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Quantum Techniques Teleseminar

What Can We Do to Reverse Kidney Disease?

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Hello everyone. This is Dr Carolee Johnson and tonight we will be talking about chronic kidney disease, and some of the things that we can do for that. We will be going over some of the issues with kidneys, which will include some understanding of the anatomy and physiology of the renal system, and how it works. We will also be going over some of the foods and herbs that help to cleanse and heal kidney issues. This will help you to be able to test things better on this type of an issue. These are some of the things we did to heal our little four year old who had a kidney that had ceased to function, and I have also done this on myself to clear kidney stones and infection. I am going to talk about some interesting characteristics of the water factor in our bodies. If we still have time at the end, I will open up the floor for some questions.

Kidney disease is one of the most common problems in the world right now. I have dealt with it in myself, and I also had a daughter with a really bad kidney issue when she was four years old. This daughter of mine suffered with kidney problems all her life right up until I learned how to take care of things with QT. When my daughter was about two years old I was trying to potty train her, and she just couldn't keep her little pants dry. I was a new mom, and I didn't know what was going on. She continued to wet her pants all the time off and on until she was almost four.

She started looking very pale, hollow eyed and delicate like the characters in that movie Nightmare Before Christmas. She would wake up in the morning and come into the kitchen and say mom I'm so tired. And she wouldn't eat anything. She would just kind of find some place to curl up because she was too tired to do anything else. It was about this time that I realized that this was not normal behavior for a four year old and I took her into our family practitioner and he checked her out. He told me she had a kidney infection, and he gave me antibiotics and sent me home with her. Two weeks later I took her back in for a checkup and nothing had changed.

So he gave me stronger antibiotics to give her and sent me home again. In two weeks still nothing had changed, and my daughter was looking very thin and sick. Her skin was chalky white looking. And she still had the big black circles around her eyes. So he sent me to a specialist, and he did some ultrasound tests and x-rays and other tests, and then came back and showed me the x-ray of one enlarged kidney and one that looked like a dried up little knot. This kidney was no longer functioning at all.

So everything that happened next with that little girl changed my life and the way I looked at doctors. I felt deceived and lied to by the medical system. And I am here to tell you tonight, that kidney disease can absolutely be reversed. ALL diseases and imbalances that cause the destruction of the kidneys can be totally reversed. Getting well can be as easy as stopping what you are doing that is making you sick, and start doing what will make you well.

Once given the correct nutrition, and taking the harmful things out of the diet, my daughter's kidneys changed. Today my daughter is 23 years old, she still has both of her own kidneys and they BOTH WORK. She does continue to cleanse her kidneys regularly and she tests what she eats now.

I found out that chronic kidney disease often starts with a kidney or bladder infection, and because many are asymptomatic, many people don't even know they have one. A lot of incontinence is also caused by asymptomatic infection. When you ask the medical doctors for help, they say that there's nothing that can be done. What they should say is there is nothing that they KNOW of that could be done, because there are things that can be done. There are people who have suffered with incontinence for as many as 15 years, and then did a natural kidney healing program and cured it completely. And just for sake of interest Kimberly Clark reports sales of their Depends Adult Diapers have skyrocketed, increasing 85% in just the last few years.

I realize that the medical industry has its place, and there are times when it is very helpful to have it. Especially in emergency trauma cases and baby's that are born too soon and situations like that. But for disease, I feel like there is a better way. And correct nutrition is a big part of that.

It is these undetected and untreated kidney and bladder infections that are most often the beginning of organ scarring, degeneration and breakdown. Eventually you get kidney failure and all too often....cancer. And this is all so unnecessary because it is so easy to prevent. Not only because kidney and bladder infections are easily curable by just using something as simple as raw apple cider vinegar and raw honey in water, it is a common medical fact that if you make sure you drink 2 quarts of liquid a day, and I'm talking about water, herb tea, and fresh squeezed juice, not soda, or coffee, or anything sugared down. You reduce your risk of developing kidney and bladder cancer by 50%.

