God never repairs a damaged cell. Never! He throws it out and puts a brand-new one in its place. God is not in the second-hand parts business. You are made out of brand-new parts. You should keep them brand-new. Keep your vim, vigor and vitality for many, many years. And you know most people live no longer than they plan to live. They start early planning to live, plotting their life and their diet and their habits. Life would be different. You know, it’s the easiest thing in the world to be healthy. It’s the easiest thing in the world to be healthy. To be sick you got to work at it. You’ve got to break all the rules. You’ve got to get hooked on something, or inhibited by it, or tied to it. Variety is the spice of life. In a great variety there is safety.

So what I am trying to tell you, this is what the Bible message is about. It is, heal the sick. Heal the sick. God wants you to heal the sick. And some people think, oh that’s just to be done instantaneously. Never, never, with diet or anything else. Do you know that the health message starts in the very first chapter of Genesis? The 28th verse. The very first chapter of Genesis in the 28th verse. We are going to have a lot more to say about that as the week goes on. But each morning, we’re going to try to cover something different, so that you won’t have to hear the same thing over. Then if you look in the 10th chapter of Matthew verses 7, it says, “As ye go forth, preaching, saying, the kingdom of heaven is at hand. Verse 8, Heal the sick, cleanse the lepers, raise the dead, cast out devils; freely ye have received, freely give.”

So many times I have seen people actually possessed of an evil spirit that demanded the food that the evil spirit liked. They thought they could not live without it. And yet, you take that food away from that person, that that evil spirit was demanding, they call it a demon in today’s language if you like, however the word demon is not in the King James Bible version. It says evil spirit. And then the evil spirit left. If you do not give him what he likes, then he is going to leave. So, whenever you are teaching people, to use a diet that fits their own particular body chemistry you are casting out demons. You are casting them out. You are doing your part and it’s marvelous to know the power of the Scripture, the power that will be in your hands when you learn what diet fits each individual.

And in the 10th chapter of Luke, in the 9th verse, Luke the physician says this, “Heal the sick that are therein, say unto them, the kingdom of God is come nigh unto you.” You know it’s very difficult for sick saints to win healthy sinners to the Lord. Very difficult. And you know, the more ill you are, the weaker your faith. And the weaker your faith, the weaker you are, the weaker your works. So I am calling upon you this morning to open your minds and hearts to this beautiful message that’s in the Bible, the health book. If anybody asks you to recommend a health book. You recommend the Bible, the best health book that was ever written and it’s infallible. It works every time and within it has much more to say about the health message. I’m just going to tell you enough about it this week, so that you will search the Scriptures and find in them that it is God who does the healing. Not you. Not I. I have no cures. I am not posing as a
medical doctor. I’m not a medical doctor. I’m here to teach you the health message as it’s written in the Bible. And if that’s a sin, I’m a sinner. If that’s breaking the law, then I’m breaking the law, but I’m here to teach you how to teach people how to be healthy.

It doesn’t make sense to me for a person to become ill because of their diet, and go to anyone in the healing arts to get well, and continue eating the same foods that made them sick in the first place. Working against the doctor. Working against themselves. And for the undertaker.

So what we’re here to learn is truths and more truth. I’ll tell you this, friends, the most difficult thing that you are going to have to learn is how to unlearn some of the things that you have already been taught. That is the toughest part of this course. And I am not going to ask you to accept one thing, not one thing. You just put it into practice and watch God do the rest because my opinion and your opinion and no one else’s opinion has a thing to do with it. You obey the laws of God and He will do the rest. It is not an opinionated situation. It’s something that works. It works, and not only that, you will see that it works. I have had people that doubted every bit of it, and yet got well. Got well. I’ve seen it happen over and over again. I even used to know animals for many years, as well as people. On none that I used it, around us all the time I was doing research in it, and the animal fought me every inch of the way. And then there was not no part of it. Didn’t like it. And yet the animal got well.

So, in this course, we are going to learn. God is still in this universe. And He still rules. I can feel it. I think it is His desire that all of us should be healthy. All of us should be in good health. The greatest gift that God has ever given to man is eternal life, and the second greatest gift is good health. It is good health. So what I am trying to tell you today is this: let’s learn how to be healthy and how to teach others to be healthy.

This is our morning devotion. May God bless you this day and each day that we work together in this class. Our Father, I’m so glad that we can come together this morning to study. We want your precepts that have been hidden from us. Open our hearts and our minds that we might just see you. More of thy wisdom. More of thy gentleness. More of thy assurance. That we might learn absolute obedience to all the rules that you have made. And then, whatever we do Lord, we will leave it into your hands to do the rest. We know Father that the best diet on earth is not an insurance policy for eternal life on earth. But we do know that You and You alone can make the journey more pleasant, more enjoyable, and longer and a greater blessing to all, this we ask in Thy precious name. Amen.

We open each morning by devotion. I’m glad that this is founded on truths that are infallible. And we are going to learn as you progress through this course that every degree of biological life can be expressed in mathematical terms. Now, in this first course, this is easiest of all the courses. And through this first course, you are only going to be peeping through the key hole to what it’s about. And the more training that you can have in mathematics, chemistry, and physics, the more you will get out of the course. But if you have never opened a mathematical book, a book of mathematics or rounds of math, or you have never opened a book of physics or chemistry. Don’t worry about it. Just open your mind and I will pour it in. Just open your mind and I will pour it in. We had one lady here that every time a mathematical problem hit the board, she fainted. She was scared to death of it; absolutely scared to death. This is true. This is really true. So let’s don’t let these problems frighten you. They are a little different, but we will
learn how to handle them as time goes along. You know, the human mind can only take so much at a time. So if you are in this business you are going to have a good foundation about what this course is about.

From now until about 12:30 tomorrow, we will learn the theory of this course. The entire eight courses of it. The entire thing. We’ll have the entire theory, of this entire, well nine sessions all together. You will learn the entire theory of it. And each time we will come back and have a little bit more and a little more. I am trying to put in your minds in about 31 days of all nine courses. An entire four years of post graduate work. The 500 series of education. And some of you will get it and some of you won’t. But if those that don’t get it, there’s the computer. And it can give it to you. The computers will be available to you. And this knowledge will be available to you. When you understand or not or whether you comprehend it or not. But you will know how to do your part. And to each, his own gift. In order to know what the course is, right at the top of this paper, you will see The Theory of Ionization. Right above that, write Biological Theory of Ionization. The Theory of Ionization and that’s what this whole course is about. It’s the Theory of Ionization, the Biological Theory of Ionization. How revealed? What makes this real? Where does our energy start from? We live from energy. We do not live from the foods we eat. We live off the energy of the foods we eat. So we are going to learn more and more about this.

One thing I want you to know too, right now, and remember this. That this is not a question and answer course. However, any question on the subject at hand, you may ask while we are on that subject, please write your questions down that do not pertain to the subject and they will be covered in due time and if they are not covered by the time this course is ended, then I will discuss each question with you or at my and your leisure, where they will be answered. The idea is, if we make this a question and answer course, we will not have any to cover what we’ve got to cover.

Actually, in this course, you are going to learn by doing. Tomorrow at 1:00 or 1:30 or when you come back in at 2:00, all the instruments will be on your desk. And at that time you will start actually learning what the instruments are and what they are for. But let me tell you one thing. Please do not go ahead of your instructor. Please do not go ahead of your instructor. Wait for instruction. Because that is very, very important, and you will waste time if you do, and not only that, confuse yourself. Wait for instruction. Do not go ahead of your instructor. Now, there is a reason for that. Because if you do, whenever the instructor is making an announcement about something, trying to get the point across, you’ve got your mind on something else, and later you are going to ask the very same question that’s already been answered. And if you do that, you get into a merry-go-round and you can’t get out of. So we will instruct you step by step by step, how to accomplish the most in the shortest length of time. So, this is what the course is about. Your questions will be answered. Some of you will have a lot deeper question with a lot more educational training behind them and between those questions and at break, if you have those questions, I will be here and I’ll be glad to answer them for you, provided that they will not be covered in the future training. But each question will be answered.

This course on the Theory of Ionization does not start with food. It does not start with the digestive tract. It does not start with anatomy. It does not start with disease. It starts with energy. Energy itself. Now, you who are doctors will not need these amount
of books that I have here on my desk. But you who have not had anatomy and studied anatomy, I recommend you get this set of books. It’s about $80 and you can order and it will help you understand something about anatomy. I will be using some terms throughout this class that will redefine and rephrase. Books will be used for clarification of definitions and some of the questions and so forth to show that they can be applied anywhere, anytime, anyplace, under any circumstances because the Biological laws of physics are constant. It’s only in the application of them that makes them different. And these books state this. We are going to have definitions in just a little while to teach you what the meanings of the words are as we use them in this class because I may use a word and you may have some other different idea of what that word means. And you will go away completely confused and if there is anybody tonight that is not confused, you do not understand the situation. And you won’t be much better tomorrow. Because when you start working with these instruments it will begin to unfold to you and then you will see through it. If you do not have this Theory of Ionization taught to you, you will not understand what’s happening when you are working actually with the instruments. But it fits together and by the end of the week you are going to feel quite confident. In fact, you are going to feel really confident. And you are going to feel really good. Until you go out and that first person bobbles in. And then you are going to understand that the whole world is going to drop out from under you, but cheer up, there’s an answer and there is a way to solve it. You Doctors won’t have that experience so much because you are used to it. But the people who are about to have the full responsibility on them, it’s going to be quite new to you. But as you begin to work with this thing more and more and more, you will see that it’s God’s way, then you will. Now this course is not perfect. It has its weak points. These weak points will be pointed out to you as we go through. They have these weak points and they will be shown to you. It’s not perfect. There’s nothing perfect but God. However, there are three ways to check to know whether an error has been made in your equations or not. But, I’ll have to refer you back to one verse in the Scripture. It’s in the 4th chapter of Matthew in the 34th verse. And it says “that man shall not live by bread alone, but by every word that proceedeth forth from the mouth of God.” Now these biological laws did come from the mouth of God. And they are necessary for good health and happiness. So we are going to learn how God did it and how to obey these rules, how to be obedient. There is another verse in the Bible that says, “Be ye perfect.” Now this is going to be the toughest thing in this class, is to be perfect, is to follow exactly the instructions. We have a little later in this course, we will teach you how to make out, a chart of the numbers, where the name must be, the telephone number, the street address, the city, the zip code, the age, height and weight, the date, the numbers, the eye numbers, and so forth. And I’ll just venture to say that 50% of you won’t do it like we tell you. 50% of you will not do it. And will come up at the last minute and will have it done wrong and then you are going to have to do it over right. This has been our experience in the last class. So, I’m telling this hoping that this won’t happen, but so far it has happened. But you must learn exactly to carry out the instruction. Carry out exactly as it says because mathematics is a very precise art and science. It’s an art and science and it is also a language. And we are going to learn something about this art, science and language of mathematics. Now, to you who have not had much mathematics or chemistry, when a chemistry married the mathematics, they had a physicist. So it’s a combination of the two. When you combine chemistry
with mathematics you have physics. And physics has a reason. And if there’s a reason, there’s a cause. And if there is a cause, there’s a result. So this is what it’s about. Now one of the most difficult things you are going to find as you step into this class is this: get your eyes off the numbers. Numbers do not tell you anything now and they never will, but they do talk. And they do paint pictures. If you don’t believe numbers talk, even scream, just look at your bank statement on the first of the month. They don’t tell you anything, but those numbers on the page lets you know what’s happening. Do you see what I am getting at? They also paint a picture. And in plain geometry, you have 16 theorems there in geometry and through this geometry, you will learn angles, curves, and straight lines. Actually, you will learn nothing in plain geometry about curves except that it’s not the shortest distance between two points. But in relativity, you will find that it is the shortest distance between two points. So you are going to find some conflict. In the different branches of mathematics, each are true on its own plane. Each is true on its own plane, so that will reach the same as is nothing. Sure, nothing, but you apply the same rules to everything. But we will see that as we go into this course.

Does each of you have this paper, the theory of ionization papers? Anyone who does not have it? The Theory of Ionization. It’s the synopsis of this course. Everybody should have a copy of it. This is the synopsis of the course and what is taking place in the course and how and what we are doing and we will follow it pretty closely.

Except on this one, it says at this time there will be an introduction to equipment. Now this was raised for the very first course. And we handed out the equipment. But the people got their minds on the equipment and missed a bunch of it. So we decided, next time, do not give out the equipment until they were right ready to use it. So that all the equipment is here or most of it and the rest will be here, but we are not going to introduce the equipment to you at this time for that reason.

If any of you have any questions at any time, please write your questions. Please write your questions and we will discuss them at that time unless it is a question on the exact subject that we are talking about. These books on my desk are not to be taken off of my desk. You may look at them. Organize them, but do not take them away. Because I do not have enough for all of you. I do not sell these books. They are here and we will use them and explain to you some certain things that are in them from time to time during this course. So please do not take any books off this desk. You can stand right at the desk and when you finish with it, please put it back on the desk because when I need the book and it’s not here, someone left it in their room or something, it’s quite confusing.

We are going to be dealing in this class with energy. There are three kinds of energy. There is matter, which is a form of energy. There is heat and there is electricity. Those are the three kinds of energy. These three kinds of energy are the energies that we are going to be learning about, what they do and how they do it. If you should look at a box full of energy, in the broadest sense of the term, and we will narrow down on it as we go through the course, it would look something like the parts of a jigsaw puzzle. Very much like the parts of a jigsaw puzzle. And you feel the heat coming off a stove, whether it’s an electric stove, or a coal heater or a wood heater, those little particles of heat are actual molecules of matter. Only that, we don’t think of them as matter, but they are. They are actually substance. Actually we should call them substance rather than matter. These little particles are coming off and we are going to learn that there is two sources of energy. We are going to learn there is an anionic source of energy and a cationic source
of energy. And the smallest thing that God ever made was an anion. And there is nothing any smaller than an anion. There’s nothing smaller than that. It’s the smallest thing God ever made and if you leave a single anion, you are in nothingness. Absolute nothingness. There is nothing any smaller than that. Now we call these small units anionic energy. We have these in different forms. They were discovered by a man named Milhouse. So, they are called Milhouse units of energy. Abbreviated MH. Also, there’s a mathematical symbol well use too. It looks something like PI but not quite. So Milhouse invented this. Now, I want to talk to you for the next few minutes simply on anions. Just the anion. When you get into the books of chemistry, mathematics and physics, you are going to run into some terms that it takes a teacher to tell you what they mean. Because of the smallness of an anion, that one single anion, think of it now, one single anion was blown up to be the size of a golf ball, the nearest one to it would be 1,730 miles away. And yet everything that is made contains them. Think of them. How small they are. But yet, a single anion is so small that it cannot be divided. It cannot be taken apart. It cannot be halved. It cannot be cut into thirds. It comes in wholes completely. Anions come in wholes. But yet, we also speak of an anion as having up to 499 milhouse units of energy. And still to speak of it as being one anion. Actually, it’s very difficult in our English language to differentiate between 1 and 499 and any number between them. So it just is counted as one anion. It’s something like this. If you had a pitcher with marbles in it, each marble would represent an ion. You wouldn’t have one solid marble in there. You would have marbles. So, actually, we just say one anion, meaning a combination of a differential power of energy. The smallest anion contains one milhouse unit of energy. And the largest anion contains 499 milhouse units of energy. It might be interesting to you to know, after I got my Doctor of Science degree, I could not figure the energy in one gram of anything. I did not know how. I fell flat on my face. And for about two years I almost went insane trying to learn to figure energy. You know I couldn’t really find the teachers to teach me how. Dr Charles Northen was one of my teachers who taught me how to figure energy. Dr Northrop was another who taught me how to figure energy. People out in the field. Today there is a little smithering of it. Scant few mostly dated in chemistry and math in the colleges. A line here. A line there. A line somewhere else. But it is not collected and we in this course are putting it together so it will be collected. So we are going to learn how to harness these little anions and do something with them. An anion is energy and we are going to learn a little later in the next session about the different kinds of energy. And we will start expressing energy in mathematical terms in the next class right after the break.

Also, the next smallest thing that God ever created was a cation. The smallest cation contains 500 milhouse units of energy and you cannot take it apart. The largest cation contains 999 milhouse units of energy. There again, you have just like the marbles, but there is a vast difference between an anion and a cation. There’s a world of difference in them. In an anion the electron, if you could split the atom open and watch the electron rotating, the electron is the outer shell, rotating around the nuclei. You would notice that the electron travels clockwise. It would travel in the clockwise direction if you face the clock. In a cation, the electron under the same conditions, would travel counter clockwise. So actually, you will find the same principle possibly in electricity. The difference in a negative charge and a positive charge is the direction in which it travels. So therefore you find a similarity. In other words the negative travels in
one direction and the positive travels in the opposite direction. Going in opposite
directions. Here we have the same thing. Only, when you speak about electricity you are
dealing in voltage and wattage and ohmage, but here you are dealing in milhouse units
because its much smaller.

You also are going to learn in this course, and right now is a good time to bring it
up. That in the first chapter of Genesis it says that God created each thing after its own
kind. After its own kind God created. The animals, and the trees, and the plants, and
man. He created in His own image, in His own likeness. So we are in the likeness of
God. We are in His image. We are like Him in some respects. In tomorrow mornings
devotion we are going to learn more about how we are different from God now. How we
were once like Him.

But in dealing in this energy I’ve tried to give you a birds eye view of what this is
about. It’s about dealing with energy and according to its own kind. We are going to be
dealing in this entire process on just one kind of energy and that is the biological energy
of man. Now I am going to go up to the board now and write down the frequency upon
which you live. And the frequency is the number, the amount of time it takes for one
electron to travel around one molecule. It’s the amount of time it takes one electron to
travel around one molecule. So I am going to put up on this board the frequency of a
human male: .0000024. That’s the frequency of all human males on earth. All human
males on earth have that frequency regardless of color, race, creed, nationality and
anything else. The female frequency: .0000026. This is just a decimal so the people in
the back can see it. That is the frequency of females. Aren’t you glad there’s a
difference. The female of the species is always, that is where there is male and female, is
always two higher than the male. And we will learn something about these other
frequencies as we go. In the first chapter of Genesis where it says, and God created man
in His own image, this is what it means: on the same frequency. On the same frequency.

Now, here is a rule. And you are not going to forget this rule. Once you know
the frequency, then you can know the diet. Without the frequency you will not know the
diet. This is absolutely inseparable. Unless you know the frequency then you cannot
make a persons diet. There are some variables. Then you might say, well if that’s true
then, why can’t we make one diet to fit everybody? That’s the very next question you
would think of. Well, I’m going to show you why in just a moment. Here’s why. We
are dealing with: on the frequency we have micronage. On the micronage we have milli-
micronage. Under that, we have milli-milli-micronage. Micronage is the pattern that the
anions and cations are stacked together to make the molecules. Micronage is the pattern
that the anions and cations are stacked together to make the molecules or the elements,
either one. You can have an elementary molecule or you can have a compound molecule.
We will get into those definitions a little bit later. For instance, you can give ten
carpenters or a million carpenters red bricks and tell them to build a two bedroom or three
bedroom house. Not giving them any plans, but each one will go and build a two
bedroom or three bedroom house. But no two of them will look alike. All of them will
be different. So thats what makes us different.

Now the micronage in the plant and animal kingdom makes a difference in the
species. The micronage makes a difference in the species. All in the same kind. For
instance, you may have in the dog kingdom, the canine kingdom, you may have wolves,
foxes, you may have ice dogs, hound dogs, blood hounds, pointer dogs, and you name it.
And they are all dogs, but of different species. And in the cattle kingdom you have the
deer, buffalo, elk, moose, angus, jerseys, holstein, and all of them are different species.
The species is the different varieties on ---

**Tape 1 side B**

--- on the calculation of energy because we start with a single anion, a single cation, but
we know the power of it. And when you have two known’s, you are in business in
mathematics. In calculus many times you start off with no known’s and then you have to
create your own known’s. But here, we are blessed by having two known’s or three
known’s. For instance we know the frequency, and we know what an anion is, and we
know what a cation is, and in the next class we will begin to explain the very basic
principles of calculating energy.

Are there any questions at this point? Student question: The frequency that you
mentioned on the board was the time that it takes an electron to travel around what? Dr
Reams: One mol. Student: One mol of what? Dr Reams: Anything. It doesn’t matter
what it is. One mol of a human being. Your heart. Your fingernails. Your hair. The toes.
The lungs or anything else. They all go around at the exact same rate. Student: But not
the time, the rate. Dr Reams: Well the rate is the time. In other words synchronization.
Dr Reams: Somebody have a question back there?

Student question: Who measured the male and female frequency? Dr Reams:
Who measured it? I measured it the first time it was ever measured as far as I know, with
an oscilloscope. Dr. Northrop taught me the only frequency that was ever known. He
discovered the frequency of grapes in 1891. And that was the only one that had been
discovered. Up until I was a student in college and was doing study under him. He
taught me how the frequency of what it was of grapes and so forth and then from that I
have discovered the frequency on some 16,000 different kinds I know that one will be the
different species.

Student question: Will you repeat the definition of milli-micronage as the
distance between an electron traveling in an orbit? Dr. Reams: Milli-micronage is the
way light strikes the electron in orbit to give color and it’s the distance they are apart that
causes color. The prism of light. Color is only a prism. Actually, in reality in
mathematics, color doesn’t exist. It is only the reflection of one beam of light upon
another that gives us color. With certain kinds of flowers, you look at them in one
direction, they are green, in another they are purple, in another they are blue, another they
are brown. The very same leaf of the flowers that you looked at is the way the light
strikes that makes the difference. Any more questions about what we covered?

Student question: Just clarification. Going back to your example of the canine
group. All of them would have the same frequency, but different species would have
different micronage. Dr Reams: That’s right. For instance, dogs have a frequency of 38
for the male and 40 for the female. Horses have a frequency of 44 for the stud horse and
46 for the mare. Just to mention some of it. Citrus a lower frequency of 9, but it’s a
different number of zero’s. We’ll get into that later. It’s not the same number of zero’s.
Notice that citrus has an odd number and these others it takes a male and a female, but a
citrus tree is both male and female on the same tree and therefore it has an odd number.
The reason I chose citrus is it just something that is rather unique. I don’t know whether
it has any actual bearing on the subject or not, but a female citrus blossom has five petals and a male blossom only has four. And some lemons have three on the wild lemon, but the male still has four petals. I just chose citrus because of the uniqueness of that, but that does not hold true with all blossoms it just happens to be so with citrus.

This time, I’m going to take up some definitions so that you will know what we are talking about. I have already discussed what an anion was and what a cation was and a mol is a molecule.

An atom is the smallest amount of matter that can exist. An atom of actual combined matter. Think of an atom as containing anions and cations. And we also think of a molecule as being about the same as an atom. An atom is the smallest amount of a substance. An elementary substance that can be measured.

An element is a substance with all molecules having the same number of electrons in orbit or probably the same number of electrons in orbit. But just because it has the same number of electrons in orbit does not mean that they are all alike. Because of the variables in the anionic and cationic power. I will explain it further in a few minutes, as soon as we get through some more definitions because we will have to explain that a little later on the board.

Then we have an electrolyte. An electrolyte is any is any substance that conducts electricity.

We also have the term catalyst. A catalyst is a substance that joins two or more substances, whether its elementary or compound substances, together without itself becoming a part of the union. For instance, water is one of the finest catalysts known. Also, we can think of a catalyst as a wrench joining a bolt and nut together. The wrench does not become a part of the union. Or a preacher that marries and man and a woman. He does not become a part of the union. He would be the catalyst. So we have certain substances in chemistry that’s known as a catalyst that join other substances together without themselves becoming part of the union.

We also have terms like carcinoma. In the medical dictionary, carcinoma is called cancer. But also in the medical dictionary there is no word, that I know of, and if there is any doctor in this class that knows of a word that is between a perfect cell and a dead cell, I would like to know what that is. I have a book here that’s an authority on the subject, approved by the American Board of Research in Medicine, that clearly distinguishes the difference between a cancer cell and a carcinoma cell and a good cell. This book is my authority. One of my authorities on the subject of carcinoma. For instance, a carcinoma cell is a cell that’s somewhere between perfect and dead. It is something like a new tire. They may put a brand new tire on your car, but after you drive it five miles, it’s an old tire and will be an old tire until it is worn out and then it will represent a cancer cell. When there is not another mile on it. You do what you will, but there is no more miles on it. That would be a cancer, so to speak. A carcinoma cell is one somewhere between perfect and dead. And this carcinoma cell may be one that is just beginning to lose energy.

So we come to the word illness now, we have to take into consideration a number of chained words that bring the meaning of what we are trying to say a little closer and zero in on it. Illness begins the day that you lose more energy than you take in, that you burn up or consume more energy than you take in. There’s two kinds of energy. There’s the energy you use and there’s your reserve energy. Any day that you take in less energy
than you use, that day is the first day of your illness. This comes right back to the carcinoma cell. Every cell in our bodies should be exchanged every six months. And if they stay in longer than that or there about, the carcinoma cell, I’m speaking about adults now. Children even change them faster than that. For instance a baby chick changes every cell in its body every two days. I mean bone, everything. Everything every two days. The chick doesn’t have cancers. It’s in perfect health. It’s growing up normal. It’s a cell that is no longer in use and it is quickly replaced. You’ve heard it said that every cell in our bodies is changed every seven years. That proverb was made over 100 years ago. Maybe a lot more than that. And when that proverb was made in this country, the average length of life for males was 35 years and females, 39 years. So, if you take longer to replace the cells than 6 months for adults, it shortens the span of life. It shortens the span of life.

Now this brings us to the term cancer. There is only one cause of cancer and no more. Just one. And that is a mineral deficiency. Just a mineral deficiency. And cancer begins because there is not enough minerals to replace the cells that should be exchanged and therefore, they wear out. When a cell begins to wear out, certain things happen within that cell. The first thing is a separation or a dividing or not a definite dividing but a space that will appear in the heart of the cell, in the core of the cell, which will become filled with fluid. I’m speaking about one cell, now, that’s becoming warn out. First it’s filled with gas. A gas forms in there that causes this cell to expand. And in its cell it expands beyond its normal size because it is a carcinoma cell. It expands a little. In this expansion then it’s gas and then water will push the gas out and leave. Then gas will be in the cell. And it will bring pressure on the next cell and its all because this cell is degenerated to be thrown out. This is the way nature throws the cell out, or casts it out. This is the way carcinoma cells are passed out of our body. They do not go back into the colon. They go out through the urine. And God made us that way so that we could be friends and be around each other and not have BO. If these dead cells come out through the skin, you could smell this for a mile or more. You couldn’t use enough soap and we will learn about the use of soap a little later in the class. But anyway, God lets it go out through the urine and the solution is rather dilute and you are going to learn more about the exchange of cells.

People who are absolutely perfect and drink the right amount of water with their weight should have at least 40,000 cells in a liter of water (urine?) every day of their life. This is when they are drinking the normal amount. Children have lower than that. And whenever you are drinking the correct amount of water and you are in perfect health the urine should be as clear as the water you drink, absolutely clear. I’m speaking about perfect health now, unless you have eaten something with coloring in it. If you have eaten something with coloring in it, then it will change the color of the urine a little bit, but only temporarily.

So as you begin to study about what perfect is, then you will begin to see great things happen. Also, women who are in absolutely perfect health, the menstrual flow is transparent. It is crystal clear. There is no redness in it at all. It’s absolutely transparent. It is clear. There should be no blood cells in it when you are in perfect health.
Absolutely perfect. So, what I’m teaching you is, once you know what perfect is, then you can find out what imperfect is and then how to work toward perfect.

In 1931, you will find this in “Mathematical Truth” if you will read that story, our neighbor had a little boy, 3 ½ years old that was said by the doctors to have epileptic seizures, having as many as eight seizures a day. And on this particular day, they had had him to the doctor and the doctor said, he cannot live until he’s five years old. And that afternoon when I came in from the lab, his father, who was a superintendent of a large orange grove, packing house, and so forth, and our engineering firm was guiding him in the maintenance and care of it, and he and I fished together and hunted together, but he said to me that day, that evening when I had come in, what I just told you that you that the doctors said that this little boy could not live until he was five years old. He would go into a seizure and just not come out. He said medicine has failed. You’ve got to do something for my boy. So I went back to the lab that night, and for three days and nights, I was there in my lab, sitting and thinking, what could I do, what could I do? How can I help that child? I could not think of one place to start, just sitting there meditating. My mother would bring my food to me and when she had come back to bring the next meal, that meal had not been touched because I was in deep meditation and prayer. And on the third day, the thought came to me, if you knew what perfect was, then you could test this little fellow and find out how far he is from perfect and then make a diet to bring his body chemistry back to perfect and he would probably get well. So then, my thought was perfect. What was perfect? Then I picked up my pencil and started calculating what perfect was, what is perfect. Then I worked out an equation much longer than the one that you will be taught here on what a human anatomy should read like if it was perfect. And at that time I did not even know anything about frequency. This was about three years before I discovered what was the frequency of a human being. And then after seven days I had come up with an equation of which you are going to learn in this class. And not one decimal has been changed in this part of the equation. Some of the original equation was left out because of duplication and repetition, but now there is nothing else we can leave out. I called the family in and we ran a test on this little fellow and I’m the first, as far as I know, I’m the first one to ever run hair analysis, and fingernail and toe analysis, tear analysis, wax out of his ear analysis, I really went through, and made a diet for this little fellow and then when they went back with this little fellow and in three months there was no more seizures. I never saw him for 35 years. I was in Orlando and this man walks up to me, about 40 years old and he said, “Are you Doctor Reams?” and I said “Yes.” He said, I know you, but you don’t know me. I said, I sure don’t. If I’ve ever seen you, I don’t remember you. He said I’m the little boy that had epilepsy. And then I asked him about his father and his mother and so forth. They had a bunch of children after that. He said I never had another seizure until I was about seven years old and we had a little fender bender accident. And he said, I might have had a light seizure at that time or it could have been just a shock. But he said, I’ve never had another. Now this little boy never had epilepsy at all. Not at all. He had diabetic seizures. And you cannot tell the difference by looking at it, from an epileptic seizure and a diabetic seizure. They look just exactly alike. There’s no way to tell without these tests. However, we are going to learn quite a lot more about diabetes before this course is over. About how to handle it and what to do and how to determine whether it is a diabetic seizure or an epileptic seizure. I think that most of you should learn that during this course.
So, the power that’s in your hands to help people, the way God wants it done is greater than you can comprehend. Now you have some other words to learn the meaning of and there’s three branches of chemistry. There’s organic chemistry. There’s inorganic and there’s colloidal chemistry. Organic chemistry is the branch of chemistry that deals with the carbons, any substance containing carbon. Inorganic chemistry is the branch of chemistry that deals with substances that do not contain carbon. Colloidal chemistry is divided into two different branches. There’s one field of colloidal chemistry dealing only with the measurement of size. For instance, you can have colloidal Gold. Colloidal iron. Colloidal manganese. Which is only a measurement of size. There is another kind of colloid and that is called a chemical colloid. A compound colloid. And this also conforms to the size and measurement as of size, but it also is different. Each true chemical colloid is a complete solar system within itself. It cannot be taken apart. It cannot be divided. There is just so many of them and no more. And without the colloids we would not have and bones or teeth or fingernails. In fact there would be no life upon the earth without the colloid. The colloidal structure of a vine and a tree, makes the difference, in whether the tree stands up or whether the vine climbs something: a rope, or a post, or a wire, or a tree. It’s the colloidal substance in the wood itself or in the vine itself that makes the difference. So these are the three branches of chemistry that we are going to be dealing with as we take these courses and as we begin to learn the chain reaction that will be used in learning more about our own moralist human bodies.

Also, we are going to run across the word urea. Urea is nitrate nitrogen and ammoniacal nitrogen and proteins. Protein is the N value of substance. In other words, nitrogen. The N is the nitrogen. And it is the nitrogen in any substance that makes it a protein. And without nitrogen in the substance there is no protein. And we have two kinds. Nitrate nitrogen and ammoniacal nitrogen. We are going to learn what they do and how they do it and together when you mix these two together they are known as urea. You have two kinds of urea also. You have the soluble and the insoluble. The soluble urea is in, I am pretty sure in coffee or sugar and lemonade or something and it dissolves, but the molecular is like the cell of a lemon that gets in there. It doesn’t dissolve. It’s not soluble in ordinary solutions. And also whenever you urinate and you smell ammonia, the ammonia odor to it, that is the urea in soluble form. That’s what it is. We are going to learn what urea does and how it does it. Whether it can be an advantage to you or a curse to you, whether it is good or bad. So this we must learn.

We are also going to learn about chelates. We hear today the word chelate. And it sounds so unique to use. It sounds so wonderful. It sounds so magnified, but let me tell you something. You have a liver and the liver manufactures over six billion different chelated molecules. Six billion different chelated molecules. And without chelates there would not be any such substance as matter. Matter could not exist were it not for the chelates. The word chelate means an atom with a claw, or an atom with an additional electron or additional power in one electron. So it can be just a little different, so a chelated material. Now I am not speaking for or against. Some invented chelates are only telling you what a chelate is. If its substance, if its mater, it’s a chelate period. Because it’s that claw that holds or catches on the next claw and the next molecule to bind the two together. Now we are going to learn something about how these things take place. So this chelation process is what binds us together and we are going to learn how we are bound together and what holds us together and what takes us apart.
Now the theory of ionization is how we put it together and how we take it apart. That is what the theory of ionization means. We actually do not live on the food we eat. We do not live off the food we eat at all. We live from the energy we get or obtain from the food we eat. And we are going to learn a lot about this energy and the concentration of this energy and how much we can get out of the food we eat and the percentage of availability. We are going to learn this because the liver produces a substance called bile which is a hydrochloric base, better known as a hydrochloric acid. A base is made up with anions as electrons and acids are made up with a substance with cations as electrons. And that is the difference between an acid and a base. It’s the direction in which the electron travels in orbit. Student in the audience: Would you repeat that a little more? Dr Reams: A base is a substance in which the electron travels clockwise in orbit when you face the clock. An acid is a substance in which it travels counter clockwise when you face the clock. Now I am going to give you a very simple example to help you understand something about this which is proof of what I’ve said. When you take a cutting and set it into a pot or set a plant into a pot, a potted plant, the roots, looking down at the plant, looking down into the pot will go around that pot clockwise, round and round and round and it doesn’t matter whether you are south of the equator or north of the equator, they will still go around in the same direction. All the roots will go around and around and around that pot in the same direction, but let’s suppose we set a vine in the pot and put a stick up in the pot. Say it’s six feet high and a vine starts to climb that pole, that stick, and it will climb counter clockwise. Yet the roots go around clockwise. Why do you suppose they grow in opposite directions? They don’t. They all grow in the same direction. It just depends upon where you start. I started at the middle. If you started at the bottom, they are the same direction all the way up. If you start at the top they are the same direction all the way down. So, there is no confusion in the laws of nature. They are constant. They are perfect. This is just one proof of the theories that I am telling you that nature is not in conflict with itself. It’s in absolute abeyance to itself.

One of things that I want you to learn and this is the first time you have heard it in this class, but I will guarantee you that it won’t be the last time, and that is go by the numbers. Go by the numbers. Follow those numbers. Believe those numbers. About six weeks ago Bob Johnston and I went up to Canada and took a week off, played hooky up in Canada fishing. And we flew up in our plane made available to us and coming back, we came through two fronts in which we had zero visibility. We were flying at 9,000 feet at one time and 12,000 feet at another. You could not see the propeller of the plane. You could not see outside of cockpit where we were. You could not see outside, the clouds were so dense. Yet, we knew every second of the time where we were on the map. We knew when we were crossing state lines, when we were crossing over cities, we knew where we were because of those instruments on the panel. We went by those instruments. They guided us through the storm. So, why am I saying this? Go by the numbers. Go by them. Do not think that you know more about it than these numbers. You won’t. Go by the numbers. And we will teach you that during this class.

Also, lets come back to the word, colloidal. It’s a complete little solar system within itself. These colloids are so fine that even gravity has no attraction upon them. No attraction upon them. In fact, they are repelled by both the negative and positive poles. Repelled by both poles. They are so fine that one cubic inch would cover seven and one half acres and have a solid sheet. They are so fine that they will pass right
through Pyrex glass with no problem at all. Right through it. So, they are wonderful little things to know about and without them, there would be no life on the earth. They are the diamond in the dew drop. This is what your fingers are made of, your fingernails, your palms.

When I was a little fellow about 5 years old, I think that my work began when I was at that age. The first sermon I ever remember preached, was preached at this time. Ron Smith was the pastor. He was a big man and he went home with my parents for lunch that day and he had preached on the resurrection of the dead. And while we were having lunch, I said to this man of God, I don’t believe what you said in your sermon today, of course I was only a little boy, 5 years old. And I saw my parents. I can still see their faces, God help them. Something is going on here, what have I got, what have I hatched, you know? My God, what’s he going to do next, you know? That expression I can still remember. I was too young to know what I had done wrong, Godly. He said to me, “What did I say that you did not understand?” And I said, “You said today that when Jesus comes, the graves are going to be opened, and the dead in Christ are going to rise, and go to meet Him in the air. And don’t you know when something dies it goes to dust and you can’t put it together again?” And he said, “Son, who put you together to start with?” I said, “Nobody. The doctor brought me.” That’s all I knew about it you know? And he said, “Well you are just a child now, but when you become a man, you will understand these things. You know I didn’t understand them. The older I got, the more I didn’t understand them, especially when I read about the martyrs burned at the steak and the people that were buried at sea and the ashes of the martyrs went up into the heavens and out over the oceans and they were brought down into the ocean by the rain and then the plankton ate the carbons and bigger fish ate the plankton and then the people caught the fish. How could God put it together again scattered over the earth? My problem was, I was trying to bring God down to my size. It can’t be done. I was thoroughly confused. He said that some day, you will understand. And one day after I had been in my office, a laboratory, for about 3 or 4 years, the year was 1934, two police officers came in to my lab one day with some ashes from a building that was burned. They said to me, can you tell us whether this is a human being or an animal that burned in this building? I said, I don’t know. I will try and see what I can do. The undertaker in that town was a good friend of my fathers and he had hunted and fished with my father and I had known him all my life. I went down to his crematory, to his funeral parlor. I told him my problem. I said, I need to borrow some ashes to do some laboratory tests on to find out if I can tell whether or not this was a human being or an animal. And he gladly cooperated with me and I returned every speck of the ashes to him. I didn’t take any of it, didn’t need it. I tested those ashes of quite a few people that he knew of, even different races. And I found out that these ashes that had been brought into me was not one person, but three people. There was one male and two females. I could not tell anything about the age because the carbons were not old enough. I also detected that the people belonged to the colored race. I didn’t even know what section of town or anything else it was in, but it was in the colored section of the city and there was a mother and her son and daughter that had been missing since that day. They were evidently huddled together in one place whenever the fire took their life in a three story building. It was then that my question was answered. It was then that I learned the frequency of a human being, male and female. It was then that I learned the micronage and the milli-micronage and the milli-
milli-micronage. So the minister that I had asked the question to when I was five years old, was truly a prophet. He said, that when you are a man you will understand these things and I do.

There’s another point I want to bring up right here, in the Book of Revelation, it says when the books are opened and your name is called you shall answer. This bothered me very much when I was in college and a young man. It bothered me because I realized how a body could be scattered over the face of the earth. But in the Greek, it says when the books are opened and your number is called, you shall answer as the needle is to the pole. So, it cleared it up. So today we say, I got your number. I know your name. I remember you. So these are how facts fit in, in this course that are going to be revealed to you and I will tell you this, how they were discovered and how God taught me his precepts. It’s marvelous to see that you too, are going to be able to take these numbers that God has given us and use them for His glory.

I want you to know too that under no circumstance must this class ever be considered as a class in diagnosis. It is not. I have never taught diagnosis and I never will. I will not teach it. According to Black’s Legal Dictionary, that is acceptable by all the courts in this country, a diagnosis is a guess limited by experience. An analysis is something that can be proven. It’s accurate. And if ten people or ten thousand people run the same specimen under the same circumstances, and they do it accurately, they will each come up with the same answer. It can be proven and expressed in mathematical terms. However, there are certain things that you can do with a sample, a specimen, and there are certain things that you cannot do. But you will learn that as you begin to work with it. So, as we learn to work with these things, we are going to strive in this course to all come up with the same answer on the same specimen, but you won’t probably reach that until you finish the end of the second course before you will be absolutely accurate. You say that then if this is not absolutely accurate, then why have it? There are five patterns all together. And in these five patterns there are 2,600 differentials squared, added and then the square of the square. And just what does that mean? Well in one gallon of water there is approximately 20,000 drops. If all the water in all the oceans were converted to drops, you would only have one third enough to work out the problems that’s in this equation. You would only have one third enough. And when you think of so many things that could happen and how few things do happen, well you know then that we are truly marvelously made. The greater God becomes and the smaller we become. The smaller we become, the more powerful God becomes and the more we depend upon Him. And the more that we can depend upon Him, the more He can do for us.

Also, I am going to speak about angina heart attacks. Angina heart attacks are attacks caused and brought about because of cholesterol plugging the heart. Now there is a lot more about it, but that’s what I mean when I say Angina heart attack.

Tape 2 side A...

Also, the word pectoris, is a Latin word meaning, pain in the chest. But by pectoris, I mean a heart attack that originates because there is too much undigested proteins in soluble form in the system causing the heart to beat too hard each time and as it beats too hard, it becomes more fatigued. Finally it will start skipping a beat, and skipping beats. And you will be shown the zones in which an angina heart attack can
take place and which a pectoris heart attack can take place. Whenever we study patterns this week. So this is what I mean by angina heart attack and pectoris heart attack. And it is perfectly possible to have both kinds at the same time.

These are definitions that I want you to know and to comprehend what we are talking about whenever we are talking about definitions. Also, as far as I know, there is no law whatsoever in this country preventing any of you from running these tests. None. There is no law that I know of that prevents you from running these tests for dietary purposes. If any of you run them for diagnostic purposes, that’s between you and your accuser. But if you run them strictly for dietary purposes, I know of no law that it is in conflict with and the AMA and I have been fighting now for 20 years, since 1956. I was on call by the three largest hospitals in the Orlando area for 38 years doing work for doctors, medical doctors, for the patients, but for the doctors. In 1968, the central Florida Nurses Association awarded to me an award which came as an absolute surprise to me because I had not even thought about it. I was awarded the award as being the only Doctor in the three hospitals that knew exactly what he was doing. This is a true statement. I said, I thank you very much, but I think you’ve wrung my neck. And sure enough, immediately after that, I was arrested for practicing medicine without a license. For 38 years I’ve tried to give this to the medical profession. I thought they were angels of mercy, angels of light, and some of them are. But they are under the power of conformity that many of them would not like to be under. Even though they are not a member of the American Medical Association, they are still censured by rules of the American Medical Association. And unless they sell drugs, they are often denied the right to practice in hospitals. And I have doctors tell me, and I am not speaking against doctors, I have no malice toward anyone, I am only speaking about the corruption of the union, tell me, “I have to do things even though I know they are wrong because everything I do is censured.” I had other doctors say, “Did you know that I have to send so many people to the hospital each month?” “Do you know that I have to sell so many drugs each month, so many dollars in drugs or I am censured?” I have had them tell me that. I don’t know if this is true of all or not, but I have had doctors tell me that’s how strict the association in their particular cities were. The AMA, the union itself and I have been fighting for 20 years. We are at war with each other and I enjoy the battle because it’s for your liberty that I am fighting and I am only a soldier on the battle front and the history of American Liberty is written in blood. And my blood is no better than anybody else’s. No better. It is not necessary for me to win the battle, but it is necessary for me to die trying. So I am fighting for this liberty. (applause from the class). Thank you. I had a meeting last Sunday and had a prayer meeting up in the mountains. My attorney Mike Green said, “Many people has criticized the medical doctors and their ways and means and criticized drugs”, but he said, “Doctor Reams is the first man that has not only criticized them but has come up and said there is a better way and willing to prove it.” So, this is what we are here for, to find a better way of doing old things. However, I will warn you, that there are many people that would rather die orthodox than to live unorthodox. So, you will find these people and Solomon said this, “There is nothing new under the sun.” He was speaking about human nature. When Moses was leading the people through the valley of snakes, and they were being bitten by snakes, poisonous snakes. Up on a pole, he put a serpent. And by the way, that’s where the insignia comes from that’s on the medical insignia. And all who would look would be healed. And you
know, most of them wouldn’t even look and they died. They said it wouldn’t do any good to look at that old snake on a pole. Wouldn’t do a bit of good. It wouldn’t do any good. I thank God for the liberty in this country that we do have, and this is my country. I love this country and I’m willing to fight for it regardless of what comes up. I fought for it on foreign shores and I’m delighted to have the privilege of fighting for it on these shores and I am not humiliated or anything else, but I’ll tell you this, when you start serving God and carrying out His laws that are written in this book, your lot is not going to be any different from anybody else’s. The word blessed means happy. Happy are ye when ye are persecuted for righteousness sake. For so persecuted they the saints which were before you. Happy are ye when men shall revile you and say all manner of evil against you falsely for my sake, for yours is the kingdom of heaven. This is in the fifth chapter of Matthew, the first sermon that was ever preached. The very first part of that sermon was how to be happy. I want to tell you this, that you are going to find happiness in serving God, but Satan is going to set the hounds of hell on your trail. But remember this, as long as you can hear the hounds of hell barking at you, you are on the King’s highway. And if their barks is not music to your ears, you better check to see if you are not on a detour. Now, I’m telling you, that when you start putting your religion into practice, things are going to pick up a whole lot. And remember this too, you’ll never amount to anything until you get kicked out of at least six churches. That’s the way that God promotes you. This is the way you get promoted, but find a place. This is going to cause you to be falsely accused and arrested. Expect it. Don’t look for it, but be ready for it. And I’ll tell you what to do. I want to tell you some things to do. When you get arrested, be as calm as you can be. Now I said this in the last class. The very same words I said in the last class. And you know I was arrested on Thursday afternoon standing here teaching the class. It was lots of fun. I was as calm and reposed as I am teaching the class. And at the banquet, which we will have another one on Thursday night, two people made the remark, that they have never seen anyone arrested with such dignity. So, when you get arrested, be arrested with dignity. Okay? Because God is on your side and one with God can win. One with God is a majority. So, what I am trying to tell you is if you would just read the Bible, it says in the time of the end, ye shall be brought before magistrates and falsely accused for my sake. So we are living in the time of the end, but I’ll try to warn you don’t feel down hearted. Don’t feel whipped. Rejoice in the fact that they cannot stop you and if they put you in jail, start a revival meeting. You will never find so many sinners that want to get out and listen to anything in the world you’ve got to say, and you’ve got a captive audience. And not only that, but you’ve got the entire police department as your protector. So, what I have been trying to tell you is, don’t be down hearted because you serve God. As long as the devil can say to you, “I’ve got a jail over there and if you serve God, I’m going to put you in it.” And you are scared to death, you are worthless to God. You are absolutely good for nothing. And I know a lot of preachers that’s good for nothing. And I’m not pointing any fingers at them at all. But, we hope very quickly now to start giving a course to ministers, to teach them how to biologically advise their people on where to get help and how to get help and where they themselves can go to get help. A few years ago, I had been stopped from practice temporarily in Florida, until I could fight the case through the Supreme Court of Florida. One night at about eleven o’clock this pastor come to my door and he said, “My wife is having a heart attack.” They were in their mid 30’s. In fact, they took the last
course here that we gave a month ago. He said, she is seriously bad. I only had a bath robe on, but he was so frightened, I went right out to the car and she was in very bad shape, but we got her into the living room and laid her down on the couch. I knew that she did not have time to get ten miles farther to a hospital. I knew that. She was unable to give a specimen at all, but some tests indicated she had acute indigestion and not a heart attack, so I immediately started treating her for acute indigestion and in 30 minutes she was perfectly normal and alright. But the thing about it is today, people don’t have acute indigestion anymore. They all have heart attacks. There’s no money in acute indigestion.

