

# ALPHABETICAL REFERENCE MANUAL

By

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The following material is compiled from transcribed copy of the teaching from 5 sessions on the Biological Theory of Ionization.

- SESSION I      November 3-7, 1975 at Blue Ridge, Georgia  
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- SESSION II     March 15-17, 1976 at Blue Ridge, Georgia  
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taught by Dr. Carey A. Reams.
- SESSION IV    October 11-13, 1976 at Roanoke, Virginia  
taught by Dr. Carey A. Reams.
- SESSION V     August 24-26, 1977 at Murrieta Hot Springs, Calif.  
taught by Dr. Carey A. Reams, assisted by men he  
was training to teach the course.

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#### 4 PLANS TO HELP ASSIMULATE CALCIUM

(The following, material prepared by Stanley and Gertrude Gardner, from studying under Dr. Carey A. Reams.)

The pH will vary until the reserve energy is built up. In the meantime, to work to keep the pH near to perfect will help assimilate calcium. The pH will gradually improve as the digestion improves.

Make a pH test on rising, and again at 10 a.m., 11 a.m., 2 p.m., and 4 p.m. Make a chart and write down the test numbers. After 3 days consider the chart record.

If your chart record shows numbers mostly 5.5 to 6.5, use Plan #1.

If your chart record shows numbers mostly 6.5 to 7.5, use Plan #2.

If your chart record shows numbers mostly 4.5 to 5.5, use Plan #3.

##### Plan #1: 5.5 to 6.5

800 units of Vitamin D 1/2 hour before meals and at bedtime.

250 units of Vitamin C 1/2 hour before meals and at bedtime.

2 Cal II during meals (breakfast, dinner, and supper).

This plan has the advantage of some Vitamin D, which helps assimilate calcium, and some Vitamin C, which is the knitting agent that holds our body together. If you have Vitamin D & A in the same capsule, then just go by the amount of Vitamin D.

##### Plan #2: 6.5 to 7.0 7.0 to 8.5

These numbers show an alkaline pH. Take 2 Calcium Lactate during each meal (breakfast, dinner, and supper). And take enough Vitamin C between meals to help reduce the alkaline condition to near 6.0. You need to test to find how much Vitamin C you need. A persistent high alkaline condition, 7.0 to 8.5, shows a real need for a series of colonics to cleanse the colon.

##### Plan #3: 4.5 to 5.5

This would show a very persistent acid condition. Take Vitamin D 800 units 1/2 hour before meals and at bedtime. And take 2 Cal II during each meal. Increase or decrease the amount of Vitamin D, as needed. Work to raise the pH to near 6.0. Vitamin D helps raise the pH.

##### Plan #4

If there is a condition of the urine pH continuing too acid and the saliva pH very alkaline, try using Calcium Lactate and Vitamin D.

Cal II and Vitamin D will raise the pH.

Calcium Lactate and Vitamin C will lower the pH.

Run the check-up tests to see what response the body is making. There may be a need to change to a different plan, as the body condition improves.

EQUIPMENT for doing the Urine and Saliva tests.

Universal Extracting Solution (Reagent #1); Nitrate Nitrogen test solution (Sulfuric acid); Ammoniacal Nitrogen test solution (potassium hydroxide); Urea Test Chart; Bromthymol Blue, pH range 6.0-7.6; pH color chart 6.0-7.6; Chlorphenol Red, pH range 5.2-6.8; pH color chart 5.2-6.8; Phenol Red, pH range 6.8-8.14; pH color chart 6.8-8.14; 6 well porcelain plate (spot plate); pipette; cuplet (porcelain crucible); 100 mL graduated cylinder; Refractometer; Solu-Bridge (Beckman Meter) and conductivity cell.

This equipment may be obtained from Nutritional Counselors of America, Inc., 10914 N. 56th St., Tampa, Florida 33617; or from McCoy's Center, Hwy 120, Duluth, Georgia 30136. Also, Stanley Gardner, 615 S. 7th Ave., Washington, Iowa 52353, has a Urea Test Chart prepared from his testing experience. It is available for \$10.

