

PRODUCT DESCRIPTION

Calcium

The symbol for Calcium is Ca and the atomic weight is 40. There are over 250,000 different calcium which are divided into 7 different major groups. One of these calciums is poisonous to all biological life. The 7 groups are:

1. Calcium Phosphate
2. Gypsom
3. Dolomite
4. Carbonate
5. Tri-calciums
6. Oxide
7. Hydroxide

Calcium phosphate is the most important mineral form necessary for the health of man. There are only 3 minerals that are anionic: calcium, potassium and chlorine. Man requires more calcium by weight and volume than any other mineral. A girl and a boy require the same amount of calcium until puberty, then as a woman, she will require significantly more calcium per day than a man. 60% of the entire mineral makeup of the body is calcium. For this reason, calcium is the most important mineral. It is the master mason or the master builder of the body.

Calcium is utilized in the manufacturing of bones, bone marrow, teeth, blood, synovial fluid, cartilage, spinal fluid, nerves, muscles, organs, glands and the sexual procreative seeds of life – the ova and sperms. Calcium and potassium determine the structure of the brain. Calcium also regulates the oxygen in the system, the heart rhythm, blood circulation and the constant purification of blood – the essence of Life.

When the blood is deficient in oxygen, the availability of calcium from the liver to the system decreases. The saliva pH reflects this by moving away from 6.40. Consequently when the liver is deficient in calcium, its most important mineral, it will not function effectively, thereby diminishing the production of the liver bile, hydrochloric acid and enzymes. When this transpires, energy cannot be efficiently created from the food or supplements. Specific calcium deficiencies can be detected through the equations of both urine and saliva pH's.

Approximately 20% of the body weight is bone weight. The bones are affected if there is a phosphate of calcium deficiency. All joints in the body are lined with a cartilage which is a translucent, elastic glossy smooth tissue, a gristle lubricated by synovial fluid. The synovial fluid is a translucent, viscid, lubricating fluid similar to the consistency of an egg white, which acts as a grease or joint oil. Together the cartilage and synovial fluid prohibit friction in the joints and prevent a premature burnout of the body.

Severe calcium imbalances and calcium deficiencies lead to the wear and tear of the cartilage and synovial fluid. In the case of a severe calcium imbalance, there is an excess of one specific group of calcium, due to a deficiency of another group of calcium for an extended period of time. The excess calcium precipitates or falls out of solution and accumulates in the joint. As the "excess" calcium gathers, it displaces the synovial fluid and causes calcification of the joints. Through movement, tendons, cartilage and nerves are pressed against these rough and jagged deposits of calcified calcium, causing pain and restricting movement.

A popular misconception and a grave error in this case is to avoid taking all types of calcium, thinking the body has too much. The reality is, had the body not been calcium deficient, the calcium imbalance would not have existed to cause the problem. To find the solution check the pH readings to determine which type of calcium is capable of dissolving these particular calcium deposits and drawing them back into the bloodstream. Correcting the calcium deficiency will reach the cause and solve the problem. The calcium imbalance is always determined by the pH or acid-alkaline balance of the system. In some cases the joint has lost so much of its synovial fluid that friction between the bones is causing them to disintegrate into powder. This is an indication of severe overall calcium deficiencies.

A deficiency of calcium leads to a chain reaction of deficiencies in vitamins and other minerals. This is the beginning of the loss of energy and the beginning of all illness irregardless of how well one may feel. The first vitamin deficiency to develop is that of vitamin C after a deficiency of calcium occurs.

There is also a calcium, vitamin C and A deficiency when the body is losing oil from the skin. This is an outward indication that the oil from the bone marrow, cartilage and synovial fluid is slowly being depleted. The bone marrow is like a very thick oil, 95% of which is fat.