So, then we got a specimen. I wanted complete verification to know if what brought it about, I found it was a digestive problem that she had, but also found that she had a low calcium, and I said that any woman with acute indigestion like you have, isn’t always this acute, but with a low calcium like this, most of them except for the grace of God, would be hard to live with and her husband said, amen! And she said, you are going to get tested too because you’re hard to live with. So, then he was on the spot, so he got tested. And he had low calcium too. And they were at each others neck and this was at midnight on a Sunday night. And their confession, I became part of their confession there almost, they were telling me they were on the verge of divorce because they were at each others throat all the time. I said, well, this is a biological condition and what your problem is that your calcium’s are too low and by the way there are over a quarter million different kinds of calcium’s or more. I know that many and that’s only some of them.

Also, each one needed calcium, but each one needed a different kind of calcium. In just two weeks, they were living together like humming birds again sweet as I ever saw. Now then, when one of them gets cross, the other one runs and gets the calcium bottles, and says, here honey, take your calcium. And they took this last course and they are doing a marvelous job down in New Orleans.

So, what we are trying to say is that many of our problems can be handled biologically, whenever we work on the energy. A loss of energy is the greatest cause of a loss of temper. Remember that. A loss of energy is one of the greatest causes of a loss of temper. So as we begin to work with this we are going to find that we have new power in our hands. New power to solve the very simple problems of life.

I’m going to put an equation on the board and I’m going to talk about energy. I’m going to give you the equation for energy, what energy is. And you can go into it deeper and deeper and make a terrific math out of it or you can bring it down on a very simple terms. That I’m going to bring it down on simple terms. You can make it as dangerous as an atomic bomb or you can make it as harmless as a soda cracker on the table. Either one, it depends upon the strength and the power of it. The equation is the same, but then you can dilute it down. For instance, you can take sulfuric acid and its powerful stuff, acid in itself, and it’s truly an acid. It’s not a base. And if you ever get any on you, it will never stop burning until it gets into the bone before it burns itself out. It’s the calcium in the bone that will stop it. Unless you put some soda on it and then you harness it right now. A little bicarbonate of soda will stop it right now instantly. So, in other words, you are using an opposite anion to stop another anion. You are putting the brakes on. But you can also dilute it down enough that you have very simple forms of hydrogen peroxide, a cleansing agent, and so forth, but we’ll get into that later.
Now, energy: \( E_1 = MC^2 \), \( E_2 = M + E_1^2 \), there’s different ways to say it. It all means the same. \( M = E_1 + E_2^2 \). Awe that’s terrible isn’t it? Isn’t that a rough one? C? C.

(Choose life or Death has: \( E_1 = MC^2 \)  \( E_2 = E_1 + MC^2 \)  \( M = E_1 + E_2C^2 \))

Alright and the first one up here: \( E_1 = MC^2 \) if you burn matter then you have heat. Isn’t that simple? Burn matter, you have heat. I am saying it in simple language, down in the dilute form now. Not in its greatest source, but in its source of ionization. This one says electrical energy: \( E_2 = M + E_1^2 \) matter plus heat energy equals electrical energy. In other words, you can burn matter in such a way as to have electrical heat through a dynamo. This one: \( M = E_1 + E_2^2 \) says matter is the difference in substance or heat plus electricity is converted to material is matter. Anything hard about that? Just put down on simple English. \( E_1 \) is heat energy. There’s many, many different kinds of heat, like the parts of a jigsaw puzzle. I said to burn matter and you have heat. In other words, fire itself, is an anionic substance. This one \( E_2 = M + E_1^2 \) says that electricity is the difference between matter and heat or combine the two and you have electrical energy. Matter \( M = E_1 + E_2^2 \) is the substance between electricity and heat or combine the two, compound the two and you have matter. This is the theory of ionization. This is relative math. And relative math differs from the other mathematics in that, in regular mathematics you are dealing with angles and straight lines, but in relative math you are dealing in circles and eclipse in which if you go far enough, they meet. In ordinary math like geometry, parallel lines never meet. But in relative math, they not only meet, but they cross, not once but twice. And yet, there is no conflict between the two maths. Each one is separate and entirely different. So you are dealing in biological energy in relative math. And if you try to figure it in any other form, you can’t. You cannot figure it. It’s not there. But we will get into that deeper a little later on.

So this is what energy is, until you understand what energy is, you must just go by the numbers. Go by the numbers. I have had people that took the third course before it dawned upon them and some of them I don’t know whether it has yet or not. But one person had three courses and then took the agricultural course and they saw the light in the agricultural course. So if you don’t see the fullness of this, if it doesn’t become actually a part of you, don’t be surprised. The light will shine through. In mathematics there is a saying of, see through the problem. In other words, see through the problem. In other words, comprehend the whole problem. And this is what we are going to try to teach you in these nine courses all together. To see through the problem. To comprehend the wholeness of it. Do not try to look at any one number in the equation. A change in any one number, the least change in one number in the equation or the formula, will be a change in all numbers. Remember that. A change in any one number will be a change in all numbers. So these are things that you must keep in mind.

I’m going to give you now the equation for perfect health. I am going to put this on the board for you, what perfect health equation is, and this is the goal that we are going to be working toward throughout the course. The first is carbohydrates, the next is pH, the next one is saline, the next is albumin, the next is urea.

\[
\begin{align*}
1.5 & \quad 6.40 & \quad 6 - 7Cwt & \quad .04M & \quad \frac{3}{3} \\
6.40 & & \frac{3}{3}
\end{align*}
\]
That is the perfect equation. This is the one that we are going to be working with and the only one we are going to be working with. This is the equation that God gave me in 1931. I told you about it a few minutes ago. However, I had a lot more things on it that I’ve left off. I discontinued hair analysis because you’d have to shave your head every day in order to get it because hair ionizes and by the time it goes three or four inches long, it’s too old to zero in on where your problem is. So this is your equation. Now I’m going to ask, are there any questions about this equation?

Now I’m going to start the unlearning process. This is the part that hurts. You know, it’s very difficult to educate the educated. Let’s take hydrogen, for instance, just plain hydrogen. The hydrogen atom is made up of one anion and one cation. That equals one hydrogen atom. I want to give you a rule to remember here and you must remember it. This is in conflict of what you’ve been taught. All atoms, all elementary atoms under the same temperature and pressure, are the same size. That’s different from what you were taught. All atoms, all elementary atoms under the same pressure and temperature are the same size. Do you realize that? Now, if that wasn’t true, there would be no such thing as a standard of weights or specific gravity stabilized. There has to be. Or else everything would be in conflict with itself. It has to be. That is a rule. Under the same pressure and temperature all elementary atoms are the same size. Now, notice something here. I want to change something here.

Hydrogen is an isotope. That was a cationic atom. When the plus (+) was on the outside, but now then, we changed it. The plus (+) is on the inside and it becomes an anionic substance. It’s still hydrogen. Yes. It’s an isotope. An isotope atom is one in which the electron can change place with the ion in the center. The word ion can be either a cation or an anion. Ion is the nuclei. Whatever is the nuclei is the ion. And the electron is always the one on the outer perimeter. If the anion is on the outside, then it rotates clockwise, but if the cation is on the outside it rotates counter clockwise. This is the very basic principle, the very basic foundation for measuring energy. The very first steps in measuring it. Now, let’s study this hydrogen atom for a few minutes. Let’s assume, for instance, that this cation had 500 millhouse units of energy and this one only had 1 millhouse unit. That’s the symbol for millhouse. Millhouse units of energy. Now what would be the total value of the millhouse units in a minimum hydrogen molecule? It would be 501. You add the two together. Let’s suppose now, that this one in the center, was 999 millhouse units and this one was 499 millhouse units. What would you have? What would be the total millhouse units of energy? 1,498 wouldn’t it? And still one atom of hydrogen. Do you see that? The power of the cation is 500 to 999. This is the lowest and this is the highest amount of energy that one cation can contain. This is the smallest amount of energy that one anion can contain (1). And this is the greatest amount that it can contain (499). Suppose that this one lost one anion. What would happen? You would have a cation. Suppose that this one gained one. What would happen? You would have a cation. Do you see how God makes this universe? He who controls the anions and cations, controls the universe. He is the master of them all. Anything hard about that? Isn’t it simple.

Are there any questions about this hydrogen atom now? Because if not, we are going to take the next step. But I want to change some things here. Well, we don’t have to change it too much. We can leave it like this. Let’s take another. This one is going to
be oxygen. That’s oxygen. That’s a “O”. Make it like this and draw this one around like this. But I’m going to have to change this over here because it won’t work like this. Okay, here we have \( \text{H}_2\text{O} \). Water. We have two mols of hydrogen and one of oxygen. You were taught this: That you had to have 8 protons and 8 neutrons. This is what you were taught. This is not true. I’ll prove it to you. Birds of a feather flock together. Nature will follow the line of least resistance and nobody can stop it. Anything having a ratio of one to one is hydrogen. So let’s see what really would happen now. This one would have 499. This would have a 500. 1 millhouse units is not going to make any difference. It will still give you the appearance of 8 and 8. But you try to figure energy on this one. I got news for you. You will do what I did. You will fall flat on your face. You can’t do it. It can’t be done. But this way, you can. And here you’ve got 499 so to speak, and 500. Now we are talking about in singles. This is the baby ray of relative energy. This is the first day of kindergarten in figuring energy. We will learn to do it as we get later. Now, this is what you were taught, 8 protons and 8 electrons, but it isn’t. It’s 1 proton and 16 electrons, 16 of these pluses in orbit form the shell and then you’ve got…. What? Oxygen. Is there a question? A plus to a plus and a plus to a plus, you cannot join it otherwise. You were taught that opposite forces attract each other. They don’t. They repel each other. They repel each other. They do not attract each other. They repel each other. The only thing that confuses you about a loadstone is that you were taught the names of the sides of the loadstone backward. That’s all that’s confusing you about it. You tried to prove it by a loadstone and you were just taught the names of the side of the loadstone opposite to what they are. You cannot figure energy on that kind of a basis. It cannot be done. This is the way to figure energy and the only way it can be figured. The only way it has been figured. And the only way it will be figured. And these top physicists know this. But they are not going to go out and tell what they know. You know, when I was a young engineer, started in business. The great depression was on. Actually, the people that hired me to work for them wanted just somebody to lay the blame on. And these doctors from these universities and these colleges would come to visit me in my lab. They would hear about the success we were having. God blessed it. It wasn’t anything that we knew. It was just God’s blessing that was on it. And I’d ask them all kinds of questions about this that and the other. And they made out to me like they knew the answer but it was too important to tell. You know, it took me three years to find out they didn’t know it either. So, what I have is not too important to tell, but this is the basic very fundamental basis on the measurement of energy. And if you got this and understand it, you won’t have any more trouble with it. But this is the basic figuring of energy on one atom of hydrogen. Now, let me say this. Actually, one atom of hydrogen in this form would be such a minute form of gas, it couldn’t be found. It couldn’t be located.

Let me tell you something else too. This one may only have an energy of 200, and this one may only have an energy of 750, and this one may have an energy of 340, and each one of these may have an energy of 600. So, by this, you can see that no two drops of water in the ocean are alike. Not two leaves are alike. No two snow drops are alike. It’s impossible for any two things to be alike. Do you see how great this is now? Do you see through? Are you seeing through the magnificence, the greatness, of the force that’s at your fingertips? Are you beginning to comprehend how great God is? How great this power is? And this is just water. So, therefore, you can have light water,
heavy water, dry water, and all pure water! And all between. All pure, 100% pure water. And yet have all these variables. Isn’t it marvelous? Isn’t it marvelous?
.... given off. And the particles that get into the blood stream and that is what we live on is the energy there from that is on the frequency of our molecular structure down to the milli-milli-micron. This is the way we live by ionization. In other words ionization, did you ever know how silver plating, nickel plating, chromium plating is done? Do you know how that is done in tanks, from the positive to the negative or from the negative to the positive pole, it is the positive pole that takes the plate. It’s the negative ion that’s on the loose. It’s a bombardment of the positive ion by the negative ion that makes it stick to the positive pole. I’ll tell you a story that happened to me when I was a young engineer. It was in March of 1940. I got a call one morning at the laboratory that a man had a plating business in Daytona Beach. The only problem was, they wouldn’t plate. And he had worked for Rogers Silverware for 40 years in Erie, Pennsylvania up on Lake Erie. He had spent his life fortunes in putting in a plating plant in Daytona Beach in which he expected to work 25 employees. There was still quite a lot of depression even then in 1940. A lot of people needing work. He had the most excellent plating plant that I have ever seen anywhere to be so new. Only thing about it was it wouldn’t plate. It would not plate. He calls me and tells me what happened. He said, “I have called the universities. I have called everyone I know to come and help me.” He said, “there’s no use for me to call Rogers Silverware. They are not going to send anybody to help me.” And he had a room about half as big as this with all kinds of post office like boxes in it from rings that needed plating, to silverware, and also bumpers from automobiles and in those days there was quite a bit of chromium and so forth and copper plate on the front of automobiles, but all of it wouldn’t plate, also pistols and things from the police department. He had thousands of dollars worth of plating to do, except that his tanks wouldn’t plate. And I went over there and he said, “can you make them plate?” I said, “Yes, I can make them plate.” He said, “have you had any experience in silver plating?” I said, “no, but I can make them plate.” He said, “well you come on over.” And so I went right on over. When I got there he showed me all through the plant. He had the pumps in. He had everything for rotating the solutions. Everything was in. He said, “can you make it plate?” I said, “Yes, but there’s one thing we want to talk about first. And that’s money.” He had just told me a few minutes before, “see that tank right there?” And it was a little tank half as big as this table. He said, “I’ve got $15,000 dollars worth of liquid gold in that tank and I’m just about ready to dump out the whole thing and go to the poor house.” I said, “my friend, if you want the gold out of that solution, I can take the gold out for you. It’s no problem to get the liquid gold out. But if you want it to plate, I’ll make it plate.” He said, “I want it to plate.” He had a lifetime investment there. I said, “I will charge you $2,500 dollars to start this plant working.” So, he went in the office and wrote me out a check, but somehow I had been at the hospital up all night working with some doctors, and I was just a little bit out of humor and he made some kind of remark that I wouldn’t pay any attention to today, but then I wouldn’t have his check. I demanded the cash. Chief Whitehead was the Chief of Police there for the city. He said, “how do I know you are not trying to take my money and run.” I said, “okay, Mr. Whitehead is the Chief of Police for the city of Daytona. You have him come down and hold the money.” I said, “you will know within two hours whether its plating or not.” He said, “oh yes, we can tell in two hours whether its plating or not.” So they
had to go to the bank then and get $2,500 dollars in cash before I would make them plate. So when he got back, the Chief of Police was delighted that he was the arbitrator between two business men over a $2,500 dollar investment. And of course at that time, the police didn’t have too much to do. There were no drug addicts or so forth. People didn’t have enough money to get drunk on. There just wasn’t much misbehavior because people had to work too hard to get bread and butter. But when they don’t have enough to do, then they get in devilment. But anyway, I went out to the car and I got some white powder and I said, “start your motors now and I began to pour this white powder into these tanks.” He said, “all my life I saw the chemist up at Rogers Silverware do that and I thought it was all malarkey” and he said, “they never would tell me what that white powder was and here you are doing the same thing.” I said, “yes, I’m doing the same thing I guess. I don’t know what the white powder they use is, but I know what the one I am using is.” So, in two hours, it was doing a beautiful job of plating, a lovely job, I mean it was just doing real good. So I explained both to him and the police that I was to get the money when the plating started. And it started doing beautifully and in two hours it was doing a beautiful plate. Now he says, “what are you going to charge me for that white powder?” I said, “well I’m not going to charge you anything, but it costs nine cents a pound and you can get it at the A&P store. It’s table salt.” In other words, the water had to have an electrolyte in order to carry the electrical charge. So once we gave the electrolyte, it carried the electrical charge.

Now the proteins in your diet is the electrolyte that distributes the energy over your body. This is exactly what happens. And if I had just made that statement without telling you this story, you probably wouldn’t have remembered it. But the proteins are the electrolytes which distributes the energy from your foods to the right parts of your body according to its frequency pattern. And the same thing is true in plants. This is what nitrogen does to plants. It is a carrier to take and distribute the energy according to the pattern of each organ. Is there anything hard about that? There is nothing hard about it, but we are starting with a very basic foundation of a molecule to build up to a perfect molecule giving off a normal amount of energy according to the age, height, weight, sex, and race.

The diet differs for different races. The darker the skin, the more energy they pick up from the heat of the sun. This is why the colored race is generally a much happier race and a much more relaxed race than the white race is because their dark skin picks up more energy and therefore turns more of the carbohydrates to alcohol in their system, everybody has got a built in whisky still, and that’s what controls our body temperature causing them to be more relaxed and a happier people because it’s automatic, it’s natural, it’s not any extra, it’s just the normal thing to do. And therefore, they enjoy the hot weather more than they do the cold weather because the heat draws out of their skin a moisture long before it does our skin, and as the air strikes it they are cooler than we are even though their temperature is giving off more heat. It expels it much more rapidly. Also, most of the time, the pores of a darker skin are larger than the pores of white skin. So, in making diets you have to consider your race in which you are dealing with. I am only speaking of biological facts that are true.

Now in the studying of alcohols in our system, which we will get into in a later course, it becomes a very, very interesting subject because people that are cold all the time, their pancreas is not manufacturing enough alcohol. And a person that has hot
flashes, it’s manufacturing too much alcohol and are too hot all the time. I have known people that would wear an overcoat on the hottest day in summer, freezing to death because their pancreas was not functioning normally. So, these are factors that you are going to be able to deal with in diet and do a fabulous job. People whose hands are cold all the time or feet are cold all the time and the doctor says poor circulation. It’s not poor circulation. It’s a malfunctioning pancreas. And I’m going to show you and tell you what to do about it and how to deal with it.

Are there any questions at this point?

Student: Unintelligible.

Reams: No. It’s 600 times 16, my dear.

Student: Unintelligible.

Reams: You multiply that by the number that’s on the outside. We will get into that a little later though, when we begin to figure energy. This is just how we are going to do it. Each step is a little deeper, and a little deeper, and a little deeper and it’s just so much fun. It’s just like going down stairs when you are going up.

Reams: Yes.

Student: Unintelligible.

Reams: Yes you do have to figure the rate and also the climate and the time of year. And also, you Veterinarians who are dealing with animals have the same problem too. Whether you are dealing with white legged hens or whether you are dealing with black legged hens. You should change the diet a little bit. The black legged hens need a little bit more salt in their diet than the white legged. And the white legged need a little bit more sugar in their diet than the black legged because the black legged will become so fat on this exact same diet as the white legged hens until they produce less eggs. So these are little fine points that veterinarians should learn in order to get more energy from their food. Also the black legged stands the winter better than the white legged. They are not near so cold. So, therefore, the color does make a lot of difference. But you also must consider the climate where they live.

Reams: Yes.

Student: Unintelligible.

Reams: No. It is not too fine a point. Not at all. For instance, that’s the reason why so many men die before their wives because when they are healthy they have a natural instinct. Well I would like to have some so and so. Well I’ll fix this and you are going to eat it. So consequently, he eats it rather than an argument and consequently the wife outlives him because she cooked what she wanted instead of what his instincts called for. My wife and I solved this problem very well. She fixes her food and I fix mine. I furnish hers and she washes my dishes.

Reams: Yes?

Student: Unintelligible.

Reams: Well, that all depends on their diet. If their diets right, they can do real good in both. But then they can stand a lot more heat as a whole than the white people. Than the whiter skinned. Ours evaporates. And theirs sticks to their skin because of the amount and volume it’s coming out. It’s almost like a steam all the time and the air is striking it and cooling. To give you an example, we didn’t have air conditioners or anything like that to work in when we were boys. We would be working out in orange groves and truck farms and building highways and roads and the first thing we did in the morning when we
got to the job, if there was any water around, we wet our shirts. And immediately, then the air would strike our shirts and be cool. We would be perfectly cool all day. After the shirt was wet, we would put it back on, then sweat would keep it wet all through the day. If that shirt was dry, you suffered from heat and scald. If the shirt stayed wet, it was no problem at all. It’s time to eat folks.

By the side of me is my oldest daughter, Laverne Frisby, and she will be teaching the laboratory techniques to you beginning tomorrow afternoon. She also has been my assistant in every class, and she know the subject. I was to make a speech one time at a high school in biology and the principal of the school asked me to talk about worms. The day I got there, the principal couldn’t be there and the assistant principal introduced me and he said, I don’t know what Dr. Reams’ subject is but I am sure he is full of his subject. So, it’s nice to know your business and to know your worms. This work that I have put on the board up to now is the baby ray of calculating energy. It’s the very basic principles. But what you must remember is this: the elementary measurement that we were using is so small and so very, very impossible to measure except on very delicate instruments, by instruments you can know that its out there, but to segregate it into those factors is impossible for man to do it. I’ll give you an example, I drew out on the board here this sample of the math for one drop of water. What would the minimum amount of energy that a drop of water could contain? Who would tell me that? Let’s make it easier. Let’s take one atom of hydrogen and do that. What is the minimum amount of millhouse units that one atom of hydrogen could contain? 501, now if that’s the minimum, what is the minimum amount that one molecule of water could contain theoretically? What does oxygen contain? 8001. That’s right. Do you see that? Is there anybody who doesn’t see that? Some people don’t see that. Alright, if one cation had 500 millhouse units of energy and there is 16 of them, 16 x 500 = 8,000 plus the 1 in the center is 8,001. Right? Do you see that? Is there anybody that doesn’t see that? Alright, now that’s your oxygen. Now, this hydrogen you’ve got two parts of that, 501 and 501 = 1,002. 1,002 + 8,001 = 9,003. Wasn’t that tough? Wasn’t that a tough one? Now we have the minimum amount that one molecule of water and there’s about 5 million of those in one drop of water. Now, multiply that by 5 million and you will have 45,015,000,000 millhouse units of energy. And that’s just water. That’s just water. How much of our bodies are water? About how much of the normal people? I don’t mean fat folks. I mean just all folks. Somebody said 85%? 80%? 60%? 90%? Which is it folks? If your numbers are perfect it’s about 80%. About 80% water. Now you take a person that’s extremely skinny. Very, very skinny. Now it will be higher on him because of the bone weight. What is the largest organ about your body? That’s right. It’s the skin. The skin is the largest organ about your body by weight, size, and volume. Did you realize that? You know, most people know more about their automobiles than they know about their own bodies.

I had a fellow in my office not too long ago and I told him he had a problem with his colon. He said, “I don’t have one.” He thought I was talking about a period with a comma under it. I said, “Well do you have a semi colon?” He said, “No, I don’t have one of those either.” So they know more about their automobiles than they know about these wonderful bodies that God has given us. So what I am trying to show you in this class is the principle by which energy is calculated. We are not going to get into calculating energy in this class. I only wanted to show you here the theory of energy and
what its about. Now what determines the specific gravity or the weight of a molecule? The number of electrons that’s in orbit plus it’s mass determines the weight of a molecule. The greater the number of electrons in orbit, plus the mass, under the same pressure and temperature, the greater the weight. Is that clear? What determines the weight of anything? The greater the mass in the center in millhouse units of energy plus the number of electrons, the greater the weight of the element.

What is the difference between an element and a compound? Two or more elements form a compound. So these are the way we are made and when we get into the fifth and sixth course, we are beginning then to deal with numbers according to our frequency. I showed you this morning what our frequency was. Now, as you go through the various foods: beans, rice, meats, all kind of foods, you will find that they have numbers and they will have frequency numbers. And these frequency numbers have to be in harmony with your numbers or they are not available to you. The food is not available to you. Now the lower your reserve energy rating, the less nutrient called TDN, Total Daily Nutrient, that you get from the foods you eat. In other words, it takes more, and a stronger, and a greater amount of hydrochloric acid to get the iron out than it does to get the protein out because of the greater the specific gravity. The greater the specific gravity, the more and stronger must be the hydrochloric acid in order to extract the energy from the food you eat. We breathe in oxygen and breathe out carbon dioxide. The lungs take in oxygen and take it over to the liver and mixes it with calcium which becomes the base of the hydrochloric acid that manufactures some six billion different enzymes necessary to keep us healthy during our life time.

Now, what is an enzyme? An enzyme is simply a vitamin, only it’s a direct product of a hormone. We generally think of a vitamin as a product of a hormone, but it is something that has been synthesized by man in order for us to take it concentrated. But a vitamin is a product of a hormone.

A hormone is a product of an element. So, it’s more important to take minerals than it is vitamins. However, it’s very important to take the right vitamin, in the right amount, at the right time because vitamins at their best are only crutches and when you need a crutch, you really need a crutch. Use it, but get away from them as soon as you can. And you do that by taking minerals. So therefore, you can conclude that all diseases, regardless of the name of the disease, is a mineral deficiency. Nothing more and nothing less.

Cancer is only flesh decaying because its starved to death for the nutrient needed in that division. We can do tests today and you are going to be able to do tests and predict anywhere from weeks to years in advance where a disease will strike a person if they do not change their ways or their diet. Because a mineral deficiency of potassium will mean a brain tumor. A mineral deficiency of iodine or iron will mean carcinoma or cancer of the liver. A benzene deficiency will mean a cancer of the foot or the intestinal walls or intestinal tract. So benzene deficiency... yes, the feet, the lower legs, or the lining of the wall or cancer next to the bone. Now there’s such a thing as having cancer in the bone marrow and also cancer on the outside of the bone because of a benzene deficiency. It’s the benzene that causes the flesh and bone to stick together so to speak. It’s together, but yet it’s separate. It binds it. It’s the substance that binds the bone to the flesh without each one growing into each other. It’s a wonderful product. It’s also the one that helps to give the intestines their ability to accept copper. The lack of copper can
cause carcinoma of the digestive tract or it can cause the arteries and veins to lose their elasticity so they will not expand and contract. And the body retaining too much salt is the one cause of hardening of the arteries and the only cause of hardening of the arteries and also the cause of varicose veins is the body retaining too much salt. Now I’m not necessarily speaking of sodium chloride, table salt. I’m speaking about all the salts. Whenever you buy a salt substitute, it simply means that it is not sodium chloride. So when your body is retaining too much salt, period. It doesn’t matter which one. So anyone that thinks that they can take a salt substitute whenever the diet calls for a bland diet, has another thought coming. So some people say, what about sea kelp? Well that’s seven times worse than any other form of salt. It’s seven times worse because you have seven different kind of salts. If one of them don’t get you, the other six will.

So these are things that you need to know about in dealing with the chemistry of your body chemistry or anyone else’s body chemistry you need to know. These are principles that you can begin to figure now. I’ve only showed you the principle by which we are going to work in the future. And you who are biophysicists can take these principles right now and go ahead with it if you never had another second in class. But if you have not had biophysics, chemistry and math, it would be rather difficult; however, if you have had it, it would be excellent to get experience of someone who has spent 46 years in research in this field. And go from there rather than to do a lot of stumbling that’s already been done. These are principles of mathematics and physics and chemistry that I want to get across to you so that you can comprehend and understand what these are about.

I want to tell you now something about these testing program. It has some weak points and right now is a good time to tell you about the weak points of the course. Actually, what you are going to pick up in a specimen is the amount of loss of energy. Is the loss of energy. A cell that is ready to be replaced loses more energy than a normal cell. In other words, it gives off too much heat in that particular cellular area structure. It’s like an old tire. Every morning when you go out there it’s flat. You try to find the leak, but there is no way to do it but replace the tire. Replace the cell. And the very fact that this cell begins to swell and expand makes it possible for it to press itself out and a new cell take its place by ionization. Actually by ionization. We say we grow. We actually do not grow. We are actually built. Stacking one molecule upon another. One atom upon an atom until a molecule is made, and one molecule upon a molecule until the frequency is made. So we are actually built the same way that ionization takes place in a silver plating tank.

This theory of Einstein’s that I put on the board this morning explains to you, should explain very clearly, the principles of energy and we are built out of chelated energy. This is what we are. Just a bag, or bunch, or group, or mass, or form of chelated energy. There are some things that causes us to lose some of our energy. Whenever the body gets too much of anything or lacks anything, too much or too little, causes a loss of energy, reserve energy. And it isn’t long before the reserve energy… as the reserve energy goes down, then weakness sets in. Now this energy I am talking about is based upon a scale of zero to one hundred. At four, it’s called a PNR line, a point of no return. Below four, it’s called PNR line, a point of no return. When the energy drops below four, there is no man that can do anything. If anything happens there, it takes a miracle of God to lift them up. However, we have numbers of people come in whose energy
rating is on four and some of them make it. Most of them do. I think that during the first two years or two and a half years we lost what, three people? Three? Three people I believe. And you’ve got to be in pretty bad shape to get in there. Pretty rough. Or a talent to become in bad shape. So what I’m trying to tell you is this. When the energy drops below four it shows it on the numbers and then it’s time to get that patient to a hospital if you can. So, go by the numbers. Go by them. And we are going to give you patterns to go by that will guide you and let you know where you are, what you are doing, and which way to go.

This problem that I put onto your board this morning is just called the plain calculation of energy. But then when you begin to put your various energies together to form a molecule on a frequency, that is called compound energy. Energy on a frequency is called compound energy. Compound energy. And do you realize that many times a man can outrun a horse? Not for the first hundred yards, but for the first five miles a man can cover more ground than a horse, because in the first quarter of a mile the horse is spent. But man can keep trotting right on. And actually cover the ground a lot faster than it can a horse.

Elijah was an example. After cutting off the heads of 400 of baal’s prophets he outrun the sheriff for sixteen miles to tell Jezebel what he had done. She wasn’t very diplomatic. She said, tomorrow your head will be just like it. Well he had already run sixteen miles, but I don’t imagine he’d run at all by what he did after that. I imagine he had got the idea then. And then he got out in a cave and he said, Lord, take me away. The world is too wicked for me. And the Lord said, no, there’s many, many out there. You go down and preach to them. They need you. So, don’t get to thinking that you are the only one that’s left to fight the battles of life. But one of the things you are going to learn about your patients. Each one is going to think that they are the only one you have. There couldn’t possibly be another. Doctor, you take care of yourself, but you take care of me first. This is the idea, people, desperate, needing help. Needing understanding. And while we are on this point, I want to tell you something; remember this; it’s very difficult to keep physics and chemistry strictly in the bounds of physics and chemistry without considering a little bit of philosophy of life also. A theology of life. You are never any bigger than the person you fight with. You are never any bigger than that. Never, under any circumstance, let any patient get under your skin or upset you. Never. Never. Go by the numbers.

I had a lady come into me one time and her husband brought the numbers to me and I told him what he needed to do. One thing was quit drinking so much beer. Eat more food. In other words he was using beer for food. He had a terrific German goiter. About a 58 inch one. You know, his waist line. Cut down on the beer. Last time I saw him he was down to 44 inches. Too much beer makes you have a German goiter. When everything else fails to give you one, just drink enough beer and you’ll have one. But anyway, then I said to her, you have a benign tumor in the left breast. She said, oh no, Doctor, there’s nothing wrong with my left breast. I simply said to her, well, if I can ever be of service to you, let me know because I do not argue with patients, especially when I got the picture before me of what I know what I am talking about. About two hours later, she came back and the nurse said, this lady’s back and would like to talk to you. So I said, have her and her husband come in. She come in very apologetic. She says, Doctor, there is a lump in my breast and I didn’t know it was there and I want to apologize to you
for my bad manners. I said, no need to apologize. I’m glad you found it at this early stage. She said, will you give me a diet? I said, no. No. I won’t give you a diet. You are going to have to go to your doctor now and get a letter of confirmation. Then you bring it back to me and then I’ll give you a diet. So she did. She went to a doctor and the doctor wanted to put her in the hospital immediately and remove the breast. She said, no, I’m not going to do that. But she said, in order for my family to know that you had warned me to do it, please give me a letter to that effect. So that if anything happens to me, that they won’t blame you for it. So he gave her the letter. She brought it back to me. I gave her a diet. Eight months went by. She checked in about every week for two or three weeks, then every three weeks, then finally about once a month. After eight months had passed, there was no trace of it showing up on the card what so ever. None. None at all. I said, you may go back to your doctor now and see what he says. She goes back and the doctor simply said, I missed my diagnosis. Missed it. The power of diet is great; when it’s heeded; and you go by it; when you follow it; and so forth.

One other excellent thing about this system is, when a patient comes in, you do not have to bother about patient case history at all. Now on the computer, it will be necessary because it’s a machine, and it’s to help the patient if they return to another doctor or something in that order, but it has nothing to do with your report. It goes out because as a doctor, when you run a test, you can ask certain questions. For instance, suppose they were a borderline diabetic, you would ask, are you on insulin or on any demonese, and so forth. Or if they had any thyroid trouble, you can ask, are you on any thyroid tablets of any kind? In other words, you can ask those questions. Or to a woman you can say, are you pregnant? Because there are certain minerals that you give them if they are pregnant and certain minerals that you do not give them during pregnancy.
.... with the computer. It’s only a machine. So you are going to have to put the answer to these questions in a negative or positive way, either a no or a yes form into the computer. It will only be a number. You match the number and the number will go in. But what I am trying to say to you is this: When you see a patient, that’s one thing, but that machine doesn’t see them. And it’s going to have to go by the numbers, so you will put the case history in, however, it’s not necessary. Also, if you go by the numbers, it’s not necessary to write down, I recommended A, B, C, D, E and F and so forth. When you look at the numbers, you will know what you recommended. Cause and effect. These numbers on these cards are a result of a cause and effect. Something caused them to be there and if they are there, then there is an effect. Because they are there, there is a reason that they are there. So as you work with this system, the more you work with it, the more accurate you will see that it zeros in on everything. In your report, we are down to truth and consequences what where we are now. On their sheet of truth and consequence. It’s very difficult sometimes, to know what truth is unless you have some facts to back it up. (There was a bumping sound from a nearby computer.) You know, wood peckers would make good lawyers. Because they use their head all the time. They use their head to make a living. They are called the lawyer of all the birds because they use their head to make a living. While we are waiting for this knocking to stop, it reminds me when I was a boy, my father and I were walking through a cemetery. And there was an epitaph that read, “Here lies the body of a lawyer and an honest man.” My father said, son, there’s two of them in there. Discussion about the knocking. We either have to stop it or stop the class. One or the other. Because all you are going to hear on that (tape) is bump, bump, bump, bump. They have to do either one or the other because of these tapes. I don’t want that to go through these tapes.

Question from a student: How many children do you have? How many? 5 now. One of my boys was killed by a drunken driver. I had two girls, two boys, and two girls in that order. And three of them are working with me. And the baby daughter is in college. In Rollins College. She will finish in another couple of years and then she will be with me full time. You know, I am a very fortunate father. I have people that marry into my family instead of out of it. I think that is real nice to marry into your family instead of marrying out of it. You’ve still got them. They are working wonderful together.

So as we learn to work together in these numbers, learn to go by the numbers. One thing that I want to impress upon you seriously, and absolutely seriously. You will never get this until you memorize these rules. We are going to say that there are certain rules that you must memorize in order to have it. You’ve got to memorize the rules. Memorize it and the more you memorize it and play it, the better. And also, if you fail to memorize it, you’ll never get it. You’ll never get it until you memorize these rules. I have these books up here, but I am not teaching out of them. I’m teaching you from 50 years of experience. Some of it I learned in college before I got into practice and 46 years in actual practice in using and proving these numbers. And they work. And they work. And not only this, as you use them, you will be assured, and here for the first time in your life you will know exactly what you are doing.
I had a patient come to me one time that had advanced collagen disease or old-fashioned scurvy. They looked like something you lifted out of the funny paper. They didn’t anymore look human than anything in the world. They never even look remotely human at all. They didn’t look remotely like a human being. I mean they looked so terribly that we could not allow them to come into the retreat at all. We had to have them in a private room and take their food to them. It was a colored lady and she was in terrible, terrible shape. The first day I called her in, I asked to, now, it’s very important that you drink this lemonade like we tell you. Yes sir doctor. Yes sir. I’ll do just what I am told. I’ll do it tomorrow. So the next night I called her in, after I looked at the numbers, I said, now listen, I’m telling you for the second time. You must drink this lemonade like I give it to you. If you don’t, I cannot help you. And then I said, I don’t want to have to tell you again. The third day come and I called her in. She was only about 30 years old or 32, something like that. I said call your husband and tell him to come and get you. If you are determined to die, I can’t stop you. You can’t stay here. And she started to cry like a baby. She cried for about 5 minutes hysterically. And finally, she quieted herself down, and she said, doctor, why are you sending me home to die? Because you are pouring your lemonade down the toilet and not drinking it like I told you. And she started to cry again. After a few minutes, she said, “Doctor, I want to ask you something.” She said, “How did you know that I poured my lemon juice down the toilet when I had the door closed?” Then she said, “If you just won’t send me home, I’ll drink every drop of it. Every drop. I’ll drink it. I’ll drink it tonight.” And she did. And you should have seen her. She got well, but she told everybody, don’t you dare pour that lemonade down the toilet. The doctor can see through the door.”

So, you cannot fool these numbers. You cannot fool them. And when you give somebody a diet to go home and come back. You don’t have to ask them, did they do it? You know whether they did it or not. If they do what they are told to do, those numbers on that card will begin to move toward perfect if their body responds. If you send them home, their bodies should respond because you will learn eventually which ones body need to come into a retreat so that they can be guided. You will find that 95% of all the people that’s tested, can go home and do a diet by themselves, but about 5% them are going to have to have help. Now you will also find that they will come in waves. You may go through three or four days and hardly find anything wrong. And then the next, a whole group of them will need to be in. They come in waves. In fact, I ran sometimes two or three months without hitting a leukemia case. And then one day, I hit three in the same day. And then there was weeks before I hit another one.

In 1966, I ran across a lady that had a very peculiar disease. She ran a temperature all the time. Couldn’t stop it. I found out that she picked up a special type of bacteria down in the islands Haiti and also in Italy where this particular bacteria is common. I asked her, “Have you been in Haiti?” She said, “Oh Yes.” I said then, “You have a bacteria that you picked up there.” I gave her one mineral and in three days she’d been over it. She had been running a fever for months. I never found another case until last year. A chiropractic student, well she’s in her late 30’s now, at Marietta, Georgia came in. Been running a fever for five years and no one could find out the cause of the fever. The very first question I asked her, “Have you been in Haiti or Italy?” She said, “Both.” I said, “You said six years ago? You’ve had this fever for six years?” She said, “Yes.” I said, “Then that’s where you got it was in Haiti.” So I gave her a mineral and in
one week, she was over it. One week! So when you know the frequency that you’re working with, and you know the numbers, and you know what perfect is, it’s just a matter of using that knot that’s up on your shoulders, better known as your head, to put something together to help the person. Go by the numbers. Go by the numbers and you will see miracles happen right before your eyes. You will see things happen.

I had a mother from Fort Laughton Beach bring her 11 year old daughter in for a check up before she got ready to go to school. She was in pretty good shape. But she had an ingrown toe nail. And the mother didn’t even know she had it. I said, everything is fine, but you have an ingrown toe nail. She was real white and her mother said, “Do you?” And she said, “mm hmmm. I have an ingrown toe nail.” “Well why didn’t you tell me about it?” “Because you would take me to the doctor and cut it out.” She was trying to hope, or pull, or get that ingrown toenail out. She slipped off her shoe and sure enough, she did. The toe was about as red as a beet. And yet she wouldn’t tell her mother she had an ingrown toenail. So, it’s rather interesting to see what these numbers will tell you. And believe me, you cannot fool these numbers. They cannot be fooled. They cannot fool you. And as sure as somebody goes out of this class. As sure as you do. Every class does it. They’ll send in the numbers and a few days later, they will put another name and address and so forth on it and send them back in. They will be surprised. They get the same answer both times. Cost you $5.00 every time you do it.

By the way, have they had these papers to sign yet?

In other words there’s a $5.00 royalty on each of these tests that you do. But you are furnished all the equipment that you need.

Have you signed those slips yet that you agree not to teach this class to anyone until you have finished all nine courses? Well, we’ll get them to you. The reason for that is to protect you. It isn’t that we are trying to hold this information. But if you don’t. You’ll get farther and farther and farther out until we all get thrown out. And we’ve got to know that you know exactly what you are doing without any shadow of a doubt and then we want you to teach it to as many people as you can teach it to anywhere, everywhere and really, really, carry this thing to the end of the earth. But until you know you know, please abide by it.

In fact, I had one of the doctors in the last course, or one of the people who took the last course, bring me a whole set of cards. I think there was 20 some odd cards. With the pH exactly the same on every card. And the reason for it he hadn’t got his equipment clean. He said, “I gave it a soda bath.” But I said, “Did you wash the soda out?” “I didn’t know I was supposed to do that.” And we drove it home and drove it home and drove it home. So every pH was exactly the same, so he had a wrong reading. Then he had to go back and do all the work over again. Go back and do it all over again because he didn’t get his equipment clean. Your system will not be any more accurate than how clean you keep your equipment. You must keep that equipment absolutely clean. Absolutely clean. And as you clean this equipment. Keep it clean. Follow the rule.
One more thing I want to tell you about in using this equipment is don’t go ahead of your instruction. Do not mix up your pipettes because if you put a pipette in the wrong bottle, you bought an extra bottle of chemicals. And there is one of them that’s kind of expensive. It’s about $10 an ounce. And it’s an excellent, excellent material, but it goes a long way. It’s furnished. And when you pay the $5 royalty on each test, we supply you that material free because we know how many tests is in that bottle and 20% of those tests you are allowed for your family and charity patients. So, you are allowed that much. We give you a 20% allowance, but if you put the wrong pipette into a bottle of solution and ruin that solution, then that is yours. It’s kind of got a Georgia guarantee like they have on some of the automobiles. If you buy a car and it falls apart, it’s a Georgia guarantee, because both parts are yours.

So, try to get to the facts. Try to get to the bottom of the question. Find and see through the problem. Also, it’s very important to get all the information in your mind that’s in this course in order to get the information that the card indicates. And as I said this morning, numbers don’t tell you anything. But why those numbers are there, tell you lots of things. For instance, the speedometer on your automobile doesn’t tell you a thing in the world. It’s just numbers on a dial. But whenever you are driving 70 miles an hour and you hear a siren behind you, you know what it means then.

Also, do not try to form certain patterns. Do not try to put people in categories. Do not try to make a number out of people, because they are all different. The conditions are all different. For instance, you may have a sugar that’s too high in one person and too low on another and yet the symptoms are exactly the same on a sugar that’s too high and too low because too much sugar does not prevent enough oxygen to get to the brain. And not enough sugar in the blood does not prevent enough oxygen to get to the brain. So, many times, too much or too little will have the same symptoms. So, trying to follow through on your symptoms to get the desired result. As you begin to work with these numbers and they begin to reveal themselves to you, as to what the problem is, you’ll be able to help many, many people. But one of the problems you are going to have is that more people will want to be tested than you are able to test. You just cannot take care of all the people. It’s very difficult to turn them away. It’s very difficult to say no. And many of the times we are having doctors that take these courses say please don’t send us any more people. Please take our name off of the mailing list as far as sending people out to us because we cannot take care of it. They are coming day and night. We cannot take care of them. And regardless of how fast we train people, we cannot get them all taken care of.

Now I want to bring you up to some basic facts that I want you to remember. That 98% of all operations can be prevented. 98% can be prevented.

Now, let’s come back to the weak point in this course. I want to show you two or three that can’t be prevented. For instance, you have an enlarged gall bladder. It’s so enlarged until the weight of the bile in the gall bladder is crimping the tube that lets it flow into the small intestine just under the stomach and then to be pumped back up into the stomach. Therefore, it ferments and the person is sick and nauseated and sick unto death all the
time. Now if it is enlarged to that extent, surgery must be performed. It is also a very
difficult thing to pick up on this test too, because as that gall bladder stretches, the walls
are so thin, until it is very difficult to pick up enough energy to show. But the gallstones
are very easy to dissolve. The easiest way in the world to dissolve gallstones is with
olive oil. A tablespoon full of olive oil every day on your salad will dissolve gallstones.
I’ve never seen it fail. Olive oil will dissolve gallstones and I have yet to see it fail.

So, another thing is hernia. Hernia operations. A lot of people are operated on two or
three times for the same hernia and it will not heal. And it will not take. Get the body
chemistry back in order and then have the hernia operation and sew the muscles back
together that have spread apart and then they’ll grow back together and stay together.
Otherwise, they will not go together any more than your fingers like this. This is some
weak point of this system.

Also, ulcers are very difficult to pick up with this system on the first test. Very difficult.
There’s many, many, different names for ulcers. Worry is one of the most common
causes that brings about ulcers. Fretting, low calcium, lack of oxygen, in other words,
it’s a chain reaction. Because the gastric juices are flowing over it, so fast, and the water
you drink, that it dissipates the energy over such a wide area, you have trouble locating it.
After two or three days it’s no problem. But the first test, sometimes it’s rather difficult
to zero in on the effect of an ulcer. Ulcers are the easiest thing in the world to cure; to get
well; the easiest thing in the world. The first thing you want to do is put the patient on
Lemon water and water according to their weight. Lemon water and water according to
their weight until you have washed the mucus from the ulcer and until it begins to burn
when they drink the lemonade. You will be told whether to sweeten it or have it
unsweetened. You will know how to do that a little later. It’s not necessary to go into that
right now. And then after you get that cleaned down to the point where it burns, where
the ulcer exists, then put them on cabbage juice. Start them on 2 oz of cabbage juice with
six ounces of water, freshly squeezed two or three times a day. This also depends upon
the weight factor that we will take up later. The next day, you put them on 4 oz of
cabbage juice; freshly squeezed cabbage juice and four ounces of water. The next day on
six ounces of fresh cabbage juice and two ounces of water. And the next day, on pure
cabbage juice. In about a month or six weeks they will not even have a trace of the ulcer.
Also it’s an excellent idea to give them naphtha tablets. It’s a specially made tablet made
from the sap of the olive, Lebanon, and locust tree. It comes from Israel. It’s a
wonderful thing for people that have ulcers. Then, while you are getting the ulcers well,
take some honey comb, and if they have a low blood sugar squeeze out most of the
honey, but if they have a high blood sugar, wash it out until there is no honey left in it.
And then have them chew that honey comb until milk each day and that milk will hasten
their recovery and the healing of that ulcer. And I have never seen it fail on an ulcer yet.
It’s a very, very, excellent remedy and it gets ulcers well. It doesn’t matter whether it’s a
peptic ulcer, a deodenal ulcer or any other kind of ulcer. You will hear many doctors
pronounce deo-de’nal du-od’enal ulcer, but the word is deo-de’nal, meaning 12 little
ulcers in a mass, deo a Latin word, with denal is twelve. (unintelligible questions from
the class)
So, as you begin working with these numbers, you will be amazed at what they will reveal to you and what they will show to you, the door that they will open to you as to how to help people.

A question about napthta (unintelligible). It’s called napthta. You have to order them from our laboratories. We make them up. We get the material from Israel. You take 1 to 2 per day. Drink the cabbage juice up to 3 time per day. Chew the honey comb until it becomes a milk then swallow it. So this is what we need to keep in mind here, these things are cause and effect. We will be studying patterns on numbers in just a few days. The first thing you ought to learn is how to do the numbers and what they mean. I would like you to never refer to this as a diagnosis. Always refer to it as an analysis.