TESTING INSTRUCTIONS

UREA and pH tests in porcelain plate:

1. One drop of saliva in well #4 and in well #5 for pH tests. Now place the plate on the table and do NOT move.
2. 6 drops of Reagent #1 in cuplet (for urea tests). Use the dropper that is on the bottle cap.
3. 4 drops of Ammoniacal Nitrogen test solution in well #6 (for urea test). Use the dropper that is on the bottle cap.
4. 4 drops of Nitrate Nitrogen test solution in well #3 (for urea test). Use the dropper that is on the bottle cap.
5. Clean the pipette with water and tissue. Place one drop of urine sample in well #1 and one drop in well #2 for pH tests. Also one drop of urine in cuplet.
6. Clean pipette. Mix reagent and urine in cuplet by squeezing bulb on pipette 120 times.
7. Place one drop of mixture from cuplet in well #3 and one drop in well #6, holding the pipette straight up and down; drop in center of well.
8. Using urea test chart, read well #6 immediately. Write number on record card.
9. For pH, one drop of Bromthymol Blue in well #2 and one drop in well #5. Read with pH color chart. If too acid to read with this chart, then use one drop of Chlorphenol Red in well #1 and/or in well #4 if needed. Write readings on record card.
10. The Nitrate Nitrogen test in well #3 needs about 5 minutes for its pattern to form. If it is not yet ready to read, proceed with SUGAR TEST, and etc. If it is ready, then read it before it disintegrates.

SUGAR TEST: Put drops of urine sample on refractometer to cover the eye on the window, and close the lid. Hold the refractometer to your eye and adjust to fit your vision, so you can see the numbers on the scale when looking toward a light or window. Read where the light and dark meet on the scale. This is direct percent reading of total carbohydrates, or Brix. Write the number on your record card.

SALINE TEST: Connect your conductivity cell to the Solu-Bridge and plug your instrument in (your Beckman Meter should read in micromhos /CM). The Meter should be adjusted for proper temperature (see the instructions with the Meter). Fill the 100 mL graduated cylinder to 87 ml with de-ionized water. Add 50 drops of the urine sample. Put the conductivity cell down in the liquid past the vent hole, but not up to the cap. Move it up and down about 4 times, then hold it so the vent hole is below the surface of the fluid. Take your reading on the Meter, turning the dials till both lights are lit. Multiply this number by .0406. This is your saline reading. Write number on your record card.

ALBUMIN: Hold a flashlight behind the sample jar, looking toward shadowed area in the room. If you see a cloud of particles in the sample, it is 4 M. (If .04 M you could see nothing with your naked eye, only with a microscope. If you see one particle, there are 20,000). 1 M, 2 M, 3 M are a matter of your judgment.

	sugar	pH	saline	albumin	urea
PERFECT EQUATION:	1.5	<u>6.40</u> 6.40	6-7 C	.04 M	<u>3</u> 3

## DIET SHEET

3-Day Fast: 3 oz. of fresh lemon juice, in \_\_\_\_\_ oz. of distilled water. Use 1 teaspoon of sweetener (honey, dark sugar, maple syrup, blackstrap molasses, syrup, white sugar, etc.) Use a different sweetener each day. Drink \_\_\_\_\_ oz. of lemon water on the hour for \_\_\_\_\_ hours a day. Also, drink \_\_\_\_\_ oz. of distilled water every hour on the half hour for \_\_\_\_\_ hours a day. The water is so important to proper body functioning. (For amount see WATER in the MANUAL.)

4th Day: Continue to drink the lemon water and the distilled water each day as given above. After the fast, on this 4th day, you may have 2 eggs.

On this 4th day, simmer/boil vegetables and drink 8 oz. of the broth 2 times during the day. Drink 2-3 oz. of green drink. Make in a blender or juicer from green leafy things (white clover, grass, comfrey, lamb's quarter, plantain, endive, romaine lettuce, spinach, cabbage, onion tops, carrot tops, beet tops, etc.) to get the chlorophyll. May add some celery, cucumber, a little pineapple juice, to improve the flavor, but it is the green leafy things you are needing. Continue to drink this green drink each day. It is important to come off the fast slowly. Eat light.

5th Day: Continue to drink the lemon water and the water each day.

Eat a small GREEN SALAD on this day, and each day. May have a little salad dressing. Eat COOKED VEGETABLE 2 times on this day, and each day. Use a great variety of vegetables to give your body a chance to get what it is needing. Simmer, steam, or bake. (Puree vegetables for a very ill person.)

