natural, dome shape. During an inhale, as your lungs fill, the top of the pear is pushed down and the diaphragm flattens. This causes the lower, round part of the pear (stomach, liver, intestines) to expand outward in 360 degrees.

The soft tissue of the abdomen will expand more than the sides (intercostal muscles) and more than your lower back and kidney areas, but you should still feel expansion in your sides and back—although you may not, due to low-back tension. This primary *pear movement* should account for about 70% of the volume of your in-breath, since most of your lung tissue is in the lower half of your torso. Indeed the lungs hang down about 20% more in the back like the tails on a tuxedo)...



- Exhale (resting)
 - - - - - Inhale (lungs full)

The Pear + the Cone

After the pear is filled, the breath will naturally rise up to open the ribs and expand the chest. This is the secondary movement of the inhale, which accounts for about 30% of its volume. Imagine a cone with the point anchored at your navel. The upper circle of the cone is approximately at your nipples. First the pear, then the cone enlarge in a wave-like movement upward. The ribs expand after the lungs need more space for a deeper breath. The circle of the cone opens wider as the ribs spread sideways—but not upward.

The cone is anchored at the navel. It will expand at the bottom, but not lose its foundation. If the ribs were lifted upward during an inhale by shrugging the shoulders or bulging the neck muscles, the circle at the top of the cone might even decrease in diameter, restricting your air volume intake. Tension would accumulate from doing shoulder shrugs and tensing the neck muscles about 18,000 times a day! This could lead to “high-chest dominant” or “reverse breathing,” where the abdomen GOES IN during an inhale. The ideal is to keep your shoulders and neck at rest and allow your ribs to widen sideways. There can be a gentle rippling movement in the shoulders and neck muscles as the inhale peaks.

From Optimal Breathing® and Breathing.com.
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healthy cells only mutate and become cancerous within an anaerobic (oxygen-starved) bodily terrain, which also means under acidic pH conditions. *Eighty years ago*, he demonstrated the carcinogenic nature of food additives and tobacco. In his own words: “Cancer, above all other diseases, has countless secondary causes. But, even for cancer, there is only one prime cause. Summarized in a few words, the prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar.”⁵

What he was saying is that, when cells need to produce energy, they usually do so by *respirating*—breathing in oxygen and releasing carbon dioxide—at the cellular level. Another system, used only when oxygen is in short supply, is to produce energy through *glycolysis*, the fermentation of sugar. But if they do that for too long, cells lose their respiratory function and mutate into cancer cells. They then forfeit all of their metabolic functions except one—that of reproduction. The cancer cell now becomes capable only of perpetuating (brewing) more of itself by fermenting the sugars in the body.

Warburg also wrote about oxygen’s relationship to the pH of cancer cells and the body’s terrain. He reported that cancer maintains a lower pH, as low as 6.0, due to lactic-acid production and elevated CO₂.⁵ Normal, slightly alkaline pH required for biological **homeostasis** is about 7.4—a huge difference. [HOMEOSTASIS (*from the Greek, “to stand equally,” coined by Walter B. Cannon*) *The property of a living organism that regulates its internal environment so as to maintain a stable, constant [and healthy] condition. Multiple, dynamic equilibrium adjustments and regulation mechanisms make homeostasis possible.*⁶]

Consider again, if you will, the *holistic nature* of homeostasis in its balancing act between body, mind, emotions and memories, and its micro (cellular) and macro (universal) interactions and implications...

Warburg firmly believed that higher (more alkaline) pH meant higher concentrations of oxygen, and vice versa—and you can see how improving your breathing fits in. According to Warburg, cell mutation by oxygen starvation is the primary cause of cancer, but let’s take a look at some of its secondary causes and cofactors, as some of these may surprise you:

- | | |
|--|---|
| <ol style="list-style-type: none"> 1. High meat and fat consumption 2. Coffee, tea and colas (acidic pH of about 2.5) 3. Aflatoxins (fungal products, especially peanuts and soy sauce) 4. Lack of Iodine, Vitamins A, C, E 5. Amines (such as nitrosamines) in unrefrigerated foods, processed meat, and cheese 6. High intake of certain vitamins 7. Habit of overeating (in 35% of all cancers) 8. Some species of mushrooms 9. Diet high in refined, processed foods and refined sugar 10. Diabetes 11. Obesity 12. Long “transit time” thru colon (constipation) 13. Estrogens 14. Hair dyes (and other body-care chemicals) 15. Asbestos fibers (and other contaminants) 16. Drugs: certain antibiotics (Tetracycline, probably penicillin), aspirin, diuretics, immunosuppressants, Azolid, Butazolidin, Presamine, | <ol style="list-style-type: none"> 17. Tobacco and alcohol 18. Excessive exposure to toxic chemicals, industrial fumes, hydrocarbons, cleaning solvents, vinyl chloride 19. Stress (continual stimulation of “fight or flight” autonomic response, release of adrenaline, cortisol, etc.) 20. Exposure to cold, heat, and radiation 21. Drinking tap water in most large cities (chlorination, fluoridation) 22. Prolonged contact with sick pets 23. Chronic irritation, inflammation, or infection 24. All viral illnesses (flu, colds, diarrhea, etc.) 25. Early or promiscuous sexual activities (STDs) 26. Kidney transplant 27. History of previous cancers 28. Nonspecific factors: age, race, sex, occupation, family history |
|--|---|



Otto H. Warburg
 (1883–1970)

You'll find this list posted on Breathing.com⁷, the largest web site dedicated to breathing on the planet, created by Michael Grant White, with whom I have trained, and who collaborated with me in developing Integral Breathwork™. (Three local seminars coming this fall, see ad.) He has taken 55,000 people through his highly detailed Optimal Breathing® test online. One stunning statistic from the compilation of his data—though not surprising given the facts just presented—is that, among those who scored well on the many breathing assessments and indicators, there has been NO indication of the presence of cancer.



Michael Grant White
Optimal Breathing® Institute
& Breathing.com

In Mike White's words to me: "Regarding the number-count score on the Optimal Breathing test, we have to be clear that we are not publishing the results of a so-called double-blind clinical study, rather a very strong statistical correlation of about 55,000 test-takers. Simply stated, when their score is above 150, cancer is not reported. Below 150 and it is. Cancer rates vary from country to country and our stats are including all reporting countries lumped together, but the ratio is 80% or more from the U.S."

We've spoken here of cancer, but indeed, a low-oxygen, low-pH bio-terrain creates festering grounds for most, if not all, disease and overwhelms the immune system. Also, shallow or dysfunctional breathing itself can cause or contribute to a host of maladies. See the box at left for a list, and again, some of these are obvious (asthma), but others not so much...

The Pear + the Cone = the Wave



= the Wave

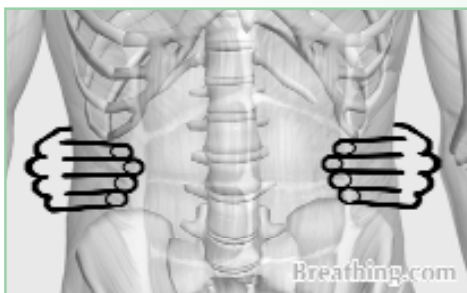
The merging of the pear and cone as one continuous movement creates a marvelous wave that first fills the belly, then rises into the thorax. You can harmonize the breath wave with the spinal wave. The gentle undulation of the spine will encourage the flow of spinal fluid, lubricating your spinal discs. Since the majority of your activity and attention should be in your lower torso, you will be stimulating the vagus nerve and the parasympathetic (calming) side of your autonomic nervous system. Like an ocean wave, when your inhale comes to its peak, it will spill its momentum on the shore, with your free and relaxed exhale. You may feel inclined to pause before your next inhale, because you will be oxygenated and refreshed.

CONDITIONS ASSOCIATED WITH DYSFUNCTIONAL BREATHING

anxiety or panic attacks
allergies
arthritis
asthma
back pain
bronchitis
cancer
candida, Epstein-Barr
chronic fatigue
chronic pain
poor concentration/memory
constipation or diarrhea
depression
digestion problems
drug addiction

eating disorders
emphysema
headaches or migraines
high blood pressure
hyperventilation
infertility and impotence
immune deficiency
irregular heartbeat
irritability
nightmares or night sweats
pneumonia
sleep apnea/sleep problems
snoring
thyroid problems
weight issues

The Squeeze & Breathe Exercise



To strengthen the diaphragm from within, perform the breath wave while placing a little extra pressure with your hands in the soft tissue between your hips and your ribs. Place your four fingers in the front and your thumbs in the back over your kidneys. Do this while standing with your feet shoulder-width apart, knees slightly bent, chin raised slightly above the horizon level. Breathe out all the way while squeezing in. Now hold these "vises" tightly while you inhale. As your "lower pear" expands, you are exercising your diaphragm muscle. Your fingers and thumbs will be slowly forced open. Do this six to ten times, with a 4-count inhale and a 6-to-8-count exhale. Take a regular breath in between each squeeze to give yourself a rest, to feel the flush of blood to this area, and to note any other changes.