More unintelligible questions: Yes. Well, you still have your light food or graham crackers or milk or whatever you are eating, but you keep it up until they are well. Also, you will have a lot of people complain about difference in their throat. There’s a lot of health books written on diet. They are all wonderful books. They’ve got people to thinking. Most people will say I’ll do anything in the world, but don’t make me think. Just don’t make me think. Anything in the world, but don’t make me think. These books have got people to thinking. And they’ve gotten them to take their own health in their own hands and do something about it, but if you just read enough of these health books and do everything that everyone says, you’ll starve to death because every one of them is down on something. For instance, there’s one of them that says this, all you need to do to live to be one hundred years old in good health is to take honey and vinegar and mix it half and half and take so many tablespoon full’s a day. Suppose that you were a diabetic and had low calcium. It would cure it all right, just like cutting off your head to get rid of a headache. It would cure it. So, the thing you need to know is to know all the facts behind what they are trying to tell you. Now this way, you zero in and you know when to use vinegar and honey. There’s nothing wrong with it if it’s used at the right time and the right person and the right place. It’s kind of like down in Georgia, there’s a man named Jed. His friend called up Jed and he said, “Jed, my mule is sick. What did you do for your mule when he was sick the other day?” He said, “I gave him a quart of turpentine.” So, he met Jed in town on a Saturday night and said, “Jed. I gave my mule a quart of turpentine and it killed him.” And Jed said, “It killed my mule too.” What you want to do is get all the facts at your finger tips before you draw any conclusions. You’ve got to get the whole story and don’t jump at conclusions. You know, one reason so many people stay so tired easy, they are jumping at conclusions all day. The Bible says, seek to know the truth, and the truth shall make you free. Know the truth. Seek to know the truth and the truth shall make you free. Also it says, Study to show thyself approved unto God a workman that needeth not to be ashamed, rightly dividing the word of truth. And to study physics, and chemistry, and mathematics, it’s still an absolute obedience to principles of the Bible.

So, if there is a cause, then there is an effect. If there is an effect, then there is a cause. Unless you can create the effect, you cannot take any doubt and stop the cause of the effect. You can create the effect or create the cause or vise versa with the power of diet. Learning to handle diet. Thomas Edison said, “The doctor of tomorrow will be a doctor who understands that diet is the best medicine.” Diet is the best medicine. However, I disagree with his terminology. I never think that diet is a medicine. I do not think that diet is a medicine. Because if that’s true, everybody is living on medicine.
There isn’t any such thing as food. It’s all medicine. So, the terminology sometimes is kind of hard to understand what we are trying to get across or what we are trying to do. Know the truth. And these numbers will tell you the truth. And when you start to do an analysis, don’t try to make it come out anywhere. Let it come right out where it will. Just let it come wherever it will. Write it down as it is. Write it as it is. Keep your equipment clean, do the test, follow the rules, and in one little test you have to concentrate it for one minute or 120 strokes, which ever one is the quicker. However, if you do 120 strokes you have a minute in it, if you do it correctly. Now don’t think that 50 will do, or 60 will do, or 40 will do. It might do it on 500, but the 501 you will lose a patient. So don’t take the risk. Would you like that risk to be taken about your life? Would you want somebody guessing about what’s right for you? Don’t you guess either. Go by the numbers. Go by these numbers.

Are there any questions at this point?
Student: You started naming operations that were necessary. You mentioned gall bladder and hernia. Is that all?
Reams: No, that’s not all. That’s two of the most common ones. There are other problems that get out of hand. For instance, I have seen gangrene get to the point it was too late. Postmortea had already set in and then it’s best to remove it, but if you could have got to it just before, it would not have had to be removed, but when the flesh starts to come off the bone, there’s no way to put it back on.
Student: Doctor, have you encountered allergies to lemon juice?
Reams: Yes. There are people who have an allergy to lemonade.
Student: What do you do then please?
Reams: Well, then I just use plain water. I do not know of any food that some body doesn’t have an allergy to. I would say that 20 to 30 maybe 40% of the people are allergic to lemonade.

Student: Dr Reams, suppose that beet juice in the kidney shows up red in the urine. Is that an indication of anything?
Reams: That’s not anything to be concerned about. For instance, if you drink a can of cantain or some of this has pure orange juice, which “pure” is a trade name, it is made with a coloring and acetic acid. It doesn’t have any natural orange in it at all. When you urinate you will think you have yellow jaundice the worst in the world. It’s pure yellow and yet, you feel real good.

Student: The calculation of 8003 millhouse energy for water, is that distilled water, regular water, or fluoridated water?
Reams: That’s pure water.

Student: You started the subject of mucus in the throat and didn’t finish your comment.
Reams: All mucus in the throat is caused because of bacteria. Bacteria manufactures mucus and whenever you have mucus anywhere, anytime, anyplace, it’s a product of bacteria. When you put people on lemonade, the first complaint that you are going to have is, I think I am coming down with a cold. I have a sore throat. Well, the thing is, the bacteria has eaten into the esophagus and therefore it washes the mucus off down to the bacteria and it burns for a day or two. Just tell them to keep drinking it. In a day or
two it will be past. All mucus is caused because of bacteria. The health books tell you to
don’t drink milk. Don’t drink milk. Milk is for baby calves or baby animals. Yet, the
Bible says, John the Baptist ate milk and honey. So who are you going to go by, The
Health Book, the faddist, or the Bible? You have your choice. And while we have come
to this, I’d like to talk to you about pork.

Student: Doctor, when people’s teeth begin to sting because of the lemon juice.
Reams: The teeth sting?
Student: The enamel. The gums.
Reams: All it does is clean the teeth. It cannot harm the enamel. That is impossible.
That’s an old wives tale and there is no truth to it. I raised my children with lemon juice
and salt for toothpaste.
Student: Doctor, when people grind their teeth and wear through the enamel, and many
people have done this, and the lemon juice, many times stings.
Reams: Yes. It many times does, but it’s because of a phosphated calcium deficiency
that is causing it. While we are on the subject of teeth, before I get back to this other
point is this: I’ve seen children break a tooth off right at the gum… babies after they got
their front teeth and by the use of Min-Col, I’ve seen that tooth grow back out to be
normal length. Your teeth should grow out like your fingernails. And whenever you are
deficient in phosphated calcium, and you have cavities in your teeth, and you start taking
MinCol, these cavities (fillings?) are going to fly out of your teeth, because the enamel
starts to pressure on them and they will fly out, then you’ll have to have them put in
again. And after about the third time, that cavity will be clear out at the end of the tooth
and you won’t have it anymore. But the reason that your teeth are not growing out like
your fingernails, not quite as fast is because of a MinCol deficiency. MinCol is a product
made from bone meal. In a ton of bone meal there’s about 60 pounds but all we have
ever been able to get out is between two and three pounds out of a whole ton of bone
meal. So, if you have to pay 12 cents a capsule for it, don’t be surprised because it all has
to be done by hand.

Student: What’s the sign of an allergy to the lemon juice?
Reams: We will tell you that later because what a lot of people call an allergy is not an
allergy at all. They think that just because it makes them sick to the stomach, that’s an
allergy. That’s not an allergy.

Student: Where are the MinCol available? Do you have them?
Reams: See Mr. Haskins. He has them. I don’t have anything. I have given everything I
have to the Lord. All I have is the clothes I wear and the food I eat.

Student: What about pyorrhea Doctor?
Reams: Pyorrhea, again, is a mineral deficiency that MinCol will take care of plus using
mouth wash to keep the bacteria out. It’s a phosphated calcium deficiency.

Student: Is flossing, using dental floss, with pyorrhea damaging to anything?
Reams: No. It doesn’t do much good in the long run. Temporarily, unless they
supplement their diet with minerals, it will not solve any long lasting thing at all.
Student: What about the source of lemons? organic or inorganic?
Reams: You know I was in a health food store about 18 months ago and I saw a can of honey. It said this, organic honey. I told the lady in the health food store, “Listen, I see you have organic honey. I’ll give you $50 a quart if you can get me one dozen jars of inorganic honey.” Do you see what I am saying? Some people think that because it’s got organic affixed to it, it’s just right. Organic simply means that it contains carbon and it’s impossible to have a carbohydrate without carbon. $C_6H_{12}O_{12}$ is ordinary table sugar, white sugar. So, you cannot have your sugars without carbons.

Student: Organic is a different word. They use it that no sprays, no pollutants have been put on it. They don’t use it the technically correct way. It is important that it not be sprayed.
Reams: Listen, these companies that advertise, simply go by the law. There may be a conscientious company now and then, but they go by the rule of the law. They go by the letter of the law that’s set down by HEW. And while we are on this subject, if you are manufacturing vitamins, you must state the milligrams that’s in it, but if you are manufacturing minerals, you do not have to state the milligrams in it. Vitamins are read in milligrams or parts per million, and minerals are read in percentages. It takes 10,000 parts per million, or 10,000 milligrams per gram to equal 1% of one gram. So you see how confusing it can really get. Is that clear? Is there a question on that? These are facts to keep in your mind and memorize them. Memorize them.

Any other questions now before we go farther?

Most of the time, yes, but the reason they’ve got it in the first place is because the liver is malfunctioning. While we are at this subject too, there’s two divisions to the nervous system. We have what we call the cranial nervous system which goes through the spinal cord and the vagus nervous system or the auto sensual nervous system with that nerve that goes down through the side of your neck. It does not go through the spinal cord.

Note: Tape 3, Side B appears to be blank. There are points of audio blips on side B but no voice is detectable.
Start of Tape 4, side A…

Reams:  Yes?
Student:  I seem to be at a loss for the reason to make distilled water?
Reams:  Undistilled water many times has a lot of urea in it from anhydrous ammonia. A lot of it has sewage in it; plain sewage. It has been dumped into deep wells. And a lot of it has fluorine in it and I would guess national medication. I have seen children 12 years old that have no teeth. Never any come through because of too much fluorine. Their teeth have never come through. I’ve seen adults and some of them now 50 or 60 years old still have their baby teeth because there was so much natural fluorine in the water. Until they never got their adult teeth. Here they are grandmas and great-grandmas with baby teeth still in their head. So this is what fluorine does. And I have seen other children and their teeth just barely through the gums; it hasn’t grown any at all because of too much fluorine. So, whenever you get into this study of fluorine’s and fluorides and things of that nature, I am not in favor of national health rules.

I am against national inoculation. In fact, it kills more children than it ever saves and more people than it ever saves. Read the book, “The Poisoned Needle”. Read that book. Also, I took my children and sent them through school with no vaccinations. And I was told that they could not enter school unless they were vaccinated. And I said to the principle, a very good friend of mine, and a church member of the same church, I said, “It is your job to educate. It is not your job to medicate.” He said, “Well I still have to have an inoculation certificate from a doctor.” I said, the Federal law says that my child must go to school. This was a parochial school. I said, “If you refuse to take my child in school, I will have to enter suit against you and the school board for practicing medicine without a license.” I will send my child to school, but they will not be vaccinated. So he said, “I’ll tell you what you do, you send them on and we won’t have any problem at all.” And they never did. They never did have any problem. So, you do not have to be vaccinated. You have the right of the freedom of choice.

Student:  If a person has to go on distilled water for the rest of their life is there any danger of problems drinking it?
Reams:  Listen, when you drink water out of the ground, you don’t know what the mineral is, but these tests will show you what minerals you need. You take the ones that your tests show that you need and forget about those unknown ones.

Student:  Does drinking distilled water over one’s lifetime pose any danger to removing minerals from the body?
Reams:  No. No. This is what we are teaching, the very system of the theory of ionization. You are put together like silver plating, nickel plating, chromium plating. There’s no danger of it taking the minerals out of your body. In fact, I don’t think that any water can take the minerals out of your body. The thing is, the food that you are eating isn’t putting them in there.

Student:  unintelligible.
Reams: The calcium deposits in your blood vessels is caused because of too much insulin. And that’s the only way it can get in there. You are either taking it or your own system is manufacturing it. And that crystallizes the blood vessels and that’s the only thing that I know of that will crystallize blood vessels, is too much insulin.

Student: Will the water be fruitful? Health speaking?
Reams: If you drink the water systematically, yes. If you are on insulin, or have a patient on insulin, you have got to be awfully careful in what you are doing. They can be gotten off of insulin. They can be taken off of insulin, but they’ve got to take themselves off of it. Don’t you take them off unless you are a doctor. And if they will drink the right amount of water, it will begin to wash the insulin down and down and down, because the insulin stores up. It’s a salt in its crude form and it stores up in your muscles and in your fat like salt does in pork. And then whenever you start to drink water to wash this out, it’s very difficult to keep too much from coming out some days and not enough other days. And when a person goes into a deep withdraw and the insulin then drops off and the sugar rises because everything you put in your stomach they vomit it up because they are in withdraw like an alcoholic is when he sobering up or when a person that’s on pot, heaves and tries to upchuck. Then you have to put them in a hospital where they can get intravenous sucrose solutions to balance off the excessive insulin for a few days until you can get the vomiting stopped. And then you take them back and continue on the program and then you and you can get them completely off of insulin, but we will be on this subject of insulin a little later in which we will go into explain to you the ratios between glucose tolerance tests and your total carbohydrate. There’s a great difference in it but now is not the time to go into that because we will get into that when we are studying the problems of handling some of the maladies that you are going to be confronted with.

Also, you are going to find people that are on drugs; been on drugs for years. And when you put them on a diet, if you are not careful, their body will release so much of these drugs at one time it will kill them. You have to put them on, pull them off, put them on pull them off, put them on pull them off, for two or three weeks to keep their body from releasing so much of these drugs until they will die. So be careful. You have to know what you are doing. And it’s these type of people that you do not give a diet to go home with. They have to be in under supervision.

Also, in giving these diets to people that have problems you have got to be very careful that they carry out your order. That they carry out the order. So, at home, they may do it and they may not, so just don’t take a risk. If they are determined to take every short cut known to get to the cemetery, you can’t stop them. There is so many people in such a hurry to get to the cemetery that nobody can stop them. They take every short cut that they think of.

I had a lady come in from Miami a few years ago when I had a place in Florida. She was in very, very, high society in Miami. In fact, the society was so high and she was a very wealthy woman and she walked like the earth wasn’t quite good enough for her dainty little feet to touch. She had been there about an hour and a half or two hours and one of
the nurses called up and said, “Mrs. so and so from Miami is ready to go home.” And we had driven 75 miles from an airport to bring her in and I said, “Well, I’ll be over in a little while. Tell her to get her things ready, but we will take her to the bus, but we are not taking her back to the airport even if she pays for it, because her pride was about to kill her. Her pride was just killing her. So I went over there and I said to her, “Honey bunch, you about ready to go home?” “Yep. Sure am. I’m ready to go.” “What’s the trouble?” “It’s too crowded in here. It’s too smothery in here.” I said, “I have news for you my dear. It’s a lot more smothey in the cemetery and a lot more crowded.” She had already been pronounced by her medical doctor as cancer terminal and also cut open and sewed up and said there was no chance for her to live. She was in critical condition. So, she said, “Doctor, will you show me my room?” I said, “Yeah, I’ll show you your room.” So we showed her her room. The next day I gave the order to move her to a different room. And of course, when you give the order, the employees are going to take it out and she raised all kinds of sam. She didn’t want to be moved from that room. She had just got acquainted with the person that was in there. She didn’t want to move, but she moved anyway. She come over to see me about it. I said, “I’m just awful sorry. There’s nothing I can do about it. If they want to move you, the thing to do is move and make the best of it. So, she stayed in that room a day or two and then I had her moved again into another room. Oh, she raised sam again. She had had her way so long that she was spoiled rotten and she had such a narrow group of cronies down there and she had to learn how the people lived. Each time we moved her, she liked the people she was with. So after about a week, she gave her heart to the Lord. Beautiful spirit! And three weeks later she was ready to go home. Her numbers were right. And she said, “I don’t want to go home doctor. I want to stay here. I want to stay here because I have never had such a wonderful experience in all my life. I never knew what I was missing. If I hadn’t have been dying, I wouldn’t have come here. When you first moved me from room to room, it liked to have killed me. It made me so mad, I just about died, but now I see it was a part of my getting well. I have seen how other people live and they are wonderful people and I want to stay here. I’ve got the money.” I said, “I’m awful sorry my dear. You go back to Miami. Find your groove down there and go to work for the Lord. You have wasted enough time now on your riches and pride and every thing. Work for the Lord.” The last I heard of her she was doing a beautiful job. One of the most active workers in one of the large churches in Miami. So God can use anyone. And she’s well. She got completely well. So what I’m trying to tell you is, let the Holy Spirit tell you how to handle a patient. Go by the numbers. Let the Holy Spirit guide you. The purpose is not only to get the body well, but to touch them so that the Holy Spirit will fill them and thrill them, that they will never be the same again. This is what life is about.

I believe that all of the healing arts are religions because God is the great physician. Since man cannot heal anybody, then it links us to a higher power and if we are linked to a higher power, no one of the healing arts has a right to say that the others can’t exist, even though they get laws on the books stating that they are the only ones. Saying that if you do not live by drugs, you have got to die by them. I don’t believe that’s democracy. I believe that’s tyranny. And I am one that’s going to be found teaching a better way. A better way. And also, when a person is ill I want them to have all the help they can get from the chiropractor, the medical doctor, the naturopathist, the osteopath, the dietitian.
This isn’t really one of the healing arts. It is the best crutch. It is the best help that all the healing arts ever had. And it’s so wonderful that you men you women have come in trying to fill in and trying to do something a little bit more for your fellow man. I hope that you will do one thing. That none of you will ever try to commercialize on the sick and the dying. A workman is worthy of his hire. We do not tell you what to charge or how much or anything of that nature. That’s up to you, between you and your God. But if you will render a service to your fellow man, you’ll never want for anything. God’s blessing on a nickel is larger than a five dollar bill without it. So try. Try not to be guilty of commercializing on the sick and dying.

It’s time to eat supper.

I started a medical laboratory for Doctors. Fifty years ago, they didn’t even know the value of laboratories at all. It was unknown. They did know a little bit about a microscope, but very little. As far as I know, I had the first medical laboratory in the southeastern part of the United States. I had it for about three or four years and then I sold it to Lewis Herring, who still has it in Orlando today. You doctors didn’t know at that time really what a medical laboratory was for. They simply sent patients there to help that kid get through college. And then more and more, they began to see some value in it, but I was not dealing at that time with diet at all. I was dealing strictly with the blood chemistry that I had learned in college. I also realized, even then, the power of diet.

I want to tell you about an incident that happened when I was in college. In my junior year, I had a professor of Chemistry. That was his first year of teaching after he had received his doctorates degree. I was taking heavy, heavy, courses in Chemistry and about two weeks before the end of the year, this doctor came to me and said, “I am failing you in Chemistry this year.” It’s the only course I ever failed in college. I had a straight A average. Yet, he was telling me, “I am going to fail you in Chemistry.” I said to him, “Why are you failing me?” He said, “You have been copying the experiments instead of performing them at the bench.” And I said, “Sir, I have never copied any experiment what so ever. I have never copied one.” He said, “You have performed, according to the papers that you’ve have handed in, every experiment in the book.” And he said, “It’s impossible to spend the few hours that you have spent in the laboratory and hand in that many experiments.” I said, “Sir, I did the ones that I was supposed to do at the laboratory bench.” And I said, “The rest of them, I worked out by mathematics.” He said, “Oh, you can’t do that. You can’t work these out by mathematics. It has to be done at the bench by actual experiment.” I said, “Sir, I would ask you to give me any equation you wish to on the board and I will work it out in math for you.” For the next two hours, he gave me problem after problem and I worked it out by math on the board for him without performing it at the bench. He said, “I’m still failing you because you are too accurate.” In other words, he was throwing his weight around. It didn’t make a lot of difference to me at all, so I did have a chance at another elective I wanted to take the next year, but it didn’t make a lot of difference, so the next year I took the course over again. I only did exactly what he told me at the bench as far as his orders were concerned. But that year, I had a lot of extra time in the laboratory. So I started analyzing foods: beans, squashes,
tomatoes, peppers, onions. He would come over and say, “What are you doing?” And I would tell him. He said, “Awe that’s not going to amount to anything. It’s not going to amount to anything. If it was going to amount to anything, some body else would have already done it.” I said, “It doesn’t make any difference to me whether it ever amounts to anything or not. I want to know what they are made of. I want to know what’s in them.” You see, it was then that God was leading me into this path that I am now teaching you. So, if you will take every problem that you will ever have and turn it into a stepping stone, you can rise to higher plains. So, I’m so glad that he failed me that year, because if it had not been, I might not have got channeled in. But by the end of the year, I knew all carrots were not alike. I knew there was a great difference in beans, cumbers, tomatoes, peppers, you name it. And there is a terrific amount of difference in those things.

So, now then, we are actually working with energy, that we are going to learn, something about, that comes from foods. And one of the greatest deficiencies in our foods today are calcium’s. Your body has more calcium in it by volume. I want to use a word incorrectly in order to exaggerate enough to help you remember it. Calcium is a singular and plural word. So I’m going to call it calcium’s. Our foods are more deficient in calcium’s than any other one element today. In all foods and in our bodies and in all biological life, there is more calcium than any other one element by weight and by volume. So, keep this in mind in finding out something about foods.

I’m going to give you a rule to go by that you can remember and memorize and know that it is true. The higher the natural sugar content of any food, the higher the mineral content of that food. The higher the sugar content of any food, the greater yield there is per acre and the less cost per package it cost to produce it. Now this is a very, very, important statement. So, if you will tell me what the sugar content a produce is, I can very closely tell you what the yield per acre is. It’s very, very, accurate.

This brings us now to our subject that we are going to discuss tonight. And that is our specimens. Did you realize that urine analysis is much more accurate than blood analysis? Because blood changes every five minutes or less. I have seen people with a perfect blood sugar and in thirty minutes, they would be out in a coma because of low blood sugar. Low blood sugar is caused because the pancreas produces too much insulin. Your own pancreas produces too much insulin and drops the sugar too low. So urine analysis is much more accurate than blood analysis.

For instance, you may test someone and the test will show that, your test will show that your body has a very high cholesterol, and yet they go get a blood analysis and it shows that there is a low cholesterol. Or both may be done at the exact same time for that moment, and one will say high, the urine analysis will say high cholesterol, and the blood analysis will show low. Cholesterol is only fat in the blood, oil, that’s all that cholesterol is. It’s just oil in the blood. For instance, you may find that the oil is high in the blood an hour or two after eating and yet two hours later it will be very low in the blood. But when we say that there is a high cholesterol, we are not talking about the oils that’s in the blood. We are talking about the ones that are actually in the arteries and veins. I have seen autopsies performed in which the medical report showed that cholesterol was normal
and yet find the arteries and veins clogged with cholesterol. How do you account for that? Because the blood changes too rapidly. There’s one reason and only one reason and I’ve told you already once today and won’t tell you twice. One reason for high cholesterol in the arteries and veins and that is, what did I tell you it was? Too much salt retained in the body of salts. How many kind of salts are there? About 48. 48 different kinds of salts. There’s two different classifications of salts. You have your urea salts and you have your chloride salts. All of them are salts. And all of them can cause the blood vessels to lose their power to expand and contract and they lose the power of dilation and coming back to normal. And then cholesterol forms on the lining of the blood vessels in order for the blood to get from the heart through the arteries, to the capillaries, and thru the capillaries back to the veins and back to the heart. As you begin to work and study and to understand something about this anatomy, this body of ours, the more you understand about it, the easier it will be for you to comprehend the problem that the numbers denote. You ought to be able to draw out a picture of any organ in the body. You should be able to draw it free hand, any organ that’s in the body. It doesn’t have to be like an artists conception of it but enough to explain it so someone can understand it.

This urine analysis is more accurate than blood analysis because it is a collection of what is in the blood. The substances that’s in the urine comes out of the blood. Remember this statement. The urine analysis over any 24 hour period would be equal or be the same as the blood analysis over that 24 hour period. It has to be that way or else we would die. There would be no harmony. There has to be blocks and things in order to stop us and control us. The blood analysis for any 24 hour period, equals the urine analysis for the same period. Numerically equal by volume of sedimentations that you might find in it of any kind and all kinds. Over any 24 hour period, it’s equal. The total carbohydrate.

Now this brings us to the point of sugar in the urine, of the carbohydrates in the urine, and also the glucose tolerance test. What I am going to tell you now is very, very, important. Very important. According to the allopathic scale you become a diabetic at about 120. That’s 120 mg of glucose per gram of blood. Some doctors don’t consider you to a diabetic until you get to 130, 140, 150 and 160, but the original scale said 120. Now, they do not take into consideration what so ever, any of the carbohydrates that’s in the urine. Now let me show you something. You may have a blood glucose test of 80 and a urinary carbohydrate sugar of 4.5 and be a full fledged diabetic. All of the symptoms of lack of oxygen in the brain is beginning to manifest itself. You may have an 80 glucose tolerance test in the blood and a 4.5 carbohydrate in the urine and be a full fledged diabetic. Or, any number above 4.5 in your carbohydrate test. But you also may have a 500 glucose test and a 1.5 or less carbohydrate and still not be a diabetic. This is true what I am telling you. It is true. Now, when you are getting people off of insulin, or when you are giving them a… we don’t take people off of insulin. We give them a diet so they don’t need so very much. As they begin to move through withdrawal, in other words coming off of the drug of insulin, they go through holy terror just like any other drug addict. Sometimes we have to put them in the hospital to have glucose given them until we level off the glucose test and then immediately after that, that glucose begins to bounce like a rubber ball. You can’t keep up with it. It just about frightens the doctors to death. In the meantime, we keep the carbohydrate down below 1.5. In a few days, it’s
leveled off to normal and they are doing beautifully. So, what I’m trying to tell you is that Go By Your Numbers. If I were you, at this stage, unless you are a medical doctor, and have all the facilities necessary to test on your glucose and have the glucose ready, I would not attempt to take anyone off insulin until you are trained in this field to do so. Insulin has never cured anyone of being a diabetic. And what high blood sugar does, and I repeat, it keeps the oxygen from getting to the brain. And also, if it’s too low, the oxygen does not get to the brain. This is what diabetes is, a pancreas that’s manufacturing not enough insulin. The hyperglycemia is high blood sugar and hypoglycemia is low blood sugar. Both is diabetes. It’s a malfunctioning of the pancreas.

Student question: unintelligible.
Reams: How does high blood sugar? Well, for instance, sugar is a carrier and if there’s too much sugar in there, then there is not enough room for the oxygen. And low blood sugar, it’s a carrier, but if you put too much in the brain, then it will not release the oxygen to the brain.
Reams: Yes?
Student question: unintelligible.
Reams: We will come to that tomorrow or the next day whenever we get into the problems. We will come to that later. All I’m telling you now is this actually exists.
Reams: Yes?
Student question: unintelligible.
Reams: It is possible that with the tablets to make some qwerk at the reading, but if you have a high urinary sugar and a high glucose, you are a diabetic.

So, let me tell you this. Remember this. Diabetes starts when we are children. And I do not believe in hereditary diseases at all. I believe the parents feed the children on the same food that made them have their problem and therefore, they become a child of the same disease as their parent. I know mothers that are breast feeding their babies who are diabetics, yet they are not high enough for insulin, but the baby also has the same urinary sugar reading that the parents have. In other words, they are a candidate for it. Babies do not have the resistance that older people have and therefore they become diabetics. Also, remember this, diabetics are made by eating starches and sweets after 2 o’clock in the day. They are made by eating starches and sweets after 2 o’clock in the day.

Student question: How about fruits?
Reams: Fruits are sweets, just the same as pie. It doesn’t matter. So many people think that if you are a diabetic, it’s perfectly all right to eat honey. It isn’t! You would be amazed how many people are allergic to honey, especially those who have low blood sugar. It causes the pancreas to flush, flush, flush, flush, and therefore the blood sugar stays too low. The system that is advocated by the medical profession today about high proteins, and no sweets, for low blood sugar patients, simply keeps the patients in the doctor’s office. We break every rule. We practically take them off meats and put them on sweets and they get well in two or three weeks from low blood sugar. It’s one of the easiest things in the world to do. Because if the pancreas is manufacturing too much insulin, then find out the sweets or carbohydrates that does not cause the pancreas to
manufacture too much insulin, and then give them those and it will drop to normal. So these are factors you must remember and you must follow them religiously. You must follow them religiously because the blood test is inaccurate.

Reams: Yes?
Student question: unintelligible.
Reams: Yes, up to about 2 o’clock, providing you are going to work the rest of the day. You burn it up. The best time to eat your sweets and starches is earlier in the day or before 2 o’clock in the day.

And one of the reasons that so many people are so ill is they never eat any breakfast and they eat a brunch and a big dinner in the evening. They roll and tumble all night long. Miserable. Get up in the morning feeling like something the cats drug in and couldn’t eat. And then, they are not hungry. They can’t eat breakfast. They have another brunch and another big dinner. They have just taken every shortcut that they know to the cemetery. Their irritable. Their cross. Their lips are stuck, stuck out wanting somebody to step on them. They are just miserable. They seem to enjoy it because they keep doing it day after day after day and week after week and month after month doing the same thing. The thing to do is go on about a 3 day fast and start eating right. Start eating a good hearty breakfast. Eat your large meal in the middle of the day and very light soups at night. And sleep like a baby. Get up hungry and ready to go the next day. That is the way your meals should be eaten. And if you will do that, it will do a lot of good in helping you to get your body chemistry back into order. Also, you should have, and when I say You, I mean you and your patient, should have a definite time a day to take a bath at a regular interval at a regular time. You should have a regular time for the bowel movements every day. And you should have a regular time to eat each day within an hour or half an hour, one way or the other. You should also have a definite time to do certain things that’s necessary in the daily dozen every day. Get your body back in rhythm. Your body is a machine, a rhythm really. It is a biological machine of rhythm and if you have no pattern what so ever, then you get into trouble.

Water. Everyone should drink water. No milk. No juice. No nothing will take the place of water. Water is a cleansing agent and you must drink water to wash out the old cells and the dead cells out of your system, or else they are going to accumulate in your muscle and give you trouble and give you problems and give you aches and give you pains.

So, as you work with these numbers, you will see and begin to pattern and begin to picture what’s taking place right before your eyes. As you work with numbers and with people, you will begin to build up confidence in yourself and in the diet. And in their ability to fulfill and to carry out your orders. And the people will begin to feel better and begin to tell others and you cannot take care of the people that will come in asking for help. The demand cannot be supplied. You who are not doctors, I would try my best to get under the wing of a chiropractor or some licensed doctor in the state. Try to work under those conditions. Try to work under a doctor, under his wing and you’ll be protected a lot more and be able to do a lot more good. There are many Christian doctors
today that welcomes any kind of help they can get, and it is wonderful to be able to work with these great men.

Whenever you do a urinary analysis, you are not trying to make those analysis come out to anything. You want to know exactly where those numbers are. That’s all you want to know. As we work together with these numbers, we are going to be more and more specific, more and more accurate, be ye perfect, be ye accurate. Practice does not make perfect. You have heard it said, “Practice makes perfect.” That’s not a true statement. It’s a false statement. Perfect practice makes perfect. You can practice wrongly all the days of your life and still doing it wrong. It’s perfect practice. And whenever you are doing your work in writing diets, you are practicing making diets for individuals. You are making it. You are working, but it’s perfect practice makes perfect. And what you want to know about these human analysis as close as you can find out, is where they are on the scale of testing equipment that you use. And after you….
Start of Tape 4, side B…

…from having heart attacks. For instance, a lot of children have heart attacks, but not like adults. Actually, the high urea causes the heart to get so tired it just cannot beat any more and it stops. And a high urea is the cause of crib deaths. I have tested the urine of many babies that were brought into the hospital dead on arrival at the hospital and found that their urea was 30. The total urea was 30. Died with a heart attack. In other words, cardiac arrest. When the doctors could not find any cause of death. Find that urea at 30. Also remember this: that 16,000 children drop dead on the school ground each year with heart attacks all because of a high urea. Undigested protein is a high urea. Undigested protein and this all can be stopped. It all can be stopped immediately. Heart attacks can be blotted out of this nation in 30 days anytime that people take a notion that they want it done. There’s no need to have a heart attack. None at all.

On New Years of 1960, in one week, I tested five men. All of them were in the zone for a fatal heart attack. Four of them went home and did exactly what they were told and reported the next day only 24 hours later and were completely out of the zone for a heart attack. One of them made all manner of fun against me. His test was done between 9 and 10 in the morning. He was in the critical zone. He made all manner of fun of me. He said there’s nothing true. The reason he had come to start with was because his wife had been on the program for about six months and she had got so much benefit out of it, he said, “I’ve just come in to satisfy my wife so she won’t nag at me.” I tried to tell him to only go home and drink so much water every half hour and then report back for a test in so many hours. He wouldn’t do it. He refused. He said, “There’s nothing wrong with me.” At 5 o’clock that same afternoon the telephone rang. It was his wife. He had been pronounced dead on arrival at 2 pm that day at the hospital. You better believe these numbers. You better believe them. Or you will find some folks will be seriously dead. You better believe them.

Also, a little over a year ago I tested a man. It was in March. Who was the bishop of a church. I was trying to get the churches to take this over and work it through the church. There was about 27 people there that day, ministers, that I tried to get them to work it through their churches. One great chain of churches. All of them turned it down, but this one bishop that was head of all of them, a young man only 42 years old, he was in the zone for a fatal heart attack. I said to him, “You are in the zone for a fatal heart attack. Unless you take steps to turn your body chemistry about face, you are going to be in serious trouble.” “Nothing wrong with me”, he said. “That’s just where you are very wrong.” Then he said, “How long do you estimate I have to live?” I said, “Six months.” I missed it three days. He lacked three days of making it. He died about 30 minutes before he was supposed to preach a Sunday evening service. Fatal heart attack. You better believe it. You better believe these numbers because they will not tell you wrongly. Go by the numbers. Go by those numbers. Don’t kid yourself. Don’t kid the public. Tell it like it is.

Now, it is not necessary to tell anyone anything. If you just give them the right diet. They will get well, but the thing about it is, it’s kind of like this story. I heard this story
about three ministers dying. All arrived at Saint Peters gate at the same time. They had their papers and their credentials there and Saint Peter was asking them all kind of questions about their faith and their doctrines and so forth and while he was discussing it with them, here come a teenager driving up in a sports coup, you know and slammed on the brakes and spun around and threwed dust over everybody. And when the dust cleared, Saint Peter looked and saw who it was and said go on in. They opened the gate and let her in. You know. She dashed off and spun her wheels and went on in. You know. And the preacher said, now wait a minute Saint Peter. Something’s wrong here. Something’s wrong. Here we are ministers of the gospel. Spent all our life in Christian work and here you are asking us all kind of questions about our theology, and about our doctrines, and about our dogma, and you just let her go on in. Saint Peter said, that girl has scared more hell out of people than you ever have.

So some people, you just can’t get it through their head unless you scare hell out of them. They are not going to do anything about it. You know. You’ve got to really shock them in order to get them to save their own life. They will pay no attention to it. So, it’s true, that if you speak gently, they don’t even hear you. You’ve got to frighten them. Almost scare them to death. I don’t mean unjustly. I mean with truth. You know, that truth is a fearful thing. I never mind anyone telling lies about me. That doesn’t bother me in the least. What bothers me is when people tell the truth about me. You know that when I goof and they tell the truth, that nearly kills me, because it draws me a little closer to the Lord. I’m just as human. It just hurts all over at times. You know. I make mistakes, but I’m man enough to say I’m sorry. I’m man enough to say, forgive me. It takes two people to make an argument. Don’t ever argue with one of your patients. I love my wife so much because she taught me to love trouble. You know, when she finds fault with me it’s because I have not lived up to her expectations. And I deserve her just criticism. I love it. And when she criticizes me I simply say, thank you dear for teaching me. If it wasn’t for you I might not make it through the pearly gates. She can’t stay mad at me, you know. So when people criticize you say, thank you for teaching me. Thank you for teaching me because actually, I think sometimes Satin does more to get some of the folks into heaven than do some of the church members because he picks on them until they are so miserable they are ready to leave their sinful ways and turn unto the Lord.

So, what we need to do is to do whatever is necessary to help somebody. To help them diligently, but some times you cannot get it through their head by speaking kindly to them. You have to make it very, very, very, very plain. After all, anyone that criticizes you gives you a chance to improve yourself. Take the criticism. Weigh it closely. Weigh it in the balance. And if it’s true, try not offend again, but if it’s not true, put it in file 13 and then you are through with it. And never let anyone get on your nerves. Never.

And please do this. Reserve the right to have your own prejudices. Don’t borrow any from anybody else. Make your own. Do not become prejudice because of somebody’s words about somebody else. Reserve the right to have your own and to make your own prejudices. And do you know what prejudice is? It’s being down on that which you are not up on. That’s all that prejudice is. It’s just being down on something that you are not up on. But, you may find also, that just because you are not down on it, doesn’t
necessarily mean that you are up on it. And you will find the most valuable people in your life is the one that gives you the toughest time because they are putting problems before you, for you to solve. You can take those problems and you can make worries out of them if you want to or you can take them and make stepping stones out of them to rise to higher planes. It all depends upon what you do with them. How many of you ever worry about anything? Hold up your hands. Hold them up high. I can’t see them. How many of you worry? Why shame on you. Shame on you. What I’m going to tell you right now is worth the price of the whole course. My wife stayed two weeks behind with her worrying for 25 years. And one day I felt so sorry for her because I love her dearly. So I went to the Lord and asked Him, what is worry? And this is what He said, worry is the devil’s prayer. Then all that you have to do to stop worrying is change the person you are praying to. Now you just told me who you have been praying to. Are you going to pray to that rascal anymore? My shirts come in these little baseboard folders that come back from the laundry. And I just wrote on that, worry is the devil’s prayer. Stuck them up over the house. You know, for the past 11 years now my wife hasn’t worried any more. You cannot pray to the Lord Jesus Christ and worry at the same time. It’s absolutely impossible.

There’s three causes of worry. Worry is got about because you like to stay in the valley of indecision. That’s one cause of worry. Another is, that God has given you a problem, that you are too lazy to do, or you are in too big a hurry to do, or you just don’t want to do it. He’s trying to give you a stepping stone to higher ground and you won’t have it. And the third thing, it may be an answer to prayer to teach you patience.

Did you ever pray for patience? You know, I thought I had patience conquered one time. I really thought I had it conquered. I drove up to a stop light and there was a man ahead of me that wouldn’t move on when the light turned green. And I became terrifically impatient. And I thought of all kind of thoughts that I would like to do, you know, to teach him how to drive an automobile. You know, just thoughts. It’s no harm to let a bird fly over your head, but don’t let him light in your hair. But one day, I said, Lord why doesn’t that man go ahead. He said, because you haven’t prayed for him. I put him there so you could pray for him. So, from there on, when they don’t go ahead, when the stop light turns green I pray for them and they move on immediately. But one day, I drove up to a stop light and there was a station wagon ahead of me. It said on the bumper sticker, if you love the Lord, toot your horn. So, I tooted the horn, toot, toot. He stuck his head out the window and said, “You idiot! Can’t you see the light is red?” The idea was good but the timing was wrong. Oh yes. In fact, I’ve enjoyed it ever since. So, what I am trying to say is, there’s a brighter side to life. And regardless of how rough the going gets, you can always say, “this too, shall pass away.” And before you know it, it will be over. The problem will be over. This too shall pass away and before you know it, the problem will be lighter and lifted.

There is also people that will become your enemies. If you read the book of Job, it will help you to understand what to do with your enemies. You know, Job was perfect in his day. It meant that he kept the royal law. He lacked one thing. And he had an awful time until he learned that one thing, and that was to pray for his enemies. When you learn to
pray for your enemies, you have got it made then. If anybody gets in your way, put them on top of your prayer list so high up until you can’t see them until you climb high enough. It doesn’t make any difference. And this will solve your problems. There are answers to your problems. And you are going to need a philosophy of life and a theology of life if you stand this work and stand up under it.

It may be the finest thing that ever happened if you never see the pictures. It may be the finest thing that ever happened to you. I’ll tell you why. I had a number of young people, highly qualified, who were graduate biophysicists. Each would stay with me about 5 to 7 or 8 months and then they would quit. Each one would say, “I wouldn’t have this job for a million dollars a day. I have learned to see the pictures and I cannot take what I see. I cannot stand it.” And some of them, in fact, one of the finest ones I ever had, was a young lady about 25 years old, that worked in the lab for about six months. And she could not take it any longer. She began to see the pictures and she became emotionally involved with every patient. She cried all day. She couldn’t take it. She had to quit the work. So what I am saying, if you never see a picture, you may be blessed. But you can also go by the numbers on the computer or by the number that you were taught and still help them without seeing the picture. I see pictures at times that makes me ill, very ill for a few hours and sometimes for a day or two. I am very hard to make cry, but sometimes I see pictures that I cannot keep the tears from flowing from my eyes because I am so helpless. They are beyond the point of help. The numbers say so. They are beyond the point that I can do anything for them. You know it’s a joy to do things for people. What will hurt you most and what hurts me most is what I cannot do for people. What I cannot do. And remember this, the best diet on earth is not an insurance policy for eternal life on earth. And I have also news for you too. That if you live long enough, all your patients will die. All of them, but you can keep them alive longer and happier and healthier than anyone else. You can do that and this is within your power.

And there is one thing I would like you to resolve to do and I have already resolved to do it. And that is, when I take my vacation in heaven, I do not want to leave this planet sick. I want to leave here in good health. It’s kind of bad to go on vacation when you are sick.

So try to keep these things in mind. And be lifted up. And remember this, there is nothing that God can’t do. And remember this, that no drug has ever cured anyone. Insulin has never cured anyone from being a diabetic. Not one. It’s killed many. There’s no drug that cures any disease. It only delays the time until nature can do the repair work. It does relieve pain a lot. But when you stop to think today, that America is 37 in the list of poor health, of all the nations in the world when we have the finest hospitals, the most money, the very best of everything. America is 37 in the list of poor health (1977). This statistic comes from the insurance companies and also the United States Government. In the amount of dollars and cents and days off of work, the days spent in the hospital, and things of that nature is where it comes from. America has one of the greatest absentee workers of any nation in the world. The greatest absentee. And drugs have failed the American people. They have failed. So, it’s time to use something else besides drugs. I am not against drugs. I am against the abuse of drugs. So when
you wake up in the morning with a headache, the red lights on telling you something’s wrong. Don’t just take an aspirin and cover it up. Try to find out what’s wrong. Whenever Suzie and Johnny can’t get along and they are fighting all day and they are crying and screaming and pulling each others hair, don’t up and spank them. Find out why they are cross. It’s probably because they are constipated. It’s very difficult to have a good temper and be constipated at the same time. Haven’t you heard someone that was rather cross and someone else says to him, you are full of crap. He was practicing medicine without a license. It was true what he said. It was true what he said. So, it’s the truth sometimes that so humorous to us. You know, truth. The gospel truth.

When it’s presented like it is without any fan fair, it’s amazing what we can do when we have the power in our hands, the numbers in our hands and know what to do with them. We can do so much with them. And yet without them we are so powerless, so powerless. We don’t know. So some people want to know, “Why do I have to come into the retreat? Why can’t I do it at home?” Well, the reason is, we do not know where your body chemistry numbers are going to go to. In fact, any diet that we would give them would probably be good 48 hours or less. And then their body chemistry would change and then the diet would be all wrong again. The wrong diet is just as bad as the diet they are on. So, the thing to do is to find out and to watch the diet and the body chemistry change so that you can change the diet according to the body chemistry changes. I wish we never had to have a retreat at all. I wish it was possible to give every person a diet and let them go home and do it and be healthy. But, some of them cannot do it.

So, as we work with people and get them down and start through the withdrawal, they are awfully glad, very glad that somebody knows what they are doing, because when they get deep in withdrawal they are just afraid of one thing. They are afraid they are going to live. Yes, just afraid they are going to live. It is pretty rough going through withdrawal. What is withdrawal? Withdrawal is their body chemistry changing from one range to another. That is withdrawal, a change in body chemistry from one range to another. And that is exactly what it is.

As you work with people, you are going to find people that come in and get a test, they really don’t need to be in the retreat, they can do it at home. You give them a diet to take home and tell them to come back in 30 days or so many days, and they go home and they forget about it completely. In three days or two days, oh yes, day after tomorrow I am supposed to see the doctor again. Then they really get on the program. They really get onto it. They do everything you tell them. And when they get back and you run the tests again, you find that they are in withdrawal. It’s upset their body chemistry. And you say, “You just started on the diet two days ago or three days ago.” “Yeah! How’d you know? How’d you know?” Well sure, if they had started thirty days ago, that milestone would be behind them, you know. And their body chemistry would be in a different range from what it is. But when they only start two or three days before they get there, or two days or one day, then they don’t fool you on this at all. They don’t fool you at all.

Some will come back and haven’t done a thing. Nothing. Not a thing. Haven’t done a thing and get another test and pay their fee. And, you just have to say, I’m sorry, you did
not do what you were told, whenever you get ready to follow the instructions, then do it. Tests without following the rule will not help you. “Doctor, I was just so busy, I just couldn’t get to it.” “Well, what did you come back for?” “I don’t know. You said come back.”

One Doctor that came to one of the classes had only been home a few weeks when this man that teaches Karate and he has a liquor store and a health food store in Pittsburg. He came in and this Doctor called me all excited. His number was at the top of a fatal heart attack zone. He called me and I told him exactly what to do. He said, “Well, doctor, this man is an athlete. He looks like Hercules. Big Muscles. Strong.” He said, “There’s nothing wrong with him. He just come in for a test.” I said, “Nothing wrong with him?” I said, “He practically could die at any minute now.” So, he told him exactly what to do, “Go home and drink so many ounces of water starting at 4 o’clock the next morning and be in at me at 3 o’clock the next day. It was according to his weight.” I said, “As soon as he gets in, you get a test and call me back.” So, he called me back the next day, right on time. No change in the numbers at all. No change in the numbers. So, I said to the doctor, “This man didn’t do what he was told.” He said, “He swears he did and he’s on the other telephone.” I said, “I’m sorry. He didn’t do what he was told.” And he said, “Well he claims he did what he was told.” I said, “Then if he said that he did what he was told, which I don’t believe it at all, you tell him to buy a cemetery lot, make out his last will and testimony and go around shaking hands with his friends and tell them good bye, because he has either a brain tumor that doesn’t show on this, or damage to the vagus nerve. One or the other. There is no chance for him to live 30 days.” And the next day, right across from my desk, there he sat, all the way from Pittsburgh. He drove all night. And there he sat, across from my desk. He said, “I was in doctor so and so’s office yesterday and you’d like to have scared me to death.” He said, “Will you take my case?” I said, “No. I won’t take your case. I’m not even about to take your case. You go back to the doctor.” He said, “Why?” He said, “Doctor, listen I’m scared. I am scared now. I’m afraid.” And I said, “Well, I can’t do you any good. You swore you did what I told you and it didn’t change the numbers. I can’t help you any.” And he was as white as a ghost. I meant he was white. Looking like Hercules now. Big muscles. Athlete. And he was as white as a ghost. I said, “I’m going to ask you one question. If you answer it like I want it, like it is, then I might help you.” I said, “Did you do what doctor so and so said to do?” He said, “No. I didn’t.” I said, “Who are you trying to fool?” I said, “If you had a done what he said, I wouldn’t take the case at all, because you are helpless. Now, then, since you have told the truth, I have a chance to help you.” So, I put him in the retreat for 5 days. And you should have seen the difference. A complete change in personality. Not only that, but he gave his heart to the Lord. He went back and sold the liquor store and now he’s just in the health food store and Karate. Teaching people there. So, it’s wonderful what the Holy Spirit can do for you. Heal you. But he moved completely out of the heart attack zone.

You will notice also the people that’s in the fatal heart attack zone, when they move out of it, there’s a complete change for the better in personality. A complete change in personality. The tension is all gone. There is also, I said that your face is a mirror of your soul. You see people with wrinkles in the forehead and you will find people with a
high urea. Another tell tail symptom that they are in the zone for a fatal heart attack. People with wrinkles in their forehead. So what I’m trying to tell you is, go by these numbers. Go by them. Believe them. They are accurate. And you cannot fool these numbers. You cannot fool them.