6th Day: Continue to drink the lemon water and the distilled water each day. Eat 2 slices of whole grain TOAST a day. Continue to eat salad and vegetables. You may have 8 oz. of skimmed cow's milk, soy milk, or goat milk. You MAY or MAY NOT have 2% milk. Remember the GREEN DRINK.

After the 6th day, MEAT: you may have FISH with scales, such as pink or red salmon, pike, mullet, fish roe, cod, fresh water carp, sardines, trout, perch, bass, flounder, haddock, red snapper, etc. You may have LAMB, CHICKEN, TURKEY, or BEEF. Soak these meats in a salty brine overnight in a refrigerator, drain. Soak in fresh water one day or more, changing the water 3 or 4 times, until the blood is out. Drain and cut off all fat. You may roast meat at 270° in oven or cook in a crock pot.

Do NOT eat pork. This includes ham, bacon, sausage, ribs, pork chops, jowl, cracklings, crisp pork skins, and other parts of swine, or anything that contains pork fat or lard. Do NOT eat hot dogs that contain pork.

Do NOT eat shell or skin fish. No catfish, tuna, mackerel, oysters, shrimp, clams, or crab. No turtle, rabbit, squirrel, or any other unclean meats. (See Leviticus, Chapter 11.) The frequency of these meats is not right for our bodies, causing loss of energy. Children under 12 years should not eat meat.

CEREAL: Kretchner wheat germ, shredded wheat, oatmeal, cream of wheat, millet, Corn Chex, corn flakes, Wheat Chex, Rice Krispies, etc. Buckwheat as cereal or flour made in a pancake. If you have elimination problems, soak dry cereals overnight in skim milk. Also use 100% bran with all breakfast cereals. Use 1 Tablespoon of flax seed soaked overnight in water (may add some raisins) and eat at breakfast.

FRUITS: Eat a variety of fruits, especially at breakfast. (If you have blood, sugar problems, do not eat fruit after 4 p.m.) Eat a pear every morning, fresh if possible. Apples, bananas, avocados, dates, cherries, cantaloupe, muskmelons, watermelon, pineapple, peaches, oranges, papaya, grapefruit, and etc. Dried raisins, prunes, dates, apples, apricots, peaches (may soak in lemon water for 48 hours or more, in refrigerator; no cooking necessary). Eat a great variety of fruits.

If you have colon problems (as diverticulitis) or pockets needing healing, do NOT eat fruit with seeds, such as strawberries, raspberries, huckleberries, cranberries, blueberries, and etc., unless you remove the seeds.

Foods with GELATIN substances are so good for the colon, such as okra, millet, buckwheat, Jell-O, D-Zerta, Knox gelatin, and etc.

Eat 3-4 EGGS a week. Small servings of aged CHEESE 2 times a week. Small servings of MEAT 2 or 3 times a week. Children and adults may eat soybean meat substitutes. Eat stewed ONIONS 3 times a week if pH is acid. May add mushrooms and eggplant. Eat YOGURT 2 oz. 3 times a week, to aid bacteria in the colon. Eat ASPARAGUS once a week. It has an arsenic that the heart needs. Eat SWEET POTATOES 3 times a week. Eat SQUASH 2 times a week. Eat GREEN BEANS 2 times a week. Eat GREEN PEAS 2 times a week. Eat GREEN CORN 2 times a week.

Corn products are excellent food. Other foods acceptable on this diet, like graham crackers, arrowroot crackers, soda crackers, brown rice, aged cheese, cottage cheese, acidophilus milk, jellies, cayenne pepper, allspice, Mazola and Fleischman's margarine.

Foods not recommended: popcorn, Irish potatoes, butter, potato chips, spaghetti, macaroni, dry beans, dry peas, sea salt, black pepper, spices, chocolate.

BEVERAGES: coffee substitutes, Pioneer, Pero. Do not make a habit of drinking carbonated soft drinks instead of water; it is best to leave them alone. When traveling carry along distilled water. All herb teas, except alfalfa tea; it is too high in Vitamin K, which thickens the blood.

NUTS: No nuts except coconut and pinole [pignoli] nuts. No nut butters. The butters stick to the walls of the colon, and the particles scratch.

ID means once a day; BID means twice a day; TID means three times a day

\_\_\_\_\_ Dolomite capsules, with breakfast, dinner, and supper. (See DOLOMITE in MANUAL.)