You heard it right, that was 50%. There was also a study that showed that just one glass of good quality cranberry juice reduced bladder infection by 80%. So am I saying that food can help heal chronic disease? Yes, that is exactly what I am saying. HERBS and NUTRITION.

Currently 90% of American adults lack essential nutrients to stay alive.

Most Americans deny proper diet and nutritional supplementation and embrace prescription drugs for procuring health. This has led to a massive nutrient deficit.

According to the national center for health statistics, only nine percent of all American adults consume enough healthy foods to reach their minimum recommended daily intake of nutrients to assure proper health.

The importance of these nutrients demands attention. This is because FOOD IS INFORMATION!

The body is a highly specialized completely digital computer. Food carries an energetic code within itself that is either constructive or destructive. Herbs and natural foods have an informational code that heals a particular area of the body by unblocking, completing, or correcting, corrupt information in that organ or gland or tissue. And once all the other energetic blocks are removed from that area, then that system comes back online, and starts to function better and better as the tissues are cleared and renewed.

When super nutrition is put into the body it will trigger a detox. It's all part of correcting the problem in the area. Old tissue is removed and replaced with healthy tissue containing the corrected information.

I think natural foods were designed for the consumption and nutrition of mankind. I don't think it was any accident that many of the foods we eat resemble the part of the human body that they heal specifically. Food that looks like the part of the body that it heals has the code within it to correct the information in THAT area of the body. You might be interested to know that kidney beans which look like kidneys actually are healing to the kidneys. Just like avocado is healing to the female womb. And what does that avocado with the great big pit in it remind you of? It reminds me of a child in utero. There are many other instances where the food resembles the body part that it is specific to.

So what do you think food that is incomplete does? Food that has been processed or taken apart, like white flour and sugar, and foods that are so processed there is just about no nutritional value at all? When you take a food apart, and remove portions of it, it messes with the energetic information that it originally contained. This changes the information that that food gives the body. It becomes deceptive. When there is NO nutritional information, there is NO direction as to what the body should do with this substance, and it begins to collect as waste in the cells. It begins to clog things up and create an overload of mucous.

There is no message for the cells of any organ. Or if there is any message at all it is incomplete, and corrupt. And if this stuff is not completely burned off as fuel, it becomes a breeding ground for bacteria and fungus. It is nothing like the wonderfully wholesome product it started out as. What about genetically modified food? It changes the energetic information! So then the information in this type of food is chaotic and is now a very dangerous and deceptive thing to our own human computer.

Anyone who owns a computer knows that if that computer is missing information, then it compromises the function of that system, sometimes to the point where it can't function anymore at all.

So what happens if the information the body is getting from it's information/food supply is not in harmony with the information that the body already believes is true?

THIS is what makes a food that is fine for one person toxic for another. This is when we start to look for underlying traumas or beliefs in a person's life time or an ancestor's life time which may have been inherited, that cause this food to test as toxic. And once the belief or trauma is removed the code in that food will function normally with that body.

Sometimes a food or more often a substance like a prescription medication can contain such deadly information in it that it shuts down the entire system completely.

But, when you are trying to heal and you get an energetic treatment, if the food/information that your body is getting on a daily basis is deleting, blocking or rewriting any new programming

or information that you are trying to give your body in order to heal, then how in the world will any healing ever take place?

This makes food the number one culprit, and also the number one foundational healer in any disease process, just because of the sheer volume of information that the body receives this way on a daily basis.

The operating system of any computer/body is fixed. It doesn't change. In other words it is what it is. So when we want our computer/body to do something different, we don't change the operating system – We change what goes in it.

So now this becomes very simple. It is a very easy matter to quickly test to see which foods contain the information we want to put into our bodies. Which foods are significantly helpful? Which foods contain the nutrient information that will break up kidney stones? What foods will reverse the disease process and start the healing process.

When you are healing a chronic disease, you don't want to have the mind set of getting away with as much as possible. Have the mind set of doing whatever it takes to completely heal this issue. Shift your diet to as natural as you can. This does not mean go to the health food store and find Oreo cookies that say that they are health food on them, and then test to see if you can eat them. The words on the box are as deceptive as the information in the cookies in the box. If you need cookies make them yourself with whole grain. If you aren't good on wheat use buckwheat, or something else that works.