Any dizziness suggests a low tolerance for energy. If dizzy, wait 30–60 seconds before doing more in order to give your body a chance to absorb the excess energy. When practiced regularly over time, this exercise can improve your diaphragmatic action and increase your lung volume. More advanced breathing techniques are available at Breathing.com.

The Pear / Cone Breathing Ratio

No breathing pattern is static, but experience has shown that a good pattern should have a strong tendency toward this 70/30 ratio, due to the sufficient support needed by one's internal core—also known as the *dan tien*, the *hara*, or the internal foundation—which includes the diaphragm. This ratio promotes “rest, digest & heal.”

The 70/30 ratio may change dramatically—even to its opposite of 30/70—when the system encounters extreme degrees of stress or distress, “fight or flight.” By consciously directing your breath, you can gently and consciously bring your breathing back to the 70/30 balance to better manage and recover from distress.

In the #176 *Breathing Development Fundamentals* program [Breathing.com], this area is called “the bottom of the pear.” We also liken it to the “basement” of an office building, with the “building” being the lungs, and the “elevator” being the diaphragm and wave-like movement that rises and descends with the breath. ■

Accompanying this article you've seen descriptions, diagrams and a diaphragm-strengthening exercise that I've published in my book.⁸ These show what an optimal breathing pattern should look and feel like: fuller, slower, more diaphragmatic, and with the inhalation engaging the full torso in an upward wave-like motion. Especially since most people are breathing at only 20% of their full capacity, we can all improve our bio-terrain and prevent disease through better breathing.

Also, carbon-based metabolic waste (from normal cell die-off and the eating of fresh fruits and vegetables) is released through exhaling carbon dioxide, while fiber is needed to push solid wastes from animal protein through the GI tract. Practice deep breathing often and you'll be well on your way to improving your oxygen intake (the #1 antioxidant), balancing your body's pH, and increasing your respiratory detoxification.

2) THE EVOLUTION OF WATER

The Only Drink for a Wise Man —Henry David Thoreau



Emerging water technologies are changing the way we think and drink. At the forefront are the producers of equipment that can vary the pH of water (up to 9.5 for drinking), increase its antioxidant capacity, and multiply its hydration rate by up to ten times (its absorbability by the cells). Ideal water molecules should be in small, molecular clusters and hexagonal (six-sided) in structure like in a snowflake. Polluted, acidic, oxygen-poor, or disrupted water consists of much larger, clumped-together, five-sided molecules that are much harder for the body to assimilate. (Remember the feeling of water sloshing in your stomach after drinking?)

Other benefits reported with this revolutionary water include: More effective removing of accumulated acid wastes and toxins. Promoting weight loss by breaking down fat deposits. Increasing the bioavailability of all nutrients and foods. Ionizing of minerals, making them more usable. Improving elimination regularity and digestive processes. Increasing metabolic efficiency by activation of enzymes and improving other metabolic functions. Also improving cellular communication and re-establishing of homeostasis. (One planetary benefit—having this water available reduces our plastic water-bottle footprint.)

Cont. on page 34



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— Dan Brulé, *The Art of Conscious Breathing*

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— John Meneghini, *Conscious Breathing CD*

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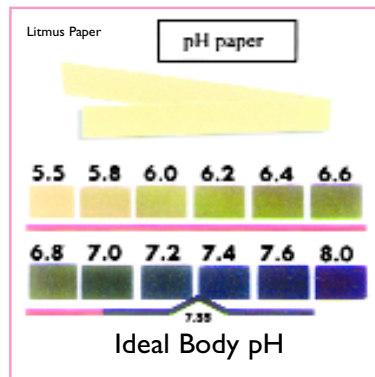


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Understanding Body pH

Most drinking water, even the expensive bottled stuff, which is often sourced from filtered, municipal tap water, and sports drinks are acidic. But besides water, disease pathogens and toxins, what factors contribute to an unhealthy, acidic bio-terrain? (You can go back and review cancer's secondary causes and have a good idea.) But in fact, surgical operations are first on the acid-producing list both



because of the drugs used and the invasive shock induced. Second for high acid would be pharmaceutical and other drugs and chemicals. So if you have had surgery, chemotherapy, or are using drugs, you have extra work to do to regain a healthy, slightly alkaline bio-terrain to promote healing.