Any person who is irritable, excitable, nervous or indulges in alcoholic beverages, tobacco and drugs will have low calcium reserves. The greater the calcium deficiency, the greater the overall mineral deficiency. When there is a calcium deficiency, there will also be a manganese deficiency. Manganese is known as the power of life and light. Without manganese no seed could ever exist, not even procreative seeds of mankind, the ovum and sperm.

Anytime the calcium, vitamin C iron and manganese are depleted from a woman's system, she is in a state of menopause regardless of how old she is, whether she is 17, 25 or 34 years old. The cessation of the menstrual cycle is not the triggering mechanism of menopause but a consequence of it. When mineral deficiencies occur for any length of time during any age, it will affect the menstrual period. The cycle can be irregular or the period may be accompanied by cramps, swelling, bloating or pains in the ovaries, breasts or other parts of the body; in addition the menstrual flow itself may be scanty, excessive, discolored or foul smelling. When a woman experiences any problem with her menstrual cycle, this is a warning signal that the body is mineral deficient. To ignore this warning of nature by only suppressing the signals with remedies other than what the body is deficient in, is pure foolishness and lead only to severe consequences. In men prolonged deficiency of these minerals will cause impotency, prostate problems, sterility, and rapid premature aging along with many other illnesses.

Illness is a result of mineral deficiencies. It follows a cause and effect relationship. Mineral deficiencies in the body can never be overcome or conquered by the use of drugs, because the body is never drug deficient.

It is through the Ionization Analysis Method (I AM) that the guesswork is removed and the needed calciums and nutrients can be determined intelligently. Some of the different calciums used by the I AM, formulated by Dr. Carey Reams include:

Min-Col; Cal II; Calcium Lactate; Calcium Gluconate; Lime Water; Dolomite. Remember the pH's are the guidelines by which we determine the types of calcium needed to restore energy and healing to the body.

MIN-COL

Min-col is a trade name for a very unique natural multi-mineral formulation developed by Dr. Reams. The name Min-Col stands for Min – mineral, plus Col – colloids, or mineral of a colloidal nature.

There are three branches of chemistry: inorganic, organic and colloidal. The human body is composed primarily of organic compounds, that is carbon – C which plays a pivotal role. Colloids also play crucial roles; without their presence the body could not sustain life. The colloids make up the dust from which we are made. When a body is cremated, there are approximately two to three pounds of ash which remain. These ashes are the colloids of the body. This illustrates one of their properties – colloids can never be destroyed regardless of heat, cold, pressure or chemical reaction.

Colloidal particles when mixed in a glass of water remain in perpetual suspension, that is, unlike other substances, colloidal suspensions will never settle to the bottom of the glass but exhibit continuous random motion. Colloids, with their tremendous amounts of energy, are sometimes referred to as a miniature solar system. The colloidal state as determined by the size of the particle of a substance ranges from visible suspended particles to invisible molecules. On different occasions, individuals with extra-sensory-perception, unaware of what Min-col is, described it as a life sustaining substance emitting a glow of blue colored energy. Because of random motion and the small size of some colloids and their basic characteristics, they pass easily into the body requiring no digestion. Therefore when Min-Col is taken, the minerals – colloids are available to the system regardless of the strength of the hydrochloric acid.

Min-col is composed of 66 colloidal minerals. These major and trace minerals are all in phosphate form. All minerals must be in phosphate form in order to be used by the body. Phosphate of calcium or calcium phosphate is the largest constituent of Min-Col. The body needs more calcium phosphate by weight and by volume than any other mineral in the body. Min-Col also contains phosphate of potassium for the brain, phosphate of arsenic for the heart, phosphate of iron for the liver and blood, phosphate of fluorine for the teeth, phosphate of manganese for the reproductive organs, phosphate of zinc, copper, etc. . . totaling 66 minerals in phosphate form for the entire body.

In one ton – 2000 lbs. of bone meal there are only 60 lbs. of colloids present. Bone meal contains about 3% colloids, therefore a person who takes 3 Min-Col would have to take 100 bone meal tablets to obtain the same amount of colloids.