What it means is test all the fruits, vegetables, whole grains, nuts and seeds, against your kidneys specifically, and then eat them as much raw as possible, in their most natural state. Super nutrition is very important to the healing of the body. When you are healing a chronic condition synthetic food and vitamins are not good enough. Life energy...Life force...Enzymes are information in live food that is just not available in synthetic food vitamins and rock and stone mineral supplements, that clog the kidneys.

The information in synthetic vitamins and minerals is completely different from nutrition that is teaming with life. Live food that contains this life force, this energy, enzymes and phytochemicals that create growth and life, NOURISH the body in a much more powerful way.

Any scientist might say that the nutrition in live foods is just genetics, but what feeds the genetics? These are the same scientists that feel like they have come so far with science. But I have yet to see just one of them synthesize even just a pea in the laboratory. They might come up with some goo that they claim has the same exact elements and nutrients as a pea, but what will happen if you plant that goo?

You for sure won't get more peas. Because SOMETHING IS MISSING! And that missing factor is life energy. Life force. God, Nature, phytochemicals, or whatever other name you want to put on it. But the point is Live food CREATES LIFE. The code in a live pea is way different than anything any scientist could ever create.

One tiny almond seed will burst forth into a magnificent tree! Imagine what this kind of power...this kind of energy or information will do for the body! It makes it live! And it makes it heal. It makes it easy to reconnect other energetic information in the body. It is the missing information that the body requires to rebuild and reverse disease, and even the aging process.

It becomes very easy to open the detox pathways and allow old negative energy to leave the body. And once the traumas and false beliefs are found and released from the body, healing can move forward very, very quickly.

So when you are healing, take into consideration the power of your nutrition. A lot of times when there is chronic pain somewhere in the body, and you have done treatment after treatment, it's time to get serious about nutrition. I had a son break both his arms at the same time. I started giving him the tissue regeneration herbs, and as long as he was getting that herbal information that is specific to the healing of tissues every half hour, the pain would stay gone, and those bones healed back very quickly.

In the case of your kidneys, nutrition can do the same thing. Test everything specifically against the kidneys, and when you are choosing what you will test to eat, keep it as natural and alive as you can. This will allow those tissues to rejuvenate and heal, and throw off the toxic and negative energies in those tissues.

When I was healing my own kidney issues and those of my young daughter's life threatening problem. I only used natural herbs and foods. And I'm going to tell you what I did. This herb and food program I am about to give you also dissolved the calcification in my kidneys, and killed all the infection in that area. In fact for a few days it felt like I was urinating broken glass. So I am also going to give you an herbal remedy that soothed that pain away for me as well.

You will want to test yourself on each of these herbs or foods. And then test them specifically against your kidneys. Anyone who doesn't test good for taking it internally, I will give you a code containing that energetic information.

This is a cleanse that I learned from Dr John R Christopher, and Dr Richard Shulze, and it's kind of a combination of the two. So I kind of just made it my own, but the fact is that it worked for what I made it for:

What you do is take a stainless steel or glass pot, and fill it with three quarts of Fresh Squeezed raw organic apple juice. You want to use the strongest apples you can find, the ones that screw up your face when you take a bite because they are so sour. These are the apples that will have all the organic mallic acid in them. I use the green Granny Smith apples when I do my cleanse, and this is something that I do at the very least once per year even now to make sure my kidneys stay clear. I never ever want to have to deal with anything scary like that again, so good maintenance is a good answer for that. My daughter does this also.

To the three quarts of fresh raw apple juice, add about 20 ounces of fresh squeezed lemon and lime juice. You can just go half and half on that. Half lemon and half lime. Then add a good ten ounces of raw organic unfiltered apple cider vinegar.