\_\_\_\_\_ Cal II capsules, with breakfast, dinner, and supper (when pH is below 6.20).

\_\_\_\_\_ Calcium Lactate capsules, with breakfast, dinner, and supper (when pH is above 6.20).

\_\_\_\_\_ Calcium Gluconate capsules, for very ill and for children \_\_\_\_\_ times a day.

\_\_\_\_\_ Lime Water, in 4 oz. of water, \_\_\_\_\_ times a day. (See LIME WATER in the MANUAL.)

\_\_\_\_\_ Min-Col capsules: \_\_\_\_\_ a day for \_\_\_\_\_ days, then take \_\_\_\_\_ capsules a day for years. (See MIN-COL in the MANUAL.)

\_\_\_\_\_ Vitamin C: \_\_\_\_\_ units a day between meals. (See VITAMIN C in the MANUAL.)

\_\_\_\_\_ Vitamin A & D: \_\_\_\_\_ units \_\_\_\_\_ times a day between meals. (See VITAMIN D in MANUAL.)

\_\_\_\_\_ Vitamin E: \_\_\_\_\_ units \_\_\_\_\_ times a day between meals. (See VITAMIN E in the MANUAL.)

\_\_1\_\_ Vitamin B complex tablet between meals.

Niacin: start with 25 milligrams once a day; increase as needed to keep getting flush.

Algavim: \_\_\_\_\_ capsules with breakfast, dinner, and supper. (See ALGAVIM for the amount).

Chaparral: \_\_\_\_\_ capsules with breakfast, dinner, and supper. (See CHAPARRAL for amount.)

Ginseng: \_\_\_\_\_ capsules with breakfast, dinner, and supper.

Goldenseal: \_\_\_\_\_ capsules with breakfast, dinner, and supper. (See GOLDENSEAL.)

Ferro: \_\_\_\_\_ drops in fruit juice times a day.

Prune Juice: 3-4 oz. at bedtime or morning.

Cranberry Juice: 3-4 oz. each day. (See MANGANESE in the MANUAL.)

Heinz Sweet Pickle Vinegar: 1 teaspoon after dinner and supper, if saliva pH is above 7.00

Rest 1 hour in afternoon, or as directed. Rest is so important to healing. Exercise 20 minutes once a day, outdoors if suitable. K-Min (See K-MIN for directions in the MANUAL.)

This diet is for average size people. Large, small, weak, or very ill will need-some variations. If allergic to any suggested food or if in conflict with your tester's advice or your doctor's orders, then eliminate that food.



**ABDOMEN** \*\*\* Bloating in the abdomen is caused from 3 different things. One is a swollen liver, or chemotherapy liver, gas, or delta cells. You have to determine the cause of the swelling.

**ABORTION** \*\*\* Bring it about by keeping the sugar below 1 for 3 to 5 days, because the fetus requires 300% more oxygen than we do and its only source is through the blood. Never give K-Min. \*\*\* Put the patient to bed; have them drink 4 oz. of distilled water or lemon water every half hour. No sweets, starch, fruit starch, carbohydrates, to bring the sugar below 1. Keep it barely above normal for a few days. If they are ordinary, up to 6 months and not too heavy, you can bring it down and bring about an abortion. \*\*\* Prevent it by keeping the sugar up with 4 oz. of wine [dry] a day. \*\*\* Wine is 12% alcohol; higher than that you destroy the calcium in the blood stream. [lowering the sugar, see UTERUS]

**ACHE** \*\*\* When the mineral is deficient in the organs of the body, then nature is going to place certain aches in your body to say something is wrong.

**ACID** \*\*\* Cationic is acid. \*\*\* When you have a high alkaline saliva and you put a highly acid food in your stomach, you burp and you have a digestive problem. It's like putting soda in vinegar. \*\*\* High alkaline saliva plus high alkaline bile, then you put acid foods in your stomach, it creates gas and energy. It's trying to digest too quickly. \*\*\* When glands swell up in the neck, the body is too acid to accept vitamin C. Raise the pH. \*\*\* When the body is acid, you do not give vitamin C or calcium lactate. Use vitamin D, Cal II, liquid calciums, lime water; soda as a last resort. \*\*\* Craving for cigarettes and whiskey comes from too much acid in the system. \*\*\* In citrus fruits you have an acid ratio to deal with. The Brix is designated as a "b" and the "a" is an acid. Divide a into b to get your ratio. \*\*\* The more cationic cells in your body, the more acid your body becomes, the shorter your life is. \*\*\* Vinegar and honey, you don't use if you have high blood sugar and acid system. If your body is extremely acid, you should not use sulfured foods.