Everyone needs Min-Col regardless of age because most of the world's food does not have sufficient amounts of colloidal material needed to maintain good health. Min-Col has a basically neutral to slightly alkalizing effect on the body and can be used over the entire range of both pH's. Min-Col is used in great quantities by the liver and bones in particular. The liver uses the colloidal mineral for the production of an excess of six billion different enzymes over a lifetime; 5 billion as an adult. The production of bile and hydrochloric acid is dependent on proper function of the liver. The bone's primary component is calcium phosphate. Min-Col is also used for the bone marrow, teeth,

fingernails, synovial and spinal fluids, cartilage, blood, reproductive organs and procreative seeds among other things. From the time of puberty onward a woman requires far more calcium than a man. When a woman is pregnant the demand for nutrients increases. This is particularly true of colloids which are necessary for the formation and development of the child during pregnancy.

The time of lactation or breast feeding is also a time of high nutritional need. A pregnant woman or a mother breast feeding her child should take Min-Col with her meals; 2 capsules 3 times daily. This will help meet the requirements of the mother and child. If a pregnant woman neglects herself or has insufficient mineral material stored in her system, then nature will draw the mineral and especially the needed calcium from the mother's bones and teeth to give to the child. This is why some woman lose their teeth and many women experience decay of their teeth after pregnancy.

A few outward signs of a Min-Col deficiency are saw-edged or teeth which have a glossy look; brittle, soft or ridged fingernails can also be an indication. People who have aches or pains in their bones or any type of bone disease are extremely deficient of colloids and should use Min-Col.

The question often arises as to how long a person should use Min-Col? Dr. Reams said you take your age and subtract it from 100 and use Min-Col that many years. After that you repeat it again – implying that Min-Col should be used throughout ones entire life. Min-Col should always be taken with a meal for best results.

CAL II

Cal II is a trade name for a product especially formulated by Dr. Reams. Cal II is a combination of calcium from native lime and yeast in powder form. Dr. Reams discovered that the addition of yeast and the powdering of the mineral dramatically improved the assimilation of calcium. Cal II has an alkalizing effect on the body, therefore it is used to raise the pH when the body is acid. A deficiency in this type of calcium can cause muscle cramps, gas belching or diarrhea. Chronic diarrhea is the acute stage of constipation in a highly acid environment. The walls of the colon are so filthy, slimy and slippery that the food passes through the body too quickly. Whenever the body is acid and the food is passing through the body too quickly, there is a corresponding loss of energy and a need for calcium.

LIME WATER

Lime Water is composed of calcium hydroxide and water. The water has a trace of naturally occurring sulfur in it. Lime Water is a product name and has nothing to do with the fruit of the lime tree. When calcium hydroxide is combined with water it changes into a form of readily available calcium. The presence of a trace of sulfur helps to make the calcium more available to the body. Lime water has an alkalizing effect on the body and should be used whenever the pH is 6.20 or below. When the pH is below 6.20 Lime Water is the source of the fastest available calcium to the system.

Lime Water is very bitter and should always be used in 4 ounces of water or any non-acid juice such as apple, grape or vegetable juice. May also be added to 4 ounces of skim milk, almond or rice milks. For best results sip slowly for 10 – 30 minutes either prior to meals, between meals or in the evening before retiring.

CALCIUM LACTATE

Calcium Lactate has an acidifying effect on the body. Therefore it is used to lower the pH when the body is too alkaline. In an alkaline environment there is a tendency towards constipation. Calcium Lactate is the specific form of calcium needed by the colon when it is alkaline. Min-Col is also essential. If Calcium Lactate is used when the pH's are acid, below 6.00 a person may feel like climbing the walls or crawling out of their skin. When used incorrectly it will also cause irritability and nervousness. Use Calcium Lactate with meals for the greatest benefits.