To this formula I add:

Juniper Berry
Corn Silk
Uva Ursi leaf,
Parsley Root
Dandelion Root
Horsetail Herb
Golden Rod Herb
Hydrangea Root
Gravel Root
Marshmallow Root
Orange Peel

What I do is purchase 2 ounces of each of these herbs in cut form, and mix them all together dry in a big bowl. Then I divide this mixture in half, and put half of these dry herbs into my apple juice mixture, and save the other half for the next round. Because I am going to repeat this process in a few days to make sure there are no more rocks or calcification or bacteria left in my kidneys.

If you already know that you have a serious stone problem you can add more gravel root and hydrangea root to this and make it stronger.

You can test each herb in this formula for yourself, and if there is one that doesn't test good for you, leave it out, and make the formula without it. And for those who haven't learned how to test yet, it is never too late to go to the website and purchase Truth Techniques One, and then that also gives you thirty minutes free on your first session.

For pain and inflammation you can add more marshmallow root to the mixture, or just take as a separate tea. This herb is soothing to the kidney and ureter membranes.

For anyone who doesn't know for sure if they have stones or calcification, you can be tested for this energetically. But teaching it here is a little beyond the scope of the teleclinic. You can call any practitioner at Quantum Techniques to be tested for uric acid stone energy, or phosphate stone energy or just renal stone energy.

One thing you can do yourself, is test on an energetic scale of one to ten, the glomerular rate of each kidney. One being completely blocked, and ten being completely clear. The glomerular rate, is how much blood is getting through the filters in the kidneys. I also test for general

health of each kidney on a scale of one to ten. You can also test both of these before and after you do a kidney cleanse program and see how much difference you made with your cleanse.

So anyway, back to the formula we are making. You have your herbs in your juice mixture, now you are going to let that sit for twenty four hours. After twenty four hours strain it through a stainless steel strainer or a clean white cotton tea shirt. After it's strained then you will want to keep it in the refrigerator until it is all consumed.

The day after this concoction is brewed, for that entire day, you will consume about 4 ounces per hour of this liquid. Or if you want you can drink an ounce every fifteen minutes. But for the next two days, you are going to consume 64 ounces of this liquid per day.

Keep in mind that this is just the recommendation. Each person should test for themselves how much of this how often. This is what I do when I am cleansing my kidneys on this program. While I am doing this cleansing program, I stay on 100% raw food for three days before I do the liquid apple juice and herbs, and also while I am on the liquid I stay 100% raw. This way it takes all the burden off the kidneys while they are cleansing. Again, test to see whether it is in your best interest and highest good to be 100% raw or if this is too much too soon for your body.

Some people may need to be less aggressive the first time they do this. For a young child like my daughter, I gave her soaked and low heated grains, homemade raw nut milks and sweet fruits for energy while she cleared her kidneys, and then things like steamed and baked vegetables.

And I only gave her the liquid three times per day, 8 oz at a time and 20 minutes before each meal. This worked for her. While you are detoxing, it is a good time to do an energetic treatment on yourself, or call in for a treatment to make sure your detox pathways are opened, and your immune pathways are online. Or if you need filters on a powerful detox reaction, or just to clear any other energetic emotional, traumatic, or blocking beliefs in that area. Kidneys tend to hold the emotions of fear, so you can check for anything relating to that as well.

This formula is diuretic, which means it increases the flow of urine, and it is a disinfectant, which means it destroys urinary tract infections. And even after antibiotics fail, this formula works 100% of the time.

The Uva Ursi leaf in this formula contains powerful phytochemicals such as volatile oils, arbutin, quercetin, and mallic and gallic acids. Arbutin is highly antibacterial and destroys bacteria and fungus that infect the urinary tract such as E coli, and Candida Albicans, Staphylococcus, and others. Quercetin is a capillary protectant, protecting the literally trillions of capillaries existing as part of the delicate kidney filtering system. Mallic and gallic acids, the same as are found in apples and apple cider vinegar, have long been used for kidney and bladder infections. All of the herbs in this formula contain phytochemicals that are either diuretic, anti-microbial, or anti-inflammatory to entire urinary system. And once again these herbs and healing foods are in actuality information that clean and build, allowing the body access to missing or blocked information in the body.