Next and still high on the acidity list come alcohol, tobacco, coffee, tea, and soft drinks. Then fried foods and table salt. Then processed and refined (white) flour or sugar, and meats (cold cuts, hot dogs). Red meat is on this list (cooked rare being less so than well-done) so always have a great salad with your steak—and skip the french fries! Your body, mainly through its reserves of potassium and magnesium, can buffer a large amount of acid

foods, toxins and waste, but only for so long, unless you are cleansing and replenishing your alkaline reserves.

Alkaline-producing foods include (you guessed it) raw fruits and vegetables. The best alkalizing foods are the green ones—those high in chlorophyll, which is one atom away from hemoglobin (red blood cells)

OK NOT ORGANIC

- Asparagus
- Avocados
- Bananas
- Broccoli
- Cabbage
- Corn
- Kiwi
- Mangos
- Onions
- Pineapples
- Peas
- (Seafood)
- (Shampoo & Personal Care)

SHOULD BUY ORGANIC

- Apples
- Celery
- Cherries
- Cucumbers
- Grapes
- (Including All Juices)
- Lettuce
- Peaches
- Potatoes
- Strawberries
- Raisins
- Raspberries
- Spinach
- (Dairy & Beef)

and oxygen-bearing. I recommend E3Live™ to everyone, a liquid blue-green algae, harvested and delivered fresh-frozen from Lake Klamath, Oregon (see ad). I use it in conjunction with breathwork to “prime the oxygen pump.” This amazing green superfood has about four times the chlorophyll of fresh wheatgrass juice (and tastes better). It contains a host of vitamins, minerals, amino acids, enzymes and Omegas.

Many people swear by Dr. Schulze's powdered, green SuperFood™ (and his herbal intestinal-cleanse formulas as well, see ad). And there are many good green drinks to choose from to supplement your diet. Next on the list of alkalizing foods come beans, legumes and whole-cooked grains, then nuts and seeds (pumpkin seeds especially). A longer article for understanding body pH was published in this magazine and is available online.⁹

Are you wondering if you need to stay with organic fruits and vegetables? Well, that's the best way to avoid ingesting pesticides, herbicides, etc.,

but that can get expensive. And some foods are more susceptible to this contamination than others. For your info, see the box on the previous page for a compilation by Dr. Andrew Weil and others.^{10,11,12} And you can soak your fruits and vegetables in the strong Kangen water (11.5 alkaline pH) or the MMS chlorine dioxide solution (see next page).



The Quest for Hexagonal Water

Since our bodies are 75% water, with the brain being up to 90%, it stands to reason that we can use this medium to optimally alkalize the body. Water alkalizing and ionizing devices have undergone 35 years of development, testing and use in hospitals in Japan. There are several technologies on the market, but the Kangen® water system has proven to be one of the best.¹³

Dr. David Carpenter, ND, who spoke recently in Bozeman, is one of the nation's leading proponents of ionized, hexagonal water. He has successfully taken thousands of patients through a healing regimen using it. Several years ago, Dr. Carpenter learned first-hand about this water's specialized use in Japan. With the low-pH acid water, Japanese doctors were treating skin conditions including psoriasis, bed sores and diabetic ulcers. He witnessed black, gangrenous skin turning pink again within a few days! The doctors also had their patients drinking the alkaline water

for a number of health conditions. When Dr. Carpenter returned to the U.S., he searched for a system that would produce the same healing waters. He purchased seven ionizers promoted as producing alkaline, micro-clustered, high-antioxidant water,



and tested them on his patients, but they all had minimal or no effects. No device seemed to produce the results he had observed in Japan—until the Kangen system (registered as a medical device in Japan).