CALCIUM GLUCONATE

Calcium Gluconate has a basically neutral to slightly alkalizing effect on the body and can be used over a wide range of pH's. Young fresh sweet corn on the cob which has just been picked, has a content of Calcium Gluconate. When the cob stays too long on the stalk or becomes old it loses its sweet taste and becomes insipid or bitter. The reason for this is that the Calcium Gluconate changes into Calcium Lactate. When corn is fully dried the Calcium Lactate is changed to Calcium Oxide. The dried corn is ground to make corn meal or grits.

Calcium Gluconate is a form of calcium that is easy to digest and assimilate. Children respond well when using Calcium Gluconate. Individuals, particularly older people should use Calcium Gluconate when having difficulty assimilating calcium or if the pH stays very acid for a long period of time. Calcium Gluconate should be used by children or adults who are weak or losing too much reserve energy. It is used with meals.

DOLOMITE

Dolomite is composed of approximately 65% Calcium Oxide and 35% Magnesium Oxide. When the body breaks down or separates the Magnesium Oxide and Calcium Oxide the digestive system rejects both of them. This form of calcium and magnesium is never used as a nutrient for the building of new cells. It is impossible for they are totally unavailable to the body as a food. Dolomite acts as a catalyst. When the Magnesium that was rejected comes in contact with undigested protein or urea it releases nitrogen causing it to pass out of the body by evaporation through the skin. This nitrogen releasing capacity prevents undigested proteins from becoming urea and removes urea that is already formed. Dolomite is used to lower the ureas which are nitrogen based compounds.

Dolomite is used when the combined ureas total 20 or more. A combined urea reading of less than 12 indicates a potassium deficiency. All individuals who are overweight are potassium deficient. Potassium is the key element which when combined with thyroxin by the thyroid gland forms a compound which acts like a solvent to breakdown excess fat and regulate the body weight. All individuals who are overweight are potassium deficient regardless of whether the urea's are high or low.

ALGAZIM

Algazim is a trade name for one specific variety of seaweed (*Ascophyllum Nodosum*) found only in the Arctic Circle. The name Algazim stands for living seaweed or sea plant and contains the minerals and vitamins occurring naturally in the sea plants of the ocean. In the ocean off the coast of Norway, the Gulf Stream, Arctic Ocean current and

the river waters from the mountains of Norway meet to form the richest and most concentrated mineral waters on earth. The plants live in water temperatures less than 55 degrees. The process of photosynthesis in the plants, both on land and in the sea, is stimulated by sunlight. During the growth, development and maturation of this variety of Ascophylum Nodosom, the sunshine that is so vital to life occurs 24 hours a day in the Artic Circle. It grows in water approximately 20 feet deep where it floats. This plant is known as a bromeliad and grows as a tuber. The plants do not develop a root system and are not attached to the shore or bottom; instead the entire plant absorbs the minerals directly from the ocean.

After the sea plant is gathered and brought to shore it is washed with fresh water to remove all salt; then it is placed in electrically heated drying tunnels and dehydrated at low temperatures. This product is processed under the strict supervision of the Norwegian government. This dynamic product is Algazim. It is salt free due to a unique fresh water washing process. Ordinary seaweed and kelp contain sea salt and should be avoided by anyone with a salt problem; the sea salt will harden and crystallize the blood vessels. Algazim is rich in iodine so that iodized salt and sea salt can be totally eliminated from the diet and still all the necessary iodine will be provided for.

Algazim is an overall multi-mineral and multi-vitamin product. It contains over 60 mineral including every trace mineral found to be essential in human nutrition; over 10 amino-acids and all of the vitamins. Algazim is the number one most important food for the brain. Algazim is the ideal partner for Min-Col; they are inseparable. Together they form the basis for any health program. Dr. Reams found that Algazim helps to make Vitamin A available to the system. Algazim and Vitamin A will have a direct impact on the eyes, liver, skin, pancreas, lungs, formation of red blood cells and the immune system. The lungs require 84 different kinds of minerals in addition to Vitamin A, making Algazim and Min-Col particularly important to the health of the lungs. The second most important reason for using Algazim is it contains a specific type of potassium needed by the brain. The brain needs more potassium than any other organ. The brain's need for potassium and hence Algazim increases when the ureas are low and/or any type of heavy metal poisoning occurs. Algazim is the brain's most nourishing overall food.