The way that the kidney works, and I just want to give you a little information on the inner workings of your kidneys, is blood enters the kidney through the renal artery, in the inner indented area. The kidneys are shaped like kidney beans, and the indented area is in the center of each kidney. But the blood enters the kidney through the renal artery. Inside your kidney this artery divides down into many smaller arteries that enter one of the pyramid shaped separate kidney chambers. These are called renal pyramids. And then they branch down into even smaller arteries in the renal cortex.

One of these small arteries enters a very small microscopic sac, called a nephron, which is an individual filtering unit. As blood passes inside the nephron into the renal corpuscle, through the glomerulus and Bowman's capsule, water and dissolved substances and small bits are filtered out of the blood but big things like blood cells and large proteins are retained in the capillaries and blood.

As the water and dissolved substances that were filtered out of the blood, which are now called glomerular filtrates pass through the renal tubules, the proximal convoluted tubule, the loop of Henley, the distal convoluted tubule and the collecting tubule, it moves into the other area of the kidney called the renal medulla. Here the urine goes into the papillary ducts and eventually leaves the kidney's through the ureter. Useful materials such as water, glucose, amino acids, vitamins and minerals are reabsorbed into the blood via the small capillaries.

This reabsorbing is monitored by the body. The reabsorbing of nutrients is stopped if you have too much of a nutrient already. The reabsorbing of water is regulated by hormones.

The kidneys are the organ mainly responsible for not only the filtering of the blood, but they also regulate the physical properties and composition of the blood by monitoring the acid alkaline balance. What is left in the remaining liquid that is now called urine is about 95% water and 5% dissolved substances. The dissolved substances are minerals, especially sodium, nitrogenous waste products like urea, uric acid, creatine, ammonia, chlorides, calcium, magnesium, phosphorus and many other substances like blood, puss, bacteria, and parasites, all depending on the disease or health level of the person.

I think that knowing a few details about the kidneys will help not only help you understand your illness, if you have kidney disease, but it will also help you to understand how important it is to keep all of this intricate filtration system clean and working. You don't want to gum it up with incomplete food information that it can't deal with.

IF you don't feel that you have any trouble with your kidneys, you might just test to see if it would be in your best interest and highest good to do a kidney flush anyway, just because most kidney disease is not really apparent until there is serious damage already done. Even though your kidneys may not be making you feel sick or anything, if they are only working at half speed, wastes can build to high levels in your blood and start causing problems elsewhere. And then these high waste levels may develop complications like high blood pressure, anemia (low blood count), weak bones, poor nutritional health and nerve damage. Also, kidney disease

increases your risk of having heart and blood vessel disease. These problems can happen slowly over a long period of time. And like I said before the beginning of kidney disease, in many cases starts out as an infection that is asymptomatic, which means you don't feel it until the damage has already become severe. By the time my daughter was looking hollow eyed and chalky, and feeling extremely tired, one of her kidneys was already completely non-functional.

It would have been helpful at that time to realize that getting her pants wet all the time was actually a symptom of a much more serious problem that was brewing underneath. If I had, had the knowledge and understanding of energetic medicine then, I could have saved her a lot of trauma and problems. Just being able to test for virus and bacteria in the kidneys and ureter and bladder would have been extremely helpful.

But thanks to Quantum Techniques, you can do that now. Just focus on the kidney and say I am fighting a virus, and if you want you can test how many there are, you can do that by testing, more than one, more than two? And for bacteria, say I am fighting bacteria and then for how many, again you can check more than one more than two and so on. And then for fungal energy. You state, there is a fungus in this field, and then test for a strong or weak muscle test. Strong means there is a fungus energy present in the kidney, bladder field.

Here is the code for the energetic frequency of the kidney herbs and liquid in case there is anyone that wants to try this in a code first:

Sh un th if g50 c sh un ch if lf eb oe c un sh g50 if th un ea c un ch g50 c eb ch chakra pattern 1

The kidneys have the job of balancing certain minerals in the body by excreting or retaining water in the body. The body is, according to certain studies, approximately 70% water by weight. I've heard other numbers as well, but the fact is the body is more water than anything else, and it is the kidneys job to regulate the water in the body. I believe that water is the source of all life. Without it everything would die. And I believe that water is very important to our healing. And I've learned that water has some very interesting characteristics that aren't common knowledge.