It appears the other devices simply did not produce enough hexagonal water. In addition, none of the devices could produce the 2.5 pH acidic water that was used for treating skin conditions in Japan. According to Dr. Carpenter, “One way I’ve come to determine if hexagonal water is present in a reasonable quantity is to test whether or not green-food supplement powders could stay in suspension.”

When Kangen water became available in the U.S. in 2003, through Enagic, Inc., Dr. Carpenter saw a much higher percentage of hexagonal water. He explained, “When I put green-food powder in the Kangen water and shook it up, it stayed in suspension and didn’t fall to the bottom, no matter how long the jar sat on my desk. I knew I had found what I’d been searching for... Then I started seeing miracles happen with my patients.”¹⁴

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Our family has the Kangen water system at home now, and we're offering the water freely to anyone who comes by. (Please bring your own jug.) We live in Emigrant, Montana, a half-hour north of Yellowstone Park. Call us at (406) 333-4103 for more information, or to see if we know of someone offering this water closer to your home. We can send you more info, including a free DVD, and you can learn more at www.mynewwater.com.

3) MMS: The Chlorine Dioxide Ion

History in the Making



In the annals of modern biomedical history, I don't believe anything, past or present, will have the same impact as the use of the simple, chemical compound chlorine dioxide (ClO₂). It can

be taken internally to safely and effectively remove pathogens and toxins from the body, as it has done outside the body commercially and industrially for decades. Not to be confused with chlorine, this is a powerful **oxidizing agent** that kills disease pathogens and rids the body of heavy metals and chemicals. It does so, mind you, by recognizing the relative acidity of these invaders and binding oxygen to them, so they can be recognized by the body's immune system for what they are, and quickly expelled.

[OXIDIZING AGENT: A chemical compound that readily transfers oxygen atoms... a chemical capable of accepting electrons and thereby decreasing the negative charge on the atom of the substance being oxidized.]¹⁵

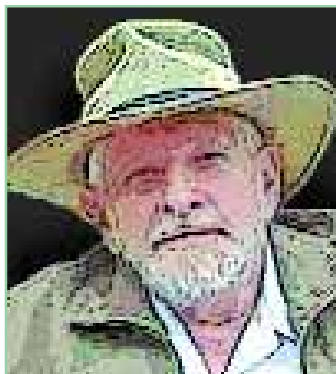
Think of the bubbles produced by hydrogen peroxide (H₂O₂) as it kills the bacteria on a cut. Other oxidizers include ozone (O₃) and oxygen (O₂) itself. Some of the above have been advanced for killing pathogens internally as well, but they are not as quick, safe or effective, nor are they as inexpensive. If taken in excess, chlorine dioxide (ClO₂) can cause diarrhea, queasiness or nausea, as the pathogen die-off is eliminated from the body. The only byproduct of ClO₂ in the body is a minute amount of table salt.

Meet Jim Humble and his Miracle Mineral

Supplement (MMS) on *YouTube* any time you like. You see, this phenomenon has already "gone viral." There are over two million people experimenting with it to deal with *their own* Big Ones: cancer, malaria, hepatitis A, B and C, Lyme Disease, strokes, diabetes, AIDS, Alzheimer's and autism (especially where heavy-metal poisoning is a factor) and down to the flu and the common cold. You'll easily find their blogs by *Googling* for Jim Humble, MMS, or chlorine dioxide, and adding one of these diseases. A DVD, *Understanding MMS: Conversations with Jim Humble*, filmed at his clinic in Mexico with doctors' interviews, and other books and research are forthcoming.

You are welcome to visit Jim's own site at www.miraclemineeral.org. There you can download for free the first 150 pages of his book, *Breakthrough—The Miracle Mineral of the 21st Century*. Also listed there are suppliers for ClO₂ and the citric-acid activator. If you click on the suppliers tab to order, I recommend you

use the company, *Global Light Network*, as you will receive two free audio interviews with Jim Humble. And always purchase the citric-acid activator, as it is more predictable than using lemon juice. The cost is about \$23 for a hefty supply—from which Jim humbly makes no profit.



Jim Humble

Developer of the ClO₂ MMS Protocol

Here's the backstory:

It has been 10 years since Jim Humble, metallurgist, chemist and gold prospector, first discovered that this compound safely conquered the malaria parasite. While prospecting in the tropics, his own workers were getting bitten by malarial mosquitoes. His chemistry background led him to experiment with stabilized oxygen, which led to his development of the chlorine-dioxide protocol.