Are there any questions?
Those numbers are there because a certain condition exists in your system or the patients system and for no other reason under the sun they are there for that purpose and they denote what is wrong. They denote what is wrong.

And then I want you to learn to be very, very accurate. Very specific. Learn to say exactly what you mean and mean what you say. I had not been married very long when my wife asked me one day. She said, “Would you bring me a spool of black and white thread?” And you know, I hunted that town over for a spool of black and white thread. And finally, I couldn’t find it so I brought her a spool of grey thread. Because black and white makes grey. And I said, “Honey I tried all over town to find you a spool of black and white thread and they didn’t have it so I brought you some grey thread. Would that do?” She said, “Well honey I didn’t mean a spool of black and white thread.” She said, “I meant a spool of black and spool of white.” I said, “Well honey that isn’t what you said.” “You said a spool of black and white thread.”

So, learn to say exactly what you mean. It’s very important. I had that brought home real clear to me one morning down in Blue Ridge Georgia. The maid was in cleaning my room, my office one morning, I was in at 7 o’clock and said, “Would you please take out my waste basket?” And I never paid any more – the phone rang and I got busy. The secretary come in. She brought me a bunch of mail, some of it junk mail. I started to throw it in the waste basket and the waste basket was gone. And there was all the paper piled on the floor. She did exactly what I said. She emptied all the paper on the floor out of the waste basket and took out the waste basket. I haven’t seen it since. She did exactly what I said, but was I surprised. So I learned then to say, “Take out the paper in my waste basket and bring the waste basket back.”

Learning to say exactly what you mean is very, very important. Now this really happened. You can’t believe it really happened, but it did happen. And I am still teased about the waste basket down there, which I enjoy.

Most people that have high blood sugar drink a lot of water already, but they do not drink it systematically because nature is trying to wash out the sugars but they are not doing it with the rhythm enough. They drink too much at one time and it doesn’t go to the tip end of your toes or down to your fingernails. It doesn’t matter what you weigh. Whether you weigh 100 pounds or 300 or 400 pounds. Generally 4 ounces every half hour of water or lemon water will go to the tip end of your fingernails and wash out the carcinoma cells and cleanse the temple, purify it. Make it beautiful and clean again. Every half hour. Until you drink half your weight in ounces each day. Divide your weight by two and call it ounces and that’s how much water or lemonade you should drink each day. Yes? (unintelligible question from student) Oh yes, you can have more if your like. If you wanted more, yes. Or you can drink it as you need it. Now here is a very important factor. The water you sweat out doesn’t count. You sweat out. It goes out in sweat. You have to drink extra to make up for it. Your refractometer will tell you how much extra to drink. (unintelligible question from student) Yes, it does, but if you drink it systematically like I have told you, it won’t. It’s too much at one time that does that. It’s too much at one time. You are not supposed to drink if you are ill. We’ll get into vitamins at a later moment in time to deal with this.
We are dealing tonight in a cause and effect. Cause, there is an effect of every cause and a cause of every effect. If your body is working perfectly that sugar will sit right on 1.5 twenty four hours a day and won’t go up or down. It’s automatic. It doesn’t matter how many potatoes you eat or how much sweets you eat or what time of day you eat it or anything else. And remember one thing, that we are talking about diets for sick people. We are not talking about diets for log rollers and bulldozer drivers. We’re talking about diets for sick people. People who are ill.

(unintelligible question from student) If they are, then this applies to them, but if they are not, they won’t. They won’t be a log roller very long if they are very sick because they can’t roll the log. Yes? (unintelligible question from student) That is for healthy people also. Yes? (unintelligible question from student) – No. Just later in the day. Just go later in the day when it’s cooler. (unintelligible question from student)

Now then, we are going to put on the board. Laverne is, how to make out a diet card. A laboratory analysis card. She’s going to put it on, how to fill out a card. Please pay attention to every word. Record it exactly or you are going to do it over. Please pay attention.

**Laverne:** Okay in the left hand top corner, you want to put the person’s last name. And then the middle initial, the given name or first name, and then whether it is a Miss or Mrs or Mister.

**Reams:** (unintelligible) I know it’s hard to tell them apart, but not that hard.

**Laverne:** Okay in your far right hand corner you want to have the phone number. Next line down, you want the address. The street, address, and apartment. Next line down you want the state. City, State. Sorry, city first, then state and then your zip. Okay, now you are going to skip a line and you want the person’s age, height and weight. Okay, as I mentioned before, you have your name, street and address in the left hand corner. You have your telephone on the far right. You have your age, height and weight equalized across the card. You don’t want it grouped up in one little spot. You want it spread out across the card. And you do not have to put age, height and weight. You just put the age, height and weight. You do not have to write it out because when you call it in or something you just call it in. You don’t have to say this is age, this is the height, and this is the weight. You just call it in what it is. Okay. (unintelligible question from student)

I haven’t gotten to that yet. You drop down another line and you will put the date in the far left hand corner. You skip a line here and you skip a line here. You will put the date of the test to the left and then you will skip over just a little space and start your sugar. Put your sugar reading down, your pH. The pH is written with a straight line, top and bottom unless it’s a second test. The second test you will probably just use an X. But your first test, make sure that line’s straight. Then you will put the saline, the albumen, and the urea. The urea is also used with a straight line. You do not fit the line at an angle it has to be straight. Okay, then you will skip a line and you will start with the right eye. And you will record those numbers which will be shown to you later and then you will skip a line if you have room and then you put the left eye. And that’s it.
Reams: There is a reason for doing it exactly alike every time. Yes? --unintelligible—Yes. Yes? –unintelligible—There is a reason for having every card exactly alike because if you are going to shift them around and move those numbers all around, you’ll never see the picture. You’ve got to have them exactly alike every time so that one glance, you can read the whole card.

Now about the eye numbers, I want to start telling you something about it and we will tell you again. If all of the blood vessels in the eye were stretched out end to end in one eye, they’d tell us that there would be 80 miles of them. The least bit of carcinoma cell. The smallest amount that is not washed out of the system by drinking sufficient amount of fluid, dilates these blood vessels in the eye. And you will see whether or not nature is cooperating with you or not. This is the purpose of the eye numbers. You who are using the computers, it will not talk to you unless the eye numbers are on there. You’ve got to have the whole thing. The whole thing or else it will not give you any answer back. So please get everything on recorded on the eye numbers and completely. They are not hard to make and you will be taught how to do it. Now I would like for you to practice some tonight after you get into your room, in doing this.

Every time on the last day, they come up with it wrong and we will not read your card unless it’s recorded exactly as its said here. There is a reason for it to be done like this. Even whenever you go back home its still to be done like this. And the purpose is eventually you will be able to see some pictures there. We’ll begin to pick up some patterns before this course is over. And then you will begin to see the importance of it. But if you’ve got to hunt all over the card for any number or if that line is a slanted line, it becomes a fraction and it means something else.

When that urea is 3 over 3, that is not a fraction. The top number is nitrate nitrogen and the bottom number is ammoniacal nitrogen. Nitrate nitrogen, the top urea number is nitrate nitrogen. And the bottom number is ammoniacal nitrogen.

There is only one saliva reading on there and it’s the bottom number of the pH. Now remember this about the importance of the pH reading of the saliva. The pH of the saliva equals the pH of the liver bile. It’s quite constant. Now, let’s suppose that we have a very high pH. And we put food in our mouth and the saliva I am speaking about. And then it coats our food and we swallow it. And then it goes into our stomach with a high pH equal to that of the saliva, the liver bile. What’s going to happen is there your food is going to digest very, very, slowly. Very slowly. And you are asking for a good case of constipation. Now let’s suppose that the pH is real low. Say 5.20 or 5.30 or 4.80. The saliva, I am talking about. And then you eat food. Saliva surrounds it. It goes into the stomach with a low pH saliva that is from the liver. Then you’ve got an acid against an acid plus the alkalis that’s in your food. The calcium, the chlorine, and the potassium. It’s going to break through that coating and you are going to burp, burp, burp, burp gas. If you have a low pH saliva and that would mean the hydrochloric acid, so to speak, would have a lower pH and then you eat food that is acid, you’ve got not one acid, but you have got a triple acid there. Consequently, the calcium’s, the potassium and the chlorine in the food is going to finally break through the coating and when it does, gas is
going to form and you are going to burp, burp, burp, burp, because your body chemistry is out of ratio. The proportion isn’t equal.

Now, the pH of the saliva and the urine should be 6.40, even though some of the books say 7.20, 7.40. That isn’t correct. You find someone with a 7.20 a 7.40 pH and you’ll find person’s with gas and ones that need a colonic.

And one of the finest fruits in the world to eat to prevent constipation is a pear every morning for breakfast. They say a pear a day will keep the colonics away. It’s rich in magnesium. It’s very rich in magnesium and it – Yes? (unintelligible question from student). It’s better than nothing but the fresh pear is best of all even though it’s hard or crisp. It’ll still work. The magnesium is still very active in it.

So here we see cause and effect. Cause and effect. If your body is acid, you should not eat citrus fruit or real acid fruit for breakfast, but if it’s alkaline, then you should eat acid fruits for breakfast, the juices, and so forth. So these are principles of cause and effect to give you more energy out of the food that you eat. (unintelligible question from student) Generally. Generally speaking. Yes.

**Vitamin D for acid body chemistry**

Now, people that are dying with cancer have highly acid bodies, and one of the first things that you want to do is get that pH up. Vitamin D is the finest way in the world to make calcium’s available to you if the pH is below 6.40 or even 6.00. Actually, I stop giving vitamin D about 6.00. When the pH is about 6.00, and it’s an excellent thing to keep in mind to try to keep that pH up to 6.40 or above if you can. Keep it as near 6.40 as you can. And as these numbers begin to come toward perfect, you know then that the patient is improving, is getting well.

One thing I want to tell you about people who are seriously, seriously ill, they are almost like a vegetable. They don’t seem to care whether they live or die. No fight in them. But the first day you go into see the patient and they chew you out from top to bottom, rejoice and be exceedingly glad for that day you have won the victory. That day you know your patient’s going to live. They care. They are beginning to fight and they really care. So nothing makes me so happy as when a patient chews me out that has been seriously ill for a few days because I know that patient is going to get well. They care. They begin to take on life. Their adrenalin glands are flowing.

**Case: The client who had nothing wrong.**

I’d like to tell you about a patient that we had though, brought in on a stretcher, a lady in her 30’s. And whenever the person that tested her, read her numbers to me, I said there is nothing wrong with this woman. Nothing wrong. I can’t see anything wrong with her. But since she is bed ridden, has to have a bed pan, has to be fed, cannot wait on herself, I don’t understand. I cannot see why this has to be done. Send her down to the retreat and
let me study this case. So they sent her down. Sent her little short cute Amish nurse with her, that was much older. Old enough to be her mother. And for three solid weeks, we watched everything that she ate, everything she did. Had to be bathed. Had to be fed. Couldn’t go to the bathroom. Had to be everything done for her. Her tests was showing practically perfect. Almost absolutely perfect.

So I said to the chiropractor one day, “I want you to go with me to see this patient.” And as we walked over to her room, I said, “Don’t pay any attention at all to what I am going to say to you today because what I am going to say to you is for her benefit and not yours.” And he understood. He was a young man in his 30’s. So I went in and I began to describe this patient’s symptoms. And I said, “She remembers whenever she was possibly a baby in arms or may have some memory when she was still back in the womb before she was born. And she remembers how cozy and comfortable she was and she is trying to get back into this position. She does not care who she has to kill just so long as she carries her point. She doesn’t care how much trouble she puts anyone through. There’s nothing in our tests to indicate that there is anything wrong, but yet she insists that everything be done for her. And I went on like that for about 30 minutes. I was trying to make her angry. I berated her in every way I could, talking to this Chiropractor Doctor. Finally, I saw some tears coming out of her eyes and I went outside to leave because I couldn’t make her angry.

This dear sweet little Amish lady about 4’10” tall followed me down to the other end of the room and she shook her finger right at my nose and she said, “Dr Reams, I want you to know I don’t like what you said to that dying woman.” And I said to her, “Do you really want to help that woman in there?” She said, “I certainly do.” Would you do anything in your power you could for her? “I certainly would.” Alright, I want to tell you something now. You may think I’m wrong, but let’s just try an experiment. Now, this person couldn’t hear it. We was to far away for her to hear it. You go in there and you tell her, “That the Doctor was right.” And she’s going to start to tell you, “That the Doctor don’t understand. He don’t comprehend. He don’t know what he’s talking about. But you say, “Yes he does know.” And let’s just try it for 24 hours. And she did just exactly that. And do you know what happened? She got up and dressed and went to supper that night and went home well in three days. Three days.

So mind has a terrific power over our being, but sometimes it takes the wisdom of Solomon to zero in on it. I believe that diet has more to do with your thinking than your thinking does with diet. Of course, you’ve got to choose your foods. But if your diet isn’t right, it’s very hard to think right. And very sick people are incapable of making up their minds as what is best for them. They must be told in no uncertain terms what to do. Of course, they don’t have to do it, but then you are not responsible. You are not responsible because very ill people do not know what is best for them. And if you will be very firm, lay the law down, in no uncertain terms, and go by the numbers, you will find that people will admire you much more. You do not have to scold. You do not have to raise your voice. But, you do need at times to be very, very, firm.
Case: A client who wanted RBTI training explanations

I had a lady come in not too long ago, that when I went in to see her that morning, she was really armed for me. She had her chart right before me and she says, “Doctor what does that number mean?” And I told her, “Then what does that number mean?” And I told her and “What does that number mean?” And I said, “Now listen. Wait just a minute. You got me entirely wrong. You got the whole idea wrong. You came here to get well. And after you get well, you take the course. You’re not here to take a course in health. You are here to get well.” And I barked at her real good. And you know, she calmed down and became one of the sweetest souls you ever saw. But she was a cat on wheels before that. She gave everyone just problems going and coming. But, there are times, when it’s not necessary for you to explain everything there is on the card to anybody. If you do, you won’t have any time for anything else, you will not have time. So you simply say they tell me what to give you, or what diet you should have, and just don’t go into all the detail. We have no objection of anyone copying their card if they want to. But most of them only copy their number and later they call me and say or meet me somewhere, “Doctor what is my…. Tell me about it…” They’ve only copied one line of numbers. They’ve left off the age, height, weight, address, telephone number and everything else. Eye numbers and all. And I said, “All your information is not there.” “Well I copied it off of the card.” I said, “But I know there’s a lot more on that card than you copied off.” Then they’ll go back to the card and they’ll copy it, but they won’t copy it and won’t copy it correctly. Then they will come back to me and say, “Here’s my card now.” Maybe a day or two later. “Tell me what it means.” I said, “You didn’t copy it correctly.” “Oh yes I did. I got everything that was on the card. It’s there.” I said, “I know but you didn’t copy the card correctly.” I said, “That card is copied exactly. Don’t you bother me about it.” “Well I don’t see what’s wrong with it.” Well I said, “Well, if it was right, I would tell you.” Well they’ve got the age in the wrong place, the height in the wrong place, the date out of place. They have slanting lines instead of straight lines. And it would take a Texas lawyer to figure out what it means. So what I am trying to say is, make every card exact and you will begin to see the picture. The light will shine through. So these things that you need to work on is being perfect about the little things, the teeny things in life. The very smallest detail, pay closely attention to them.

Diet Rules for Children

Now I’m going to give you a few rules about diet for children. Children should not have meats until they’re twelve years old. No meats because their gastric juices are not strong enough to digest them. And if you give children meats before that age, you are just asking for doctor bills. Children should not have raw nuts or nut butters or any other kind of nuts until they are eight years old. They cannot digest them even if they chew them well. Now they may have coconut and Pinole nuts. They may have those three at eight years old.
And if you want to raise healthy children you’ll see that these things are done. And at
eight years old (sb twelve years old) they’re old enough then to begin to digest the meats.
(unintelligible question from student). Pinole nuts p-i-n-o-l-e. What’s that?
(unintelligible question from student). Twelve years old they are old enough to digest
meats, but at eight they can digest some of the nuts. I don’t mean a whole lot of them,
but I just mean some. My children were raised on that plan. And no doctor bills. No
cavities. No illnesses. No days missed from school because of illness. That pays of now
then hundreds and hundreds and hundreds of children and babies were my patients and no
illnesses. No cavities. Perfect teeth.

So what I’m trying to tell you is this, and you say but where do the children get their
proteins from? Well where does a cow get his proteins from? Where does a horse get
their proteins from? The meat companies would have you believe that the only place
there is any protein is in meat. That’s not correct. There’s protein in everything. Protein
is the “N” factor in all of the vegetables and fruits. Now children should have lots of
fruits, lots of raw vegetables, lots of salads, and the soybean products. And by the way in
the morning at breakfast time there will be Stripples over there. There will be Prosage,
which is soybean sausage. It’s very, very good. So what you need to do is to try out
some of the soybean products. And they are absolutely delicious. I remember 30 and 40
years ago when they first come out, 30 years ago. And some of them was fully delicious
as vulcanized rubber. But today they’ve improved on them greatly. About the only way
you could eat them then was to make an egg and onion batter and dip them in it, fry them
in oil, in Missoula oil, and then take them and put them on the table, eat the egg and
onion off them, and then throw away the, whatever it was, the Steaketts or so forth. But
today they have improved on these foods and they are really good. So, learning to
prepare foods is excellent.

**Dealing with constipation**

Also, there’s an old proverb I want to call your attention to. And that is throw away the
frying pan. Throw away the frying pan. Now that proverb was good a hundred years
ago, but it’s out dated now. It’s completely out dated. It’s no longer true at all. And the
day it was made all they had to cook with was hog lard. But today, we have the
wonderful vegetable oils to cook in and bring the frying pan back. And have fried foods
occasionally. And it keeps the system oiled real well. And you won’t have a
constipation problem. And when everything else fails to constipate you, you just got to
be constipated, eat a lot of cheddar cheese. If that doesn’t work, eat some wheat
spaghetti, or wheat macaroni, or wheat shells. If that fails, then eat a lot of peanut butter.
And all three of them will really stop you up. And then you’ll become a colonic
candidate. So, this is how to get constipated, so if you’ll remember these things and put
them in reverse then your elimination should be improved greatly.
Gelatin sources

One of the great causes of constipation today is that we do not have enough gelatin in our diet. Used to, we used to have soup bones, with stew meat with bones in it, and bones are rich in gelatin. Meat bones, Lamb bones, and so forth. But today they took all the bones off to sell to the dog food companies and we just get the meats. So they’re lacking in gelatin, those who eat the clean meats. But then there’s the Agar Agar that you can take and add to any kind of juice. And it’s a gelatin. You can also add Knox Gelatin to the fruit or to a fruit juice and so forth. You can also use Flax Seed. Also use some Millet each day. A little Millet. And all these are rich in gelatin.

Now the gelatin mixes with the undigested foods that pass on out through the Colon and prevents it from becoming gummy and sticking to the Coli in the Colon, the fingers in the Colon so to speak. So as we then begin to eat more of these gelatins, then we have less and less constipation problem or slowness of bowel action. So try to follow these rules in making diets for your people.

No-No meats.

Also remember the no-no’s in the meats. You will find the clean meats in the eleventh chapter of Leviticus (in the Holy Bible). Find them there. And also read it and find out what the clean meats and the unclean meats are. When I was a young physicist I wanted to know why God said that pork was unclean. I reasoned that in the day in which this was written back in the time of Moses, that the hog was a scavenger. It hung around dirty places in Leper colonies and everything else, but today we kept the hog in parlors, screened in and he was a vegetarian and it just isn’t possible for a hog to be bad, but God still said a hog was unclean.

And I did seven years of research on the unclean meats, mostly pork, and I learned that in one gram of lean meats, the calories were about the same. I found very little difference to distinguish the difference between the clean and unclean meats. But after I had been working on it for seven years a man walked into my office one day, a client of mine, and he said, “The doctors have just told me today that I have less than a year to live. A year at the most. Medicine has failed and you’ve got to help me. You’ve got to do something for me.” And he was younger than I was a little. Two or three years. I was in my mid thirty’s or a little later. So I said, Okay, I want to give you a gram scale. You take it home. I don’t care what you eat. You weigh it out on this gram scale, how many grams of food you eat. I showed him how to use it. And I said, every day at two o’clock, I want you to come in to the lab. Every day he was there at two o’clock. Every day he ate pork, down went the energy. Every day he ate the clean meats, up went the energy. Only I was measuring it in ten thousands then and not larger numbers like I am now. And I found out then that pork digests in an average of about three hours and the clean meats takes a time of about eighteen hours. Whenever the meats digest too quickly they burn up your cells too fast. And you grow old too fast.
I have seen people come into the lab between thirty-five and forty-five years old. They looked like they were in their seventy’s. I took them off the unclean meats and in six months they even looked younger than their years. So, eating pork is like putting high test gasoline in a car that’s not built for it. It burns you up too fast. It makes you grow old too fast. I’m not sure about pork keeping you out of heaven, all the unclean meats keeping you out of heaven. But I do believe, and I’m quite sure that it’s going to get you where you are going a lot quicker.

I want to read a scripture verse here about the pork. It’s found in Isaiah the sixty sixth chapter and you can form your judgment after that as to what it means. Isaiah 66:17. It says they that sanctify themselves. Those people that says it doesn’t hurt to do this or it don’t hurt to do that. Or somebody else does it and I can do it too. And purify themselves in the gardens, behind one tree in the midst, in other words, if Mr. So and So does it, in other words its speaking about a tree. He shall be like a tree planted by the rivers of waters, then if he does it then I can do it. In other words, making excuses, following the leader. Eating swine’s flesh, and the abominations, and the mouse, shall be consumed together, thus sayeth the Lord. Another version says, shall be consumed of the lake of fire. Another one says, shall go down in the grave to a premature and early death. So, I don’t know exactly what it means. But I’m telling you it bears out the fact that the unclean meats will burn you up a lot quicker. Make you grow old too fast.

Tuna fish is unclean meat. It’s a skin fish. Cat fish is unclean meat. All pork, ham, bacon, sausage, is unclean meat. Shrimp, scallops, crab, are unclean meats. These are all unclean. Ah, questions? Yes? (unintelligible question). Lobster. Yes. All of these are unclean meats. All shell fish. All shell fish. Now. Yes on the crab meat are all shell fish. And there are others too. Yes.

Fins and scales you may eat. This you may eat. For instance, bass, brown, trout, pickerel, blue gills, ah, mullet, halibut, salmon, sardines, are all scale fish. All these are scale fish. Yes, all these are scale fish and there’s many more. Now mackerel is a skin fish. Blue fish is a skin fish. Rock fish is a scale fish with fins and scales. Drum fish are scale fish. So these are things that you’ll want to know about foods. And this health book that I told you about this morning has all this listed in it. Yes? (unintelligible question from student). Well I found vegetarians just as sick as anyone else. Just as sick. And the sickest, some of the sickest people in the world I find are athletes. Some of them are athletes or ball players. They really are. They are in bad, bad shape. So, yes?

**Tape 5 – Side B:**

Wonder how you have eaten it over the years. Meat should always be cooked well done and never rare. It should have all the fat taken off of it. No fat what so ever. Yes? (unintelligible question from student). Let’s read that verse and see what it says. (unintelligible question from student). Let’s read that verse and see what it says. I want to read it to you and see now, there again it comes back to the black and white thread again. Word for word. And that’s Timothy fourth, First Timothy. Now listen to these words. Now the spirit speaketh expressly that in the latter times some shall depart from
the faith giving heed to seducing spirits and doctrines of devils. Speaking lies and hypocrisy. Having the conscious seared with a hot iron. Forbidding to marry and commanding to abstain from meats which God hath created to be received with thanksgiving of them which believe and know the truth. Those meats, those meats there are found in the eleventh chapter of Leviticus. Those are the meats that God made to be received with thanksgiving.

Now listen to the next verse. For every creature of God is good. It didn’t say good to eat. It just said good. And nothing could be refused if it be received with thanksgiving. Can you refuse anything that God hasn’t blessed with thanksgiving? He never blessed the hog up in the verse above it. Not at all. Do you see what I’m saying? (unintelligible from student). If you want to eat pork out, you wouldn’t. But if you’ve come to know the truth, then you will. Because this is what it is referring to there. No Jew would think of eating unclean meats.

Student: I think there’s a difference between what you are saying Dr. Reams. I think what you are saying is right. In that those things you are telling us not to eat aren’t good for us. I’m simply saying that I believe that Christ said, that if we wanted to eat it, it’s not a sin. That’s the point I was trying to make.

Reams: Well I don’t think eating meats will keep you out of heaven. I think it’s going to get you where you are going a lot quicker. The unclean ones. That’s what it says and it will bear it out. You will see this come to pass before your eyes. The people that eat the unclean meats really, really, are the sickest people on earth. And I have never seen a person that kept pork and raised hogs long enough, that his face didn’t begin to look like a porker. Now he’s made his entire living from raising hogs. You look like what you look after most of the time. Now there’s some pretty good looking porkers. Don’t misunderstand me. Yes? (unintelligible from student). What’s that? (unintelligible from student). 1 Timothy 4, verses 1 through 4. Which God has made to be received with thanksgiving. It says that. Take it word for word, precept upon precept. And you will find it is referring back to the clean meats that God has blessed for our use. Yes? (unintelligible from student).

Well if our vegetables today had all the nutrient in them that was needed, I think it would be a different story. But our vegetables are more depleted today than some of our meats are. In other words, a lot of our foods are terrifically depleted in calcium, iron, zinc, manganese, and so forth. (unintelligible from student). Some people have to eat meat, ys. Yes? (unintelligible from student). Whenever your pancreas and liver is not digesting protein, it doesn’t matter where it’s coming from. It builds up in your system and you become a candidate for a heart attack. (unintelligible from student). Go by the numbers. Your energy rating determines about, determines whether or not you should. Your energy rating tells you whether or not how much meat to eat. For instance, suppose that you had an energy rating of 20. You better not eat any meats at all.
Case: Stubbornness leads to death.

Let me tell you about a person that came in one time 75 years old. Or 74 years old, and he only had a week to live. He had been operated on a month before and told he only had 30 days to live and there was only one week of that left. And his whole abdomen from the spleen down was just utterly eaten up with cancer. I mean it was cancer. It was beyond carcinoma. We put him on a diet and baby food. He was too weak to go on a three day fast. And weeks passed, finally a month past, two months past, and three months past and he was walking a mile and a half. Excellent, feeling wonderful. He was a retired minister. And he come into my office one morning, he and his wife, and said, “Dr. Reams I want you to dismiss me today.” I said, no, I won’t dismiss you today. However, this is not a prison. If you want to go home. You may, but I advise you not to. I said, “I know why you want to go home.” I said, “You are tired of this baby food that we are feeding you.” He said, “I sure am and I can’t take it another day.” I said, “My friend, if you go home and eat what you want to eat, your intestines are so weak yet until it’s going to rupture them, and you’ll be buried in two weeks.” I said, “You’ve got to stay on this baby food for three more months, or you will not make it.” And by that time, I meant just like a little infant baby because I said your intestines did not all heal alike. They did not heal evenly. They healed more in some spots than others. And this was the small and large intestine. So he said, “Well I’ve decided to go home.” Well I stood up and shook his hand. I said, “Good bye. This will be about the last time we will ever meet in this world if we ever meet again.” And they did. They went home. The next morning he ordered bacon and eggs for breakfast. Before the day was over, he’d ruptured. He was in the hospital and he was buried two weeks to the exact day. Now that is suicide. Couldn’t wait three more months. That is suicide. No reason for it. No reason, except stubbornness, stubbornness. So when we tell you, I mean go by the numbers, you better believe it, you better believe it.

Case: Learn to figure the energy and you will know how much time a person has left.

In 1961 in January, I was in Manheim Pennsylvania and tested a man. And his wife had been a patient for about a year. She had cancer and was nearly dead and had gotten well. In fact she was able to be working again. And he was 47 or 48 years old. And he was in the zone for a heart attack. Way up in the zone for a major heart attack or edge of a fatal heart attack zone. But he still had an energy rating up in the 50’s. And he said, “I come in just because my wife wanted me to.” But he said, “There’s nothing wrong with me.” So I said, “No there’s nothing wrong with you except that you are in the zone for a fatal heart attack or at the top of the zone for a major heart attack.” He said “doctor you are all off your bases. There’s nothing wrong with me.” So after about two hours, he went out and came back and he said, “I want to ask you a question. If I do absolutely nothing about this, how long…” No he said, “If I do what you say. If I do what you say, how long will I live?” So I said, “That’s about all I find wrong with you. And I see no reason why you shouldn’t live to be a ripe old age.” He said, “If I don’t do it, how long will I live?” And I figured for a few minutes and I said, “36 months.” And three years later, I
was up there exactly, I mean the exact same month only 36 months later. And his wife came in and she said, “Doctor, you were right. You missed it three weeks. My husband lacked three weeks of making it.” So what I’m telling you on these cards is, “You are dealing with energy.” And just like you can know how many gallons of gasoline will take you so many miles down the road, when you learn to figure this energy, you’ll know what you can do.

**Case: Sometimes, the numbers show nothing can be done.**

I’ll tell you one more story that happened in the hospital in Orlando. The head technician in the laboratory there, his wife was in the hospital for cancer. And I was asked to go over and make a test on her and I did. And I made a test in her room after the nurse had made the specimens, got the specimens and everything ready. And she was about the jolliest soul I ever saw. She didn’t even look sick. She was just, looked the very picture of health. But yet, when I got the test, I was so shocked to have found out what those numbers said. They said, they showed to me that the cancer had entered the spine already and that the lower organs had started to collapse. So I went out and I said to the nurse, in one hour I want you to give me another test, another specimen. I said you may have to use a catheter to get it. And she said, well I don’t think so. I said, well anyway, I want it if you do have to use a catheter. So sure enough, the nurse come out and said, you were right. I did have to use a catheter. She said that, “This is the first time that we had to use it.” So I run the specimen again and I found out this. That that cancer was moving up the spine at the rate of one inch per hour. Now this is what the test showed.

I went down to the laboratory to where her husband was in the hospital. And I said, “Is your doctor on the floor?” He said, “He’s just signed in.” I said, “Have him come down. I’d like to see him.” And he came down there. I said, “Doctor, I just completed a test on this man’s wife. I knew him real well.” And I said, “Doctor we’ve lost a patient.” I said that “she has less than 40 hours to live.” And I said, “I’m really lenient when I say 40 hours.” I said, “The cancer has entered her spine and it’s moving up her spine at the rate of an inch an hour.” He said, “Doctor Reams, you’re all wrong. You’re all wrong.” Said, “She’ll be here for months.” I said, “No doctor, she won’t.” I said, “She won’t be here.”

There was the poor man standing there watching two doctors argue how long his wife would live. So, I said to him, “There’s nothing that I can do now. And there’s nothing that this doctor can do, but I tell you what I want you to do. When your wife passes, please give me a ring at any hour of the day or night.” I was in my room, I mean my home between 4 and 4:30 the next morning, which was 19 hours from the time that I was in the hospital. The telephone rang. And it was this man. He said, “My wife has just passed. You were so right.” Now proving a thing to doctors does not sell it to them. You prove something against their will and their of the same opinion still. So, what I say is, do your thing for the glory of God. Be found working for Him. Be found busy. And be not ashamed of the truth. Seek to know the truth and the truth shall make you free.
Did you have a question? (unintelligible from student). You’ll get that probably in the ninth course. Nine. Yes? (unintelligible from student). You’ll get that in the ninth course. We don’t put that on the card as a regular thing. It’s not important unless it get’s down below 40. Yes? (unintelligible from student). We do not take the medication away that’s given by a medical doctor. We tell the patient to take it as long as they need it.

**You’ve got to stop and do nothing for a few days for this diet to take.**

Here’s another thing that people do. They know they’re coming in. They’ve heard the story about we’re going lemon juice and water, so two days before, or three days before they get there, they go on the lemon juice and water. They do everything they’ve got to do. They’ve packed and got ready to come. They mowed the yard. They fixed the flowers. They’ve fed the chickens and they’ve done everything else. The time they get down there, their body chemistry is in such a state of confusion we don’t know where or what to do. So we just put them on a regular diet for about a week until their body chemistry gets to where we know what to do with it. And then, we put them on the fast. And it causes them to stay an extra week or more because we don’t know what to do with them. Because this diet will not take on people with a critically, with a critical condition unless you stop and do nothing. It will not take. You’ve got, there’s a whole lot to it. In order for your reserve energy to begin to gain, you’ve got to stop and do nothing for a few days. And for that reason more people get well in the hospital because the rest does them more good than the drugs.

**Not a good idea to try different things before you seek the help of an RBTI consultant.**

And I saw in the paper a few days ago, a list of hospitals that were feeding TV dinners. I also saw in the paper, I say the other day. It was three or four years ago. I quit reading the devils bible about that time. Also, I saw where a man sued his wife. No. See his wife sued her husband for a divorce because he hit her on the head with a TV dinner. And the judge said, that’s not grounds for a divorce. Yes? (Unintelligible comment from student). Yes. Yes? (Unintelligible comment from student). Well, it’s like this. Whenever they take on being their own doctor, why do they come in the first place? We prefer them to come without doing anything more than we tell them because they get their body in such a state that we have not any record of the last few days or what happened to their body chemistry. We don’t know whether they’re through withdraw, going into it, coming out, or what not. So, there is a pattern you got to know and you’ll be shown some of these patterns in this course. And unless you know what that pattern is you’re at a loss, a complete loss to know what to do.

The next part of our program is this. Where do we go from here? Let’s go to bed. (laughter from students).
Morning Devotions (and more).

If you have a bible, if you will turn to Amos 3:7, you will find these words: Surely the Lord God will do nothing, but he revealeth his secret unto his servants the prophets. (KJV). You will find that verse there and all you have to do for knowledge is to study books and go to teachers, but for wisdom, you go to God. In the book of Genesis, the very first words in the book of Genesis, it says these words: In the beginning God. In the book of Revelation it tells you when the beginning was. It says, I am Alpha and Omega, the beginning and the end. Now the next words in the book of Genesis: God created. Now, that changes the whole picture. Not the beginning of God, but the beginning of this dispensation in which we find ourselves. God created the heavens and the earth, this planet. Suppose that the next number of days, weeks, months, or years, you should appear before Saint Peter. And he should ask you, what constellation are you from? Do you have any idea? Do you know where you live? So many people don’t even know in what constellation in which they live? The Great Milky Way. We are just one of the little solar systems in The Great Milky Way. How small we are, how small. Yet, in that first chapter of Genesis, it tells us about a span between two eternities. The book of Genesis begins with a garden and the book of Revelation ends with a garden. To begin with a garden of life, something happened. And it became chaos and mixed up again. Not water and land, but rules against rules, confusion.

Mr. Eisenhower said when he was president, when the problems of this world is solved, it will be solved from outer space. Meaning that God would have the answer. So, I want to talk to you about Adam and Eve in the garden this morning. Adam and Eve, Adam was made in the image of God, in his likeness. On the very same frequency you and I live on, very same one. In the image of God and many people think that Adam and Eve, in the garden were naked. They were not naked. They were clothed in light. It tells us that in the book of Psalms, clothed in light. They were not naked until they fell, until they sinned. And then God used the sword of oxygen to drive them out of the Garden of Eden. Oxygen, the element Oxygen is known as the sword. The difference in the anionic body and the cationic body is that the anionic body does not need Oxygen. And the cationic body does need Oxygen.

Before the fall, man did not need to breathe Oxygen at all. He had an anionic body. He did not have any blood. And when he ate food it didn’t digest like it does today. He didn’t have eliminations like we have. There was no decay. The trees were anionic. Everything was anionic. And his body was anionic. And Adam was the biggest farmer that ever farmed this earth. The largest one. The farm in the Garden in which Adam and Eve were in charge of was about five times the size of the mainland of the United States. You will find that in the fourth chapter of Genesis. Get your atlas. Look it up on the map. And it’s a terrifically large garden. And yet he could move all about all over that garden every day. Without any airplanes. Without any automobiles. Because anionic bodies are not limited by time and space. But when Adam sinned and he was driven from the Garden by the use of Oxygen, then the Oxygen created blood. It created death. When man began to breathe Oxygen, or any other time that man begins to breathe
Oxygen, or anything comes in contact with Oxygen, that day it begins to break down. That day it begins to die.

Well Adam and Eve in the Garden did eat fruit. And the fruit, when they ate it, went off as heat and electrical energy. There’s some very phenomenal things about this anionic body and that is, there is no time in an anionic world. But in a cationic world there is time because something is coming to an end. Time only denotes that there’s an end to it. Time denotes that there’s an end. And if there wasn’t an end, you would not need time. You can have rhythm without time, but you cannot have time without rhythm.

So, in the song when the roll is called up yonder and time shall be no more. Remember that song? Time shall be no more. It’s true. I’m sure that the man that wrote that song was not a physicist. Just the Holy Spirit held his hand and put it in his mind to say that, but not there, there is no time. So, you hear the question asked, was this world or this earth created in one day, or a thousand years? If there is no time, whatever has to be done, has to be done now, instantaneously. There is no difference in yesterday and tomorrow and today. It’s all one in the same thing, exactly the same.

So, this is how great God is and how great this thing that we are studying about is. One of the most phenomenal things that I know of, that our bodies now are cationic bodies. Are limited by some 284 different glands. And at certain ages, certain things happen. And we become born, then we become little boys and little girls, then intermediate boys and girls, then young men and young women, and then adults, and then we grow old and fade away.

So, this is the cationic body. But the cationic body has a temperature of about 98 to 99 degrees Fahrenheit. But an anionic body, the kind Adam and Eve had in the Garden of Eden, had a temperature of 980 degrees centigrade and they were perfectly comfortable, perfectly comfortable. Not even hot at all. Now the bible has much to say about this. When Shadrach, Meshach, and Abed-nego was put in the fiery furnace and the fire made seven hundred times hotter, they saw a fourth being walking in the fire all night. That being came down and turned their bodies into an anionic body. And they were perfectly cool. They were not even hot. Not even uncomfortable. The next morning when the door was opened, three men walked out, but the fourth one did not come out. The Lord Himself came down and protected them.

In the book of Revelation it’s said that Hell is fire and brimstone. Well brimstone is only Sulfur. Burning Sulfur is fiery Hell according to the book of Revelation. Sulfur burns at 720 degrees centigrade. The Saints will have a temperature of 980 degrees. They can walk through Hell and not even be hot. Be comfortable, perfectly comfortable. How wonderful these anionic bodies. These anionic bodies will not have to have bowel movements or tears or death, or there’ll be no more specimens. There’ll be no more lemon water. There’ll be no more green drink. Perfect in the image of God.

I’ve only let this peak through the key hole this morning to this great subject of our anionic bodies, not limited by time or space. This also, as doctors working in this field,
and as Christian laymen, you’re going to find at times it will be necessary to try to comfort the family of one who has departed. Try to give them a picture that if that person was making a trip to the Holy Land, they would not be sad. They are going to be with Jesus and they should rejoice. Sure we’re selfish. Sure we’re going to feel bad about missing our loved one. It’s our selfishness that hurts, not the loss of a loved one. Did you know that? It’s our own selfishness, it’s that what hurts us. The thing that we are not willing to give back to God what He has loaned to us for a short time.

Also, if they were making a trip to the Holy Land and not wanting to come back, you’d want to know about what the sea of Galilee looked like. You’d want to know about the garden of Gethsemane. Many things you’d want to know. But instead of them coming back, prepare to go to meet them. Prepare for it and it’s a attitude that you will be able to change and then Satan would have you believe that when you are dead, you are going to be there a long time. That’s not true at all. It’s absolutely false. It’s the biggest lie that was ever told. Because out there, there is no time, there is no time. The person that died in Adams day or Abraham’s day will not have been dead any longer than the person who dies one minute before Jesus comes, or one hour before He comes, because there’s no time out there. There is no time to be. To be absence in body is to present with God. It’s like laying down, going to sleep at night and waking up the next morning. You are not aware of the presence of time passing at all. Not aware of it at all.

Something happened in my life, that I was in a truck that was blown up in the South Pacific. And for 31 days I was unconscious. And it was then after I awakened and was able to reason again and think, that it seemed like only just a moment. Because when I awakened on the operating table 31 days later, the last memory I had, I was high in the air above the trees. The truck was torn asunder. Men’s bodies were torn asunder in the air. That was the last memory I had and the next one was that I awakened, and I said, I sure did land easy. I don’t remember coming down. I don’t remember hitting the ground or anything. The spot was blotted out of my memory, but it was only for a moment. Time. So, that is how God revealed it to me, that there is no time out there. To be absent in body is to be present with God and how great. How beautiful. It’s nothing to fear. And you as doctors and helpers, can be a great help to those people that from time to time you will be called on to comfort, to start telling them how great God is. Tell them about our anionic bodies in which there is no illness, no sickness, no death, no tears.

There was a colored minister one time that tried to tell his congregation how long heaven would be. He said, when a little toad frog starts out, in San Francisco takes one drop of water out of the Pacific Ocean, and hops all the way to New York and puts it in the Atlantic, and then when he hops all the way back to San Francisco, and gets another drop and so forth, and when he empties the Pacific Ocean into the Atlantic Ocean, it will be early in the morning of the first day. So, in other words, there is no time. It’s now and this is, there’s a lot more to this message of our anionic bodies that we will have again as Adam had before the fall.

We now have a cationic body. But our cationic bodies are the ones that we will wear until we meet Jesus, face to face. And how wonderful it is to know how great God is,
how great He is. And He said I will do nothing except that which I will reveal to my prophets. And I had the audacity to ask these questions and He answered them for me. So I share with you some of the beauty that’s in the Bible of how great God is. The greater God is, the smaller we become. The smaller we become, the more dependent upon Him we are. And the more obedient we become to Him, the greater the responsibility He will put upon us. And the greater responsibility He puts upon us and we reap through the obedience, then the greater our works. It’s a chain reaction just like our bodies, just like our organs and our bodies work together in harmony when we’re healthy. And when we are not healthy then there is some conflict, overloading of the other organs. And this is what brings about grief, premature death and so forth.

So we’re here to learn how to live longer, healthier and happier. May God bless you today. Father we thank the today for this wonderful scripture that you have given us, for the wonderful beauty of the creation, help us to live so that we will not disappoint thee and you will not be ashamed of us. We love You. We love You very much. Help us to serve the oath that each day will be a little better than the day before. Help us to love as You loved. And you have told us Father that the same measure that we measure love to others will be used to measure Thy love to us. So help us to keep our cups filled and overflowing with the Holy Spirit. Help us to keep ourselves emptied of self and things of this world so that you can fill us. Thank You Father for loving us. Thank You for Jesus.

In the name of thy precious Son we ask this, and all the people said, Amen.

A bit of review.

This morning we are going to do a little bit of review. If you are not confused this morning, probably you do not understand the situation. But, it’s not all that difficult. Try to think of very small particles. Very, very small particles of energy. And this is what everything is made from, is energy, small particles. Let’s assume for a moment that there is two rockets out in space traveling at an X rate of speed say a 100,000 miles an hour. And suppose for argument sake that these two rockets happen to come on head on, strike, in other words a collision. These two rockets were traveling so fast they could not be stopped. It was impossible to stop them and yet they had a head on collision. What would happen? What would happen? (unintelligible comment from student). Yes. Yes, but what would really happen. (unintelligible comment from student). They’d go round and round. This is what energy does. It goes round and round. And that’s what relative energy is. Particles striking that can’t be stopped and they go round and round. (unintelligible comment from student). Right. Exactly. That’s right. They revolve around each other. Now as they revolve around each other, matter is formed. And that’s what all matter is. Whether it’s wood, brick, mountains, granite, flesh, plants, vegetables or anything else. That’s what it’s made of. By energy inclusion. Also, this is called the process of ionization. Energy that becomes trapped like the parts of a jig saw puzzle. Putting together the form of frequency.

Tape 6 – Side A:
Brought to your home into your radio and television telling you about the storm or playing music to you. Now those little anions are so small that they can pass through a brick wall and have plenty of space. They have just as much room to go through a brick wall as you would to walk through a hangar of an airplane building, barn, garage, or what ever you wish to call it. Hangar. There’d be just as much room for them to pass through. You can take these little anions and as they are sent from a tower, they can be sent down to the bottom of the ocean two or three miles deep right through the water. And those little beams of anions can go right through the water because there’s holes in a drop of water. And these little anions can go right through it, straight down to the submarine antenna. And they can pick it up and they can converse with a tower miles and miles away on land in this submarine down in the bottom of the ocean or travelling through the ocean. So these little anions are very small little things. Very small. In fact millions of them pass right straight through your body every day and doesn’t hurt you at all. Doesn’t hurt you at all. Now this light that you see in this room. A little anion is coming out red hot. They’re very hot. And they, these little anions glow and they roll like a barrel on the side. An anion is a teeny bit longer than it is round. And they roll on the side from this beam of light until it strikes something and then it stops and then it cast a shadow. But when it strikes something then it bounces and then it takes of end ways. And then passes on into space and around and round it goes again. Anions are all trying to get back to the Van Allen Belt. But the cations won’t let them. The cations keep them hemmed in, like the cowboys herding cattle. And you were told that anions attract cations, and negative attracts positive. It doesn’t. It repels.

And what about the speed in which they travel? The anion travels with the speed of light. About 186,400 miles per second. Cations may travel at the same speed if they do not meet resistance, but when they meet resistance, they slow down. They slow down, and they slow down, and they slow down, and they slow down, and they keep slowing down.

So, did you ever stop to think about why you could not see through a napkin as thin as this? And yet you can see through a glass an inch thick or more? Did it ever cross your mind why? It is the speed of the electron, of the cation electron that makes the difference. The slower it travels, the more transparent the substance. The faster it travels, the less transparent the substance. For instance, if you take a stick, a yard stick, a stick about a yard long, and you tied a ball of yarn on the end and soaked it in some oil, or kerosene, or fuel oil. And then at night, you would light it. If you rotated that ball of fire around in front of you around very slowly, someone out distant from you could see you behind the rotating ball of fire. But if you went around real fast with it, they can’t see you. It blocks it out. It makes you invisible. They can only see the flame of fire. That’s the way electrons work in system, that’s why there’s shadows. There’s answered.

And you are made of a collection of cations. And this is what your body is about. On a frequency. And there is no conflict. There is no conflict.

So as we begin to study more about this wonderful creation of ours, then we begin to see the very essence of which we are made. And as we begin to study foods, then we will
know what foods contain what elements. Now, a difference, remember, here’s a rule to remember. A difference in the electron count is a difference in elementary substance.

You may take a break and study these notes. I’ll be right back. I have an emergency call.

**John Black:** Ok there were some of you people that weren’t here this morning when I made this announcement. And I would like to again remind you, if you have a question, write it down on a separate sheet of paper. We will collect these at the end of the class and check them for duplication and then we will answer these questions specifically on tape so that you have them. We may miss some of these in the class room, but this way we can check it out and see that you get all of those questions that you have asked. And I think this will help everyone if we will all participate. You’ll have a system of questions and answers that you can listen to that might make him more aware of what you are actually doing. And when you miss out on a little portion of this, it has a tendency to interrupt the rest of the class because you may begin asking a question that’s already asked. So, as doctor has requested we would appreciate it if you could all be here on time. I think you came a long way and it certainly behooves you to be here and in your seat too so that you don’t miss any of these little key points that may be instrumental in you catching a point or losing a point. I know it’s kind of hard to get up in the morning. But we have a schedule to run and we try to keep it and we want you to get the most out of this. So, if anybody has a…

A question yesterday came up on those sheets that they asked you to signup for the course. This is merely a form. How many of you did not sign that sheet yesterday? Alright at this time I’d like to have you people go out to the front office and talk to Bob and get any questions answered and see if we can get this taken care of. I’d like to have those people that didn’t get that done yet, that didn’t sign those papers yesterday, go out to the front office and tell Bob would you, that I sent you out there to see if this could be, your questions could be answered. This is merely a formality. It’s something just to get the course started in the right direction. We want interested people and it’s not a question that somebody is going to charge you for something that you haven’t done. You are only going to pay for the classes that you attend and if you don’t attend them or you don’t fill in those refresher courses, then you possibly wouldn’t be qualified to do the rest of the work that’s coming up in the future. So, it benefits you to get this particular aspect taken care of. You can’t be charged in no way for anything that you haven’t received. I mean this is just a matter of law. But it’s merely a request that if you’re interested in this course that you get the most out of it. Yes?