There was a man named Masaru Emoto who did some very interesting experiments with water. He had a theory that water reacted to energetic information, and so he began to give water various information, freeze it, and then photograph the crystals that were formed by this water. The results were very interesting. He consistently found that water responded to positive words by forming beautiful geometrically perfect crystals. As if the water actually expressed it's joy by opening up like a flower into a beautiful crystal. In contrast, when the water was shown negative words, it formed no crystal.

For example when he showed the water the word happiness, it formed crystals with well balanced shapes like beautifully cut diamonds. On the other hand water exposed to the word unhappiness resulted in broken unbalanced crystals. Almost as if the water had tried hard to form beautiful crystals, but exhausted its strength and crashed.

What he found was that water didn't just take on the energy of the simple word, but rather the meaning of it, or maybe the emotion of the word. You might say the energetic frequency of the word.

As he was exposing water to lots of words and taking photographs of the resulting crystal formations. There was one photograph of a crystal formation that stood out, more beautiful than all the other pictures he had taken of crystal formations. He was fascinated by its beauty. The crystal had opened up strongly like a fully blooming flower. The words that had been shown to that water had been "Love and Gratitude". I saw this photograph myself, and the crystal that had been formed was exquisitely beautiful. It made me wonder what would happen if I read my kidney detox code to a glass of water, and added the words love and gratitude to it. Or what if I read the profound love code to a glass of water and then drank it? Or I guess I could just read the profound love code to myself since I am 70% water.

There are actually scientific studies that prove that Love is the creative force that drives everything. It is also a scientifically proven fact that just five minutes of appreciation or gratitude creates an ordered mode of the heart that with the power of intention has the ability to change everything for the better including DNA. These five minutes of appreciation affects the body chemistry for a full six hours creating a positive force in everything we put our attention into.

So imagine what five minutes of appreciation would do for a diseased organ, like your kidneys.

Imagine what five minutes of appreciation would do to all the water in our body...70% by weight. If it forms a beautiful crystal like it does when you freeze water that has been exposed to appreciation. It must have geometrically perfect information in order to do that. This information has the ability to heal and protect the body with the information that it contains.

So it would pay to spend just five minutes at least twice a day in meditation, focused on something you love and are grateful for. Then fill your entire being for a full five minutes with that love and gratitude. And feel it with all your heart.

The hearts magnetic field is as much as 5,000 times stronger than that of the brain.

In 1993, a paper was published by the institute of heart math documented the fact that the information coded in our emotions plays a key role in the way the heart tells the brain which

chemicals such as hormones, endorphins, and immune enhancers to produce in the body at any given time.

More precisely our emotions tell our brains what we believe we need in the moment. So the more time we spend in a place of love and gratitude, the more quickly our body moves into a healing place.

A lot of times we need to find the frozen emotions in a chronically ill area like kidneys in order to bring it into a healing state.

And what about an unborn child? At conception, a fertilized egg is 96% water. At birth, a baby is 80% water. The baby is surrounded by water before it is born. As the child matures the percentage drops, and stabilized at about 70% at adulthood. The essence of a human being is water. And water, according to the studies done by Masaru Emoto is super sensitive to just being exposed to the energetic frequency of a word. Positive or negative. So I would figure that a negative emotion would do the opposite to the body as a positive one.

There was another interesting experiment that this same man did with water and the effects of words being written on jars of water, or in other words putting the energetic frequency of the word into the water by intention. He tried exposing many different words to water and then he also exposed the water to a strong electromagnetic frequency, such as a television set or computer or cell phone, and even a microwave oven. In this experiment, all of the water that was disturbed by an electromagnetic frequency could not form crystals when it was frozen except one jar. This was the jar on which the words love and gratitude had been written. In fact, in every experiment where the water was exposed to something negative, if it had the word love and gratitude on it, it still formed beautiful crystals, including being exposed to the names of disease.