**ADDITIVES AND PRESERVATIVES** \*\*\* Pay no attention to preservatives or additives in food today. They are safer with them than without. Except ice cream; it's embalmed. Our cold-pressed meats are made out of the waste products of animals. Stay away from junk meats. White bread and white sugar, and what's taken out of it, makes the difference. D-Zerta has a lot of preservatives but I have not found any damage in it. If your body chemistry is normal, this won't hurt you. \*\*\* I have not found one case of damage from poison spray. It's only harmful when you abuse the spray. \*\*\* A small amount of chlorine in food keeps the bacteria out. Use one drop to 2 gallons of water to kill the bacteria, if you must.

**ADHESIONS** \*\*\* Gas forms in a cell, and it swells to an adjoining cell. The same thing happens over and over until it becomes a mass. Adhesions prevent the blood from circulating, develops a chain reaction. CO<sub>2</sub> gas expands the cell. \*\*\* If you have a sore or swelling, use a vibrator on it to circulate the blood. Adhesion is the word to use between cancer cell and perfect cell. Use ordinary diet for adhesions. Also there is a new machine that takes the swelling out of the adhesions.

AGING \*\*\* We need a lot more hard mineral nutrient out of our foods than a child. A child needs a great variety, but we need a lot heavier food. \*\*\* The energy that it takes at 20, 40, 60, 80 is still true, and the loss of this time in making the same cell is the process of aging. \*\*\* When we reach the climax of our energy, we begin to age. \*\*\* Any disease you want to name is only premature aging - too rapid loss of energy. \*\*\* The amount of time and energy it takes to make one cell is the process of aging. \*\*\* Meats that burn up too quickly burn up our body and cells. It brings about the process of aging too quickly [speaking of unclean meats]. \*\*\* Differential in the composition of the various organs, age is a factor. \*\*\* Age and digestion versus the elements that the age factor interplays in being able to digest certain elements. Why is a child, a child, and not a man? Why is a boy, a boy at six, and not a man able to father children? The digestive juices are too weak, and they can't pull out the heavier minerals. \*\*\* It takes twice the amount of energy and twice the amount of minerals at age 40 as it did at age 20. At 40 it's 2x; at 60 it takes 3x; at 80 it takes 4x.

AIR \*\*\* The inner space of energy contains moisture, oxygen, nitrogen; and 68-75% of the air is nitrogen. Over each acre of land there is about 35,000 tons of nitrogen in the air. \*\*\* Most food comes from the air - 80%. How do these elements get into the air we breathe? What is the main source? What is our earth covered with? Major part covered with water. When the metals come in contact with a salt - corrosion, breaking down. This is taking place in our oceans and our fresh water bodies of water. Corrosion or oxidation is taking place, gases are being produced. If you covered up, painted your skin, you'd die. If you covered up that breathing mechanism. \*\*\* Relationships like the rise of the moon and fall of the moon, this affects ionization of the air. We talked about 80% of our food coming from the air that we breathe. On the rise from a new to a full moon, there's less mineral ionization in the air than there is in a full to a new moon. \*\*\* The fruit grows out from a seed. So we can liken our soft, fleshy bodies to the fruit and our bone to the seed. The bone works like an antenna; call it an ionizer. The ionizer draws electrons, draws energy out of the air. Atomic particles coming from the atmosphere, the music of the spheres. Frequency programmed by the brain, not just from the food we eat [but] from the atmosphere, the energy that the body receives other than, say, literal food. \*\*\* There's a lesser mineral content in the air at the time of the increase of the moon, and there's a greater mineral content in the air on the decrease of the moon. A colder air on these times will hold more mineral than hotter air. \*\*\* This is where we get a lot of food then, from the air. \*\*\* After you breathe in, when it closes, all these little air molecules start bouncing around inside of these little sacks [in the lungs], and all these tiny little nerve endings start to pick up cationic substances from the air that's bouncing around inside this little sack. \*\*\* It's the heat and the sunlight, and the air and the wind, and the motion of the cationic and the anionic energy in the air, that strikes you. This is the reason why it's so important to walk outdoors a mile a day in the open air. \*\*\* Yes, you do. You get 80% of your food energy. You are limited to getting 20% of your food that you eat. The rest will be from the air. You may not get all the mineral you need from the air, or the various kinds that you need, but you'll get 80% of your total from the air because only 20% can come from your digestive tract.