**Student:** Is it possible, (clears throat) pardon me, that I sign on these sheets, my hospital laboratory technician how to do these tests and still be, in other words, I want him to be prepared as well as I would be in charge of it. And I would teach my laboratory technician just to do the test.

**John Black:** Well, I think if we state that in that request, before you teach any classes regarding this, now I would say that we will get a verification from the doctor. I wouldn’t answer that myself. It’s a question I can give an answer to you. I know that if
it’s under your direction, if you’re qualified, I think as long as you’re directly supervising that person, then you are using your discretion. Everybody can’t do everything, but you’re the person that has to realize that a person’s life depends upon your work. And who you have doing that work. Now if that person, I’m simply saying that it’s up to your discretion to see that those figures are right. Because you are responsible for anything any body does for you. So I think that should suffice at the present time. You know, if the person is capable. And you feel 100% capable, that’s your decision. We’re not controlling every minute that you can do, but just train six or eight people to go out across the country. If he’s under your direct supervision, I’m sure the answer would be exactly that you are supposed to, this is what you are being trained for, and that you would run this as such.

One of the questions that was asked was could they train somebody under their direct supervision to test for them? And my answer what I had suggested is that you’re directly responsible for that person. They should not train anybody to go out and do this until they are qualified. So, I’ll let you answer that in a correct manner.

**Dr. Reams:** You signed a paper stating that you are not to teach this to anyone. And the reason for that is this. Maybe 99% of you will do it right, but one it is possible, that you’d get way out and get us all in trouble. So you will understand more about how easy it is to get in trouble when you start working with these instruments this afternoon.

You’ll understand why and some of the questions you are going to be asked or be asking is, why don’t you have charts on all these colors? Because we want you to know them from memory. You are to memorize those things and you are going to memorize those charts and those colors before you get out of this class. We’ll see to it. And we want you to know it from memory. Now when you first start. It’s a little confusing. And you will wonder why they are not color charts. There’s a reason why there’s not color charts. Because it would be impossible. You would have to have a color chart system that’s equal to a Sears and Roebuck catalogue. Because of your atmospheric conditions and because of the temperatures and so forth, but you can learn them very quickly from memory. And then your eye makes allowances for these tolerances which would be almost impossible to do on a chart.

It’s kind of like a few years ago I was the supervising the setting out of about 2,000 acres of orange grove. Our firm was. And you will find on trees that there’s more roots on the north side of the tree than there is on the south side. If you ever set out a plant, make sure you set out most roots to the north and it will live. But if you turn it rightly completely around, it will probably die. And there’s a reason for that. When you take the agriculture class, you’ll learn why. But, the first day in taking the trees out of the nursery they took some tar and blackened the north side of the tree. So there was no problem what ever for the people that day to put the trees into the ground correctly. But at the end of the day they said there is no use to mark the trees because anybody can tell there’s more roots on the north side of the tree than the south side. The next day, the common laborer, the Indians, just common laborers that was setting out the trees, they had no tar on them. And they couldn’t tell which side had the most roots on it. They turned them around, and around, and around, and around trying to figure out which side had the most roots on it.
So they called me at 10:30 in the morning and said we’re in trouble. They said that these laborers setting the trees cannot tell which side of the tree had the most roots on it. Well I said tell them to set side of the tree that has no roots on it to the south. And they put them in the ground right every time. Because it’s the way you say it sometimes that makes a difference in understanding. The complete difference in understanding, there’s one side that won’t have any roots on them or very few roots on it. Turn the side that has the least roots to the south. They couldn’t figure out which one had the most. They couldn’t think over one or two. But if there was none, it was very easy to figure it out.

So, sometimes in saying things, I might not make it clear to you.

John Black: On this sheet here, as it points out, it says I understand that the three days session seminar above will cost $250. I agree that I will not teach this course to anyone until I get my graduate certificate. This is for your protection as well as others taking the course. If I abuse these privileges, I understand that I will not be entitled to have supplies any longer and abandon all my privileges here under. So you are simply protecting every one of you here. If any one of you start out and have a half a dozen testers out there running cards through you, you are going to create mass confusion. Now, the minute those people there can jeopardize your position because in the next week or two you will be sent unknown standards on every test that you are running. If these do not come back in correctly within the tolerances allowed, you will be disallowed to send cards in until you got your laboratory status in perfect situation. So, I think that we are trying to protect you and this is simply the protection as I pointed out. The $250, if you haven’t taken a course, you’re not going to pay for a course and that’s very simple. Nobody can make you pay for something that you haven’t taken. But if you haven’t taken it, then you may not be on the list of qualified representatives of this organizational structure. Yes ma’am.

Student: I understand that and I agree 100%, except for these sentences. I would like to strike out these sentences. This fourth paragraph says, “I agree to take a three day seminar (distortion) one more than six months.

John Black: If you disagree with that statement, you’re one out of 57.

Student: Well you’re going to come asking for this (distortion) seems a lot and I can’t (distortion).

John Black: If you take that course ma’am.

Student: I’m not saying I don’t what to, I’m saying that legally it makes it an agreement to take (not clear) from somebody whether they do it or not. What if I’m not available to take this?

John Black: At that time, if you can’t make that course, this is a commitment is all it amounts to. If you don’t meet that commitment, then you wouldn’t be qualified to
continue testing anyhow, so you have to make that decision now whether you want to be involved or not, it would be my interpretation.

**Dr. Reams:** We will be tolerant of those who have impossible circumstances to a degree. We will be tolerant with those under certain circumstances of illness or death or something like that in your family. We will be tolerant. We will not be intolerant with any one. But it is necessary if you continue these courses to take all of them whether or not you understand them or not.

**Student:** (unintelligible)

Thank you. This is for your protection. This is for your goal. It’s for your benefit. Because it’s to help you. It’s to protect the others. You’re supposed to keep until you go all the way through. And if you don’t understand what you’re doing, and you won’t some time until the second or third or fourth course, before even this first course will dawn upon you, and the light will shine through. Now some of you may see it today. Or tomorrow, or the next day. But some of you it will be the very fourth course before the light will shine through to create the picture that’s necessary for you to master this situation. In mathematics there is a saying, see through the problem. And there is a certain place that you can get that you can see through the problem. And once you see through it, then you can become master. But until you do, you can struggle with it all your life. As I said yesterday, it’s very difficult to educate the educated. Very difficult to educate the educated. So as you begin to open your mind to understand the mysteries of God, He will give them to you. The only thing I ever fear is people open their minds so wide until their brains fall out. And they deny that there’s a God. Then they’ve opened their mind too wide. So as long as they know that God is in the heaven and He controls this universe and are open to the precepts that He teaches. Then, you are growing spiritually.

The unlearning process is one of the most difficult things that we will ever run into in life. It’s something like the chambered nautilus leaving its outgrown shell the life’s unresting sea. And taking on new ideas and new goals, changing with the times. Keeping up with the march of progress, and, do you realize today that the things that are accepted by the orthodox group within ten years will be taboo? That every ten years is a new concept. But do you realize in this system, there is no new concept? However, I’m only in the first grade teaching you the way you are going to take this thing. This is just the very beginning of where how great this thing is going to be and how far it’s going to go. So as we begin to study and to understand the greatness and the power that’s in diet. You are going to be thrilled with the things that’s at your fingertips and the simplicity of it. So as we work to understand these mysteries we’re going to also going to learn how to express them in mathematical terms.

If I would leave that paragraph out that you said there, it would be like a child saying if I spend one year in the first grade, then why couldn’t I be allowed to teach the first grade? Get the idea? That’s the reason it’s there. I’m only in the first grade in this of where you people and your posterity is going to take it if Jesus doesn’t come before then. And if he
does, we won’t need it. You know there’s not going to be any doctors in heaven. What’s that?

**Student:** Won’t need them.

**Reams:** Won’t need them. That’s right. There won’t be any firemen there. We won’t need them. There won’t be any policemen there. In other words, but there will be farmers there, gardeners. There will be teachers. There will be librarians. There’ll be musicians. Lots of people will have an occupation but doctors won’t be needed. We’ll be completely out of business. There’ll be no undertakers there.

So, what we are trying to do is this. Actually, we are trying to keep people out of heaven as long as we can. And to make their journey more pleasant and more economical. And we hope very soon to start teaching a class to ministers to teach them how to keep people well so they can put more money in the collection plates instead of to the drug company. Isn’t that great? Isn’t it a wonderful idea? So this is what we are studying about. The unlearning process.

You know my wife wrote, she is a very truthful girl, a very truthful lady. Very truthful. What is absolute truth today may be an absolute lie tomorrow. Do you know that? I’ll just give you an example. She wrote a note and left it on my desk there. The light in my cupboard is out. The bulb was burnt out. So while she was asleep, I went in and put the bulb in. The next morning, I said to her, this note is not so. It’s not true. She said, well the lights out. I said, you go turn it on. She went and pulled the string and on come the light. So the thing that was true the day before was false the next day because somebody fixed it. Somebody changed it. So, learning is a process of change. Improvement. Growing up. And growing up is the most difficult job on earth. It’s the most difficult job that there is, is learning to grow up. Learning to leave your outgrown shell the life’s unrestless Sea. And becoming bigger inside. By bigger, I mean more tolerant. More merciful. More forgiving. Than you have ever been before.

We have learned so many fads in the past like don’t eat meat and fruit together. Eat just one thing at a time. And don’t eat fish and milk. Don’t eat grapefruit and milk. Unlearning. These are all fads. All separate fads. There’s nothing to back them up at all. However, I’m not saying that there’s not certain combinations that won’t cause you to go in withdraw. But just because something causes you or anyone else to go in withdrawal it’s not a sign that it’s bad. By withdrawal I mean it makes you upchuck. Or your patient upchuck.

And one of the things you are going to find when you give people a diet to go home you will get a call, but doctor, it made me sick at my stomach. It was exactly what you wanted to happen, exactly. When the people are down in the retreat and they start on the lemonade and water or start on their program, within 24 hours, I expect them to have a head ache, and the stomach will say roly-poly, thundering and rolling around, and one of the first things that they hear, don’t you tell doctor about it. Don’t you tell him because
he’ll tell you Praise God, wonderful. Here we are, sick to our stomach, feeling like we
are going to die, and he says Praise God.

Praise God she said. Ah, the point is, they’re so full of poison until they make a rattle
snake ashamed of themselves. I’ve been trying to get this poison out of them. Trying to
get their body to change from one pattern to another. Withdrawal is only changing your
pattern. Your body chemistry from one pattern to another. And unless they can upchuck,
and get it out, and let the liver flush the better. And the reason that they do not or are not
permitted or asked not to eat during that time, is the more food you got in your stomach
when the liver flushes, the sicker you are. And one minute before you upchuck, you’re
sure that’s your last minute on earth. The only thing that you are afraid of is that you are
going to live. But one minute later you feel like a million dollars. You feel wonderful.
You don’t remain in that lingering long sickness before.

Also, between the numbers on a sugar reading of 5.50 and 2 is called the zone of misery.
And the quicker you can get through that zone, the better you are going to feel. Above
that you feel pretty good, but below that you feel real well. Between 1 and 2 on that
sugar reading, you feel real good. But between 2 and 5.50 it’s called the zone of misery.
You feel like, well you just feel terrible, you got up from the wrong side of the bed.

So these are facts that you need to keep in mind. You need to go by the numbers. You
need to follow them diligently and seek to be perfect. Be ye perfect. Be ye perfect. And
as you work toward perfection and you go by these numbers, you are going to find,
people are people. They don’t always do what you want, but you can still work with
them. Just a little bit at a time. A little bit at a time.

Change their way of eating. And one of the things that people are going to say to you is
this. Doctor, how did you know everything I don’t like? You’ve taken away from me
everything I like and given me everything to eat I don’t like. Well if they had been
eating those things, then they wouldn’t have been sick in the first place. Certain foods
have more than one thing in them than another. For instance, carrots, grown up in
Illinois, Indiana, western Ohio, ah, in that area, have about 2 parts per million of Iodine in
them. Two. In North Carolina and South Carolina the Iodine States, known as the Iodine
States, they have about a 150 parts per million of Iodine. Out in California, they have up
to 300 parts per million of Iodine.

Now Iodine is a very important element, very important element. Without it, vitamin A
cannot be available to your system. Iodine is absolutely necessary. And your liver uses
more Iron and Iodine than any other, is more than any other organ in the body. And
without it, vitamin A cannot be assembled. And without vitamin A, the WBC either
goes too high or too low. And that is Leukemia or Anemia. Anemia and Leukemia is
the same thing only a different stage. Anemic, a too low or too high WBC. White Blood
Count. So these are factors that you need to know and the learning of why Leukemia is
one of the easiest of all diseases to get well. We have had 100% success, 100%. We
have people that had to have transfusions every week, every two weeks, every ten days.
Hemorrhaging with their teeth, their fingernails, their bowel, their kidneys, their ears,
blood would be running out of their ears, coming out of the corners of their eyes, in the final stages of Leukemia with only a matter of days to live. And they got well. We have not lost one case of Leukemia, not one. 100% success, however there’s not any set rule on how to handle it. Everybody’s chemistry is different. There’s not one way to do it. You go by each individual’s body chemistry in making vitamin A available to the person. But getting vitamin A available, there’s many, many, many hundreds of ways to do it. So you have to go by the numbers in order to know how to make vitamin A available to the system. Ah, this is known. It’s been proven. It’s been taught by the American Medical Association for years now. And to make vitamin A available is very, very easy.

Now, let’s look at some of the problems in making vitamin A available. One of the prime sources of vitamin A and also Iodine is carrot juice. Let’s suppose the person would have hyperglycemia, high blood sugar. And you gave them carrot juice at 11.5 or 12.2 or 12.3. Then your aggravating a condition. (student question). Hyperglycemia, high blood sugar. Yes. Then you’re aggravating the condition. So you’ve got to know all of the factors involved. Suppose also that you had this condition and the pancreas was manufacturing too much insulin, or not enough insulin. I mean the same symptom is on both sides. But if you had hyperglycemia, high blood sugar it would not be producing enough insulin. In other words, too small amount. Therefore vitamin C could not become available to you. Vitamin C cannot become available without your natural manufacture of insulin. It must have it. So therefore, nature cannot restore the ratio between the red and white corpuscles without the pancreas functioning normally, the liver functioning normally, and taking in the correct vitamins and minerals. And also the apple juices and fruits and so forth.

So sometimes in order to make a diet to fit a person, the diet that you’d want to make for them they’ll have two maladies, two problems. And the diet for each one is absolutely the opposite to the other. So you have to work on one, one day, and another the next day, then switch back and to, back and to, back and to, until they gain energy. This is the way it’s done.

So this is things that you might run into. For instance, you may have a person with a cystitis or neophritis or a Kidney ailment. And watermelon juice is one of the finest things in the world for Kidney ailments, but suppose they had high blood sugar? High blood sugar. Then you can’t give them the watermelon juice because they’ve got high blood sugar. So the first thing you’ve got to do is get the blood sugar down and in the mean time, the kidneys, the amount of water that they have to drink in order to get the high blood sugar down, to wash it out, also cause swelling in the ankles and the legs and the feet because the Kidneys are in such poor shape, they can’t throw the water out. So therefore then they need for them to sweat and sweat some of it out. Also, vitamin E, that helps take it out. But there are people that’s allergic to vitamin E that cannot take it at all.

So, we have to go by the numbers. Go by the numbers. And they will guide you on how to handle these cases. So, they are not always easy to handle. You got to work on it now. Anywhere from 6 to 10 thousand WBC is normal. Below that, you are anemic and above
that you are anemic. So, you need to understand that anemia is caused because of a lack of vitamin A. And suppose that they’re deficient in Iodine and you gave vitamin A by the pound. It wouldn’t do a bit of good. Just because they are anemic, or have a high WBC or a low WBC, giving the vitamin A, it will not become available. The body will reject it. You can’t put it in there. You can’t force the body to take it. What you have to do is to get the liver to accept the vitamin A and manufacture it into a quality molecule of energy that will replace the old cell that is no longer functioning and decrease the WBC to bring it in ratio with the RBC.

So these are the kind of problems you are going to run into as conflicts. And sometimes you are going to find people with three conflicts. In other words, you’ve got three different conditions in which all three need a different diet. And any one diet that you would give for any one would be against the other two. So you have to work on all three of them just a little bit at a time. And slowly cause the person to gain energy. Any gain in energy is an improvement. And by these tests you will know whether the patient is improving long before the patient knows it. You will know whether you are losing your patient or the patient is getting better by the numbers before the patient knows it. So, these are the things that you have to learn.

I had a dear lovely come in one time in her 70’s. She came with her sister. Two old maids. And one of them worked and the other one kept house. And the one that worked was the boss. And the one that kept house was a servant. This is the way they lived since they were girls. And the one that worked, they both needed to come into the retreat for a couple of weeks for a tune up. So, she said that she was allergic to eggs. She could not eat eggs. So the fourth morning they were supposed to get a poached egg, toast, and a glass of skim milk on the fourth morning. All she said to the cook, don’t you know I can’t eat eggs? Don’t you know I can’t eat eggs? The cook said, I can’t change this breakfast for you without an order from Dr. Reams. So here she comes, doctor, I can’t eat eggs. I’ve been allergic to eggs. Well, tell me what happens. Well, they make me sick. Well that’s what you are here for. Go eat the egg and get sick. I’m not going to change it. There was nothing in the numbers to indicate that eggs would make her sick at all. This is the thing to do. You go eat that egg and let’s see if it makes you sick and if you are, you’re at the right place. Well she went and ate the egg. Didn’t hurt her at all. She said that was the best egg she had eaten in 40 years. (laughter from students). So, sometimes people get hooked on their own fads. It’s not true at all.

A few mornings later, they had grapefruit juice and skim milk. Oh don’t you know you can’t mix milk and grapefruit juice. It will make you sick. Of course, the cooks were serving what was on the menu to be served. And she, no, and she said I thought this was a health food place and you are breaking all the rules. Well she came over and, doctor I thought this was a health food place. And you are serving grapefruit juice and milk. Don’t you know you can’t do that? (Reams) No. I didn’t know you couldn’t do that. (patient) I thought this was a health food place and you’re not running it right. Well, I said anyway, you go eat it and let’s see if it makes you sick. You know she went
over and ate it and it didn’t hurt her at all. Just fads. Just fads. And this, these numbers separate the real thing from the fads.

It separates the fads from the real thing. These numbers are real. However, there are people that are allergic to certain things. And there are a lot of people that eat things every day that they are allergic to and don’t know it. They do not know it. For instance, some people are allergic to honey. It causes the pancreas to manufacture too much insulin and they have low blood sugar. But they’re not allergic to Maple Syrup or Karo Syrup, or something else. So, these tests let you know very quickly what an allergy is.

It was in the first Monday in September, I believe, of 1960. They had a computer operator for the Winter Park Hospital called and he said that he had been the head computer (operator) for Martin company when it moved to Orlando. They had 27,500 employees. And he was the head computer operator. Well he was about to lose his family because they were demanding so much of his time. He was a man in his late 30’s. And one of our hospitals was going to go computerized. And they hired him to put in the computer so he could have more time with his family at a lot less salary. After working at the Winter Park Hospital for about two years, he began having migraine headaches. Very severe migraine headaches. And he had tolerated it for a year. And he was told on this particular day that he called me. I called my office. That if he did not get rid of these migraine headaches that he would be replaced. And he said, doctor I will pay you any price you ask. Just get rid of the headaches. I said, that’s beside the point. You get rid of the headaches or we are going to get rid of you. And that’s what he told me on the telephone when he called me that day. What I had just told you. And I said, do you have a migraine headache now? He said, yes I do. I said, have someone drive you over here and let me see what I can do. I think I can have you eased in about 30 minutes. I had never met the man, never heard of him before. But I knew from the way he said it that he had an allergy to something. And I knew that we could zero in on that allergy.

So I notified the nurses and the technicians there to take him as soon as he came. And as soon as he got there to do his test immediately and to bring the card because my office was full of patients, seeing one right after another. And, I said it’s not necessary for him to come in. I just want to see his card first. So when I looked at the card, I went into the lab and made up a very common thing that you could make in most any kitchen. And I gave it to the nurse. It took me less than 5 minutes. And I gave it to the nurse and I said, give this to him and have him sip it slowly, very slowly, for 30 minutes. But if the headache stops between now and the 30 minutes, then have him knock at my door after the next patient comes out, after the headache stops. Nineteen minutes later I heard a knock on the door. A patient had just gone out and he come in. And I said, so you are the man who had the headaches. He said, yes. He said, I want five gallons of that stuff. (student laughter). I said, you don’t need any of it at all. What do you mean, he said, it’s the first thing I’ve ever found that stopped my headaches. I said, yes, I know. But you don’t need it. I said your problem is that you are allergic to tuna fish. And I said that is about 36 to 48 hours after you eat them, before these migraine headaches start. He said, I love tuna fish. And now he says, that is the cause of my headaches? And I said, yes. I said now you may
have another allergy, but today’s allergy was caused because of tuna fish. I have simply given you the diet necessary to counteract the tuna fish poisoning. I said, it’s a skin fish, and you shouldn’t eat it anyway. The Bible says don’t eat it, don’t eat it, but you may have another allergy somewhere else. I said, call me in about three or four weeks and let me know if you have any more headaches. He called me in three or four weeks later and he said, doctor, no more tuna fish and no more headaches. So, you see, cause and effect. Cause and effect.

Tape 6 - Side B:

Now, he’d a kept eating tuna fish, and then thinking, if I’d a sold him the materials, which I could have done if I’d a wanted it, but I’ve only found two cases of that in ten years, two cases. That people were highly allergic to tuna fish.

I’ve only found one case that a person was so allergic to Irish potato, white potatoes, until they were nearly dead. Hooked, absolutely could not live without having potatoes three times a day. And this was a doctor’s wife that had been through Mayo Clinic and also John Hopkins hospital. Over $8,000 dollars they spent in Mayo Clinic, trying to find out what was wrong with her and said it was all in her head. Couldn’t find out what was wrong. The very first test showed that she was allergic to ordinary white potatoes. And I just took her off of white potatoes. In one week she began to gain. She could not walk without help. She was nearly dead. Absolutely. A walking skeleton. Hooked. Inhibited. Killing her. The white potato. I find people mildly allergic to them. But I find some people that are well, like her, in the final stages. Now, she would have went to her grave eating white potatoes.

And there’s not any food I know of that somebody’s not allergic to. In fact I have allergies to certain food myself, but I know that those same foods are good for other people. So I don’t keep them from having them. I go by the numbers. I go by the numbers. Just because they disagree with me, I do not say, they’re not good for anybody.

So many of the health food books are written on the diet for the writer. They really are. They’re written on the diet of the fads of tradition and of the writer. Because everybody is supposed to be exactly like them.

But these are written according to the numbers of each individual. The important thing about these tests is they let you know these things. Whether you have too much sugars or carbohydrates or not enough; Whether your body is too acid or too alkaline; Whether your body is retaining too much salt or not enough salt; Whether your body is retaining too much of the albumin, called old carcinoma cells or throwing it out. There are conditions and times that they throw out too many cells. It also lets you know whether your proteins are digesting or not digesting. It also lets you know whether you have too much iron or not enough iron. Let’s you know whether you have worms or whether you don’t have worms. It lets you know whether you need iodine or not iodine. Or whether or not you are getting enough oxygen into your lungs or not getting enough oxygen.
Whether you are drinking enough water or whether you are not drinking enough water. They let you know a lot of things. Or whether you are lacking in potassium or whether you have too much potassium. And all it does is, you make a diet to fit that body chemistry. It’s not necessary to know what the malady is at all, to even name it or know where it is. And you also know whether or not the body responds or doesn’t respond. You also know whether the person is gaining energy or losing energy. So this is what these tests tell you. It tells you how to be healthy. And what is good health? Any person have a high reserve energy is in good health.

Anyone that has a low reserve energy is in bad health, poor health. There’s three groups of people when it comes to health. There’s one group of people that’s not sick, that wants to be. There’s one group of people that’s very sick and they know it. The saddest group is a person that’s very sick, very low energy, and does not know it. These are the three groups of people.

And you will be working with these people. And as you work with them, you do not need to become emotionally involved. And as I said yesterday, if you never see the pictures, you may be blessed. You may be blessed. Because you can correct the diet whether you ever see the picture or not. Whether you ever know the malady or not. It can be done if you know enough math and chemistry and physics. It can be done, but it is not necessary to help people. I believe that within four years that this will be demanded by our parents of the school children. It’s wrong to feed the kind of diets to our children that’s fed in most school cafeterias. It’s abomination of abominations.

I attended a church banquet one time. And the food that they set before the Lord was abomination of abomination, pork chops, spare ribs, abomination of abomination. It made me sick. And you know that whole congregation looked sick. They did. The whole congregation looked sick. In other words, they prefer to eat what they want, even if it makes them sick. They will not and do not want to change.

Also, there’s no money in good health for the doctors. And what I’ll tell you what will put yourself out of business, but don’t worry. You won’t go out of business as long as there’s Pizza Hut. (Laughter from class members). As long as there’s Kentucky Fried Chicken and Maryland Fried Chicken. Now there’s nothing wrong with a Pizza Pie. There’s nothing wrong with a fried chicken. It’s the abuse of it. Too much. Every day in the world. Too much of it. Why Kentucky Fried Chicken and Maryland Fried Chicken twice a year won’t hurt you.

And a lot of people are down on white sugar. A few pounds a year won’t hurt most people. And I just mentioned a few minutes ago about potatoes, white potatoes. They’re the poorest food on earth. Of all foods, the white potato is the poorest of all foods. It’s tasteless. And unless you put the gravy or something on it, sour cream, you won’t even eat it. It’s tasteless, chalky, stuff, thing, substance, that turns into sugar in your body and you get sugar energy only from it. And people that eat lots of white potatoes are taking every short cut they can think of to the cemetery. Now, also, four baked potatoes a year
won’t hurt you, if you have low blood sugar, low blood sugar. But if you have high blood sugar, it will hurt you.

So what I’m trying to say, temperance in all things. There’s a time for certain foods and a time not for certain foods. There are people that are allergic to fish, that cannot eat fish at all. In other words, it turns to ptomaine poisoning in their stomach. They cannot take it. It’s a biological thing. It’s a genetic thing. There are people that’s allergic to nuts. They can’t eat nuts at all. You name it, there is somebody that’s allergic to it. Even lemonade. They’re allergic to it. There are people that’s allergic to onions. There are people that’s allergic to mangoes. In other words, their face swells up until it doesn’t even look like a human face. And you know what a mango is don’t you? A mango is where a woman goes. (Laughter from class members.) So, there’s people that’s allergic to foods, so learn to find out by these tests, what they are allergic to. You won’t learn all the allergies the very first time. So that’s why you have to come back the second, third, fourth, fifth, until the ninth time. But then you’ll be able to pretty well zero in on these things.

I want you to learn all nine courses because suppose that we might have atomic warfare or something. Or that our power plants might be knocked out. And the computer is not available. Then you can go right ahead with your work just the same. Just the same. You will not be stopped at all. And the more that you can know about this, the better prepared you will be able to handle each situation. You will know exactly what you are doing.

Yes? (unintelligible question from student). Yes. And they have a little calcium. It’s just like two crabs meeting. (laughter from class). Husbands can’t get along with wives. Wives can’t get along with husbands. And you have a low calcium? But get the calcium up and they love each other. A little calcium. The only catch is there’s a quarter million different kinds of calciums. You have to get the right one.

Yes? (unintelligible question from student). That’s personality differences.

This is what these numbers tell you, is how to be perfect. How to get the diet to fit the person. Remember this statement too, that practically all maladies start with a malfunctioning of the liver. Practically all of them. The liver manufactures about six billion different enzymes during our life time and five billion at all times. It manufactures that many and it starts with a malfunctioning of the liver. The liver manufactures the parts of, it begins the basic foundation of the manufacture of the parts for the various organs of the body. And while we’re here, I want to tell you something about one of the products the liver manufactures. It’s called glycogen. Then it goes over to the pancreas and the pancreas then takes this substance and it makes three different substances out of it. One of the substances that it manufactures from the glycogen is the alcohol which controls our body temperature. If it doesn’t manufacture enough, then we are cold all the time. If it manufactures too much, then we’re hot all the time.
And coffee is the finest thing I know of to counteract too much alcohol. Coffee and alcohol are enemies. And drinking black coffee will cause the body to dilute the alcohol so they won’t be too hot. But people who are too cold all the time should not drink coffee because it only makes them colder.

Also, in the Liver manufacturing this glycogen, it goes into the pancreas for manufacturing of glycogen (s/b alcohol) when my children were yet small in school studying geography. I asked them to locate for me or find out for me where the Ilets of Langerhans were. (laughter) They searched all the world over for the Islets of Langerhans and couldn’t find it. Even asked the teacher and he said, your daddy is just fooling you. There is no such place as that. Then I told them it was in the pancreas. There is a little Ilets there called the Ilets of Langerhans. These Ilets take this glycogen and manufacture Alcohol out of it. Alcohol in our system is not made by fermentation. It’s made by a process of Ionization.

Then, it also manufactures insulin. And when it’s functioning normally and the Liver’s functioning normally, then it controls the amount of sweets and starches and oils, all of which can turn into sugar. It can even turn your own fat into sugar and it will keep that sugar reading on 1.5 (Brix) 24 hours a day. It will keep it on 1.5. You can eat all the cake, all the ice cream, all the sweets, all the starches. You can break all the rules and it will still manufacture just the right amount. It’s automatic when you’re healthy. But whenever the sugar reading is higher in the morning, even though you feel excellent, and lower in the afternoon, then it means that your energy is not up to par for where it should be.

The next thing that the pancreas manufactures is Thyroxin. And when you have a malfunctioning thyroid gland, the doctors give you thyrotoxin, which is a worn out cell of the thyroid gland. thyroxin is the cell that rebuilds. The thyrotoxin will not rebuild the thyroid, but thyroxin will. And the thyroxin goes from the pancreas up to the thyroid gland. And the Thyroid gland mixes potassium with it if it has enough. And when it’s functioning perfectly, it controls your weight. It dissolves the excessive oils in your system, which will become weight, fat. But when it manufactures too much, we’ll just call it whenever the thyroxin mixes with potassium, you have what might be called old fashioned grandma’s soap which dissolves the oils in our system and causes our weight to be what it should be. Not necessarily what you want it, but what it should be. We’ll get into that in a few more minutes. Then, if it manufactures too much, you can’t put on weight. That’s one of the reasons why you can’t put on weight. If it doesn’t manufacture enough, then you put on too much weight. That’s only one cause of overweight is the malfunctioning of the thyroid gland.

The story of push yourself away from the table in order to lose weight is an old wives tale. The counting calories system is just an old wives tale in most cases. It only works in a very, very small amount of cases. It does not work, and we are going to study now for the next few minutes about weight, and fads. Now this counting calorie is the most and greatest punishment that has ever been put upon us by the American Medical Association by doctors. They have not sought the cause of overweight.
There’s another cause of overweight and that’s an oversized heart, an athlete’s heart. People that are extremely active when they are young, their hearts become too large and so long as they keep their weight in proportion to the size of their heart and the amount of exercise, the heart will not give them any problem, but if they don’t, they will certainly give them trouble and begin to try to quit, skip, jump and you feel terrible.

I had a man coming into me one time that weighed 175 pounds and his body chemistry was practically perfect, just almost absolutely perfect. And I, there was something in there indicating a very small adjustment needing to be made. And I said to him, have you lost any weight in the last six months. He said, yes, I’ve lost 25 pounds. I said, “What did you do that for?” He said, “my family was afraid I was going to have a heart attack. And they wanted me to lose 25 pounds and my doctor wanted me to lose it”. And he said, “Since I’ve lost that 25 pounds”, he said, “I just feel terrible. I’m just nearly dead”. I said, “my friend, you were very active when you were young. You were an athlete. Or you did a lot of hard work”. He said, “Yes”. I said, “Your test shows here that you have athlete’s heart. An enlarged heart which is nothing wrong with an enlarged heart, providing you keep your weight and diet in proportion to the size of your heart to keep it busy”. And I said, now then, it doesn’t have enough to do. And it’s skipping, jumping, and making you feel terrible. Put that weight back on and see how you feel. He did and he felt like a million dollars, just felt wonderful. Now, this idea of losing weight and heart attacks is all fad. There’s nothing to it. Overweight has never caused a heart attack and it never will. It’s something to scare people in the doctor’s office. But, a too high cholesterol and a too high urea is the cause of heart attacks, and the only two causes of heart attacks, and there are no more. There are no more.

Now I mean real heart attacks. I am talking about when the heart is either plugged up with cholesterol or whether it goes into a spasm because of a high urea. That is true. Now, there’s more people that are normal weight and even underweight that die of heart attacks in proportion to the number of people that are overweight than the people that are overweight.

So these are factors that you need to know. Keep that urea down and keep that cholesterol down and you will never have a heart attack. As I said yesterday, that heart attacks could be blotted out of this nation within 30 days any time the people decide. Crib deaths could be stopped immediately. No more crib death at all because of cardiac arrest. The baby doesn’t necessarily have a heart attack. It has cardiac arrest because the little heart is so tired that it can’t beat another beat and it stops.

So this is another cause of overweight. Is the heart is oversized. I don’t mean overweight. I meant people that are larger than others.

There’s another cause of overweight and that is low calciums. The calciums become too low, the people become nervous and they eat and eat and eat, trying to keep from exploding. In other words, it’s a nervous energy. They eat and eat and eat. And get the calcium up and then you can control the weight.
There’s another cause for overweight, and that is a genetic one. And that’s one you cannot do anything about. You’re probably are going to look like your ancestor that you wish you didn’t. The one that was overweight, oversized and larger than normal. So, it’s a genetic cause. Your grandparents on either side. An uncle or aunt or something on that order. Big bones, broad shoulders, big head, thick chest, big feet, just a big person. Just big people. I’m from a family of some large people. They lived to be in their 90’s without knowing anything at all about dietary problems. So, what I am trying to say is, these are the causes of overweight and underweight, fads. Go by the numbers and you won’t go wrong. Go by the numbers.

Also, when you put a person on a diet, the first thing to expect is that person to lose some weight. And then they are going to put all that weight back on and a few more pounds besides that depending upon their weight. Yet, it will look like they are losing weight because fat is, because the lean meat, because the fat is 400 times lighter than the same given volume of lean meat, of muscle meat. A muscle is 400 times heavier by volume than a given amount of fat. So, the lean will start forming before the fat turns loose. But after about six weeks, you will find that the weight will start to drop off to normal, anywhere from a half a pound to two pounds per week until it drops to normal.

I had a woman come into the laboratory, was 28 years old, weighed 575 pounds. It took two pair of scales to weigh her. And we almost had to move the door casing to get her through the door. This is really true and she had started to take the pill, the birth control pill at 25 and started to gain weight. And couldn’t stop it, kept gaining weight. And the month before she came in she had gained 50 pounds in weight. So I put her on a diet and her weight then did exactly what I just told you. And I put her on a six day fast and three days of light diet and six more days of fasting. And she lost about 30 pounds. And then she put all that back on and ten more pounds and then it started dropping off to normal. Today she has a normal weight, 270 pounds. She’s 6’6” tall and just a giant sized person. Very nice figure for her size. She runs a nursery, ornamental nursery at Daytona Beach, she picks up bags of fertilizer and she furnishes these plants for these motels and hotels. They’re these beautiful palm trees like they have there in some of the nicer places. She handles them like they were nothing. Just a big person, strong, muscle.

But finding the cause of the problem will be found whenever you find the cause of the loss of energy, of the wrong kinds of energy. For this is what you are dealing with. You are not dealing directly with foods. You are not dealing directly with maladies. In fact, you are not even treating diseases. You’re not even treating illnesses. What you are finding out is the mineral deficiencies and supplying those foods that have those minerals in them and supplementing them with minerals and the vitamins that they will need, and God does the rest. This is not one of the healing arts. It’s tailor making diets. Tailor making diets. So don’t get surprised when you are falsely accused. Seek to know the truth and the truth shall make you free.

And this is what you are learning today is how to know the truth, how to separate fallacies from falsehood, how to know what truth is. And you know, numbers don’t lie,
but liars number, liars figure. So, these numbers don’t lie. And you don’t need to tell anything wrong. Tell it like it is. Let him believe it or take it. They can believe it or die. They have their choice. So, if they believe it, well and good. If they don’t believe it, well and good.

Then there’s the person that you are going to give a diet to that their body does not respond. Yet, they do everything that they are told to do. And that’s because there is either a brain tumor or damage to the Vagus nerve. So, those people you cannot help and the sooner you tell them, that I’m sorry, your body does not respond to diet. There’s nothing I can do for you. I know nothing to help you. I wish I did. (question from student). If their body does not respond, yes, it means that. But if their body does respond then tumors will get well. It’s as simple as that. Yes? (question from student).

After the nerve is severed, no. No, after the nerve is severed, you cannot replace the nerve. But that’s wrong, if this, this is the message we are trying to get to the people to start with that it’s not necessary to have these nerves severed in order to eliminate the pain. It’s not necessary. There’s a better way. And while we are talking about pain, the finest pain killer I know is raw chlorophyll. Raw chlorophyll, now you can take raw green chlorophyll from Spinach, Onion tops, you can take it from Comfrey, Lettuce, Escrow, Romaine, those things are excellent powered, Clover, White Dutch Clover, Wheat Grass, Oat Grass, anything like that. You grind it through an old fashioned food chopper. Grind it through it. Then put it into the juicer, sling out four ounces of the juice for a person weighing over 100 lbs. Tell them to sip it slowly and that will ease pain even in cancer patients that’s dying. Even the ones that have a energy below 4 which you know that you can’t help, it will ease the pain. Whenever all narcotics fail that will ease the pain and let them pass on without pain. Yes? (student question). Yes! Yes? Student: how quick does it react? Reams: in about an hour. Yes? (student question). Well for this there’s Onion tops, Spinach, Lettuce, Escrow, Romaine, Wheat Grass, White Dutch Clover, anything with a green. Green Beans, anything with a real green color. Parsley’s pretty strong it’s pretty powerful, and mustard, there’s a few things I wouldn’t suggest. Cabbage is one, Parsley is another, Radish tops is another, Beet tops is very, very good, but if their PNR is below 4, don’t use Beet tops because it creates chronic diarrhea. If their energy is below 4. I’m talking about just easing pain. So these are factors to remember. It’s one of the greatest of pain killers.

Yes? (student question). No. No. Not at all. No, I’ve only found two cases of that in my whole, if you ever find a migraine headache you can’t get quiet then I’ll, then the computer will tell you what to do. Okay? So, these are factors, in other words, if it was something that you would use with every migraine headache I’d just go ahead and tell you but it’s so rare, so very rare that you ever find it until, it’s not even necessary to even consider it because it won’t do you any good, and I’d have to go back and look at his numbers to figure out how I did it anyway. I don’t even remember.

Yes? (student question). It will help. It will help. When it’s a ruptured disk, always give two MinCol three times a day. Two MinCol three times a day. Have the patient lie as quietly as possible and then just four or five months. You will be amazed at how the disk will go back together. It is the substance at what cause bones to knit. When Senior
citizens break a bone and the bone breaks when they fall and then they are put in the hospital and on their putting the bone back together, we give them MinCol. Two, three times per day and the doctors are amazed at how rapidly the bones reknit, like they were young. And yet they won’t use it because it has not been approved by HEW. Yet they see the benefit of it. They see the benefit of it.

Now there is no law saying that anything has to be approved by HEW unless you make a claim for it on the packaging that contains it. Yes? (student question). I misunderstand you perfectly. (student question). Well you have to know what’s in tuna fish honey. (student question). The numbers don’t tell you anything, dear. You have to know what tuna fish is made of and the number of tuna fish and so forth and know how it fits into the pattern, the poisons that can be made by tuna fish. (student question). In about seven minutes which may take it early. Yes? (student question). You may take a break. Yes? (student question). We’re talking about bursitis? (student question). Oh, to stop pain. No. It will not stop that pain. (student question). I don’t know. I don’t know. For instance, honey, you can have that name on fifty people. And use 50 different remedies to get them well. That’s why naming a disease doesn’t cure it because the name of the symptom on 50 different people can be caused by 100 different conditions or more. Do you see what I am saying? You may take a break.

Very good. I was going to do it anyway. Every magnetic field has a direction of action associated with each point in the field. This one factor brings frequency of matter into existence. It separates the kinds. It also makes it possible for a species to exist. It is accepted practice to consider the forward direction of the force to be the direction in which a north magnetic pole tends to move. Yes? (student question). It is accepted practice to consider the forward direction of the force to be the direction in which a north magnetic pole tends to move. Now always in saying an upward magnetic pull. Either one is correct. Either one is correct. Forward northward, no northward or upward. Northward or upward. What it’s saying here is that we’re, all matter is held together by electromagnetism.

Did you ever stop to think what makes a postage stamp stick to an envelope when you wet it? It’s a magnetic field created between the two substances, two papers. So this is what it’s saying. Now let me read farther here. As in the case of the electrostatic field, the drawing of magnetic fields are simple maps showing only a few lines of force that indicate at any point the direction of magnetic force at that point. Just what I have been teaching you now for almost a day and a half. Exactly. And now I’m reading the rule why these things are true. I’ll explain it a little farther in a few more moments.

The strength or intensity of the field can be judged by the closeness of the lines of force. The farther apart they are the weaker the field. Isn’t that simple? Isn’t it easy? This is what I’ve been telling you. The laws of physics are constant. God has taught me how to apply it to biological life. And there are no exceptions to these rules. These rules are constant. Now, I’m going to explain it to you a little differently. You probably have heard if the sun went out, it would be eight years before you missed it. Because of the time it takes light to travel that distance. Light travels at the rate of 186,400 miles per
second when there is resistance. Only where there is a magnetic cationic resistance. But, where that resistance does not exist, that rule is not so. That rule is not true. Now remember that. It’s only true where there is resistance. And after you come to the magnetic field, the Van Allen Belt, then you meet resistance. But until you meet resistance, that rule is not true. It’s only in the realm of resistance. This is what this paragraph is just telling you here. Now, let’s go a little farther on a different rule.

Establishing a uniform magnetic field. A uniform field is a necessity for electromagnetic focusing, in other words, all bodies must have a force. And one constant ah frequency or else it wouldn’t be a body. It would come apart. All bodies must have equal frequencies or they won’t stay together. They come apart. That’s what it’s saying. It is one wherein the intensity is the same at all points. Exactly what I have been telling you here. Or least over that portion of space where the field is utilized. A further definition of a uniform field is one wherein the number of lines of force that thread a unit area will be the same everywhere in the field. See this brings a body or a material or a substance into existence. And without it, substance cannot exist.

I’m going to read you another rule a little farther here. And this concludes all that I’m going to tell you in this class about this source of energy. And this is an ionized atom. It is possible for an electron or originally in an unfilled shell when bombarded to be completely knocked out of the atom past all energy levels so that there is no longer any attraction to its nuclear. That is base exchange. That is our system throwing out the worn out cell and putting in a new one. Yes? (student question). It is possible for an electron originally in an unfilled shell when bombarded to be completely knocked out of the atom past all energy levels so that there is no longer any attraction to its nuclear. When an atom loses an electron in this manner it is said to be in an ionized state. Or a deionized state. Either one. In other words, deionized, which means not that the atom has lost its ionization but it’s lost its ionization that connects it to that frequency.

Do you understand that the laws of physics are constant? Now just what all does this mean. I’m going to show you what this means in just a moment. Yes. It no longer has an attraction for it. And if that was not true, then we could not reproduce, we could not reproduce the cells in our body. It would be impossible. I’m placing this book here to show you these graphs on this side. These first top three in this book shows the wavelengths upon which biological life exists. The last three does not … (end of tape.)

**Tape 7 – side A**

[Note: This side was originally side B of tape 7, but it fits the continuation of tape 6B. Side 7A appears to be the continuation of this tape side. The recording order was obviously messed up somewhere along the line.]

…. to the biology of life but not just electrical instruments. However, this book is applied to television sets and so forth, but these same principles of physics can be applied to biological life. So, this is what you will learn starting in about the 5th or 6th course. So this I wanted to bring up. And this is what you must understand, is the magnetic
attraction that brings these numbers into existence on these cards. Cause and effect. Cause and effect. And over the years, I have spent other than millions of dollars in research in this field, and I’m teaching you here in this class, the results of how it can work, of how to maintain life. And I’m going to say this, I did it with my own capital and not under anybody’s rule or domain except the Lord Himself. It was the Lord’s capital that He let me use. But I mean I earned it by the knowledge and wisdom that He gave me. So, these books are excellent. And this is the only one book that I have in the entire group here that actually deals with magnetic energy. And you can get any ordinary chemistry book, any ordinary physics book, or math book, and any of those subjects that you begin to study will be a help to study to be able to understand what is taking place within your body. But in the 5th course we start the chain reaction of cellular structure. That put together in the cells on a frequency. I made a statement this morning that an anionic body had a temperature of 980 degrees centigrade. How did I know that? Anybody that knows the frequency can figure out your energy. I mean that’s just an ordinary mathematical problem. Once you know the frequency you figure out the energy. You know the structure. So there’s not anything difficult about that. It’s just a matter of applying math to biological life. Are there any questions now before we go into it deeper?

(unintelligible from student).

**Reams:** It wouldn’t do a bit of good honey I don’t think because they are around five or six thousand dollars apiece, these books.

(unintelligible from student).

**Reams:** I’ll page right here. There’s such a few of these books in demand until. This is the price on them. I got $7.50 marked on this book for my library to keep anybody from walking away with it. But when I bought the book it was $3,500. If you bought the oscilloscope at the same time which was the same price. So, ah it’s years and years old now. But what I’m trying to tell you is these are the principles that makes these factors possible. Somebody else? Yes?

(unintelligible from student).

**Reams:** Miles per second.

(unintelligible from student).

**Reams:** Well it travels unlimited, in other words, probably instantaneously.

(unintelligible from student).

**Reams:** Yes, instantaneously.

(unintelligible from student).
Reams: Yes.
(unintelligible from student).

Reams: Yes.
(unintelligible from student).

Sugar Readings

Reams: Sugar readings. We are going to start now to actually studying the meanings of the readings that you are going to get on the cards.

5.49 I’m talking about sugar routines now. When all of the numbers are out of ratio, not exactly perfect, unless all numbers in this equation that I gave you yesterday equal perfect, are perfect, then none of the numbers are perfect. Do you understand? Either all of them are perfect or none of them are perfect. It’s kind of like the Ten Commandments, if you break one you’re breaking them all. He that is guilty of one is guilty of them all. This is the Bible. It’s not my opinion. It’s the Bible. It’s either perfect or its imperfect.

Anything below 5.49 is considered low blood sugar. And in order to understand this we are going to have to look at some other numbers. Suppose that you have a 5.49 and a 7.40 pH over X and that you have we’ll say a 18C and a 4M and a 7 over 10 reading.

( 5.49  7.40/X  18C  4M  7/10 )

That would mean that this is a low blood sugar reading even with 5.49. It would also mean that this fluctuates. It goes up and down, up and down, up and down. Most people that have this reading would have a tendency to have headaches. And any time the blood sugar drops quickly people have a headache. And if it drops slowly, they do not have a headache. If the sugar reading is below 5.49, this is the question you ask, “Do you have headaches?” And if they say “yes”, then you know the sugar drops rapidly. If they say “no”, you know it drops slowly. So it’s important in making a diet to know whether it drops rapidly, or whether it drops slowly. Now these questions will be on your questionnaire that you put in the computer, because the computer is only a machine, and you’ll have to know these questions.