The same kind of thing happened in an experiment that was done by a family who had read the studies of the water crystals. They put rice into glass jars, and every day for a month said "Thank You" to one jar, and "You fool" to another jar of rice, and completely ignored a third jar of rice. They tracked how the rice changed over the period. Even the children, when they got home from school would speak these words to the jars of rice. After a month, the rice that was told thank you started to ferment with a mellow smell like that of malt. The other jar which had been exposed to the words "you fool" rotted and turned black. The third bottle that had been completely ignored rotted before the bottle that had been told "you fool" This experiment was repeated over and over with the same results.

While we are on the subject of water, I am going to mention some things on hydrotherapy. It seems like anytime there is a disease in the body, that part of the body is blocked off from the

res of the body in some way. There can be blockages of the blood flow that bring in oxygen and nutritional information that your cells need to clear and rebuild. There can be blockages of lymphatic flow. The lymphatic flow brings immune cells to the sick area to ward off pathogens. It is also the garbage truck for the cells. There can be blockages of nerve flow. There can be blockages of what the Indians call Prana, the Chinese call Chi, or the Japanese call Ki or life energy. And then there can be emotional or spiritual blocks. Traumas and beliefs. EVERY sick area has some type of physical AND non physical blockage, and there is nothing that I know of that drives the blood and life back into a sick diseased area faster than Hot and Cold water.

Hot water, or anything that's hot, when you apply it to the surface of the body, it dilates the capillaries and veins, and draws blood out of the depths of the body, and up to the surface of the body. It immediately changes your blood flow and brings it all out to the surface. Hot therapy also relaxes your muscles, which in turn allows for better lymphatic flow, which in turn takes pressure off of nerves and allows for better nerve flow. Hot water is also physically and emotionally sedating. So here you have an application that brings the blood to the surface of the body and increases blood flow. Sedates you and relaxes muscles, which allows the lymph and the nervous system to flow better.

One of the greatest ways to stimulate a blocked area is to get the blood flow in and out of that area rapidly, and to get the lymphatic fluid to flow in and out of that area rapidly. And to contract and relax the muscles rapidly.

The maximum healing occurs when the body is submerged in water with a temperature *below* 12°Celsius (53°F) for one to two minutes. When I was doing this on myself to get rid of tumors, and heal my heart and kidneys, I was doing my cold at 32 degrees fahrenheit.

During the brief application of cold water, the blood vessels in the skin abruptly contract, pushing a large amount of blood inside the organism this results in the re-activating of the inner capillaries, many of which are typically atrophied by the age of 30, due to poor circulation and an unhealthy lifestyle. The regeneration of a large amount of capillaries ensures that our inner organs receive the necessary nutrients for their optimal performance and rejuvenation.

This big improvement in capillary circulation not only gets some serious blood and lymph movement into the sick area, it also results in a younger appearance. Cold-water swimmers always look a lot younger than the rest of us. In ancient Greek this process was called, "the natural gymnastics of blood vessels."

Several scientific studies have demonstrated that within 50 seconds after the brief application of extremely cold temperatures, an enormous amount of heat is generated by the transformation of neurons, which is known as the phenomenon of "instant free heat." Therefore, despite the initial shock that can be painful, winter swimmers, who are often called "Polar Bears" almost immediately experience amazingly pleasant warmth from head to toe,

causing the profound relaxation of the entire body. This relaxation is one of a kind, as it cannot be compared to any other way of relaxing.

Russian scientists have demonstrated that the combination of quick cold stress and the resulting heat stimulates the body to find diseased cells and destroy them, which really helps with reversing degenerative diseases in the vital organs like liver, kidneys, and heart. This has also been shown to help with mental problems.

After a cold plunge the surface of the skin becomes charged with negative ions. Russian scientist, Alexander Chizhevsky considered this charge of negative ions to be important for our bodies, which are often charged too positively.

Tempering the body with cold water increases the rate of the metabolism. This brings about the purging of free radicals, heavy metals, nitrates, and pesticides. Additionally this cleansing occurs via skin and lungs, and unloads the burden on the kidneys.