Occasionally an individual may develop hives from taking Algazim. This may occur as Algazim is making Vitamin A available to the system and as the Vitamin A becomes available the skin begins detoxifying and breaks out in hives. Algazim should be used with meals.

CHAPARRAL

Chaparral was used extensively by the American Indians as a potent healer and was considered a cure all. Chaparral has properties which help eliminate delta and omega cells and at the same time stimulate the building of new alpha cells more quickly than anything else. Some of the healing properties of chaparral are similar to those found in Aloe Vera. If the colon is sluggish, chaparral can be used as it is a mild laxative. Top quality chaparral is made exclusively from the leaves whereas poorer quality product uses stems and other parts of the plant.

GOLDEN SEAL

Golden Seal is an herb which is powerful blood purifier and a kidney dilator. This herb dilates the vessels in the kidneys. As the vessels enlarge and expand in diameter, greater volumes and larger individual particles can be passed more easily. This helps to eliminate large amounts of cellular debris from broken delta and omega cells without overloading the kidneys.

Golden Seal contains a large amount of Sulphur and should be used only when the pH's and ureas are high. Prolonged use of the golden seal will lower the pH into an acid condition. Use golden seal for no longer than 30 consecutive days.

WHIDDEN'S ROYAL JELLY

Royal jelly is the richest of all sources of Pantothenic Acid (Vitamin B5). Dr. Reams conducted research both in the laboratory and directly with the bee hive. Royal jelly is the food reserved only for the queen bee. She will eat nothing else. Dr. Reams gave queen bees from various hives different brands of royal jelly. The queens would refuse to eat anything except Whidden's Royal Jelly. Bees will even fly into a dark room to retrieve it.

When royal jelly is analyzed in the laboratory, a little less than 10% cannot be broken down and defies analysis, but the queen bee knows the difference. Whidden's Royal jelly is the finest on the market.

Royal jelly is used anytime there is a stiffness, pain, swelling or arthritis in the joints. This is due to a Pantothenic acid deficiency causing a decrease in the volume of synovial fluid and the loss of oil from the cartilage.

Royal jelly will help restore the function of the joints by improving the viscosity and increasing the volume of synovial fluid. It will also restore oil in the cartilage.

K -MIN

K-Min is used to rid the body of worms, parasite and many infections. It is composed of diatomaceous earth and calcium phosphate. K-Min will take the worms apart by ionization. It shreds them up into pieces. Rarely will they pass out whole in the stool.

More than 90% of the population have worms or parasites of some form and the majority of the people are not aware of them.

If there is a persistent itching of the nose, it is usually due to pin worms and if there is itching of the rectum, it is due to the tape worms and/or round worms and/or pin worms. Often if one is extremely underweight, looking like skin and bones it is a sign of worms. People who have worms, have hair that is dull. The hair does not have the natural sheen.

There are a few common ways worms are passed from individual to individual. First only rarely are adult worms passed. The microscopic sized eggs and larvae are the forms most commonly transmitted. One family member may transfer it to another by using the same bathroom facilities or by sleeping in the same bed. It is often advisable to de-worm all members of the same household simultaneously to help prevent re-infestation.

Pets are often carriers of parasites and should also be periodically de-wormed. Children or adults who walk barefoot on the grass where dogs and cats frequent may also be more susceptible to getting worms. The most common way to pick up worm eggs or larvae is through eating contaminated food which can take any form. Meat or fish which has not been cooked thoroughly can be a source. Hygiene and sanitation also play a part, example: raw contaminated meat could be cut up on a cutting board in a restaurant. Through proper cooking, all eggs, larvae etc. are killed making it safe to consume. If however the meat was returned to the same unclean cutting board for cutting, it could be re-contaminated. Another possibility is that items for a salad bar such as eggs, lettuce, celery, carrots, sliced meats, potatoes anything that might come in contact with a contaminated surface could pass the worms/parasites' eggs or larvae on to you.