Now, if it has a habit of dropping quickly, it generally drops to we’ll say 0.9 or lower. Now when it drops to 0.9 with a tolerance we will say of 5 you do not get dizzy and light headed. Now that will be the summer time readings. But in the winter when you didn’t have any tolerance or when you have a tolerance of minus, this is summer time. This is the summer time. And this tolerance is the tenths of sugar in the blood below 1 in the
urine. Okay? Now, also in the winter time, you might have a minus 2 or a minus 4 tolerance. Or it’s a zero. It’s always a zero. And don’t be surprised sometime if you get a reading with a, reading something like this, 00 and a 0 tolerance. You will find a reading like that sometime in withdrawal. And the person will still be very much alive. Very much alive because the system at that time is turning their own fat into sugar to maintain life. But the thing about it is you do not want this condition to last over two or three hours. Correct it quickly. Correct it quickly. Because in two or three hours that restored up resistance will end and you will have a person in a comma.

In most cases, I mean 98-99% of the time the sugar level will go up through the night and down through the day. Up through the night and down through the day. Once in a great while you’ll find one that goes down through the night. Now, whenever this sugar level drops too low, it’s gone in this range. You’re in the range of light headedness, dizziness, some people are nauseated, or the energy runs out. This is the range of motion sickness. This is the range in which ah at least 50% of the automobile accidents take place. It’s unsafe for people to drive automobiles who has a sugar that drops down in this range or below. It’s also the cause of one major plane wreck in which the pilot, the co-pilot, and the navigator all had low blood sugar at the same time and the plane crashed and killed all on board. There was no reason they could find for that plane crashing except that all three had low blood sugar at the same time. So, it’s a very important factor to notice is to keep and to watch this blood sugar.

Now if it gets a 5.50 or above, then they have a tendency towards high blood sugar, but in all cases, even at 1, 2, or 3, there’s is one question you always want to ask to everyone. Are you on any debonese, orinate, or insulin? This is one question you’re to ask everyone. Are you on any medication for the control of a diabetic condition? This is necessary to know.

Now this is the ranges of your sugar level. Now, right here is a very important factor.

**Student:** Will you repeat those? Are you on diabetic products .....

**Reams:** Medication for diabetic condition.

**People that have a weight problem**

May I have your attention please? People that have a weight problem, if you will keep their sugar level, between 1 and 2, their weight will drop to normal. This is the range on sugar of the urine for the weight to drop to normal, and it’s as simple as that. No counting calories. No skipping meals. No starvation diets or anything else. Keep their sugar level between 1 and 2 and their weight will drop to normal. In all these years and in all my experience, I have never seen that fail, not once.

Not once have I ever seen it fail. However, what some people wanted their weight to be and what their normal was, was two different things. Completely two different things.
So, it doesn’t matter where these other numbers are. As far as weight control, this is the key to weight control right here. You hold the key to weight in your hands. But by keeping it in. How do you do that? By systematically drinking enough water, and watching your carbohydrates, your starches and your fats. And whole milk, and spaghetti and macaroni made from wheat is high in starch. Yes?

Student: (unintelligible).

Reams: I’m sorry I didn’t hear your question.

Student: (unintelligible).

Reams: We’ll come to the low blood sugar in just a moment, what to do about it. We are talking about now the normal, where you keep it, where to keep this normal, because there’s other factors involved whenever you get into low blood sugar, besides just this.

Student: (unintelligible).

Reams: We’re coming to that in a few minutes my dear. But there’s another factor involved, to consider when you have low blood sugar. This is not the only factor. If you have low blood sugar, this is still true, or if you have high blood sugar, this point is true. But there’s another factor involved in which will make an exception to this rule, okay? This is true. If your numbers between 1 and 2, you don’t need to drink the water. It’s alright, I mean it isn’t a matter of drinking water because it stays there already. But there’s another factor involved in which you do have a problem. Now let’s suppose that we have, this is the problem here, and we have a weight problem, and we have a 7 over 10 here. Now, it would be no problem at all to divide their weight by two, call it ounces and drink four ounces every half hour providing that this did not drop below 1. So, if this number is below 5.49 and they’re drinking water every half hour, just plain water, not lemonade, just plain water, then we ask them to eat fruit in order to keep this blood sugar from dropping too low. You got the idea? They eat fruit.

But let’s suppose this number is 5:50 or above and this number over here is the same as it is now. Then, they do not eat fruit. They do not eat fruit. But do not take their diet away from them. Let them continue eating the foods you put them on, unless you are going to test them at least once a day and twice a day is better. In other words, do not put anyone on a three day fast. Or a six day fast. Unless they are tested every day at 11 and 2 o’clock, at least two. And do not let anyone that’s on a fast anytime, drive an automobile, because their sugar can drop too low, quickly, and they can have a fatal accident. So you want to watch that very, very closely, is in your sugar level.

Now, suppose that you have a patient that comes in with only a 1.2 sugar and you have, we’ll have a 17 over 10 in which they are in a fatal heart attack zone. Now you’ve got a problem on your hands. You really got a problem on your hands because this sugar’s running too low, and this urea is running very high. You’ve got to drink water in order to get this (urea) down, 4 ounces every half hour, and until you get it down to around 12.
And yet, not run this one too low so what you do, you don’t give them water. You give
them (recording appeared to jump so this is not complete – below he says give fresh fruit
before you give this person water) you put that person on lemonade and water and you
use a different sweetener every day in the lemonade, and keep it up. Now this kind of a
patient we’re simply we put them on actually, I put them on a all fruit diet and water for
the first few hours to bring this point (ureas) down. Bring it down a few points. And
then I would put them on the lemon and water the next day with a different sweetener.
Be very careful when this number gets about 27 (urea), because anything you tell a
patient to do could cause or bring about a fatal heart attack. And the last thing they do is
what the family’s going to blame, causing the heart attack. And you will be, you could
be charged with manslaughter. Yes?

**Student:** (unintelligible).

**Reams:** Because some people, well some sweeteners cause a person’s pancreas to flush
to manufacture too much insulin, others don’t. This is why. Yes?

**Student:** (unintelligible).

**Reams:** Adding the two the numbers. The total. Yes?

**Student:** (unintelligible).

**Reams:** Well the range of sweeteners is maple syrup, honey, sorghum syrup, Karo
syrup, date sugar, brown sugar, sorghum, molasses, and so forth. There’s a great, great
number of them. Yes?

**Student:** (unintelligible).

**Reams:** Thank you 1.2 is a number that if you have a 17 over 10, you must use fruit,
fresh raw fruit, while they drink the water, in order to keep the sugar from dropping too
low.

Now, you are going to find people that go into a spasm or a seizure, because of low
blood sugar. 80% of the people today in the United States that are considered to be
epileptics are not epileptics. They are diabetics. Low blood sugar seizures. Low blood
sugar is a diabetic as well as a high blood sugar. Diabetes means a malfunctioning of the
pancreas. So, they have diabetic seizures.

I had a girl brought into my office one time and her card said she was 27 years old. I
thought she was 47 or 48. She was brought in by her neighbors and of course they tell
me nothing when they bring the patient in. I didn’t, I never know who’s going to come in
next. And when I looked at her card I said, “And so you think you are an epileptic.” She
says, “I am an epileptic.” I said, “No. You are not an epileptic.” And the people on each
side, this was the first time they had been in, they just knew they were in the office of a
quack, because she had had a seizure on the way over. I said, she said, they said, “Well
she had a seizure on the way over here and you are telling us she’s not an epileptic.” I said, “Yes. I’m telling you she’s not an epileptic. She’s having diabetic seizures. Low blood sugar seizures.” And I said, “I’m going into the lab right now. I’m going to make her up something to drink. It will last from now until supper time. I’m going to make a diet that’ll last her two weeks. And she will not have another seizure during these two weeks.” And I did. And she drank that little glass of ordinary fruit juice. It was all it was. And on to build her blood sugar up because it was in the seizure zone then. And then she went on the diet that I gave her. She had no, and two weeks later she was back and no seizures. Then I made her a diet for another two weeks and told her to repeat it every month. And nine months went through with no seizures at all. No seizures and then she did not need to come but every six months, back into the lab. And one year later, one year from the nine months the time that she was dismissed, she got her driver’s license. No more seizures. And a year later she got married.

So what I’m trying to tell you is you cannot look at a person in a seizure and tell whether it’s a diabetic seizure or whether it’s an epileptic seizure.

One of the doctors I trained ah called me about five weeks ago and said there’s a lady in my office with a baby two years old that these are the readings, so when I saw the readings, I said, “Is this baby having convulsions?” Well the dear little woman didn’t even know what a convolution was. She said, “No.” I mean the doctor asked her and she said, “No.” And then I told her what to do for the child because they were in the zone for seizures. A seizure and a convolution is the same thing. There is no different. So, he said, “Isn’t there something else that you see wrong?” I said, “No. There’s nothing else wrong.” And he said, “Well the baby stiffens up and can’t hardly get it’s breath.” Well I said, “That’s a convolution. That is a convolution.” I said, “This is the first question I asked you. Does the baby have convulsions?” And said, “The baby gets stiff and almost loses its breath and have to give it artificial respiration.” I said, “Well that’s a convolution. That’s exactly what the first question that I asked you. Now, I’m going to tell you what to do.” And I did, and three weeks later I heard the baby had had no more. It was having up to three a day. A two year old baby and it had all the doctors in Emery Hospital and all the baby specialists in Atlanta and they still couldn’t find what was wrong with the baby. Yes?

Student: (unintelligible).

Reams: I do not know. I do not have enough facts at my fingertips honey. I have to go by the numbers. In fact, certain sugar, white sugar that’s in the drink could cause the ah the insulin of the pancreas to flush. Yes. I mean it’s possible but for me to give you a positive answer without the numbers, I would be a quack. Yes?

Student: (unintelligible).

Reams: Yes. Yes. You will get that in a later session. Because that you are getting into deeper things that we need to get into in this class. Yes. You can tell when a person really is an epileptic by the numbers.
So, these are factors that I want you to know about sugar. And this is just a little peek through the key hole. Of what this, what these numbers tell you.

**Saline Readings**

Now, I’m going to give you a range here on the pH, I mean on the Urea. Well, before I do that, before I do that, this is the number 18 to 34.9 (salts) that we consider cholesterol forming in the arteries and veins. On your saline reading, 18 to 34.9. This is the saline readings. 18 to 34.9 we say, that cholesterol is beginning to form. And 35 to I believe it’s ah 49.9 we call it dangerously high. At about 50 to 80, I’ve never seen an 80. I’ve never seen an 80. This is dangerously high here. 35 to 49.9 is dangerously high. And 50 to 80 is critical. In other words, they can have a angina heart attack at any time. Now this is critical on the zones. And this is the ones that whenever the computer gives you a reading, this is the ranges that are used.

**Urea Reading**

Also, let’s get over to the Urea range. Anything above let’s say 15 totaled. I’m talking about totals. This is totals now, totals. It doesn’t matter how the 15 is arranged, need dolomite. In other words, they begin to get tired. They’re tired, getting more tired all the time if it’s above 15.

And 15 to 23, well let’s take it to 20. We’ll do it a little bit different. To 20. Now, at 20, this from 20 to 23.9. From 20 to 23.9 is called a minor heart attack zone. Now this is the pectoris heart attack zone. From 24 to 26.9 is the major heart attack zone, pectoris heart attack. And from 27 to 30 is the fatal heart attack zone. Now that is the fatal heart attack zone and you better believe it. You better believe it. Yes?

**Student:** (unintelligible).

**Reams:** 15-20 is the fatigued, tired, your tired, very tired. This is the tension starts in here, and the higher this goes, then the greater the tension. And whenever this Urea drops down to 12 in 24 hours, there’s a complete change in personality back to their old self again. It just, I have seen people that I have sent home and told what to do and come back and 24 hours later, I did not even know them. They were changed so much I didn’t even recognize them. So these are factors that you need to keep in mind that really work. And you better believe it.

Now, you must be careful in watching your ratio between these numbers and your sugar readings. Be careful. Be careful. Be careful. Because you can easily bring about death if you are not careful with it because, watch the ratios. Do not let your sugar drop too low. And they work together.

**pH Readings.**
Now, let’s go to the pH readings. 6.40 over X. This is the urine reading I am talking about. 6.40 is you’re doing pretty good with your diet providing all numbers are in, but if you may have a 6.40 reading and still have a low calcium. I mean a low calcium. This is a calcium.

Let me tell you something about pH. pH is only a measure of resistance. It’s only a measure of resistance. It’s not a measure of volume. A pH to your system, reading, to your system is what a speedometer is to your car. The higher the pH, the slower your food digests. The lower the pH, the more acid your body is and the less energy you can get out of your food. So, it works both ways. In order for it to be normal, and if this number is 6.40 and all numbers are perfect, you are getting the maximum amount of energy from your food. But unless all numbers are correct, you can still have a low calcium content with 6.40 reading. It’s especially if you have a 4M. Any time you’ve got a 4M or 3M or 2M, any M reading above normal would mean that your calciums are low. Simply that.

You’ve got to see the whole picture. No one number tells you anything. Only in combination with the others. And being that we all have just one way of understanding words, we have to tell it piece-meal. But remember, all of this is happening at the same time. All of it is happening at the same time. Any rise above 6.40 in a pH of urine, means a slowing down of your digestion. It’s taking your food longer to digest. So any lowering of the pH means a decrease in energy that you get from your food. In other words, the electron in orbit is moving at such a rapid rate, until your body cannot pick it up.

Generally speaking, the lower the pH, the looser the bowel. Not always. Not always, but generally. Colitis or something on that order. So this is the meaning of your numbers and what to do about them. When your pH reading gets to 5.20 you use vitamin D. And you doctors use 10,000 units of vitamin D, twice a day between meals or you who can get prescriptions for it. And if you cannot, then you have to use the 400 vitamin D and use one vitamin D for each 50 pounds of weight. One 400 mg vitamin D for each 50 pounds of weight. Yes?

Student: It’s hard to find just plain vitamin D. How about A and D in capsules and cod liver oil?

Reams: It’s very good, but also, it’s all right, it’s no problem at the drug store to get vitamin D under 10,000 or 50,000 units. Now if you get the 50,000 units just ….. between meals. It’s best to get two 10,000 unit vitamin D though, than it is to take one straight 50,000 unit of vitamin D.

So these are principles and the meanings of the numbers.

**Albumin Readings.**
Now the albumin reading. Now, remember this. Now the date on this reading we will say is 7-17-76. The date is very important, very important. Because when you begin to measure your energy a week apart, or two weeks apart, or a month apart, you have to know the date and how many days apart that this reading is from the last reading that was made.

Now the first reading, on a first reading, this Urea would indicate that the Urea was in soluble form like putting sugar into coffee or water, something like that. It’s soluble and it causes the heart to beat too hard each time. It sounds like a drum when you put the stethoscope to your ear, very, very, strong. I’ve heard doctors say this, you got a heart as strong as a horse. And all they were saying is that you are about to have a pectoris heart attack. That’s actually what they were telling the patient, yet they never even thought it important, because the heart was beating too hard. Now, I need to erase all of this except the top. No. Don’t erase this one. Just down to here. Now we’ll say that we gave this person a diet and they went home to do it. Now the reason they got a diet to go home on this one is because it’s below 5.49. If this was above 5.49, I would not give them a diet. They would have to come in to a retreat, or live next door to you. Or where you could be testing or get to them quickly. Do not, do not give a person a diet to go home with that has high blood sugar and a high urea. In other words, that is a no-no.

Now let’s suppose we’ll say that on the 7-24-76, they come in with a reading here we’ll say of 2 and this reading it come down to 6.80, they done what they’re told, they got their colonic. And this one had come down to a 4. And this one had come down to still a 4M. And this one had come down to a 1 over 6.

(7-24-76 2 6.80/X 4C 4M 1/6)

Now, notice there’s a week difference there. There’s a week taken place. This means the person went home, didn’t do a thing about what they were told until about 2 days before they would go back to see the doctor again. Then they got on the program. And this shows the body is in withdraw. So tell them. You just tell them. “Why didn’t you start the next day like I told you?” “Well I was just too busy. I just couldn’t get to it.” “Well, you only got started on it the day before yesterday.” “How did you know?” They’re so surprised that you knew. Because if they had a started on it the next day, then this number (1/6) would be back above 12 here. You can’t fool these numbers. You just have to know what they are telling you. Yes?

Student: (un intelligible).

Reams: The urinary sugar. It is the average. It is the average. The blood sugar for any 24 hour period is an average of the urinary sugar.

Student: (un intelligible).
Reams: If it’s above 5.49. They must come in (to the retreat) because you’ve got too drastic a change taking place in their body chemistry. In other words, the change is too violent. And, when your body starts to react, it over reacts. It over does it.

So, these are factors to remember. And the main thing to do. The main things you are going to learn, is if it is 7.40 (urine pH) they need a colonic. It it’s above 7.20 they need a colonic and so forth. After you do the numbers, then we’ll tell you how and what to do and so forth. But we’re only giving you some things in regards to the ranges in which to look for the danger points.

Now the albumin reading is supposed to stay up over 4M.

Now let’s do another reading. Now the guy’s got on the, he’s got onto it and so we got an 8-1-76. He comes in and he’s got a 2.2 and this is still 6.80 over X and this has risen up to 8 and this is 4M and now this one is 7 over 8.

(8-1-76 2.2 6.80/X 8C 4M 7/8)

Well, he’s through withdraw now and his body’s begin to throw out cells. It should. Let’s do another week now. 8 and we’ll say 8 of 76. And this one is 2.3. This one is 6.69. This one is dropped to 7. This is 4M. And this one is 12 / 8.

(8-8-76 2.3 6.69/X 7C 4M 12/8)

Very good. That’s a good reading. He’s doing normal. He’s getting well. His bodies responding. He’s throwing out the cells. Now, up here, he was in a heart attack zone and let me see, let’s make this a little different. Make it a little it a little tougher that that to exaggerate it a little. Let’s say that this was a 12 over 16. Let’s say this happens to be a 12/16.

(8-8-76 2.3 6.69/X 7C 4M 12/16)

Now, I’m exaggerating just a little. You probably won’t see that, but it’s possible. It’s possible. Now, here he was in a heart attack zone. Here he isn’t. Now, the reason that, up here, the urea was in a salt soluble form. And here, you have the Urea in two different forms. You have it in the form of Urea the salt soluble form and you also have it in the cell form.

Now the cell form, you can see the cells in the urine. You can see them. When you put a light onto the urine, you can see the cells. And those do not overstimulate the heart. Up here the heart was pounding like a drum. Down here, on a stethoscope it’s like a kitty cat walking eggs. It’s softened. So you can hear it in the stethoscope. Do you see how you can tell?

Student: (unintelligible).
Reams: I just answered that question.

Student: (unintelligible).

Reams: The stethoscope tells you my dear. I just answered that question. The stethoscope tells you. Now, suppose, we can take in the laboratory, we can separate the soluble salt from the cells. In other words, the cells, the pieces of meat, the dead cells that, the carcinoma cells, do not overstimulate the heart until they turn to in salt form. Until they turn into a salt. Then they overstimulate the heart. As long as they are a carcinoma cell being thrown out by the body, they do not overstimulate the heart. Do you understand?

Student: (unintelligible).

Reams: Yes. The stethoscope lets you know whether they are soluble or insoluble.

Student: (unintelligible).

Reams: Yes. Listen to their heart. Or you can feel their pulse. It’s almost jumping out. Yes?

Student: (unintelligible).

Reams: Well…. (end of tape 7A).

Tape 7 – Side B

It’s not worth it. You can still find out the difference. But it’s not worth it. I mean it doesn’t mean anything. Why go to all that expense when a stethoscope will answer your question? The stethoscope itself will answer the question.

I find baby’s two years old or even a year and a half old and even less than that, that their little heart is beating so hard it sounds like a drum. They are a candidate for a crib death. Crib death can be stopped instantaneously except smothering, for heart attacks. But you should start, when should you start testing a baby? Two weeks old. But you should also test the mother if she’s nurse feeding her baby to know whether or not, all mothers that smoke I take their babies off of the mothers breast because they’re getting nicotine into the baby. It’s going to make it ill.

And I put it on soygen or soymilk. And I have yet to find the first baby that soygen or soy mild milk disagreed with. I have the mother add a little honey one day, a little blackstrap molasses another, a little Karo syrup another, a little Eagle brand milk another, a little powdered milk another day to it, just ordinary powdered milk, mix it. And you should see how the baby grows.
And after a little while, I’ll have mother putting a few drops of carrot juice in it. About three months. And then a few drops of sometimes in just the water. The baby drinks a few drops of orange juice. Just start off with a few drops of orange juice. Do not forget to give baby water as soon as it gets home from the hospital. Or if it’s born at home natural birth at two weeks, three weeks at the most. Start with a bottle letting the baby have some water to drink every day. The baby doctors today do not give baby’s water because they know that if they don’t, the baby will land back in the doctors office. Yes?

**Student:** Is that water after you have sugared it?

**Reams:** Not necessarily, a baby, it won’t make any difference. When babies are born, they don’t have any taste. Their taste buds are strictly undeveloped. And it’s out about two weeks before they begin distinguish tastes and flavors. And the first one they recognize is something sweet. And it takes a little bit of doing too, but if they would in the hospital, start giving baby some water the very first day of its life. They would take it right on and on. So, don’t forget to give the babies water. Teach them to drink water from babyhood up. And the right amount of water. And no juice is a substitute for water. These are factors that you need to start to keep baby on the keep and healthy. Yes?

**Student:** (unintelligible).

**Reams:** Because the gastric juice does different things to it. And it throws it out of the system. Water has to go down to the tip end of your toes to the fingernails, all through your flesh. And the water that it extracts from juice goes straight out of the blood into the kidney’s because its too highly ionized. These are factors to remember.

This is your first introduction to patterns and what to do about them. Now, I want you folks to memorize and I mean utterly memorize these ranges. Now this, when the computer talks to you, it’s going to talk to you in these ranges. It’s going to deal with you in these ranges and whenever you begin to get these tests you will begin to fit them to these ranges. But I want to tell you one thing, please don’t run to me the first time you get a test of yourself and tell me what it means. I’m not going to tell you. In all probability, it’s not accurate. It’s very few of you that will be able to do an accurate test the first time you do it. I will tell you by the end of the third day though when you’re testing. I will pay attention to that one, but don’t run to me with the first one. Don’t run to Laverne and ask, “What’s wrong with me?” with your first test. And you are going to see things here that’s rather amusing to you. You’re going to have problems. And some of your equipment is going to need to be a little adjustment. And you’ll probably be short some of your equipment. The first thing you do is to go through and see if all your equipment is there. Be sure that it’s complete. And on your first refractometer’s, they do not have a thermometer on the side for range. The ones that are ordered are not here. We’re loaning you one that’s used in agriculture until the other ones come and then it will be exchanged without any cost to you. And these are the ones to use in the agriculture range. Because unless you are testing fruit juices for markets, your tolerance doesn’t
make any difference. But if you are testing for tolerance, on range of quality sales, then you do need the refractometer with the thermometer on the side. So, these are factors that you will learn.

And one of my information to you now, is this afternoon, do not go ahead of Laverne’s instruction. Follow exactly what you said, if you don’t you are going to be missing the thing she’s talking about. She will tell you exactly what to do, exactly what to do. And please follow the instruction. The closer you follow the instruction, the more you’ll get out of the course.

And one of the things I’m going to tell you when you get home is this, don’t hunt shortcuts. Follow the rule. Go by the rule. Yes?

Student: (unintelligible).

Reams: You won’t need it. You won’t need it. You won’t need it at all. Yes?

Student: (unintelligible).

Reams: Well, whatever the temperature of the room is. Yes?

Student: (unintelligible).

Reams: Yes. As the other numbers come towards perfect it drops down, but we’re talking about exaggerated sick people. We’re talking about exaggerated sick people. Tomorrow afternoon I’m going to come in and give you your first problem to solve. It will probably be tomorrow night after supper. Yes? Yes.

Student: (unintelligible).

Reams: Limes, the fruit Limes are cationic.

Student: (unintelligible).

Reams: Your talking about the calcium hydroxide?

Student: (unintelligible).

Reams: Would it do what?

Student: (unintelligible).

Reams: No. No. It’s an entirely different thing altogether. Many times we give it together. It’s an entirely different thing. For instance, Lemons as I have told you twice already in this class, I’m telling you for the third time now, is the only anionic substance known to man and it can be converted into some six billion different enzymes with less
chemical change than any other natural organic substance known to man. The next thing is the hydrochloric acid tablets which are inorganic. Sometimes it’s necessary to give both.

**Student:** (unintelligible).

**Reams:** You can freeze lemon juice and it will still remain anionic, but it won’t work. It loses its vitamin.

**Student:** (unintelligible).

**Reams:** Yes.

**Student:** (unintelligible).

**Reams:** No. It doesn’t work like that, my boy. It doesn’t work like that. It’s only 1.5 when all numbers are perfect. All numbers have to be perfect or no numbers are perfect. Now see this is the fourth time I have said this and it just now sunk through. All numbers have to be perfect or no numbers are perfect. It’s just like the Ten Commandments. If you break one you are guilty of all. All numbers have to be perfect or no numbers are perfect. Any change in one number means a change in all numbers. Yes?

**Aged patients with perfect numbers.**

**Student:** How many perfect people have you tested?

**Reams:** I don’t know.

**Student:** Hundread?

**Reams:** Oh yes. Some of them 80, 90 and over 100. I have 20 people today, about 20-21 that’s over 100, numbers perfect.

**Student:** What do they look like?

**Reams:** They look about 60, 65, 70, 72. Getting around, doing a beautiful job. In fact one of them is 114 and still teaches four days a week at a university in California. Another one has been my patient now for 25 years. He had been sick for sixty years, sick for sixty years when he came to me. And he has been in better health for the last 25 years than he has ever been in his life. They run an organic farm out in California. He still drives his little truck down to the auction. He looks about maybe 67, 68 years old. My attorney in Florida is 80 years old this year. He looks about 48. Yeah. Yes. Yes. You won’t live any longer than you plan to. (laughter).

**Case:** Urea above 18 can make you tired.
Now, let me also tell you something else about this Urea over here. This is something that’s rather interesting. If you really want to make a friend with a kid or girl especially. And she comes in with numbers over 20. Or above 18, we’ll say the total is above 18. And you can really make a friend out of her. And you can say, “Mother, this child is not lazy. She is so tired that she cannot hang up her clothes. She cannot make up her bed. She just cannot keep her room clean.” And that child she’s shocked. She’s surprised. “How did you know?” And her mother said, “That is right.” But I said, “She’s not lazy. She’s too tired and it’s her body chemistry. And by that time she’s over her shock and she says, “Mommy I told you I was too tired.” You’ve got a friend for life. You’ve got a patient that will be with you and on and on and on. (Reams laughing) You have unshielded everything you say. Now you say, “Mother, I’m going to give you a diet for your daughter here. And she’s going to be the best helper you ever had. And I want you to bring her back in a month or whatever the time is, depending upon her problem.” And the first thing she says, “My room is clean, doctor. My room is clean.” And her mother says, “She is now really the best helper I’ve ever had.” But you know the mother would say, “She always finds energy to do what she wants to do.” I said, “That’s human. That’s just human nature.” And then the little boy, “He’s too tired to mow the yard. He’s too tired to do his duties. He’s too tired to hang up his clothes or make his bed.” They should do that too. Now, it’s remarkable how you can win that child. Sew him to you and believe me you’ve got a believer for life. And when the least thing gets wrong, they gonna be in touch with you. They’re going to let you know that something’s wrong.

**Case: Crawl 100 yards a day to learn coordination.**

I want to tell you about one case that I run into. And I’ve only hit one case like this in all my years of testing. It was one of the early cases that I ran into. When I first come up to Blue Ridge Georgia. This man had brought this girl into me. She was a senior in High School, 17 going on 18. And she was classified as moron, yet she was a straight A student. A straight A student. She could not control her facial expressions. She could not control her hand or her motions. All of her tests in everything had to be done verbal. She couldn’t write like other people wrote because her hands wouldn’t obey the rules from her brain. And whenever the mother brought her in and her father is one of the big executives at Xeon Company, and he told me that they had spent over $35,000 trying to find out the cause of this problem. He said, “We spent a fortune on her.” And whenever I tested her, just her and her mother was in there, when the test was made and the numbers were brought to me, in fact I don’t ever see the specimens. All I see is the numbers on the cards. I said to the mother, “Did this child crawl when she was a baby?” She thought back and she said, “No she didn’t. She just started off walking.” I said, “That’s what I thought.” She just started walking. I said, “Well her problem is she, her physical problem is not serious at all. Very minor. But she has not learned to coordinate her muscles with her brain waves.” I said, “That’s because she never learned to crawl when she was a little baby.” I’ll tell you what I want you to do. I want you to go home and I want you to put her on some knee cushions and so she can crawl and I want her to crawl 100 yards every day. Well they went out of there thinking there was a quack and
crazy, sure enough. There I was asking a dignified senior to crawl like a baby for 100 yards a day.

So, that’s no diet, no mineral, no nothing, just crawl. And they told her father that night what this quack doctor had said. And he said, “We have tried, and they had no intention of doing it. No intention of doing it.” But he said, “Listen, we have tried everything else and it hasn’t worked. We are going to try that too.” And he got on the telephone and called me up and said, “Did you tell my daughter to crawl 100 yards a day?” I said, “I certainly did.” I said, “It will teach her coordination.” He said, “You think she’s going to get out in the front yard and crawl a 100 yards a day?” And then, this is the way he talked with. And I said, “Sir, I don’t care where she crawls, but if it’s any problem, I’d get a culvert. A 18 to 24 ounce (inch) culvert. And I’d get about a 100’ one. It will cost you about $300. And I’d put a cushion down it. And I’d have her to crawl back and through that culvert until she got to 100 yards every day.” And I said, “If you’ll do that, she’ll get well, and if you don’t, she’s going be like this for years to come.” I never heard anything. I did tell them to come back in a month. In a month, she came back. I didn’t even know her. And they did it. And her actions were almost perfect. And it was then that the mother told me about, that they learned that she could not crawl. She could not coordinate. But she was learning and she graduated at the top of her class perfect and this was all done in three months. Yes?

Student: (unintelligible).

Reams: Not quite perfect, almost, almost, just a minor little thing or two. But this is what can be done. Because her coordination, you could see the coordination was all out. She made all kind of faces. She couldn’t coordinate her actions, I mean her coordination was out. All that needed to be channeled into a new channel. So I’ve only found one case like this, that is at that age. Now I find children, often that are uncoordinated and I start them to crawling. And it does a beautiful job in teaching the child to coordinate.

Case: Two hypertensive children.

I’ll tell you another case that happened. This was a rather interesting case. These children, these were hypertensive children, two boys, 9 and 12 years old. This was five or six years ago. And the parents brought them into me after Christmas. They had been expelled from three schools because of bad behavior. And they were in the fourth school and they were told that if they did not behave their selves or handle their hypertension, that they would be taken away from their parents and sent to state reform school which would not have helped the situation any. And it’s close. So the tests were run and brought into me and the boys looked normal but they wrecked my office in five minutes. They had it turned upside down. But my office was expendable and the boys were not so the office could be straightened up.
I knew what the problem was as soon as I saw the card. And I said, “These are the most two undernourished children I think I have ever seen.” And the mother said, “That’s impossible.” She said, “We live next door to a hamburger stand and they’ve got an open account.” I said, “Mother, you’ve just said amen to what I just said.” I said, “That’s a filling station. That’s not diet. That’s a filling station. I said, “Do you want to keep those children, or do you want them to go to reform school?” She said, “I want to keep them or I wouldn’t be here today.” I said, “Okay, I’m going to write out a diet for you to give these children. I want you to quit your job.” She was working and he was working. “And I want you to take care of these boys for the next two weeks. And they can go to school. They still can go to school. But I want you to fix these meals as I have written them here. And I said to the boys, and you’re going to eat them or were going to have trouble the next time you come to my office. And the book worm said, “Yes sir.

Because somebody was taking notice, speaking firmly to them, without scolding them or fighting them, or finding fault with them (garbled recording) or that’s nothing. They did real well on that. In one week, you should have seen the difference in the behavior of those children. They sat there like little gentlemen in my office. A complete change. I gave them a diet for the second week. And there was still a greater change, the third week I dismissed them after the test. I said you don’t need to come back anymore. You know how to prepare food for these children. And the little boy who was nine years old said, “Doctor, I want to ask you a question.” Since I’ve been on this diet, I’ve got the sweetest teacher in the world. But before I went on this diet, my teacher was an old hag. He said, “How did my diet help the teacher?” (laughter from students).

So, children that are hypertensive, don’t know that they are hypertensive. You have great power in your hand to do it without drugs. I’ve had parents to bring me children with hypertension that were drugged into a stupor. I mean utterly drugged into a stupor. Just to stop the little hypertension when all that was wrong with them was their diet. All that was wrong, their table, their food was run by a filling station and their stomachs were garbage cans. Now how do you expect respectable citizens to be (tape garbled) with that kind of a problem? With a (tape garbled) under (tape garbled) over filled and undernourished. Now these are factors that can really help.

**Case: Anemic, Low Calcium patient makes two B6’s equal one B12.**

I’ll tell you about another case that came to me which was a woman. She was in her 40’s. Highly anemic and a little bit of a low calcium. Highly anemic. So I gave her, I told her to take two 250 mg tablets of B12 twice a day between meals. And I gave her the calcium mineral tablets to take with meals. I told her to come back in two weeks. In two weeks she was back. And I looked at the numbers. There was no change in the numbers, slightly in the calcium, very little. And I looked at her across my desk and before I said (tape garbled) she said, “Doctor, I’m not a bit better today than I was two weeks ago.” I said, “I see you’re not. Why didn’t you take the B12 like I told you?” She said, “Doctor, I did take the B12.” I said, “Lady, let’s get the record straight quick and fast. Nobody is going to sit in my office in front of my desk and lie to me. If you’re going to lie to me, get out of my office and don’t come back. You did not take the B12!”
She said, “Doctor, I’m going to be absolutely correct with you. I did not have B12 so I took two B6’s each time.” (laughter from students) This actually happened. I said, “Lady, your arithmetic is excellent, but you flunked your chemistry.” (laughter)

So, you go now and take the B12 like I told you and you come back in two weeks. You should have seen the difference. You should have seen the difference that it made. So I’m telling you, go by the numbers.

Case of woman using a diet written for her neighbor.

Another case is another lady come to me and she said, “Doctor, I’ve been on your diet now for nearly three months now and I’m nearly dead. I’m just nearly dead.” Well I looked through her card and was wondering, what’s happening here? I said, “This card shows me that this is the first time you was ever in my office.” She said, “It is.” Then I said, “How could you be on a diet that I gave you three months ago, if this is the first time you was in my office?” She said, “I borrowed my neighbors.” I said, “You must (tape garbled) you were on your neighbors diet.” I said, “Did you borrow her toothbrush too?” In other words, these things are tailored for individuals, individuals.

Case: The thin nine year old girl with almost perfect numbers.

I had a mother bring her daughter in, nine years old. Here chemistry was pretty good but she was very thin, very thin. She almost looked like a skeleton. She was one of the poorest looking American children I think I have ever seen. I mean even to the quality of weakness, yet her numbers were almost perfect, not quite, but almost. And her problem was worms. That kid was utterly (tape garbled) with worms. (tape garbled) So, I told her, “You have worms.” And she was so embarrassed, she cried about it. And I said, “Don’t worry about it, I’m going to give you something to get rid of those worms.” So at nine years old, I gave her one K-min capsule with each meal for 45 days. I said, “Mother” which her mother was about 29, I said, “You bring her back on the 46th day”. Then she said, “Doctor, where did I get the worms?” I said, “Do you have a kitty cat?” I said, “You probably got it from your kitty cat.” On the 46th day (tape garbled) the tests were run. I said, “Honey, you still got worms. Why didn’t you take those tablets like I gave you and you wouldn’t have had these worms?” She said, “Doctor, you didn’t give me enough.” I said, “What do you mean I didn’t give you enough?” She said, “Well I asked you where I got them.” And the way she said it, she was rather scolding me. She said, “I asked you where I got them got them and you said I got them from my kitty cat, so every time I took one I gave my kitty cat one.” And her mother said, “My, my, what will that child do next?” So, she had to start over again. So, what I’m telling you is that if the Doctor gives you a prescription and you come out he doesn’t know whether you did it or not. Well, I’ll tell you, if you know what you’re doing, you’ll know whether they did what you told them or not, because if they did, these numbers will respond. If they don’t, they won’t respond. Yes?

Student: (unintelligible).
Reams: Well, it showed infection in the colon. Minor, very minor. Just a matter of (tape garbled) in the colon. I’m sorry?

Student: (unintelligible).

Reams: In the digestion (tape garbled) range. (tape garbled) Yes. What’s that?

Student: (unintelligible).

Reams: (tape garbled) The hair doesn’t have any (tape garbled) gloss. In other words, she had no gloss in the hair. It was dull. (tape garbled). Still got worms. (tape garbled) But this is an outward sign, that you got worms on the inside when the hair losses its gloss. (tape garbled) it’s sheen. But if a person’s got a wig on, assume that they have worms. (laughter from students). Unless you go by the numbers. Are there any questions? Yes?

Student: (unintelligible).

Reams: What did you say? (tape garbled) ----- a special time. (tape garbled). Malaria and Typhoid, certain things like that, there is. With ordinary mineral deficiency (tape garbled) yes?

Student: (unintelligible).

Reams: (tape garbled) Alcohol, cigarettes, whisky (tape garbled). Unless they want to be helped, you cannot help. You can make a (tape garbled) but you won’t need it. They’ve got to be want to be helped. In our next course (tape garbled) we’ll plan this time (tape garbled) alcoholics and how to make a diet to fit alcoholics. We do not have time to get everything new. We are only getting some basic (tape garbled) in this course. Now in case (tape garbled) except those caused by ameba (tape garbled) Talked about helping people get off drugs. Many of them are in Christian service with their heart to the Lord. (tape garbled every 3-4 words)

**Case: Severe Niacin deficiency.**

A doctor went with the parents and took their daughter out of the Harrisburg insane asylum and brought her to me one Wednesday at 9 o’clock. We were able to get a specimen. Because they had been giving it to her (tape garbled) and water (garbled) she would drink. (garbled) that she was not insane at all. That she had an acute (garbled) deficiency. And she was absolutely a (garbled) vegetable, but yet (garbled) extremely violent she couldn’t control. She couldn’t carry on a conversation any more than an infant baby. (garbled) of interest to anyone or anything about her at all. (garbled) giving her 2,000 units of meli-(garbled) every two hours.
When I gave it to her (garbled) in a banana. Now, she recognized the banana and she would eat a banana like a monkey that was starving to death. I mean utterly gorging it. I mean not even acting human. And she couldn’t help it. I’m not trying to say or berate. I’m only describing what happened. But in just seven hours she was perfectly normal, and she’s still normal to this day. She is now happily married, and has a little girl of her own and they live in Pennsylvania. They live in York, Pennsylvania. And it’s amazing at what can be done when you know exactly what you’re doing.

And that medical doctor was amazed that the results, that this had happened in just seven hours. In five hours she started to begin to gurgle and talk. And finally, she began talking like she had a hot potato in her mouth. But anyway, I let her talk, talk, talk, talk. She started talking. And finally it got plain enough where she could say thank you Doctor Reams. Thank you Doctor Reams. Thank you. But just before that, I noticed that something was beginning to get through to her brain. I kept saying over to her, in a mono-tone over and over and over. You are not crazy. You are not insane. You have a mineral deficiency. We are giving you a mineral that is going to restore you to normal. And over and over and over, I told her that for about five hours. I kept on it and then it became true. I began to see a little light coming into her face. And there was quite a group of people around that saw this.

And I said now, if you hear what I say, blink your eyes the number of times that I say the number. I said one and she blinked her eye once. Then I said three and she blinked her eyes three times. Then I said two and she blinked her eyes twice. And then I said one. And she blinked it once. Two and she blinked twice. She blinked it twice. And then I said three and she blinked it three. I knew that the communication was going through. And about an hour later, she began gurgling and trying to talk and she began to say something. Thank you Doctor Reams. Thank You Doctor Reams. You could not hardly understand what she was saying, but finally it came out.

In seven hours she was perfectly normal and is still normal to this day. Now this is what you can do when you know what you are doing. And I just pretty near have had twenty cases of that in the last seven or eight years. I meant the truth. A niacin deficiency and all of them recovered. Yes?

Student: (unintelligible).

Reams: It was her overall body chemistry. No two of them is the exact same thing. If it’s too low you becoming a raging insane maniac. If it’s too low you can get it. That’s easy to do. But if it’s too high, you can’t take it out.

Next day’s devotion.

So you run a test and their making all kinds of complaints. They’ve gone home. They’ve done a part of what you told them. They come back and they are pointing their finger at you. And their saying, you said do so and so and it didn’t work. Be patient. I
will help you. I will help you. And if I can’t then, I think you should find someone else who can. If I knew anyone that could do a better job than I am doing, then I would tell you. One of your problems is, you’re looking to man for help, when you ought to be looking to God for help. He’s the great Physician. So, if you will keep your cool. When all men around you are pointing their finger at you and blaming you. You will be a man, my son. You’ll be a man. You can become the master of all you create, if you keep your cool. And you can keep your cool if you keep your health. This is very important. Some of, many Doctors are the sickest people on earth. Because they do not take care of themselves. Did you know that the average life of a Medical Doctor ……

Tape 8 – Side A

Forth, His fruit and His season. And whatsoever he doith it shall prosper. This is the rule and regulation, clear and plain, how to be prosperous. Do you want to be prosperous? Do you? This is the rule and regulation. And that is do not sit in the seat of the scornful and do not stand in the way of sinners. Simple rule isn’t it? Simple, easy, just follow it, God will do the rest.

As you study today and work with these charts, I know they seemed like a great big boogaboo to you yesterday. They seemed impossible. It seemed like the whole thing was falling apart. That you would never get it without this help and that help, but you will. You’ll get it.

We were making a beach-head on the island of Luzon. And thousands of men were making that beach-head in our particular battalion. Was landing in a marsh. I mean marsh, mud and salt water. But there was a little narrow strip of land and it went from one foot to ten feet wide between the ocean and that marsh and at the tide we were landing on. Everything seemed in utter confusion. And a little dried up knotty looking colonel that was one of the battalion leaders said through, I called us together, well rather scattered out, but he had a voice like thunder, and he said, “In the midst of confusion there is progress. Move on men.” I’ve never forgot that speech.

Move on. In the midst of confusion there is progress. You know, I love problems. To me there’s no such thing as trouble. I don’t believe there is such a thing as trouble. Trouble is a problem that God gives you and is assigned to you to help you grow bigger, stronger. I met a person today than you were yesterday, just a problem. Now, you can take that problem and made trouble out of it, if you like. It all depends on how you look at it. If you’re in too big a hurry to solve that problem, then it’s trouble. Or if you’re too lazy to solve that problem, it’s trouble. Or if you’re just too ornery to work at that problem, it’s trouble. In other words, you make trouble, or you solve problems.

So, when God puts it is your problem, He has given you a special assignment, just for you and nobody else. To make you stronger. And it’s all how you look at it. And if you would just say, “Thank you Lord for this problem. Thank you.” That problem will be
solved before it seems possible. So I don’t believe there’s anything tough. For me there is no trouble, just a problem that God has chosen me to solve. And I love it and I thank Him for it. If you want your life to be brighter, and sweeter, and fuller, and a greater help to humanity, just remember this. Push people up and solve the problems that God gives you.

Today you’re going to have some problems. In learning to fit numbers to colors, but it’s not all that bad. By noon tomorrow, you’ll be handling it like a trouper. You’ll be doing it well and doing it easily. If we had charts, you would never memorize these numbers. We only give you a guide to start with. So follow the rules. Do not try to find a short cut. Do it exactly as you are told, exactly.

After all, there’s fifty years of research in this work, and if any of you think you have a better way of doing it, I would appreciate knowing it. But please until it’s approved, or we tell you of the experience we’ve had, and the thought that you are bringing up, bring it up privately. Do not bring it up to the class. You would be wasting your time, because, I’m not saying that you don’t have a better idea. But let’s find out how much research has been done on that idea before we try to inaugurate it. Okay? Let’s see if there’s any exceptions to the rule. You know, the less you know about a subject, the easier it is to draw conclusions, but a much easier, but the more you know about it sometimes, the more simple it seems.

A few years ago there was a new boat made, one of the finest boats made to go up and down the Mississippi river. It was a larger boat for rich people to ride upon, it beat the city, and so forth. And it was one of the most expensive boats that was ever built for travelling up and down the Mississippi river. And they sent out applicants for captains for this ship, for this boat. They had many to screen. Coming back north toward the end they asked one man, “Have you ever hit a sand bar in the Mississippi river?” “Oh yes.” he said “I’ve hit them all.” “Have you ever hit any rocks?” “Oh yes.” he said “I’ve hit them all.” He said, “Well you’re the first man that knows where they are, so you’re hired.” No one else that we have interviewed has ever hit any of them. So once you know where the problem is, you can solve it.

So, that’s the difference in someone who knows where the problem is and where it isn’t. A lot of things may seem like a short cut instead of concentrating that solution for one minute, you may think a half a minute will do you in a big hurry. That could cost somebody their life. It may work 99 times, but the 100th time it may not work. That’s a risk that you shouldn’t take. And if you do it for thousands and thousands and thousands of times, it’s been backed. You’ll know what I’m saying about. Because it takes that long for that chemical, the chemistry of that substances, to properly unite, go with every drop in it. You’ll get the exact same reading. It’s very important to thoroughly mix it and then the color is concentrated.

Also you will notice this, that the more it foams as you concentrate it, the higher the urea. The higher the urea. The less it foams, the lower the urea. That’s just a little thing on the side line. It doesn’t mean any thing. We don’t know how much. But these little things
that you will learn and work at it. Be ye perfect. Do it as you are instructed. Whether you want to or whether you believe it, but do it as you are instructed.

Now when you come back for the next session. Bring your equipment with you. We will check you out that time. And if you have done your homework well, you won’t have to bring it back the third time, or you won’t have to take the second course over. But some will have to take the second course over until they are perfect. Be ye perfect. May God bless you this day. May you learn something today that will help you to help your fellow man.

These biological rules of life are not my rules. I didn’t make them. I’m only teaching you how to observe those rules and laws that God made, and as you learn them you will be serving others. As often as ye do it unto the least of one of these my brethren, ye do it unto me.

Father, we thank ye this morning for this devotion. May this be one of the greatest days of our life. May the holy spirit cover and cover and abide here within us and over us and help us to know the truth, and help us to be accurate. Help us to be accurate, that we might learn more about thy precepts. Father today, we dedicate everything we’ve got to You because we love You, because You loved us first. May we love each other so much that we can see no error and no wrong in it, that we can only see Yourself or a person that is helping others to be well, this we ask in Thy precious name and in the name of Thy Son, Jesus. And all the people said, Amen.

Laverne is now going to instruct you, working on your regular assignment. I’ll be in and out of the class today. But I have a lot of things to keep going. I want you to pay close attention and do exactly as you are instructed.

Laverne: We are going to do a review of what we did yesterday, so the first thing you are going to need is your urine specimen and the same things you had out last night. ----

**Cleaning the well plate.**

and then what do you want to do? Rinse it off in plain hot water, and make it squeaky clean because if you don’t, if you have any baking soda in it all, it will change your readings. Baking Soda bath first, and then if you want to put it through a soap bath, and then you want to rinse it in hot water, and make it squeaky clean, because if it’s not, you are going to get a different reading. (student comment) . No, if you then in hot running water – he says if you put your finger on it to rinse your little wells out, you are going to put your fingerprints back in it again. Not if you do it under hot running water you won’t. But if your baking soda is not out, you are going to get a false reading. You are going to get a different reading in each well if you do not wash each well out.