Malaria is the biggest threat to health and life on the planet. Annually worldwide, 1 to 3 million people die from the disease, while 300 to 500 million people are hospitalized and debilitated for weeks. For ten years now, Jim and others have brought this protocol to Africa where they have rescued over 75,000 Africans from death's door. After a good dose of chlorine dioxide, patients have been getting out of bed and going home after four hours!

No one is promising a "magic bullet" here, or calling this the solution to all the world's ills, but

Cont. on page 38

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should come from breathing, yet many of us access only 20% of our full breathing capacity leaving our cells starved for oxygen and compromising our health. Improper breathing either causes or worsens every illness. Learning how to expand your breathing can help not only with various medical conditions (asthma, poor digestion, insomnia, high blood pressure, panic attacks, stress, etc.) but can increase longevity and support your quest for holistic well-being and self-transformation.

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when used diligently and intelligently according to the protocol, MMS is proving effective and appears to be a breakthrough.

The ClO₂ compound works by effectively purging the body's ecological terrain of disease-enabling pathogens and poisons, so it can return to its natural state of health and homeostasis. This internal-cleansing strategy is the brightest, most hopeful news in alternative healing that I've heard lately. This approach, along with the others discussed here, is signaling a new era in the science of self-responsible health for us all. Let the paradigms shift where they may. And let's see where all this goes from here.

I am using the Kangen water and the MMS on myself now. At press time, I've been drinking the alkaline water for several weeks, and am halfway toward the maximum dosage on the MMS protocol. I have indeed noticed positive and welcome changes in my physiology, sleep and energy.

So *green up* your body and nurture your bio-terrain with these simple, powerful tools: 1) correcting, optimizing, and employing your **breathing** abundantly as an everyday health enhancer; 2) drinking alkalized, **ionized water** for homeostasis and a deeper penetration of healing; and 3) using the **chlorine dioxide** when dealing with more serious pathogens and for a stronger detoxification. You'll notice our friend, oxygen, the great alkalizer, factors in at the core of this *triple whammy*. Of course, hang in there with a healthy diet, *green* supplementation, and some form of exercise. (Anyone can walk or use a rebounder!) Remember to forgive the past and to uplift those thoughts and feelings too. Then watch the miracle of your body's innate ability to heal itself unfold! ■

Denis Ouellette, BA, BS, MT, OBDS, has been practicing breathwork, bodywork and holistic health since 1978. He is the editor and publisher of this magazine, and the author of "Heal Yourself with Breath, Light, Sound and Water." Denis has facilitated thousands of private and group breathwork sessions, and is a core faculty member at the Optimal Breathing® Institute. He conducts his ongoing Integral Breathwork™ Seminars and trainings locally and internationally. This experiential workshop presents a "new world paradigm" for integrating correct breathing physiology with transformational breathwork. Several workshops will be offered locally this fall. Visit his web site www.IntegralBreathwork.com for articles and testimonials, to obtain a copy of his book, or to download the first five chapters for free. Denis works in private practice in Emigrant, Montana. Call him at 406-333-4103, or e-mail denis@wispest.net.

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- 13) See articles by Arlene Hoag on Kangen water: Change Your Water—Change Your Life, in two previous issues of *Natural Life*. [Contact this author for PDF copies and for more info on the Kangen water system.]
- 14) The Quest for Hexagonal Kangen Water from <http://www.stmichaelstore.com/quorhekawa.html>
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The last word...

HOLISM vs. SPECIALIZATION

To call someone a specialist is to recognize his or her great skills, and it cannot be denied that specialization has been the cause of fantastic progress. In order to further their knowledge in their own field, specialists have to limit their scope of investigation. This is fine, but it is important, then, for them to see the relationship between their limited subject of study and the whole of creation.

What is it that specialists do, anyway? They detach a small piece of bark from the cosmic tree—the Tree of Life—and when they have thoroughly weighed and dissected it, they write books about it, bring together hundreds of their colleagues and students, and give a lecture in which they present their conclusions. And that is what they call “science.”

But once this piece has been cut off, it is, in a sense, dead! Since it has been removed from universal life, it's dead—not physically perhaps—but dead from the point of view of its relationship to cosmic life. How then can they speak of the Science of Life?

Omraam Mikhaël Aïvanhov

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