Finally, swimming in cold water dramatically strengthens immunity.

If we are constantly protecting ourselves from natural cold and heat by using air conditioners, heaters, and clothing, we constantly keep our bodies at the same temperature, disabling our natural systems of thermal regulation. We tend to think that this brings our body to a healthy and comfortable state when in actuality, the opposite is true. When exposed to cold temperatures, a human organism that has not been trained to regulate its internal temperature loses its internal heat approximately 30 times faster than a tempered body. As a result, one can get sick from even minor changes in outside temperatures, for example after waiting five extra minutes in windy weather or after getting wet under the rain.

Winter swimming is a wonderful method of tempering the body, which increases the energetic strength of the body. Statistics holds that among those who practice winter swimming sickness rates decrease for cold-type diseases *60 times*

Some researchers question the benefits of human exposure to very cold temperatures as being TOO extreme. I believe these practices are as natural for people as exercising or fasting. For example, feeling tired after jogging doesn't mean that we should abstain from running. Both the facts and research show that people who try to always stay in the same temperatures by using heaters, air conditioning, or warm clothes often end up having less energy, vitality, and longevity. Most centenarians, or people 100 years old and above, live in the mountains where the contrast of temperature is unavoidable.

AND Contrary to popular belief, winter swimming is remarkably enjoyable. After dipping in cold water I feel fantastic!

When I was struggling so hard to regain my health, a strep virus went around my community and aside from everything else I was striving to overcome with my health, I couldn't seem to get over it. I became increasingly weak and wondered if "this was it" for me. It was January and we had a swimming pool in the back yard so my husband went out and broke through the foot

or more of ice that covered the top of the in-ground pool. I put my swim suit on and walked out barefoot through the deep snow, and jumped in. The effect was VERY immediate, and after a good night sleep some strength returned. We did it again the next day for good measure, and my body continued to heal. But I noticed that on the second day, the water, although it was the same temperature, it didn't feel nearly as cold to me, as it had the day before. Even little kids enjoy a good cold dip. I did hot and cold water treatments many times. My little four year old came out and jumped in with me, thinking I was having a fun time playing in hot and then cold water. And she would go back and forth between the hot and cold just because she thought it was fun. I don't really think it relaxed my daughter because she had tons of energy when she was done. Also we never heated the pool. We kept it filled with water that was about 42 degrees. And the kids would jump in and play till they were to cold and then they would get out and dry off in the sun. As long as we did this all summer, my kids never even got so much as a sniffle all winter.

When I first starting doing hot and cold treatments, I had a tub in one bathroom and a shower in the other bathroom. So I filled the tub with piping hot water, and then I would lay towels down on the floor from one bathroom to the other. I would soak in that hot tub for about seven minutes, and then I would hustle over to the shower and stand under the cold water for two minutes. And I'll tell you, that is the longest two minutes you will ever spend when you first start doing this. But I would do seven times in the hot and seven times in the cold. I would end on cold, and the last cold is just a quick rinse to close the pores and retain the heat from the hot.

Then I was able to acquire a used hot tub, and an old stainless steel tank, that I set up in my garage. This way I was able to bring the hot water up to 117 degrees, and bring the cold down to thirty two degrees Fahrenheit by dumping a lot of ice into the tank before I filled it with the hose. This is when I really started to see some healing. When I was done I would feel deeply relaxed and had to sleep for an hour or so after the treatment. It seemed to give my little girl a lot more energy, and she would have a really good time daring herself to jump into the ice water, and then swimming around like a little fish under there.

When you start contracting and relaxing the kidneys like that, and getting blood not just through the millions of little nephrons in the kidney filtration system, but to the actual organ tissues themselves, they really start to heal. And this expanding and contracting of the tissues helps to loosen up some of the minerals and calcification that blocks the nephrons.

If we look at some of the nuts and bolts of where the kidneys are located and how they work, they are located near the surface of the body between Thoracic vertebra 12 and The 3rd Lumbar vertebra, just under your lower ribs, right next to your spine. So when you do hot and cold water, it really has a big effect on the kidneys.