The only time I use my alcohol is if I have a glass sitting on the table and I have some alcohol and water in it, to put my pipettes in it.
Student: How much alcohol was it?

Laverne: About half and half.

(student question)

Laverne: When you are home you can put it through a soap bath and then rinse it in hot water. But here, all you have to do is put it through a hot water.

(student question)

Laverne: Yes I do. At home I do.

(student question)

Laverne: Not up into the bulb part of it, you’re not.

Student: Why?

Laverne: Because I usually don’t get anything else up into the bulb part. I just use the bottom half of my pipette.

(student question)

Laverne: Yeah. Yeah. Yeah. You can get your glasses from the bathroom in your --- oh --- I’ve got some in my room I can bring down. ---- ok. --- lots of background chatter ---

John Black: Can everybody hear that? Alright, I’m going to be roaming around here and if you have a particular question that you’re not clear on, hold up your hand and I’ll come back and talk to you. And then to get a clarification, I’ll ask Laverne to give you the answer so that we get total coordination and eliminate some of the differences between opinions and interpretation of what she has already told you. So, if you’ve got a particular question that you might want to talk about, just simply hold up your hand and then I’ll get her attention and then we will let everybody share in what your thoughts are.

Laverne, I have a question for you. The question has been brought up that normally, the first urine in the morning is more concentrated than say around 11 o’clock, which is true. Now then, when simply when they call you into the retreat, they normally set up a schedule. You’re fed at a certain time, say around 8 o’clock, and they normally try to allow about 3 hours after you eat, to pull that specimen at 11, you see. And they do this systematically. Whatever you do, whatever system you choose on each person, then you always want to run it at that same time, with their habits, basically so that you know what their reactions are. Does that make sense? I mean if I was going to test my urine at 8 o’clock in the morning, if I always tested at 8 o’clock in the morning, I will get my change. But if I test one time at 8 o’clock and another time at 11 o’clock, there’s going
to be drastic differences, yes. The one that you should follow is basically allow about 3
hours from the time you eat, about 2 to 3 hours, somewhere in that neighborhood would
be the best time to test, you see, around 10 to 11. (student question) What was the
doctor’s good order? System right? Systematically give rhythm to what you are doing.

Student: What if he doesn’t abide by it?

John Black: Well if he doesn’t abide by the rhythm, can you help someone who don’t
want to pay any attention? Okay, you know, I simply think that you have to set down
some rules and regulations. If you have the cooperation of a patient, you can help them
with the knowledge that you have and through the direction of the doctor that will be
associated. But if they don’t want to follow the rules, certainly all you are going to have
is a patient that is going to cause you more harm than good. These things here will be
discussed further in the diet booklet, as to the procedure that you should follow for each
patient. ----- the books I’m not sure, but I’ll --- the diet? Well if John told you you’ll get
ten copies, then you’ll get ten copies. Whenever he does, then he will discuss it with you.
--- ok --- it’s not over yet. I’ve got two hours to catch him. ------

Alright, one question has been asked regarding how to use pipettes and how to make your
transfers. Let me suggest something that may be of interest to you. Number one, you’ve
got a limited number of pipettes now, but when you get into full production, simply get
you an additional, ah, bunch of pipettes, so that when you take and put one in the urine,
that’s all you use it for, is transfer.

Now when you put your six drops of reagent in your capsule, then take a clean pipette
and take one drop of the, excuse me, put the drop of urine in with your pipette, put it
back in the urine bottle. Take a clean pipette then and do it over. But whatever you are
doing in laboratory work, if you do it one way, the system that you develop, if you use
the pipette that you took out of the urine, just make sure it’s clean and use that each time,
you see, whatever you do, do the same every time. See, if you’re wrong, you will always
be consistently wrong, but that’s right. It don’t make sense, I know. But you will always
get the same reading, that’s what you’re looking at, the same reading under your
condition, the way you do it. You see?

Now, I’ll point out one other thing. Within, hopefully, less than two weeks, you will be
faxed standards unknown, which we will ask you to test and read. And then you will call
those readings back in. If they’re wrong, by that standard, we will then call you up and
tell you are doing something wrong. You see? These tests are accurate if you will follow
procedures. And if there’s a particular thing that you’re doing that you’re not doing quite
right, it’s just a little bit of a technique. I might add that again, to get some of these color
charts standardized, we’re working on a system right now to get this more uniform. This
thing has exploded overnight, ladies and gentlemen. And it’s not at all easy to have
everything ready for everybody. But just be patient and learn. Don’t service too many
patients at a time. And service a patient, in other words, I simply suggest that if this, if
you will go home and say, okay, I’m going to work with one patient a day, and get that
patient started. Now this may sound like, well, we’re putting a damper on things, but if
you know the system and you’ll work with that one patient and see the reaction, and you do one right or two right each day, set your schedule. But set it so that you can double check that patient at all hours, because you are the person that has to be sure that what you are doing is right.

(Student comment)

John Black: I would say that whatever you are doing with any patient, again I’m simply saying that whatever system you decide to use on that patient, due to the conditions, maybe they can’t come in at 11 o’clock, they can get there at 9 o’clock, but if you’re going to test that patient at 9 o’clock, then do it at 9 o’clock and have him do the same things he does every morning consistently. (student question). Well you can test him but if that’s the condition he does, you know that’s the way he’s going to run his life until you can prove to him that it’s better for him to straighten it out and get his breakfast in the morning. If you don’t put gas in your car, can you run it very far?

Now I simply say that a lot of people that are dead tired in the morning, can’t get out of bed, they haven’t put enough gasoline in them at the beginning of the day to get them through it. So you simply, when you run out of energy about 10 o’clock, you begin to draw from your reserve energy. You see? That’s going to lower your resistance, your frequencies, and everything about you. How many took your calcium this morning? (student question). What calcium? Ah. Well I just simply, this is a joke. Just a moment, we have a question here. What is in that water? Where did you get it from? Alright let me take that sample of water and we’ll check it. Where did it come from? Okay. Now we have brought distilled water back from a distiller. It’s in five gallon cassettes. Okay. Alright. Alright. I can only do one thing at a time. If it tastes bad, we’ll check it. If it’s not right we’ll call the water company and have them bring us some new water. Okay?

Next question. (student question). 3x5 is what they normally pass out in class. Some of this larger sized cards like you got your color charts in the beginning is a little easier to work with. You could use maybe a 4 by, 5 by 8 or something like that but whatever cards you do, you write smaller or larger. You fill it up in the same manner.

(student question). Yes. You allow the room, I mean on the card, just leave enough space that it’s easily visible between lines. Whether you’ve got lines on the paper or not, space it out so it’s easy to read, for anyone to read it. Do you have to read it because what you are doing is proportioning that on a card. So, whether it’s a small card or a large card, it will give you a picture. You will see those eye numbers will make a, you know, picture of the eye. All of these things are important as you go further down the line.

(student question). The question is, “Is there any reason that you can’t have more readings on a card?” Now, yes, you can have more dates, you can have a longer card or you can turn the card over and continue to put tests on it. But your first test should be
just as it is up there, then your next test should go below the eye reading. And then if you turn the card over, continue to put more tests. You see? And follow through.

I want to point out something to you as far as dropping with a dropper. If you will hold this up for me. I’d like to have all of you pay attention to this. Anything that you do, whatever your system is, if you hold the dropper like this, drop directly in the center of the plate, thus. Always get in the habit of whatever you do. If you hold it like at a 30 degree angle or a 45 degree angle, whatever you do, always do that exactly the same because that will make a difference in the size of the drop. See? My suggestion… Sir? (student comment). I’m talking about the position of the dropper. You see, which ever, you see some people, they’ve taught both ways. I think there’s people who will say, “Well, I was taught to put a drop on each side of that thing and let it slide into the material. Right? All I’m saying is the same thing, only whichever way you hold your dropper and whichever system you use, hold it the same every time. I’m not telling you which system to use, but whatever system you have chosen, use it. (student question). Optimum for drop size is simply straight up and down. You’re most consistent, because you have to drop when it reaches a certain volume, and the size of that drop will be more uniform. If you want to check this, if you want to check this, simply we can get you a little, and we’ll try to add these things to your kit in the future and as soon as we have come up with something, we will get you a calibrated milliliter flask which will be a small one. It will be very narrow. Then you can take and you can hold your pipette up and you can drop. You should have 27 drops, I think it’s about 20 drops to 1 cc. Anybody who’ll correct me?

Student: 16. 15-16.

**John Black**: My idea, if it falls in that category, so you would have to, if you say the standard is 16 drops to a milliliter, then you would check your pipettes to see if they fall in that category and add a drop more or less to get that level percentage wise.

(student question about alcohol and water).

**John Black**: Alcohol will evaporate but simply, if you can take your pipettes, in other words, get enough pipettes so that you can use dry ones, it just… Wash them with distilled water. Set them in a little jar or set them in a little oven or just, you know where they can get warm enough to completely eliminate the moisture. Then you’re not diluting your sample. You’re simply trying to learn a course here. I never did have this, but I’ve run a lab for 18 years. But these techniques are important so that you can duplicate your work. That’s the key factor, duplicate your work and follow the procedure that has been outlined to you.

If your dropping drops in there one time to get a reading of this, the next time, another reading, then there’s something wrong in your technique and that’s what we want to find out, what the technique is.

(student question).
**John Black:** I think that is about 16 drops to the CC, to one milliliter. (student comment). Right. In other words, your volume, in other words you take your dropper and whatever your volume is from that dropper, that’s what you are talking about. (student question). What’s the blue? I would say that you are looking at something like a 12 or 13, because you’re a pretty solid blue.

(student comment)

**John Black:** Alright, a good point has been brought up and sometimes we overlook little things that’s important. When you take a pipette, put it in the urine, squeeze it in and out a couple times so that if there is any moisture in there, it won’t dilute your sample. Then take it and hold it over the bottle and simply let out a couple, two or three drops, so that you get the drop forming properly. Sometimes, you’ll have just a little bit of air in that tip, and it will come down and form a little bubble and drop off and you’ll think you have put a drop in and all you’ve put in is about half the amount. So, always make an expanded drop out of the end of your pipette before you make the transfer. (student request). Does anybody have an extra cup? I’ve got some out in the car. I’ll go out and get some. And you’ll want to hold this back, this rubber ball, as steady as you can, and that means that if you’re kind of nervous that morning, you got to wait until noon to do it. But just kind of hold it that way so you don’t draw any air back up in there, but the main is to expel the air out of the end of the tip, so that when you make that drop, it will be uniform.

(discussion between student and John Black)

**John Black:** Alright the question was, if you’ve dropped that drop in and you’ve expended the urine out do you use that same pipette? Right here in class, you are. My suggestion would be that you have more pipettes of which we will try to get so that you’ll have them available to you. I would mix with a completely dry clean pipette on your ureas, because that is a very critical test. Now if you have two or three drops of water in there, that’s certainly going to dilute it and may give you a low false reading. But you want to make sure that that clean pipette that you use with your urea is, this is, what you are doing here today is simply using the same thing over and over, learning the technique. When you get more pipettes, then you can do this.

(Several minutes of background conversation with no speaker teaching to the end of this side of the tape.)

**Tape 8 – Side B**

**John Black:** Is that turned off?

**Recording machine operator:** No, it’s turned on.

**John Black:** A question was asked, is how many people after a while will simply be capable of reading the numbers? I simply gave you a challenge. I think that probably 10% of the people in here, will probably reach the point where they can, you know, really
do this. Now I guess everybody in here can be in that 10% because there are a lot of people out here, right? That simply means that you got to try harder, do a better job, and follow the techniques, and go by the numbers. And I think that you will find that you, with the aide of the computer, other people that can assist you, you are simply going to be able to do what is necessary to get it started in your area. You see? The first thing is get the message to people, and by the time that you get the message to the people, if we’ve got the other things working, and we get the computer put in place, the computer print outs which we will be showing you this next day, probably tomorrow, exactly how this will take place, you will begin to see this unfold. So, you don’t have to be as smart as you think you are. You rely upon other people’s experiences and judgments to get you to a certain point. From that point on, you carry on in a systematic fashion.

(minutes of background chatter)

**John Black:** The question was, if you took this something this morning, you were taking minerals this morning and you tested later on in the day and you dropped down. Now you’ve got withdrawals and you’ve got highs and lows. The main thing is follow your system consistently, until you’ve got a definite pattern. And that’s the way you will know just exactly, as that thing begins to fall in line, you are going to get the picture.

(student comment/question)

**John Black:** Well I’ll tell you what, truthfully, don’t do as I do, do as I say. Yes, it stays on a pretty even keel. I’ve got an even temper. I’m mean all the time.

(minutes of background chatter)

**John Black:** If everybody will look up this way I want to show you a little technique that might help you get more consistent readings due to the fact that you are using the same pipette. When you get through making the transfer, simply put your pipette in water and wash it out. And squeeze it a few times. Then take it like this, take a piece of tissue paper. You see? And tap it into that and drive that water down as you squeeze it back and forth and this will get that, any large droplets of water out of there and you should come up with a little more consistent readings.

(more minutes of chatter)

**Laverne Reams:** Can I have your attention. The next item on the agenda is the Albumin. And on this test you, it would help you to have a flashlight, if you do not have a flashlight you can come up here and hold it up to this bright light. You’re checking for the dead cells in the urine so you can determine where it’s a 1, 2, 3, or 4 M. So the object is to hold your urine up like this. You should have maybe a fourth or a half an inch. If you have much more than that you might slosh it out. And swirl it like this and hold it up and see how much junk you can see floating around in there. Cells, you are looking at the cells. You might find tissue in there. The tissue well count, like he said it will be a 4.
If you see little pieces of tissue, maybe a tumor. The stuff starts breaking down later on. The fine slivers of tissue, and that’s automatically a 4.

So, you want to get a beam of light showing through this. And you swirl it around like this and see what you can see. This is water I have. (laughter). .04M is perfect. Right, 4M is what you are going to find. Most people have 4M. A 2 is when you really have to look for anything floating around. Your 2 is going to look more like a glass of water.

Student: Will color …. Unintelligible.

**Laverne Reams:** No. It’s not the color. Sometimes it might be a light lemon like your lemon juice when you have it, okay? And you might not see a thing in it no matter how much you swirl it and how much you shine a light through it, it will still look like drinking water with a tint to it. That’s about, yeah.

It’s going to look like a fog it’s just like you are driving at night through a fog. Yes. Uhhuh, you have to train your eye, focus your eye and look at those little particles. Yeah, right, yeah. That’s a 4. Yes. Yeah. Yeah, you have to focus your eyes on those little misty particles. Yeah, it’s when you really have to start, you know, looking and looking and looking, then you can drop it down to (chatter all at once) because you see a mist.

Student: What do you call that one?

**Laverne Reams:** Four. It could be a 20 but we’re going to call it a 4. It could be a 20 but we’re going to call it a 4.

(a lot of background chatter from students)

**John Black:** Holy Mackerel! That would be a 4M+. Laverne. Laverne. Laverne. 4+. Here, read this one for me Laverne.

**Laverne Reams:** I said any time you have a high urea, anything above a 12, you are going to have a 4M. A total of 12, you’re going to have a 4M. Or something’s not jiving. Otherwise, you do not have a high urea. Or either, one of them is not, you know, there’s no confirmation there. So, if you have a high urea, you’re going to have a 4M. (student comment / question). Failed. 4 is the highest you can go. That’s good.

.04M is not good if the rest of your numbers are not perfect. It’s bad. It’s very bad. .04M is very bad if all the other numbers are out. (student comment). That’s right. 4M. No point 04, just 4M. As long as your numbers are off 4M is very good.

**James Black:** Would everybody return to their seats and let’s just take the questions one at a time here and let everybody have the benefit.

**Laverne:** Per hundred pounds of body weight.
James Black: Alright, everybody is talking and not listening. There’s one thing that when the Good Lord gave you two ears and one mouth, he was trying to tell you something. I’d like to have your attention a minute. A lot of confusion begins to come about when people start reading the albumin readings. Now first of all, when you look at that sample, you have to take into consideration all the rest of the numbers as a reading, but if you see any floating particles, floating in that urine. Again I think you must return to the first statement that the doctor made, If all your readings is high and you have a low cellular, I mean you have nothing in that urine, something is wrong, either in your procedure or what you’re doing, etc. But, when you look at that urine, if you will get your little flashlight, these here are very easy to acquire. This is supposed to last a year, no batteries, etc. You throw it away. It’s one of them dilly-bobs that you can throw away. But that is the best, you can kind of focus it until you can see that. If it’s visible by the eye, you’ve got a 4M reading. (student question). 4M. That’s 4.0M if you wanted to write it if it’s only reason you write .04 is the perfect cycle if everything else is in order. .04 (student comment). That’s pretty hard to see. (student comment) 4M. Would you put, that is what is being excreted by the body, in other words it, it indicates the amount of cell structure that’s leaving the system. (student comment). Ah put up there .04 would you? 0.04. Now in your equation, that would be the, if everything was perfect, that would be exactly the way it would be. That means it’s less than a half a hundredths percent of cells coming off of the system. 0.04. 0.04. (student comment). Well I think if, all those that I looked up here, if you only seen one little particle in it, or two little particles in it, you know? In other words, but when you’re looking at most of those that are up here and we hold a flashlight behind them, you see many more than one or two or three dozen particles floating around in them.

You see stingy substance in there. But that is what she is trying to point out to you that the majority of these basically will always, you know, in the beginning, be a 4M reading. You very seldom get anything less than that. You might read it less than that, but if it’s a, it’s just trying to teach you the technique of getting the right number there. The urea tells you more about what’s being excreted, I think, than anything else. The urea and the albumin should jive as far as what’s being excreted. In other words, if your food is digested properly, and you have the right balance of food going into your system, then your numbers are going to be more in line. In other words, if you are a one, your urea is going to be down around let’s say a 3 and a 4 if every one of the rest of the numbers are correct. Balance is what you are trying to strive for. Is there any other question?

(student comment/question)

Laverne Reams: It doesn’t matter. A particle is a particle. It don’t matter what shape or form it’s in. It’s all counted the same. It just tells you that your body is throwing out dead tissue and that it’s replacing it and that your body is responding.

(This has been quite a lot of conversation and difficult to visualize what was going on in that class room with all those people. Hopefully, the tidbits will have some meaning and
can be understood. At the end of all that, we will now resume with Dr. Reams suddenly appearing back on the recording.)

**Dr. Reams:** In this lecture that were having now. It’s on your Wednesday class plan. It says, Cause and Effect: Urea and Albumin. I explained that to you yesterday, but I’m going to go over it again to help you remember it. Differential calculus and Albumin and Urea.

The Albumin does not over-stimulate the heart. The Albumin that’s in the urine does not over-stimulate the heart, but the soluble salt, Urea, will cause the heart to beat too hard each time.

If you do not wash the Albumin or the carcinoma cell which really isn’t Albumin, it’s called Albumin, but it really isn’t. Albumin is a material which is the result of a bacterial action or a decaying action. And when the cell is first thrown out, and is passed out of the body, it is called Albumin. We do not measure the Albumin in the urine specimens because it would practically double the price of the analysis if we went through that process. If you drink the correct amount of water and you’re kidneys are functioning normally, these cells will go out of your system quickly. However, if they stay in your system, the natural salt that is in your system will turn those carcinoma cells, those tankage cells into Urea, a salt.

I’ll give you an example. If it was not for the oceans, this planet would be so filthy, life could not be upon it. But all the filth of the earth flows into the ocean and the salt purifies it. And the same thing happens within your system. The same principle. It’s the salt. It’s in the urine. Will tear down those carcinoma cells or cancer cells to a synthetic substance that will over-stimulate the heart. And there’s definite ratios in which this takes place. And I put those ratio’s on the board for you yesterday. And I showed you what they are. It’s not necessary to go through them today, only to remind you what they are. In other words, what I am referring to is the zones in which heart attacks take place.

Do you remember that I said that from 20 to 24 I said it was a minor heart attack, and so forth? This is what I’m referring to. So these facts, you better believe. You better believe them. And when you are dealing in diets, this is not child’s play or kid play. This is the real thing. And if you could predict what is going to happen, then everybody could make a diet, or you could make a diet for anyone, and they could go and tell them exactly what to expect and they could go home and do it. But since there’s 2,600 differentials, and there’s no man living that can predict accurately which category these changes, this withdrawal, this change in body chemistry going to take place, then you must follow up with tests to know what the body is doing.

These variables make it possible for you to guide and teach the person what foods to eat, how often to eat, how much water to drink, how much water not to drink, how much fruit to eat, how much fruit not to eat, what hours your to eat that fruit in, and many times what kind of fruit to eat, that will guide them, to bring those numbers where?
toward perfect. This is your idea, is to take any reading and make a diet to bring those numbers back toward perfect. That perfect equation, the first equation I gave you, and have you memorize that equation. Please memorize that perfect equation. Every time you see a number in any part of that equation, see perfect. When you see the one, see the other. Also, the quicker you can learn to see the whole equation instantly, the easier it is to get the picture. See the whole picture at the same time.

For instance, the moment you see a total urea, a 27, a total urea at 27, and you see, for instance the sugar over here at 0.8, over, say, 4, it doesn’t matter where those other numbers are. It makes no difference. You know that you have a person in the zone for a fatal heart attack. But now, let’s look at something else here. Suppose that you have a 6.40 over a 6.40, now it probably wouldn’t be like this. I’m exaggerating with great exaggeration here in order to get a point across. And probably you had in here we’ll say, a 14C and you have a 4M.

**Tape 9 – Side A**

Now, there you would know that they’re in the zone for a fatal heart attack, but it wouldn’t be eminent within a matter of minutes or hours yet. In other words, they’ve got some time to do something about it. So there’s other factors involved. So I have given you now some of the principles of blood chemistry, and on the principles of urine chemistry, and the direct relation between blood chemistry and urine chemistry, and therefore, you measure these differentials by the use of mathematics.

But suppose now, that over here that I get a reading in with this kind of reading and somebody makes a mistake in this reading and it comes in like this. I know then that there’s an error in that reading because that doesn’t make any sense at all. It doesn’t make any sense at all. It’s thrown the whole equation. There’s an error somewhere in that equation. Because with these numbers, it is impossible to have a normal 4M.

Now, it is possible to have right here, now notice a 0M. Well that is possible. But in that case, the patient is dying. Ok? It’s the spurt just before death comes. It’s the last, you’ve seen people be seriously ill and they get up, take a little walk around, and then drop dead. Or go to sleep and not wake up. Or pass out quickly. So, these numbers tell you a lot of things, but a, I’ve seen a few cases like these. I’ve seen that happen a few times. People that would be seriously ill for months and months and months, and that body quits giving up cells. The base exchange of cells stops. And when that happens, you are losing a patient. Yes?

**Student:** So when you get a zero in the Albumin, what is the difference between the zero and the .04M?
Reams: There’s a whole lot. In the .04M, when you really learn to look at it with a flash light, you must have a flashlight or you won’t see the difference. See what I mean? There is a difference in it. In other words, you’ll see a mist. Even at a 4M you’ll see a mist but no particles. Yes?

Student: unintelligible

Reams: You’ll see like a light fog. You’ll see a very, very light dense fog. Just enough to slow that way down, but you take clear water, that beam will go straight through. It’s very, very clear, yes.

Student: unintelligible

Reams: Yes. It’s very, very clear and this is the color in the urine which we do not track, the color which you get from coffee or coca cola or some of the Jell-O’s and things of that nature, even some of the vitamins have coloring in it. Yes?

Student: Would that 0 be a —unintelligible—

Reams: It would be just like water. The thing that you need to do is to take plain distilled water and then shine a light through it, and then shine it through one with a 4M someday when you find it. Then compare the two, and then you’ll know what I’m talking about. Then you’ll know, you’ll see the difference. There is a difference. So these are factors that you need to keep in mind in regard to the proteins and the Albumin.

It’s very important, very important to use your stethoscope. Use your stethoscope to tell the difference of which you have. You can hear it in the stethoscope. Now a stethoscope not only teaches you the heart rhythm, it teaches you a whole lot about the patient, there’s a whole lot that you can learn with a stethoscope. It lets you know whether the urea is too high or too low. It lets you know whether a person has had a heart attack or hasn’t had a heart attack. It lets you know whether they have acute indigestion, or not acute indigestion. It also let’s you know whether there’s a heart murmur or not a heart murmur.

It might be interesting to know that children with a heart murmur generally live to be 100 years old, because they take care of themselves. They’re scared not to. They’re afraid not to. Sometime those people live to be the oldest of all because they respect. And sometimes they outgrow a heart murmur and sometimes they don’t. Sometimes a heart has a double beat; sometimes it has a single beat. Either one is correct; it’s a matter of rhythm. Generally the people with a double heartbeat die younger than those with a single heartbeat, all because of the Urea. In other words, it’s working twice as much.

Student: unintelligible

Reams: I’m telling you now. Well sure, but buy a good one. A good one will cost you about $35 or $40. No, I’m just telling you right now, just to use your stethoscope. Also, pay close attention to your blood pressure. That your good blood pressure, and learn to do a blood pressure. There’s no law against it. You stand on the street and test blood
pressure all day long, so long as you don’t tell them what to do, you are not practicing medicine. You can tell them they have a high blood pressure, low blood pressure, or what not.

But while we are on blood pressure, it might be interesting to know, there’s no such thing as a perfect blood pressure, or a really normal blood pressure. Now there is a group in which most people’s blood pressure will be. However, that’s no sign it’s perfect. I think I have patients with a blood pressure that runs 80 over 55 all their life. It’s perfectly normal. I have others that runs 200 over 120 and its run this way all their life. Their arteries and veins are built for it. The only time that blood pressure becomes dangerous is when it runs out of its own category. For instance if you had a 140 over 80, and all of a sudden it jumped up to 200 over 110, you’d be in trouble, because the blood vessels and arteries are not built for it. Or you take perfectionists or musicians or people that really use the marrow of their bone to fly with, to work with. Their blood pressure is much, much, much, actors and actresses, their blood pressure runs above that of other normal people. In other words, they’ve put everything they’ve got into it. So as to say that for the first time a blood pressure is high or low, it doesn’t really count. Also, you can allow about 50 points for a person taking a blood pressure for the first time in a doctor’s office, about 50 points, this rise because they are afraid when they go into a doctor’s office. They are not aware of it but it will rise about 50 points. One of the amusing things that I have often heard and seen is in a chiropractor’s office they often make the statement that they’ve brought the blood pressure down 50 points in 30 minutes or less. Well all they did is got the patient to relax. Well that’s wonderful. That’s good, that’s very good. It’s very wonderful, they got the patient at ease, but they could have done it without any adjustment if they, sometimes it’s easier to do with an adjustment, if they could have just got the person to quiet down.

I’ll tell you one thing that’s very difficult is whenever the husband brings his wife or the wife comes with the husband, when she don’t want to come to the doctor, and your testing one and their fighting, to get the blood pressure down, now you try that one. They’ve been arguing all the way to the doctor’s office. And then you try to get that blood pressure down, you got a job on your hands. And sometimes the tablet does it, but sometimes I think a spanking would do a better job. And sometimes, generally on that type of patient, the first thing I do is try to make them angry at me instead of each other. Because they got to leave with each other but they don’t have to leave with me.

So, I’d start chewing them out about something, real good, with love, without any feeling or emotion. And the first thing you know, then they’re on the defensive and they both, then they put them together against the doctor because I make statements that I know isn’t true, that I know isn’t true when I make it to them, in order to get them back together to be against me, against my argument and then the blood pressure goes right down. Do you get the idea? Because they don’t have resentment against me, but I might know that they are vegetarian and so I say, “And so you’ve been eating pork.” You get the idea? “So who do you think you’re fooling?” I say to the wife, “You’ve been cooking pork and you’ve been using lard to do his cooking with.” In other words, what I’m trying to do is to get their adrenalin glands to flow and then at the end I tell them
what I did and why I did it, and then it’s funny to them. It’s amusing to them. So do you get the idea? It’s to get their mind in harmony together again, and you can often bring blood pressure in control, but an adjustment, a chiropractic adjustment right along with it is a great help. Many times you can get them to relax, get them to lay down, turn loose, get off of their tension.

And also, today, one of the great causes of high blood pressure, which has a lot to do with the Albumin in your system whether it is released or not released, and that is the morning news, or the late, late show, or the mystery show. Go to bed a bag of nerves, scared to death because of the Night Show, wondering what’s going to happen, living out every moment and every movement of it. If everything else fails to make you sick, just listen to the daily news. If that won’t make you sick you’re pretty healthy. If that fails then read the daily newspaper. One of the great things that we find in getting people down to the retreat is, we discourage the use of radios, televisions, and we have no daily newspaper there. And how some of them cry for it, they cry for it like a baby cries for food. No newspaper. No television. Well, what we’re trying to do is get them out of the rat race, slow down a little bit. Going too fast, never taking in a rest, is one of the causes of high blood pressure. And when your body is too tired, it cannot throw out these Albumin cells. You too busy to drink enough water to wash them out. And consequently, they turn to urea and you’re asking for a heart attack. Cause and Effect, Cause and Effect.

Learn these numbers. They are there because of a biological reason. Learn why they are there. Figure it out, why are they there, and you have to use your head in order to do that. Both of them are in salt form, but that’s the one that’s the most dangerous.

Student: (something about before urea is in salt for, it’s in cell form.)

Reams: In cell form, yes. In a cell, in the form of a cell.

Student: And when is it in cell form and when is it in urea form?

Reams: Well whenever you can see it, it’s in cell form and when you can’t see it, it’s in soluble form, and you can use a microscope for it. I’m going to give you a problem to solve.

John Black: Doctor, there was a question, somebody wrote it out. Could you answer that? Read the question …..

Reams: Well you tell how to use the microscope for the Albumin reading? The way is to take a microscope and just look to see if you can see any Albumin in it. If you know how to use a microscope, you can very quickly use a 600 power with a ten M lens and then you can see if there’s any albumin in it. You can see the particles. But if you use too much light, you can’t see it, you’ve got to regulate your light. Yes?

Student: (something about counting the particles.)
Reams: That’s a very, very good question. How do you count it? 20,000 drops = 1 liter. Alright, put one drop under the microscope, one drop. Multiply that by 20,000 equals Albumin. Yes, that’s with a microscope, yes. If you want to get down to the itty-bitty scopie, scopie, scopie of it yes. Is there anything hard about that? Isn’t that easy?

Student: (something about looking at it with a flashlight.)

Reams: Well, you will learn very quickly how to do it, but if you want to get right down to the exactness of it, this is the way to do it. Yes?

Student: (something about particles.)

Reams: That’s right, count the number of particles in one drop and multiply it by 20,000. That’s right. Sir?

Student: unintelligible.

Reams: Well the one that fits that particular microscope. There’s variable thickness of slide. I use just a flat plain slide, is what I use. You can put the grid on it if you like, but generally in one drop you don’t have too much problem without the grid. You will find though that in one drop, many times, that the particles are concentrated more on one side than another. If you shake up the solution accurately enough, put it through a centrifuge for so many seconds. Ah, a minute or two. And then put it on the slide, then you can use your grid to count with, because you have to know how much of the grid the drop covers and which ones to eliminate. I generally only count the grids that are not covered in the drop. And then subtract that from the number that is covered. And then multiply it by the number of particles in one or two or three or, if it’s an uneven number, pick out ten of them and count it in each grid and then divide it out to a single and multiply it by the total. And then therefore if you want to be that accurate it’s alright, but it’s really not necessary to be that accurate. But if you want to get down to the exact particle, that’s the way it can be done, and I have done it that way. Any question about this? Isn’t that easy? Yes?

Student: Are all the particles that you have been …..?

Reams: If all of your equipment’s clean, yes. I want to give you your first problem to solve now. And please, each one, do your own work. This is getting ready for the test, give you your first problem to solve. (writing on a chalk board). Okay, lets solve that problem, see what you come up with. I’ll give you exactly five minutes to solve this problem because if you don’t you might lose the patient. Please, no talking. Let’s solve this problem. You have one more minute. 45 seconds. 30 seconds. 15 seconds. 10 seconds. 5 seconds. Zero. Time is up. Would you like to know your grade? You failed. Zero. Everyone in the class failed. That problem cannot be solved. There is no answer to it. Because, all the facts are not there. The age, height, weight, race, and sex are unknown. (laughter from students.) So you cannot solve a problem without knowing the
age, height, weight, race and sex. This is what I put the problem on the board for. Okay?
All of you flunked. Okay? But it got your minds in gear.

That was a dirty trick wasn’t it? (sure was!) That’s a dirty trick, but anyway I’m trying to show you to see the whole card. The whole thing. No one fact by itself means anything. See the whole thing. You’ve got to see the whole thing. You’ve got to see know what perfect is. You’ve got to know the age, the height, the weight, the race, and the sex. It’s just as important as these numbers. So this is what I did this for, was to teach you to remember. Now I bet you don’t forget it, I bet you don’t forget it. The finest way to teach sometime is to jerk the rug out from under the class. And that’s just what I have done. I’ve jerked the rug out. Yes?

Student: Where would Race go on the card?

Reams: If it’s not white you just put Caucasian or black. Or colored or whatever way you term it.

John Black: It’s in that column that has your age and your height.
Reams: Out at the end. Out at the end of age, height, and weight. Yes. Yes, you generally put it there. Yes?

Student: Mr. Reams if its Brown, is that relevant?

Reams: Caucasian. If it’s not white, you call it Caucasian or black.

Student: I mean even if you are an Indian or…?

Reams: Yes, that’s called Caucasian. The Indians of India or the Pilipino’s or the Chinese is called Caucasian. In other words, there’s only about three colors you need to consider. And only those when you exaggerate it. However, you can find some Caucasian people that are very white. Then you consider those, even though they’re Caucasian, you consider them white. Do you understand?

Student: Right, I understand ….

Reams: A person may be Caucasian by birth. Do you understand? Yet, may be very white. So you consider them white. It’s to the white race but they have a yellow tint to them you know. They’re considered white. Well, so many people don’t think of black and white races. And all the rest is white, but there’s different tints. For instance, you may be colored and yet may be a very, very light malate. I mean or even white, colored person. Yes, you color it white. Yes.

Student: A certain many colors are you getting on race.

Reams: That’s right. Exactly. You’re talking about the color of the skin. Right. Not, nationality. No. You are talking about the color of the skin. Three colors of skin. Yes?
Student: ???

Reams: Not necessarily.

Student: ???

Reams: Not necessarily. They’d be dying, I’ll grant you that, but they might not be dead yet. Yes?

Student: ???

Reams: That is correct. I made an error. 16 is the top of the field. That is correct. Thank you for helping me.

Student: (something about eye reading.)

Reams: Honey the eye reading has nothing to do with the numbers. It tells you if nature is cooperating or not.

Okay, now, let me tell you something that happened. I hadn’t been up in Georgia very long and my little granddaughter, my baby daughter’s only child, a little girl, Kathy. My son in law, Betty’s husband, was a Repertory Therapist in a hospital. And she took little Kathy, 5 years old took double pneumonia. And they put her in the hospital for a week and she was getting worse every day.

So, Betty said to Richard, my son-in-law, who worked in the hospital there, “I’m going to take Kathy to daddy, because if she stays here, she’s going to die.” So, I had just been in Georgia a short time, a few weeks, opened up a clinic there, a retreat house. So, she called me and told me and she brought Kathy out, so I put Betty in complete charge of everything there and for three days and nights, two days and nights actually, I was constantly with Kathy every moment and we were able to turn the tide of the double pneumonia. And she got well, a very happy, healthy little girl. This was almost three years ago. Her little playmate died a week later who had the same problem in the same hospital, and same age.

But, about two weeks later after I was back working with Betty in the lab, two people of the mountaineers there that feel like they have a right to manufacture and sell their corn in liquid form, came in for a test. I was the new doctor in the area. And they had told about all over the country that they were going to fool the new doctor. So, I was in my office and Betty ran the samples. She came to me white as a sheet. She was new to the mountain and the mountain areas. I mean she was really pale. She said, “Daddy, we’ve got two dead men walking around out here.” And if those numbers would have been accurate, they would have been dead. She thought she had tested the urine of ghosts or something.
When I looked at them I just laughed. Honey, you have them come in. You have them come in and I’ll talk with them and you listen at the door what I tell them. So when they came in I said to the gentlemen, I said, “Gentlemen, you have one of the most serious problems that I’ve ever seen that any human beings have. And the strange thing about it is that both of you have the same problem. Are you twins?” “Oh, no, no, no, we aren’t even kin to each other.” Well I said, “I want to tell you, you know I only deal with diet. Just diet, but I’m going to tell you what to do. The first thing that I want you to do is to quit wallowing in the mud. Take a bath in the bathtub. And the next thing, quit eating slop. If you’re that hungry, come over and we’ll give you some good food.” And they went to laughing, they was just tickled to death. They had brought me samples of hog urine. And they told it all over the country. You can’t fool that doctor. And that was some of the best artiest advertising that we had. But it tickled Betty. She just could not keep quiet, because they wanted to fool us. They thought we wouldn’t know the difference. But now, remember one statement I said at the beginning, you’ve got to know the frequency number in order to know the diet. But when I saw those zeroing numbers, I knew the frequency of the animal it came from.

So, it’s very easy to write a diet from an animal urine sample especially if it’s a puppy or something like that, that’s very young, because it will not be in the category yet high enough to be distinguishable from some of the urine from people who are very ill. But, you’ve got to know the frequency. If they don’t tell you the frequency, they’ve only hurt them self. They haven’t hurt you.

Student: ???

Reams: No. What’s that? Well that’s known. They have to tell you whether you are testing a dog urine or animal urine or cat urine or so forth. They’s supposed to tell you that.

Student: How did you know the sample was off of hog urine?

Reams: Because I had analyzed hog urine for years and years and years and we use the same test on animals as we do for people whenever they’re sick. Only we know the frequency of the animal.

Student: Question?

Reams: What’s that?

Student: How do we calculate frequency? (or equivalent)

Reams: Well, you’ll learn that as you go along farther and get into the mathematics of it. Also, one night about 10 o’clock, no, 9 o’clock, I was just ready to leave my office, and a lady who lived 40 miles away called me and said, “Doctor, I have a friend here at my house that is dying.” I said, “Listen if you’ve got a friend who is dying, you take them to the hospital, don’t you bring them to me.” “No doctor, I’m bring him to you.” And
“bang” she hung up the receiver, and I knew it would take her an hour to get there. And I alerted the ambulance, because I didn’t want a dying patient on my hands. If they were dying, I wondered why she’d drive 40 miles, when the hospital was within 5 miles of her. But, an hour later, her come the lady at 10 o’clock. And she comes in with a pillow in her hands and well a half-gone kitten on that pillow. And the friend she was talking about was this cat of hers.

And if I ever saw a cat that was dead when I looked at it, I thought that cat was dead. You know, it would have been so easy to make a mistake in this kind of a thing. But I know that she must have loved that half-gone kitten or she wouldn’t have brought it and went to all this trouble. So I took the stethoscope and the cat’s heart was beating and that’s about all you could say. You could do what you pleased and it wouldn’t pay any attention. It didn’t have any sheen or any color in it’s hair and I assumed it was eaten up with worms. So I went into the laboratory and I made up some K-Min salve, very dilute. And then I made up some rather thick. And then I took some of the powder and I rubbed it all over this kitten, the powder. All over it. And I took some of the K-Min liquid, in liquid form, and opens the cat’s mouth and dropped some of it down it’s neck, then through it down it’s throat. Then I put some salve in its mouth, and I put some salve between its toes. I did everything. I give that kitten all the knowledge that I had. I mean, I wouldn’t let her know for one minute that I was peeved, surprised, disappointed, annoyed, or anything else. I wouldn’t let her know that she upset me at all. But, then, sometime even the best of us, Satan gets into us, you know? So I said, “You see this salve here? In this little package I got? I’ll tell you what I want you to do. You take this kitten home and every hour on the hour, all night long now, I want you to put a little bit in that kitten’s mouth. And I don’t mean one minute before the hour, and I don’t mean one minute after the hour. I mean exactly on the minute.” She didn’t have to do that, but anyway just for the moment, I couldn’t help it, you know. I just couldn’t help it. Three days later I got a call in the afternoon. She said, “Doctor this kitten is bouncing all over the floor like a rubber ball.” So, you’re going to get some surprises through, but their pleasant, turn them into something nice. See what I mean? I made a friend for life with the lady. I don’t know what happened with the kitten. That was seven or eight years ago.

So, these things happen and you couldn’t get a specimen. You couldn’t do anything. The only clue I had was the kittens hair, fur, didn’t have any sheen in it at all. It was as dull as it could look. And I just made a wild guess. I was sure that kitten would be dead before daylight. Sometimes I don’t even have any faith. But, what I’m trying to tell you, is if there are answers to problems, and it’s up to you how well you use these numbers.

Now let’s just look at this problem up here on the board for a moment. Anyone having these numbers, the first question that you would want (to ask), regardless of age, sex, height, or anything, there’s some certain questions you want to ask. “Are you on insulin, debonese, or anything for high blood sugar?” This is one of the questions you want to ask regardless of the age, height, and weight.

This (urine pH above 6.4) you’ll know that the food is digesting too slowly. You’ll know that it’s digesting too slowly.
And this one (saliva pH lower than 6.4) you’d know that they would have a lot of gas, in other words, be troubled with gas problems.

And also, they would need some colonics. (urine pH too alkaline).

Also, this would mean that there’s hardening of the arteries of the brain. (retained salts too high). That is if they were an older person. But if they were a younger person, it wouldn’t be. If they were middle age, it would mean there would be hardening, but it would also mean that there was a high cholesterol in their arteries and veins. The older they get the greater the amount that it would be.

This would mean (high salts or high ureas) that they are in the zone for a fatal heart attack.

Now between these two (Salts and Urea) which you will almost always will compare, this is the angina (salts). This is the pectoris (urea). You must consider both numbers when you consider an angina heart attack.

So that’s what it would tell you roughly about a patient. But that’s very little, because you can’t solve any problem without knowing the age, height, weight, sex, and race. That is necessary to make the diet. So, unless you have all the information at your finger tips, just don’t do anything at all. Okay?

This (high urine pH) would also mean, let’s say a person is 40 years old or older, it would mean that the descending colon is enlarged. It would also mean that the transverse colon is so stopped up, it would make a smoked sausage ashamed of itself.

Student: ???

Reams: The pH, the 6.40, the 8 up above this number.

Student: ???

Reams: No, no, no, no. I didn’t say that. I said that is the indication that the food is digesting too slowly. And when it digests too slowly over a long period of time, and these other numbers are way out, are way out. It means that the colon would be enlarged. The descending colon would be enlarged and the transverse colon would be stopped up, if this condition had lasted long enough. So, it takes all the numbers. No one number means anything. This number only lets you know that the food is digesting too slowly. That is all.

This is the pH of the bile of the liver (saliva pH). In other words, an alkali against an alkali (urine pH and saliva pH are both alkaline) gives off very little energy, when they are that near together, even though the food is acid. The food would be acid. The
alkaline of the liver, alkaline of the saliva would cause a slow digestion, and also, therefore, create a lot of gas. And it would be an ideal setting for a hiatal hernia. Yes?

Student: Could you repeat ….. age …..

Reams: Well a twenty year old, now if this condition had existed since their childhood, I mean, been constipated all their life, then their colon would be slightly enlarged. But the older they get, the more it becomes enlarged.

Student: Okay, what about the …. With regard to the age ….

Reams: Well at 20, you wouldn’t have very much cholesterol forming, but you would have an ideal setting for it to form. (student question) That’s right. Right. Right. In other words, this is the ideal setting. Any questions now, that you do not know? Yes.

Student: On the pH, I noted the fact that a vegetarian usually has a high pH. Can you advise about the diet? (something like that)

Reams: That depends upon where the food was grown. In soils with high lime rock, then yes. But if their in soils with acid soils, then it’s not true.

Student: (something about picking up ammonia from the soils / food)

Reams: It could be. Yes. And generally drinking lime water, water coming out of wells high in calciums too. Yes.

Student: …… high in calcium.

Reams: Yes. You will find this true down in Haiti and the islands of the, and also in California, you will find this very, very true. Or out in the Colorado area where they have calcium carbonate mountains. Where ever you have high, high calcium carbonates, you will find this very, very common, but even there there are exceptions to the rules.

One of the things that you want to try to do is never to try to take one person and make a pattern for another. Go by the perfect numbers. Go by the perfect. Follow the perfect. Go by the absolute perfect. Follow the perfect. Go by your numbers. Do not try to make him into anything. When you start to analyze a specimen, let your mind be as innocent as a new born babe. Don’t try to make it come out to anything. Let it come out to whatever it will. And you just be a spectator that’s watching.

Now I want to talk to you something about your eyes. Many people are color blind or are said to be color blind, that are not color blind. And some people are truly color blind. During World War II, I was being examined as a candidate for the service, military service, the physical examination. And the doctors told me, “You are color blind.” And I said, “You do not know what you are talking about. I am not color blind.” And they said, “Well you can’t read these numbers as we turn this page.” I said, “Yes, I cannot
read them but I’m not color blind.” You know this book they are turning and you see the numbers or see so and so? They said, “You can’t see them so you’re color blind.” I said, “I’m not color blind.” I said, “I can tell colors and shades and tints better than you can.” So they said, “Will you sit down, we’ll do some tests.” Then they brought me out a box of threads. And I could tell the numbers and colors on those threads better than they could. In other words, for instance, number 1450 thread is a Navy blue, and a 50th of an inch in size. Numbers paint pictures, so I was one of six people, I believe six, or one of the first six people that claimed that they were not color blind and it started a study in which there were over, I had three thousand or four thousand soldiers was used in order to determine something about color blindness. I was not color blind, but when they mixed the numbers up, our minds registered each number separate and each color separate. We could not see a pattern. However, we could see better than they could. We could walk up to a window or see a picture for ten seconds, they could turn it over and we could write down more things that was in that pictures than the person who could read all the numbers. So they come up with an eye range. And the range starts at 30 and goes to 54. Now the people with a range from 30 to 54, now this has nothing to do with a 20-20 vision, nothing to do with 20-20 vision. Those people could see the numbers on these books as you turn the pages. They could see them. But above about 38 they began to not see some of the last ones, and at 40, they could only see very few, and at 42 less, and 44 they could only see just the first one or two in the book, and at 46 you could see none of them. There were none of the pictures, none of the numbers or colors for painting a picture to you at all, because the mind picked up each color and took it to the brain on a separate channel, therefore not giving you a picture of it what so ever.

Tape 9 – Side B

John Black speaking now: …. 10.4 sometimes which is right on the border line. He has to have one good hell of a machine to do it. He’s really got to have his head together and know what he’s up to. Otherwise, why he may keep his temperature down to say around 109 or 110, but then he’ll give a treatment lasting an hour to an hour and a half, whatever it takes until he finally sees that head surface. And he’ll be watching in his observation tube, and he’ll know he’s got it. It takes a while to get through that worm sometimes. It’s just not reaching up there, you know, and hitting him over the head and he falls out. Yeah.

The option in the back tool is a worm, but the statement was just made that you can’t kill the worm unless you use oxygen. And of course, that is totally and completely erroneous because of the fact that you can go ahead and give them twenty colon therapy treatments using oxygen and if you stop before you get through that thick coating that’s protecting the worm, you’re not going to touch him. You know, you could burn a quart of gasoline in there and you probably wouldn’t bother him either. So as far as this thing that you must have oxygen to kill that worm, that’s foolish. Oxygen assists, but you do not need it.
K-min is pretty effective, but it has got to be effective enough that you get in there and begin scouring this wall clean. And K-min begins to impregnate a lot of times in this particular coating, and the point is that this tar, this asphalt on the bowel, gets full of ground glass for all practical purposes as far as the worm is concerned.