Nature has placed in man a marvelous defense mechanism, digestion. A healthy, properly functioning, digestive track will secrete a concentrated hydrochloric acid (HCL) and all the enzymes necessary to digest the food from each meal and destroy (digest) any eggs, larvae, worms or parasites as well. If you suffer from constipation, the food decomposes, rots and putrefies in the colon forming an ideal breeding ground for parasite and anaerobic bacteria.

If there is a problem with constipation or digestion as indicated by the pH's, use K-Min on a periodic basis once every 6 months or more often if a problem persists, until the digestion is working efficiently.

K-Min is also effective against many bacterial infections. On one occasion, a girl was running a fever for 16 years. She picked up a bacterial infection while traveling in either Italy or Haiti. After using K-Min for only 1 week the infections cleared up.

In all cases, whether K-Min is being used for worms, bacteria, fungus, viruses, yeast infections or any other type of parasite or infection, K-Min should be taken consistently on a daily basis without interruption. K-Min should be used by women who have vaginal itching. This is usually due to a fungus or yeast infection. When the pollen count is high during spring or fall, this seems to be the worst time for vaginal itching.

Never use K-Min when pregnant. Research conducted by Dr. Reams showed that smaller animals such as rabbits, mice, rats, guinea pigs, etc would abort their young when taking K-Min. When larger animals such as horses, cattle, sheep, etc were given K-Min they would not abort their young. Dr. Reams did not recommend using K-Min during pregnancy.

If K-Min is taken by someone who does not have parasites, there are still benefits to be gained. K-Min has mineral material for forming healthy bones, teeth, hair and nails. The vast majority of people do not feel or experience anything while taking K-Min. A small percentage however, while in the process of de-worming, may experience one or more of the following: a loss of appetite, nausea, vomiting, bloating, swelling, dizziness, headaches, or similar effects. As the K-Min takes apart the worms by ionization, the worms literally are shredded into pieces and toxic materials and fluids are released in the body causing the ill effects. Do not be alarmed if this occurs. This is a normal reaction indicating the K-Min is working. The ill effects are not caused by the K-Min, but by the toxins from the worms. Whenever you experience any of these problems, use enemas or colonics to eliminate the toxic wastes and poisons from the body. This will alleviate any symptomology from the small percentage of people who may

experience any temporary reaction to the toxicity from the breakdown of the worms. Ill effects in any case will only last for a few days.

LEMON JUICE

Dr. Reams's research proved that **Fresh lemon juice** is the one food closest to hydrochloric acid that is manufactured in our system. Fresh lemon juice is the only food he found that is predominantly anionic. All other foods are predominantly cationic.

The lemon in conjunction with calcium helps extract energy from food. Why? Because lemons, calcium and potassium react the same way in the digestive system. Lemon stimulates the liver to flush itself of toxins. Within the liver, lemon stimulates biliary action making the bile more capable of breaking down food for absorption. This makes the lemon a valuable aid in digestion.

Lemon is an anionic substance that assists in releasing energy making it possible for the body to burn more calories and to break down fat. Lemon detoxifies the liver making it work more efficiently. A toxic system allows toxins to accumulate and when the body activity slows down it starts relying on carbohydrates as they are the easiest foods to digest. This causes the pancreas to get out of phase with other organs, causing the body to make excess carbohydrates into fat. This fat then becomes a place where toxins are stored until the body can rid itself of them.

The lemon decongests the liver, neutralizes toxins, and flushes them out of the system. Lemon assists in increasing the strength and availability of the bile salts. The body is then more able to break down and digest protein and fat. Additional energy allows the body to begin to detoxify the tissues and break down the stored fat. The toxins released are carried to the liver where they are detoxified and eliminated through the bile salts.