ALBUMIN \*\*\* A perfectly healthy person, drinking the normal amount of water, should throw out about 400,000 carcinoma cells per quart of urine. These tests tell you whether there is too much

albumin or not. At 4 million we quit counting albumin. Normal is .04M for 100 lbs. of weight. \*\*\* In your first test of the albumin, it doesn't matter how high it gets over 4 million. \*\*\* In one liter. A liter is a thousand milliliters, so there's 40,000 drops in 1 liter. Count the particles in those specimens, multiply by 20,000, and you come up with one of these numbers. You can quickly estimate where this is. \*\*\* It lets you know if nature is cooperating with you. \*\*\* If you have a 4M, there is no picture. If there is a 4M here, it means none of the numbers are perfect. \*\*\* When you have a 4M, you need 1,000 mil. of vitamin E between meals. \*\*\* When the 4M drops down to 1M, it means the energy is 14 [urea] and they are working too hard. \*\*\* Pick up cancer on the patient by the 4M reading. Too many dead cells. That number should be .04M for 100 lbs. of weight. The 4M denotes there is a problem in the system. You can treat and replace carcinoma. When you do this, the cells replace many times in the system. You don't treat dead cells. \*\*\* You can tell between 2M and 4M by counting the particles and multiplying by 20,000 with a beam of light. Put one drop on a microscope and count them. 4M shows you they are working too hard or are disturbed. It also shows a terrific calcium deficiency. \*\*\* Give Cal II TID and a thousand units of vitamin C. You can have perfect numbers and a terrific deficiency. \*\*\* If the albumin drops to a 1M, this number would tumble down to about 5.40 [urine pH]. The patient is getting worse. It can't clear the cells out. Not enough calcium to manufacture the energy needed for their body. \*\*\* A 2M means calcium need, not getting enough potassium to the brain, and are a candidate for brain tumor. \*\*\* The albumin will be the last one to clear up because of the cells that's being thrown out. 4M on the 25th day shows a terrific calcium deficiency.

ALCOHOL \*\*\* Pancreas manufactures alcohol. When messages are not going through, it does not manufacture enough alcohol. Control this by using Zest Tonic; it controls body temperature. \*\*\* A certain amount is needed to control heartbeats. If the alcohol is made on the exact frequency of the system, the heart rhythm will be perfect. \*\*\* If feet are hot and sweaty, then use coffee because the pancreas is producing too much alcohol. Also niacin could release too much alcohol and they get a hangover; and then it causes headaches. \*\*\* When you get alcohol in your system, it builds up the density between the molecules of blood, so it can't carry oxygen to your brain, also depriving the liver of oxygen. The only way an alcoholic can get more energy is to drink more, and it preserves the food in his stomach. \*\*\* Sugar, starch, and oil - energy is the same. When this energy gets into the stomach, it breaks down into carbohydrate energy; then it triggers off the pancreas and manufactures insulin, counteracts the sugar to keep it from preventing the blood from carrying too small amount of oxygen to the brain. If the second part is working normally, it's going to turn to alcohol. \*\*\* As a cation, it starts turning into alcohol. Some people turn too much starch into alcohol and are happy-go-lucky all the time. \*\*\* It takes colloids, and it works back against the cationic force. And the glycogen goes over to the pancreas, and it makes alcohol out of it. This regulates our temperature. \*\*\* These first two stages are under the influence of what we call stage 3, which affects both of them, and that is heat. Produced by alcohol from the pancreas [3 stages of cell formation]. \*\*\* There's a variable. The more alcohol you've got in your system, the greater amount of heat that will produce, and therefore there's condensation happening in a lung. It collects faster than it can evaporate. Then the steam condenses and moisture forms in the bottom of the lung, cutting off the oxygen supply. \*\*\* The first thing that comes off of the sugar molecule is