Lemon assists in purification and oxygenation of blood. This then assists to oxidize cell metabolism and increase cellular respiration. Lemon helps strength and stabilize the heart muscles and assists in thinning the blood and lowering the heart strain. It helps lower high blood pressure and aids in correcting other circulatory problems. It helps in dyspeptic stomachs and acid systems. Citric acid turns to citric salts in the stomach. Lemon will clear the mucous and encrustation off an ulcerated area in the stomach or duodenum. Lemon has also been used to clear up some arthritic conditions, by dissolving and pulling crystalline deposits from joints and muscles. Lemon has many other beneficial results. Fresh lemon juice is so valuable to the system that it should be used daily throughout the entire lifetime. In this program lemon juice is used on a daily basis in a lemon water drink.

VITAMINS, MINERAL, HERBS AND DIGESTION

General guidelines regarding supplements

Minerals are more difficult to digest when taken on an empty stomach. The higher the atomic weight of the mineral the more difficult they are to digest and assimilate. Minerals are assimilated much easier when they are ingested with a meal, because they will intermingle with the digestive juices and the hydrochloric acid. Minerals need this assistance, vitamins do not. The farther the numbers are from perfect health, the less you will digest and assimilate minerals from the supplements or foods. Always take minerals with meals.

Each time supplements are used, the body chemistry is changing and rebuilding. The body chemistry is being altered in a specific manner to obtain the desired change and response.

The further away the chemistry is from perfect the less energy will be created from the food and supplements. The reason for this is digestion. The creation of energy from the food and supplements is greatly dependent upon the strength of the liver, liver bile, and hydrochloric acid. If the hydrochloric acid is weak or diluted, the system will not be able to break down or release the nutrients from sustained release or time release capsules or tablets. In fact many individuals may pass whole capsules or tablets in their bowel movement.

When water or beverages are consumed during the meal, the hydrochloric acid is dissipated and diluted. This destroys and weakens the power of digestion. At least 15 to 20 minutes before the meal and 30 minutes after the meal, refrain from drinking fluids. Exceptions: Lemon Water, Vegetable juices and soups are considered as foods. Sip vegetable juice slowly during the 30 minutes prior to a meal for greatest benefit. During each meal the hydrochloric acid needs to be as strong as possible to create energy from the food and supplements.

Anyone drinking beverages during the meal is not drinking enough water during the day and the body is dehydrated. When the proper amount of water is consumed every day, there will be no desire for fluids during a meal. Food should be masticated until reduced to a liquid and intermixed with saliva, never other fluids to obtain the optimum energy from it. Avoid foods or beverages below room temperature, or warm them in the mouth before swallowing. Cold items contract the stomach and impede digestion.

When the proper amount of water is consumed daily, the body is hydrated and will secrete a sufficient amount of saliva. Digestion begins with the saliva. A healthy person can secrete up to 1 and ½ pints of saliva each meal.

To those who think they need water to swallow supplements with a meal, try this experiment. Dip a finger in water and rub it against the hand. Wet another finger in saliva and rub it against the hand. Which one was the best lubricated? Saliva acts as a natural lubricant and it contains enzymes to start the process of digestion. Water is a poor lubricant, contains no enzymes and dilutes the strength and action of the saliva.

The best way to take supplements with meals is to chew and masticate the food thoroughly. While masticating and secreting the saliva, take the supplements, intermix them with the food and swallow. If the supplements are taken in this manner, there

should never be a problem swallowing them. A pleasant peaceful atmosphere with good conversation instead of arguments, beautiful music instead of television provides a good atmosphere in which to ingest a good meal. Enjoy the food that is being eaten and the companionship of those with you. After each meal develop a habit of relaxing for at least 30 minutes. This is a tremendous aid to digestion.