Now, ah, they also, Doc uses quite frequently, he’ll use Chaparral. You know whenever he’s got people you know that he’s has got a lot of bowel toxicity or anything, why not only with his dolomite, but he throws a lot of Chaparral. And this Chaparral tends to break this thing down, this bowel coating down. It’s a slow breaking down, but most people who have been on Chaparral for a length of time, find that it acts as a laxative. They also find out that the bowel movement becomes much more forcible. And you know, that you sit down and it just almost, you know, just instead of the bowel movement becoming sluggish, it becomes vary forced ejection of the bowel material. So there are ways that you can get this off.

You can use a number of other things too that will break the lining off of the wall. In fact, over a period of time, if you’ve got enough time, just drinking lots and lots and lots of water will eventually wear it down, but I would prefer not to wait that long.

**Student:** ??

**John Black:** That’s beautiful. There’s absolutely nothing wrong with bentonite, that I can find. It’s a very, very, excellent treatment. Excellent treatment. Boy when it starts throwing the junk out of there it will shock people. You know you almost have to blind fold them. Tell them don’t look at the stool after you’re done, you know. It just strips that colon clean of all that junk like you wouldn’t believe and very frequently get’s the worm too, but not necessarily.

Now there are some worms, however, you know, that don’t spend a lot of their time hooked onto the wall of the colon. You can find round worms, for instance that are loose in the colon, that form pockets in the colon, and of course, these can be effectively reached pretty easily, but that good old friend the tape worm can be pretty tenacious.

**Student:** ??

**John Black:** I’m sorry, I didn’t hear you.

**Student:** ??

**John Black:** I had three questions simultaneously.

**Student:** ??

**John Black:** Well I won’t go into it right now, but maybe you might want to during the break or something, talk to Doctor Baldwin over here on everything. It’s a fairly common thing. If you have been reading any of your back issues of newsletter or the
Health View Newsletter, or if you keep up on any of the articles, you know, that show up in some of the magazines like Health Waves and stuff like this, you will run into it. You can call Sam Biser up at Health View and tell him you want the copy that has the discussion of Bentonite in it and for a $1.50, he’ll send you the copy. And it’s not hard to come by the information. It’s fairly well known.

There is another bowel cleanse, it’s made totally of herbs, that’s icky, really bad news. It comes in a big bottle and you think after the first swallow of it, my God after the first swallow of it, you’re going to take the whole bottle? But it’s very, very frequently found, I can’t think of the name of it right now, but I can look it up, but anyway boy, it’ll wipe that junk out of that colon lining. I have seen people, and I’ve seen it, but I’ve had them explain to me that they have sat and have their bowels move and they would have literal strings still within the rectum hanging down into the water and which even after the bowel movement they had not totally cleared this stuff from the bowel and literally had to give themselves an enema afterwards to get the remainder of this stuff to flush on out. So it really brings the junk down out of there.

What? I didn’t say that. No. Bentonite is a program and that’s what you’ll read about bentonite and get some information. And then your question will be answered, it will be self-explanatory, but no, you don’t mix up programs when you’re doing something like that. Do one thing, get the desired effect, and do something else. Because that you know, K-Min, may in fact on rare occasion, irritate someone who has diverticuli in the bowel. So are you going to flush the bowel out and leave those red raw diverticuli cleaned out and before they have time to heal, you throw K-Min in there? Now on some of this stuff you know you have to stop and consider it and use good common sense and think about it.

Now, we have another thing and that is that you can clean cranial vaults stress very, very, frequently. And once in a while, someone will give me a bunch of eye numbers on the phone and I’ll look them all over and pick up a few sitting up there on the top and then I will get back with them and I’ll suggest to them that, you know, that they should have the cranium checked. Where is Doctor Kanadia? I think I sent a few of you like that or I’ll tell you where I was getting it at. Okay? There is what looked like an infection pocket line, it’s almost squared off except right up there at 12 o’clock and at 1 o’clock and at 11 o’clock, you’ve got a good, you’ve got a vessel coming in. Almost invariably, when you see that pattern setting up there on either of both eyes, you can begin to consider that there is some stress or damage to cranial vaults. Now this is some of, a lot of this is Chief Sundance’s work, and Chief Sundance used to say, I believe, but I’m not sure of it, he used to say that, you know, that the skull had been damaged, you know, like getting it hit, or a concussion, or something like that. I’ve not found that to be the case because I’ve seen this pattern in people that have never had their head hit once. But I did see a person who had a total, a total red hemorrhage right there, that did have a concussion.

So, there may be some, there may be some, in fact a verification on what the a, what the old Chief was saying. He’s got a strong advocate of his works that is still up in the
mountains hiding and hopefully this summer we’re going to go up and visit with him. We know where he’s at now.

**Student:** ….. in both eyes?

**John Black:** It can be in one or both. Remember, all these things I’ve been telling you can be in both eyes. You can see it on either eye. That’s pretty good stuff. (taking a drink of something). Okay.

**Student:** unintelligible.

**John Black:** No. I didn’t say that. Your trying to draw conclusions that I have not said. So don’t draw conclusions on what I’ve not said and accept what I’ve said and observe it. The statement was, “If you see it in one eye, does that mean your brain is out on the other side?” No, that doesn’t mean that. To see the fact that it’s there, it could be indicative of the fact that the opposite hemisphere is toxic. It could also be indicative that the same hemisphere is toxic. I haven’t had the time to put the time and effort together to determine a correlation factor between which side of the brain of the cranial vault is jammed, and which eye is in, so I did not say that, I just said that when you see that pattern, to evaluate the skull. No one that I know of evaluates only one half of the skull when they’re doing a cranial evaluation. So if it’s on the opposite side or same side, I haven’t been able to determine that.

**Student:** unintelligible

**John Black:** No, no, wrong set of numbers, love. They are down of the bottom (of card) and they are called left eye and right eye and there’s a row of them. And I sit there and consider and construct some of the vessels in my mind from seeing the eye numbers you send to me.

**Student:** unintelligible

**John Black:** It just takes practice hon. How does a person play the Trikowskies Piano Concerto in F? A hell of a lot harder than he plays it in D. Okay? Now, well that’s not the correct answer, but it takes a (laughter) that it just takes, it takes the ability to visualize. You have to work at it and work at it, so when you start looking at these eye numbers, I’ve not told you this, but now that you are getting this, some of you are beginning to pick up on it. When I sit and visualize the age, height, and age, I get an image of a man or woman at that height. When I visualize those numbers, I get an image of what’s happening to the physiologies, and when I visualize those eye numbers, I can visualize two eyes looking back at me, and sometimes sort through there and pick out things that are important to me at that particular time. And it just takes a while to practice. See? It doesn’t that long. It couldn’t be too hard. I learned it. Okay?

Now, let’s look …. Yeah … Well, I know some of it and can do it myself if no one else is around. I prefer, right now, to have the SOT people do it. Or a real, real, good or a real,
real good Kinesiologist do it. Both of these people have the ability if they are trained to
the same level, but just all us SOP people do not know anything about the vault, and
neither to most Kinesiologists know anything about the vault. And very, very frequently,
however, they have picked up on odds and ends of little tricks. If you ask them if they
know anything about the vault and they’ll say yes and they’ll give you a poke or a punch
or a pull or something and tell you to breathe four or five times and pry on one of your
toes or some such thing, and tell you they are evaluating the flow, but it’s more complex
than that, when it takes a degree of awareness that is pretty good, so you want to ah, best
way to find out than I have ever found out is to how to find a Chiropractor in an area
that’s a good extremity man, or a good cranial man or anything else, is to get to know a
couple of chiropractors and find out who they go to.

**Student:** unintelligible

**John Black:** It’s a type of Chiropractic analysis. Okay?

Now we have one more and then we’ll go into the specific eyes. Okay? Now you can
sometimes determine when you have a person who is alkaline when looking at the eye.
Sometimes. Now sometimes you can’t, either. Now there is no correlation between this
sometimes and these numbers. Because of the fact if a kidney and the adrenals are over
stressed. I want you to picture a thought here. We’ll roll it up and we’ll write
underneath here just for a second. I want you to picture two possibilities that we’ll cover
greatly in depth as we go further along and add other tests into your repertoire. Anyway,
I want you to picture this, here’s a kidney, okay now, this kidney may in fact these
cleared salts which are a bad term. They are actually electrolytes. These salts coming
through that kidney may be one waste, they may be waste. But yet the kidney has
dropped, or if there is neurological interference, or if the kidney has been damaged, or if
the adrenals are fatigued, what you may be seeing coming through that kidney, are things
that the body needed but was unable to reabsorb. So you may see the body losing its
gelatin. Or you may see it losing its potassium, or you may see it losing sulfur at a very
high rate because there is dormant or a lot of adrenal fatigue. To the point is that some of
that stuff that’s coming out in that urine sample, may not necessarily be actual waste salts
coming out, but may be valid necessary ions that the kidney is unable to reabsorb before
they are lost to the bladder.

Now if the adrenals are fatigued, and there’s not the proper hormonal impulses getting to
the kidney, the kidney may in fact be losing something it vitally needs. Now the point of
it is, if the salts are high, for this level of the game it really doesn’t make any difference.
It’s evidence that there’s too much ionization going on in the system so that we can
accept that from this particular level. But what we need to keep in mind is that if the
adrenals are fatigued, to the point where they are losing a lot of sulfur, phosphorous,
chlorine, ah, if in fact we have this happening. Okay. We may have an acid urine in a
basically alkaline body. I told you before that, you know, that I would eventually get
around to discussing with you the fact that, you know, just because the urine is acid, need
not totally mean that the body is acid. Now if you have them over here where you are
using a lot of calcium, potassium, magnesium, iron, manganese, okay over here you
could be losing silica and a bunch of others, okay but if you are losing a bunch of that you may have alkaline urine and a system that need not necessarily be alkaline.

So, sometimes you can look to the eye and you can get an indication and this indication of alkalinity in the system is a shaded area. Usually it can be anywhere, but usually you’ll just see, as you look at the eyeball you just tend to see a shaded area usually you don’t see it at the very, very top of the eyeball, you see it down around the bottom and you just see a shaded area around the eyeball like that. It’s shaded in grayish is a primary color, the lower part of the eyeball just kind of shaded in like that along the periphery of it. And if in fact that shading is in there, it usually indicates a degree of alkalinity. It’s grayish. That alkaline. In fact I think I have it written up there. Okay? Hmmmm? Couldn’t hear you.

Student: ????

John Black: No. I said that shows alkalinity in the system. I just got done explaining to you that the (student unintelligible) okay, you can’t tell from the saliva either because I told you yesterday that very frequently the saliva locks because of the fact of adrenal stress and you get heavy thick syrupy bubbly saliva that remains at exactly the same pH because the glands won’t flush themselves. So you can’t tell, umhuh, (student unintelligible) no I have not. That was something though that I thought about on a few different occasions, but no I have not. The question was, “Is there any correlation between high alkalinity in the system and the sodium ring in the eye?” and I haven’t correlated that. I have found out one other thing though my good man that might interest you since it’s obvious that you have been playing with iridology, I have found a lot of high alkalinity in the system in arcus senilis to be showing up in the same eye. (student unintelligible) Hmmm, that will be up to good old Lyn, or if he wants me I’ll help him explain to you what the arcus senilis is, but if I were to tell you right now I’d never live with him because I’m giving away one of his favorite secrets. So, plus that, if you see what Eleanor does to him you’d will know why I don’t want Eleanor mad at me. (laughter from John and students).

Student: unintelligible

John Black: Yeah. There would be a closer relationship between sodium or chlorine in an acid system, okay, because a, actually your sodium by itself not mixed with sodium chloride, sodium by itself is actually an alkalinizing element, by itself. Sulfur is an acidifying element. Chlorine is acidifying. Phosphorous is acidifying. Silicon is acidifying.

Student: unintelligible

John Black: You could but you don’t necessarily have to, this is why I explained the kidneys could, if the adrenals are failing, you need not necessarily have it. You could. Yeah. You could. (student unintelligible) That’s possible, yes, if the adrenals are stressed, it’s very possible to basically, your entire blood system is always alkaline. It’s
always alkaline. It may be as low as 7.35 or it may be as high as 7.4 usually. I’ve seen it 7.45. But your blood vascular system is always alkaline. Okay? So, you have to look at the relative, you have to look at the relative throwaway from the system. In other words you have to start looking at these, at what the skin is doing, what the lung is trying to get rid of, what the kidneys are trying to get rid of and what the bowel is trying to get rid of, in fact a highly trained colon therapist running pH’s on the stool will tell you at the point in which the bowel starts to respond, just from the pH. Okay?

Now, let’s take a look at the blood shot eye. You know, this could be extreme vitamin C stress or not ducking fast enough. (laughter) Okay, it could be extreme vitamin C stress. But sometimes the totally blood shot eye is involved with a high degree of alkalosis in the system. Alkalosis. O S I S means condition of. So if you have a word like acid and osis on the end, condition of being too acid. Alkaline and osis on the end, condition of being too alkaline. Okay? Now, there is a way to double check yourself. You can if you can get these people so that they are clean of deodorants, after shaves, soap residues, perfumes, makeups, body oils, lotions, if you can get a person clean and then get him perspiring on his body, not under his arms, because you have both epicrin and aprocine glands underneath the arms which will throw things all to pieces there, but if you can get him warmed up to the point where he is starting to sweat on his body, you can literally test the pH of his sweat, and get a better idea of what the body is trying to get out from under sometimes. And of course, sometimes you’ll go to a persons’ home that’s pretty sick and everything like that, there’s no problem in testing because he’s sweating anyways.

But also, this new pH meter that Gil Ginheart is working on, it’s probe is sensitive enough that you’ll be able to take clean skin that is moist and reach right over and touch it. Okay? You won’t have to go through any great problem of trying to catch a drop of sweat. (student unintelligible) No. No. Just look at whether it is acid or alkaline. Okay, skin tends to sit at a pH of around between 6.4 and 7. Depending upon how much crud you’ve got on in the way of soap residues. So, you can tell whether you are alkaline or acid. Okay, now that takes care of what we can find in both eyes.

Now, let’s go ahead and start on our friend the left eye. We’ll have to draw a bunch of pictures for the left eye. What are you talking about lady? Okay, you got it? Okay, don’t erase it, okay. We’ll draw a, now everything I’m talking about is left. I’m going to draw a bunch of left eyes so I can give you an idea of this particular area that I’m talking about. I’m running on a Buliva Accutron. Okay? It’s hooked to my pacemaker. You mean a hungyosis condition? (laughter). I can see Doyland’s Medical Dictionary being re-written every day. Given another six months there will be more slang in it than the New Unabridged. Okay, well, we’ll just go ahead and since we are just two minutes from and I didn’t realize how fast time was going, we’ll just set up here and discuss that we’re going to talk about watching for specific thyroid involvement and then we’ll pick up on that after lunch. And you guy’s can have a snack and ah, I think I’m up anyway after lunch.
But a, anyway, why a, schedules a little bit up tight this week. But anyway why you can begin to see some pretty significant patterns as you begin to get through these eyes, some pretty significant patterns and you can in fact find some things that are a lot of informative information. It can really supply a lot to you.

Okay, those of you that a, lunch time ends at two, those of you who ordered books from Lyn, did you get they autographed first edition? (ahhhh, not exactly) oh. Well anyway, those of you who have ordered books from Lyn you can pick them up from Lyn if you want to during the lunch hour if you want to and save time or maybe at the supper hour and save time.

(background chatter prior to lunch)

**Tape 10 – Side A**

*Laverne Reams:* ??? it has a trace of blue in it, it’s going to be a 6.8 and up. Anything that does not have any blue in it will be a 6.6 on down. So on this card you are looking for the blue in the green. You are looking for the blue in the bromothymol. So if you cannot see any trace of blue in it, it’s 6.6 on down. If it has a trace of blue in it, it’ll be 6.8 or up. Ok this goes to the girl back there the third table back.

(lengthy background chatter)

These cards, these cards that you’re using, one number, one color, will possibly confirm another card color, but it’s not necessarily always true. When you get up to the blue and the phenol red, sometimes there’s going to be a discrepancy. The red will show brighter than the blue is showing. So don’t always rely on that, but most the times one card will confirm the other card in its color.

(long background chatter)

There have been some trays that haven’t been cleaned so you have to watch that. Make sure they are rinsed out or wiped out before you use them. Anytime you get two colors in one well there’s a goof. Anytime you get two colors in one well, your tray is not clean or you didn’t rinse it out well enough. Two colors in one well. You get two different colors. Your tray is not clean.

(long background chatter)

When you get finished doing this test, clean your trays up and do somebody elses. But this time, you do not have to use the green because you know the green is out of range.
So this time, you will only be using three drops of green and do not use it on this test. And just start with your other three.

(long background chatter)

**John Black**: Would everybody take their seats please. This afternoon I think your schedule calls at 4 o’clock the use of pH readings effectively asthma, nervousness, menopause, and obesity, and I don’t know nothing about any of them. But I’m just a little bit overweight right here. I think there’s been a misunderstanding and so we’re going to go ahead with the 7 o’clock part of this and continue on testing and at 7 o’clock, Doctor Reams is going to cover the 4 o’clock session. So until Laverne gets here maybe we can go through a few techniques on testing. If you’ve got any questions, for a couple of minutes until everybody gets back in here, we’ll try to answer those. Yes?

Student: unintelligible

John Black: Would somebody kindly return three little charts that was picked up off of, what’s your name? John Cook’s desk. We will have additional cards here, so the people that picked the cards up off the back table there belong to a person of a previous class. Now I did hand out about four sets of cards. That I will actually have to have some of those back because those belong to other kits.

Alright, I’d like to have everybody start and we’ll do the, first do you have your refractometer’s? You never used it. Well I better talk about something else then. I thought it said complete analysis and I thought you’d been through that. Who has a refractometer? Alright, you haven’t done the saline? Well let me take the refractometer first because that’s fairly easy. I can get through that one. Okay, if you don’t have a refractometer, we’re going to go through a little diagram, I’m going to show you in a diagram, you can copy it down. And then we will, you can pair up and if you don’t if somebody your neighbor has got one you can test his and he can yours and you can take a look at that. Okay?

Alright, this little unit that you find in the box when you open it up, it has a little lid on it. And you will see a glass, I’d like you to all hold them up just like this so we can see that everybody can see one. Alright no this is a refractometer and this is what you use to get your carbohydrate or sugar reading.

Now when you pick this up in this manner, you simply take a dropper, somebody hand me a dropper please. I got a loaded dropper here, so we’ll check this one out. You simply take this, don’t do anything now, just leave your refractometer’s in the ???, write down, draw a sketch of this, take you dropper and you put the urine specimen on here. Put enough on here to wet it and then you close this down. Now I’ll draw a diagram and put the directions on the board and you can copy it from that. After you’ve closed this, open it up once and close it back down. That’s so that you remove all the air bubbles out of there. Then you turn this over in this manner, and aim this little hole at a light. And if you will adjust the eye piece you will see in there a little dark line a little dark shaded
area and you turn that back and forth until that adjusts until you just see a clear line. Now you can’t see anything on yours because you haven’t got the lid closed. First of all, I asked you not to do anything with your refractometer’s. Just pay attention to what I’m doing. You hold this in this manner. And then you adjust this, until you see a dark shaded area. You get a clear line. This particular reading is a two. So your sugar reading is a two. You’ll want to take a look through the, until you get a clear line.

Now if everybody will sit down. Yes? Yes we will calibrate them and I’ll explain calibration, but I just wanted to show you what the test was. Alright, hand me that refractometer again please. Alright on the top of your little refractometer here, you will notice a little opening and you have a small screwdriver in your kit. It’s on the side of your bag. Now, what you need to do is take distilled water, you open that up and use distilled water, so if you will open this up now and put distilled water on this unit. Do you have fresh distilled water there somebody? Do you have a dropper, a clean dropper? Anybody have a clean dropper? Place the distilled water on here like this and then shut your lid. Open it gently and shut it back shut just to get all the air bubbles out of it. And you look in there and you adjust that and when you right on zero the shaded area when you can see the all the numbers very clearly. It should be setting on zero. Hold the open part toward the light so that you can see it. You may have to adjust the light just a little bit. The lady in the third table there, you have to shut that bottom piece. Put distilled water on it like this.

The top opening, the little, on the top, if everybody will look up here, there is an opening on the top. You hold this toward a light so that you can get some light in it so that you can see the numbers and you adjust it until you get the clarity. Now if you put distilled water on there and that is not on zero, then you put the little screwdriver in here and hold it up to your eye and turn it very slowly one way or the other until that is centered on zero a very sharp contrast. Right on this top side, right here. Right on the top side of that unit you’ll find a little screw. Right on the top if you are holding this unit up so that you can see the light there is a screw right here. Now that screw if that is not centered perfectly on zero, with distilled water, just enough to cover your glass, about two or three drops. Alright, I’ll tell you what, I’ll take you, if you will just take your units, I’ll come down. Let’s take the instructions of how you use this. And you can draw this on your papers so that you understand it. This is your refractometer. In this manner, alright does everybody see the drawing on the board? You hold your refractometer up so this is level. You take your dropper and you put enough urine specimen, enough specimen on there of urine, to cover, just about to cover that little black area, the little black area. Hold it up level. You see the dark area that the metal surrounds right here where my thumb is setting? You hold it level like that. You take the dropper. And you place the urine right on here, on the glass, the glass, right. I will come by each table and show you, just quickly how to do that in just a minute. You then close your lid like this. That there should get all the air bubbles out of it. You might open it up once and close it.

But here’s what you draw in your book right here. Now then, when you’re looking at it, you’re going to close your unit up, and you’re going to be looking at your unit, it’s going
to look the opposite direction. Your little window is up on top right here. Okay, that is
the way you look into that and then you rotate your eyepiece until your vision gets those
numbers real clear. Now once you get that, that exact line will just form a real straight
line. Then you read that. Your graduations on there are like this. In other words, each
mark is 2 and you have to decide whether it’s a 1, 2, and in between each one of these
there’ll be two lines like that. Do you see those on there? So each graduation from here
back would be a half. This is 1, 9 tenths, 8 tenths, 6 tenths, etc.

Alright if everybody will just load their unit up and set it where you think it should be,
wipe it off and just dip it in a little bit of distilled water, wipe it off and put your
specimen on it. Set it up and adjust it and then I’ll walk by and check to see if you’ve got
the right reading in there. How many of your units all checked out on zero? They have
to read zero with distilled water. You calibrated them? Alright is it on zero now with
distilled water? Okay, if you’ve got your calibration done, then put your urine specimen
on it, close it, and then turn it up and read it. You have a box of tissue on your table. Use
a little tissue, dampen it in your distilled water and wipe it off. That’s okay if you don’t
rub too hard on it.

1.5 if you have a perfect sugar reading, but that depends on the rest of the readings, if all
of everything else was just right, then your numbers are right. You don’t really need a
flashlight, if you could just aim it, right, right. You’re the only one? Alright you got a 1.
Clean that and let me see it with distilled water on it. You’ve got a good reading on
there. You’ve got to adjust it for your eye and probably mine also. You got a 2 reading.
Is that distilled water? Do you have a little screw driver? You’ve got a one reading
whatever you’ve got on there. That’s one, so you’ve got a one reading. You’ve got a 1.0
sugar. That means that your, you know, your, you might be a little slow. Okay if you’ll
just wait at your tables I come down the line and catch you one row at a time.

I’d like to have a couple of strong maybe four strong volunteers, men preferably. I have
a load of books out here, about 5,000 books that we have to carry in. I’d like to have
them stored in the store room.

If any body here has done this before, I would appreciate it if you would help check some
of the rest of the units. How many of you’s have? Okay if you have done this before,
take a table and check them out. You can aim it at the light. It shouldn’t make any
difference. You should get a reading. Now you’ll see your gray line in there. That
would be a good reading I would say. Okay.
John Black: Alright has everybody done their sugar readings? Is there anybody that doesn’t understand how to read a refractometer?

This here is a different refractometer that some of you have. It’s got two adjustments on its got a color adjustment that shades orange or blue. And you have to bring that down until you get a straight line. This unit will have to be adjusted and I’ll do that a little bit later.

Alright, does everyone understand the refractometer now? Anyone who doesn’t know how to adjust your unit? Alright then let’s put the refractometer’s down and we will go then to the saline test. You wash it with distilled water and wipe it and just put a piece of a, you can carry some little strips, or cut you some little pieces of a towel. And when you just take that and shove it shut, that will dry all the moisture off of it. Let me see a refractometer and one of those units. Just like the lady here in the front row, you just take that and shut it on a piece of paper towel. You can make that Kleenex or paper towel. Just leave it like that until you use it again. Alright, the next thing that we are going to get into and I’ll cover these.

The next thing we will cover is the salt bridge and I’d like to have somebody bring a bridge up here to me. Alright if we take our bridge in this manner, if we will hold this up here in this manner, you’ll see that there’s a dial here on your salt bridge. Now also above there, there is two lights, a red and a green light. And then you have a temperature adjustment. The top button right here where I have my finger. Now that you take the room temperature and convert that to centigrade which would be approximately 22 on your dial. Set that on 22. That would be if you’re watering everything as room temperature.

Now then you have an electrode in a box, do you have an electrode? Do you have an electrode in your box? You place those under those two screw cap buttons. Loosen those up, slide those in, and tighten them down firmly just by your finger tips, about these two buttons right across from your temperature gauge. They will go on either way. Alright if you’ve connected your wire now it should be something like this. No, you can hook either one up. Now do you have a graduated cylinder? We’ll have to get some. We’re going to get some wired. I’m just going to go through the instructions. We’re going to get it down on paper. And I’ll show you a few pointers of how you can do this. And then we will get the extension cords and hook up your units, and then we will demonstrate how you make a reading.

Alright in your kit you’ll have two flasks. Alright if you’ve only got one, I’m sorry. If you haven’t got one, borrow one from your neighbor. Now we have a, do you have a small syringe in there at all? You do not. Does anybody have a small syringe in their kit? A 2.5 cc syringe, is there one in there? Nobody has one. Okay, I’ll put the instructions on the board. We will start out with that and then we will, this is saline test.
Alright in this graduated (cylinder) you would fill, you would first place 2.5 milliliters of urine, or the specimen, urine. Now, the most accurate way to do this, we don’t have the syringes, they should be in route, it’s like everything else. But if you want to check the accuracy of this test, if you will use that little syringe; draw it up; go about 3 cc’s or just about to the end of the syringe; turn it up; take a Kleenex, wipe it off; and then flip it to make sure there’s no air bubbles; and just lean it sideways and expel it out until you have exactly 2.5 cc’s of urine. You place that in here. 2.5 cc’s or 2.5 milliliters is the same thing. In other words, on a syringe you’ll see 2 ml or 2 cc. That is identically the same reading.

Alright put 2.5 cc’s of urine and you put this in the, squirt it directly in the bottom. Sorry about that. Everybody’s watching. I don’t know how to spell. Just checking. Now then after you get this in there, you dilute this down with 87.5 ml or you bring to volume. Bring to volume 90 ml or cc’s, whichever you prefer, with deionized water, deionized water. Yes, deionized means that all of the mineral metal compounds is out of it. It should, when you put it on your bridge you put your electrode in it, it should read somewhere between 0 and 5. Well that we have, I will show you a deionizer.

Alright now did everybody understand this? You bring to volume 90 ml’s with deionized water. You can have distilled water and it still may run a hundred or so ohm’s on your meter. Now you can if you can, you know you can do it with your eyes, you can take your dropper and put it up, and drop this in, there’s a way we’ll show you how to do it. On the bottom of your graduate you’ll see two marks below the 5. So you would bring that meniscus of the urine up so that it’s just about half way of what half the distance between that one would be. Yes? 20 drops per cc, now that depends upon the dropper. Okay, but, okay if it comes out that way, 50 drops, you can count 50 drops, but I would suggest that you pick you up, we’ll get you a little plastic syringe that is easier and I’ll show you how to do this as soon as we get one. I think I’ve got one in the car. I’ll bring it in and when we do this test and we’ll demonstrate and you can see that you could duplicate this test within just a few ohm’s each time. Usually on distilled water it could run up to 100, maybe more. Deionized, it should run less than 5, or less than 10. It might run 6, 7 up to 10 is satisfactory.

Yes. Minah, right, to volume, in other words, to volume of 90 cc’s. In other words, to volume means that you have already put your 2.5 cc’s in and then you add deionized water until you reach the 90 mark on your unit, on your flask. 87.5 if you was measuring it, you’d measure that much more in. Now a suggestion is that you can take that and to insure mixing and go like this three times. Wash your hands. Ah, or when you put this electrode in it, I think you will find that when you shove this down, I normally take and shove this down if you will hold this. If you will take this when you take it out, you’ll stick this in here, shelve it clear to the bottom. And the reason you’re doing this your getting the solution at a normal pace and put that up and down about five times. No, it won’t flow over. I’ve tried it. On this one here, no problem. Don’t splash it on you, you can force it out, but it won’t run over. You go down to the bottom, up and down. I usually go five times without even mixing it at all.
Now you pull this back out and if you will look at your electrode, there’s a little hole on the side of it. There’s a little hole on that and that must be about a half inch under the water. Now when you put 90 cc’s in there initiated if you will check it as soon as we get some water to put in it, when you pull this up and that water level moves down to 100, it will be if you always read it with the water level on 100, you are always reading it in the same position.

When you pull it up until the water drops down to 100, the hole in the electrode will be approximately a half inch to an inch under water. Right. Approximately. This way you always pull it up until you get to a hundred with this particular type of electrode. Now if you have another electrode or you might get another machine somewhere, then I find that this is the most uniform way to do it. After you have this set in this position, then you slowly turn the dial until both lights light up. You turn it on before you do this. Let me see if I can find a cord here.

(Background chatter)

Does it still work? I guess it does. (Recording equipment).

Alright now you’ll notice that when this unit is on, it’s sitting right on zero. And both lights are lit up at zero. Now this is distilled water. We’ll just check the ohm’s of distilled water. You’ll see it switch to the red. Now as I said, you can shove this clear to the bottom and it will not overflow. Right, it should be on zero. Right, hold it, hold your hand on this.

As I told you before, this here when you shove it up and down like this, you can easily mix your fluid by putting it up 3 or 4 times. Now as I pointed out before, you can pull this up until the solution is about (let go) at 100 and you will see that the hole in your unit, if you pull it up to about 100, the hole in your electrode is below water where it should be. Now if you will dial that dial until you get two lights. Now we have a reading on this distilled water of 15. What is your tar Whitney? That should read around less than 5 or ..... 

**Laverne:** Your 15 is the deionized and if you are not using deionized water it’s going to register on here so that’s why it’s registering as your ionization. It should be, like he said, 0-5 or something like that.

**John Black:** Alright I, excuse me, I had brought in this deionizer and this is the way that you get your little deionizer like that and you hook this to your tap and you set it real slow and let that water drip through this into a gallon jug, or a jar and this will make your deionized water and then you can check it to see if you have run it through slow enough.

**Laverne:** You can buy ionized water or you can buy your own deionizer and make your own. It depends upon how many tests you run. Oh. $45.00. Are you sure that’s about $45? Okay.
John Black: Alright just a minute, what was that question?

Student: You can get a dual purpose water if you want to, but it will cost you more money.

Laverne: As long as it says distilled, you can drink it. But if it says only deionized, it’s best to use it only for testing. Most drug stores have it. Big drug stores have it. Supermarkets have your distilled. But most of your drug stores have your deionized. Okay, did you understand how this apparatus works? You insert it on your spigot; put your spigot at a slow drip; and it will filter through and deionize, because as it comes out of the spigot, it comes through metal, it is ionized. It has to be filtered to be deionized. The range, you shouldn’t have a registration that is much over 10. 10 is kind of high. 0-5 would be okay for you to use on the deionized. The distilled should run about the same, but if you’re just going to use it for drinking, it doesn’t matter if it is ionized or not.

But using for testing purposes only, you want it deionized will raise your zero to about 5. You can. We are only practicing now. We are not doing it for any purpose except for practice.

John Black: Okay, who had a question back here?

Student: Is there anything wrong with checking the readings with distilled water and extrapolating the final reading with…?

John Black: It’s not suggested. It doesn’t give you, I mean according to standard it doesn’t give you the exact reading. No, no, they suggest, this is the way it should be run is your deionized water and then you take your reading.

Laverne: You clean your probe by inserting it up and down a couple of times in water. Rinse it up and down in water and let it drain.

John Black: Alright you look at your thermometer to get your setting on your temperature control. If your room temperature is say 75 degrees, you check your chart or multiply it out to get your Centigrade reading and then you turn that to what the number is in centigrade. Alright, what is your question?

Student: When you are using a syringe, do you rinse it out? Do you sterilize it? After one…?

John Black: After you put the urine into your cylinder, after you put the urine from the syringe into the cylinder then you take and wash this out and clean it just like you would any of the rest of your glassware. And then you can use it over again. Or you can use just a dropper, count the drops and bring it up to volume.

Note: there are lots of short conversations on the tape, so you can listen to the tape if you want to hear those. They were not involved in lecture giving.
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Laverne: It’s supper time now. I’ll have it on the board when you get back.

John Black: Alright everybody can go to supper.

John Black: We haven’t got them in yet. They haven’t gotten here. So if you haven’t got a cylinder, just borrow one and we’ll get you…. As far as I know, when you leave here, you’ll have the equipment to do a test when you get home.

Student: Are you going to go over that again later?

John Black: Yes we’ll go over that again later. And there’s also something wrong with the probe.

Dr. Carey Reams speaking: One of the things that makes this course so interesting is it keeps a vision before you. People without vision perish. People without vision perish and there’s always something just beyond here to follow, to search, to look for. If you should be asked tomorrow, on a test, name the seven different classes of calciums, can you do it? I wouldn’t look it up now. I’m just saying what might be given on an examination. Could you write at least one or two calciums under each one? That would fit into that category? I’m just giving you some food for thought. It’s very, very important. Yes? Somebody have a question?

Student: (low level chatter)

Reams: Calcium Oxide? Linda, I thought you’d know that. I thought you’d know that without me telling you. What’s that? Which one? It comes under the gluconate group. Or the oxide group. Calcium gluconate, calcium oxide, it’s under that group. Calcium gluconate comes under the calcium oxide group. Calcium Orotate comes under the Gypsum Group. Calcium carbonate, baking soda, don’t you remember me telling you? Tri-Calcium. No. I beg your pardon. Baking Powder. I know but there’s more than one kind of baking powder my dear. Cream of Tartar is not a calcium my dear. No. No. No. Calcium Oxide, there’s quite a group under those. For instance, there’s a lot of trade names under that like Cal II as one trade name, Cal Min is another kind under that, Shifts Calcium is another, Shaklee’s Calcium is another coming from corn, Corn Calcium is another, that’s all under the oxide group. There’s worlds, and worlds, and worlds of them under the oxide group. So, it’s not difficult to define. You won’t be asked that question though. You will only be asked possibly. Now I’m not saying you will be asked, I’m saying it’s possible that you may be asked to name the seven different kind of calcium, or the six calciums needed by biological life.
I have no idea what anyone has taught because there has been so many things about a pH reading that they’ll, well it’s just fabulous how many things they can claim about a pH reading. A pH reading to your body is what your speedometer is to your soil or to your car or a pH reading to the soil. It’s the speed of the electrons. The lower the pH the faster the electrons travel.

What is the finest catalyst known for human nutrition?

**Student:** Water.

**Reams:** Water, that is correct. What is a catalyst? What is a catalyst?

**Students:** Binding (garbled).

**Reams:** That’s right, it’s something that joins things together. What vitamin is the finest catalyst of all vitamins?

**Student:** C

**Reams:** Vitamin C is correct. Vitamin C is the vitamin that knits our cells together.

**Student:** And why is it taken too often? (sounds like)

**Reams:** Right. Anyone having 4,500 PPM or milligrams of vitamin C per gram of blood, never has any illness of any kind.

**Student:** 4,000 per year? (sounds like)

**Reams:** 500 milligrams of vitamin C per gram of blood.

Student: (not clear)

**Reams:** Right. No they don’t hold them in suspension. They stick them together like postage stamps. They’re the substance that knits them together like the glue on a postage stamp. Right, like mortar holds bricks together. Right, now what are the visible signs of a vitamin C deficiency in a person? Stretch marks in the skin. Women that have stretch marks when they become pregnant have a vitamin C deficiency and generally a weak, sick baby. Stretch marks in the skin is a vitamin C deficiency. Under what conditions is it impossible for your body to accept the vitamin C as sold in health food stores?

**Students:** Ph, Potassium, Calcium, Under 5.44.

**Reams:** When the pH is below 6.40, that is correct. It cannot accept vitamin C. Suppose that you had a pH of 5.60 on a person that was very ill and you had to get
vitamin C to them immediately. How would you do it? Onion soup is correct. Onion soup is the richest source of vitamin C in the world. That is correct. You’d give them onion soup.

Student: Something about a recipe.

Reams: Sure, all you do is put some onion in a blender or chop it up, square it up, into small squares and add some mushroom soup to it and steam it for 30 minutes. Yes, mushroom. Mushroom soup is very rich in penicillin. Wonderful curative agent in mushroom. Eat it fresh, canned or anything else. But sometimes when the Heinz or the Campbell’s company runs short in mushrooms, they make up the difference with salt. So salty, you can’t hardly eat it.

Let me give you a recipe too for a very fine evening soup to have in the evening, or afternoon or your supper. Take two or three small or medium sized egg plant, peel them, soak them in salty water for 30 minutes, rinse them off, cut them in small strips or squares, add one can of mushroom soup to them, and one can of water, and steam them until it’s all soup, and you have manna out of heaven. It’s one of the finest tasting soups you ever tasted. It is absolutely indescribable how good it is, and nothing added. Yes?

Student: (unintelligible)

Reams: Generally, I use one pound of Onions in one can of mushroom soup.

Student: Something about “fantastic”.

Reams: One pound of onions. Yes?

Student: A question about the pH being below 6.4 (not clear enough to get all the words)

Reams: As we buy in tablets (vitamin C) from the health food store.

Student: (unintelligible) – even though the pH is below 6.4, it will accept ….

Reams: It will accept it yes. I have worked now for a number of years in trying to make an alkaline vitamin C. And I have made one now that lasts 3 days and then it comes apart. So I hope, before too long to have one on the market, a vitamin C that is alkaline. I hope so. But so far, I can only make it last three days and then it comes apart. Yes?

Student: (unintelligible)

Reams: That’s right. Don’t worry about the saliva. Get the other numbers right and the saliva will get right by itself. Yes?

Student: (unintelligible)
Reams: You can take tablets and make the ah, that will give you the correct pH within two hours’ time. But it will not hasten recovery any whatsoever because it’s strictly a chemical force and your body refuses it. Yes?

Student: (unintelligible)

Reams: Citrus Juices are not alkaline. They are cationic. Lemon Juice is. Yes?

Student: (unintelligible)

Reams: I was taught that they were and that there’s a lot of books that says, these are alkaline foods and these are acid foods. Don’t you believe it. They are all acid. Yes?

Student: (unintelligible except for a word here and there)

Reams: I was only asking you things to review for examination. Yes?

Student: (unintelligible except for a word here and there)

Reams: No it does not if you use it as soon as its cooked, but if you put it into the refrigerator overnight or two days it will.

Student: --- onion soup ---

Reams: If you like, yes. In fact, you can add a lot of things to it, but we never do. We got it just as good as we wanted it. Yes?

Student: (unintelligible)

Reams: No it does not if you use it the same day that it’s cooked or provided you don’t put too much water in it and then pour the water out. I’m talking about steaming things. I’m not talking about boiling things. Actually, food should not be steamed over 180 degrees.

Student: Don’t you get the steam now vessels?

Reams: What’s that?

Student: How would you get the steam controlled?

Reams: You can’t do that in a pressure cooker, but you can in an open container. In other words, you got to increase your pressure to even maintain your steam temperature. Yes?
Student: (unintelligible)

Reams: I will try to repeat the question. Thank you for helping me. Yes?

Student: (unintelligible)

Reams: What are enzymes? What about the destruction of the enzymes in the foods when you cook them, was the question. Now what are enzymes?

Student: They’re vitamins.

Reams: Enzymes are vitamins. There’s no difference. There is no difference. An enzyme and a vitamin is the same thing. Both are a product of a hormone. Generally we think of vitamins though as being synthesized as something man has put together. And we think of a enzyme as a raw substance manufactured directly by a hormone. What are hormones? If I should send you to town to bring me back some or a couple of pounds or some hormones, what would you bring me back?

Student: (unintelligible)

Reams: The what?

Student: (unintelligible)

Reams: No sir, it isn’t. It’s a stimulant. It takes the place of a hormone, but it isn’t a real hormone. If I sent you to town to bring me back some hormones what would you bring me back?

Student: (unintelligible)

Reams: What’s that?

Student: (unintelligible)

Reams: Glandular powder?

Student: Glandular

Reams: Glandular powder?

Student: Glandular ???

Reams: No.

Student: (unintelligible)
Reams: No.

Student: (unintelligible)

Reams: No. A hormone is a living cell.

Student: (unintelligible)

Reams: No.

Student: (unintelligible)

Reams: It’s a living cell and you’d have to get cheeses. The cheeses are living cells. Yogurt, Eggs, Yeast, yes they have to be living cells in order to be hormones, living cells are hormones. They have to be living cells and animal meats are dead cells. The animal is very dead, seriously dead. Yes?

Student: Buttermilk?

Reams: Buttermilk would have hormones in it, yes. Yogurt, acidophilus.

Student: What’s the story there? It’s got oxygen to the hormones?

Reams: Yes!

Student: (unintelligible)

Reams: Yes. Yes. Sure, so you see you have eggs, now you hear a lot of talk about fertile eggs and infertile eggs and the fertile eggs are supposed to be so much better than the infertile eggs. In order to make any difference, you’d have to eat about 2,400 eggs every morning for breakfast.

Student: (unintelligible)

Reams: to really make any difference. That little bit of difference. You hear about a brown egg being better than a white egg. It’s better for the man who produces the brown eggs. But the value of the egg depends entirely upon the food the chicken eats. So all this is simply advertisement. There’s no truth in it, no truth in it at all. And like you see so many times, advertisements about this product and that product, if that product was as good as was advertised you wouldn’t have to advertise it, you couldn’t manufacture enough. The more you advertise a product in, the worse it is. Yes?

Student: (unintelligible)

Reams: No. I didn’t say that at all.
Student: (unintelligible)

Reams: 180 degrees.

Student: (unintelligible)

Reams: No, not enough to kill all the bacteria. Let me say this about milk though, there’s no sense in pasteurizing skim milk. There’s no motive in it because if you skim the milk and it’s good high quality milk, you don’t need to pasteurize it. But many times they separate the cream from it first and the very fact the cream separator, and chill it to put it out, but they also put a preservative in it in order to keep it from spoiling. But today, most of our foods are safer with the preservatives in them, than they would be without them. Now I’m glad that some people have become mindful of these things because there were some companies that were overdoing it and those things have been taken off of the market. Well, this is not true with ice-cream today. Generally the ice-cream that you buy on the market today is embalmed milk. Now it is not fitten for human consumption, most of it, but there are some very good ice-creams on the market today especially it’s very good, but some of them are simply embalmed milk. And a lot of times today the milk is so poorly produced such low quality that the preservative will not permit it to ever clabber. It will spoil and rot before it turns to clabber because of the preservative in it. But if you use it fresh, it’s better for you than it would be probably if it did not have the preservative in it.

For instance we no longer have the pleasure of malaria, typhoid fever, diphtheria, that we used to have, and most of them it would come through the milk. It was one of the great ways it was taken. After you have your own milk cow and you can keep your own milk sanitary and clean, then it is better to have the raw milk. But when it’s handled out in commercial lots in the terrifically high amounts it has to be, in order to be delivered today, it is safer to drink this milk that hasn’t been homogenized, if it must be homogenized, some states require it, even skim milk to be homogenized and other states do not.

It’s saver to have it homogenized than it is to have it without it. In other words you are safer with the preservatives in the food today than you would be without them. I told you that unlearning was going to be difficult in this class. And you will find this to be true whenever you hear about this preservative and that preservative causing cancer, it’s not true, it is not true. And I’ll tell you why. In weak tissue, in tissue that cannot be, the blood cannot circulate in there to take out the old cells, you will find most any impure product that there is, but how it, there is no man living that can tell whether you took that in through your digestive tract. Or you oh it took it in by ionization. There is no way to tell. Like things attract each other. That’s why gold is in certain deposits in the earth. Coal and Iron, Zinc and Tin and Silver, like things attract each other. And this is why they get back into the deposits, they are all trying to get back together again. So, no one has ever proven that any of these things cause cancer. Yes?

Student: unintelligible
Reams: When you get your tapes, you play them. I have answered that question already. Okay? Somebody want to answer for her? She said, “Many books say that milk causes mucus.” And my answer was this, “That I have answered that question. Play your tapes. Will someone answer that question for you?”

Student: unintelligible

Reams: That’s right, but bacteria is what causes and makes and manufactures the mucus, not the milk. Okay?

So if you are going to try to eliminate every food that makes mucus, you really got a problem on your hands because there’s some kind of bacteria that will eat any kind of food you eat. And all you’ve got to do is read enough health books and do everything everyone says and I’ll guarantee you, you’ll starve to death, because everyone is down on something.

Student: unintelligible

Reams: Right.

Student: What about ????

Reams: I have not found it to do any damage in my experience. However, it makes too much stock in the kettle. It’s good for the farmer and it does not manufacture enough lean. Do you realize that in a animal weighing 1,000 pounds there’s only about 250 pounds of actually first class lean tissue. Do you realize that? Do you realize that a cow practically loses 50% in hide, hoof, hair, tail, and bones? And then if the rest is, suppose that 25% of that is fat. Then you only got 25% left and 25% of 1,000 is 250 pounds.

Now when you buy a beef, while we are on this subject, I did not intend to get into it. But there’s two or three things you should look for. One is that the tallow be absolutely white. Snow white. Any time you see beef tallow any other color except white you see it from a sick animal. Period. And there is no exception to that rule. You get it from a sick animal. Now, the next thing is, when you buy meat, you should see into the muscle itself. By the color of the meat, if the fat is webbed through the muscle the meat has a low mineral content. And all the fat should be marbled on the outside of the meat. White, and the more that’s marbled on the outside the better it is. I prefer to pay $3 or $4 a pound for beef that the fat is marbled on the outside, than to pay $.95 a pound with it webbed inside. Because a 4 oz piece of it, you eat it, your satisfied, you don’t feel stuffed, and it’s tender. And you eat a 12 oz piece of the other, and your stuffed, and it’s tough, and it’s tasteless and you are overfed and undernourished. This is what you learn in your agricultural course, is about the quality and grades of meats and also of fruits and vegetables. So that you’ll be better prepared to produce or recommend foods.

Now you take lamb for instance. You’ll find lamb, but you’ll find most of the time in lamb where they’re out on the mountains, you’ll find the fat in strips, but you’ll find the
The muscle itself is clear. There'll be a lot of fat marbled in there, but in the muscle itself, it will not be webbed through it like a cobweb. And the more fat that’s webbed through the meat, the lower the quality, the lower the mineral content, just like the lower the sugar content in vegetables, the lower the sugar content. So these are factors that you need to know in making diets for people. Yes?

**Student:** What about preserved meats in nitritate ……?

**Reams:** It should never be used. Now if you must use the all-beef franks that are not, that are made without preservatives, some of them are made without preservatives, then you take one pound of franks and two gallons of water, you punch holes in the franks to keep them from splitting all to pieces with an ice pick or something or a fork, and then you steam them from about two to three hours. And that two gallons of water will hold and cook out the potassium nitrate in the water, and then you can fertilize your lawn with that.

**Student:** unintelligible

**Reams:** But the beef then is alright to use and it’s very good.

Now one of the things that most people don’t know is that corned beef is a very, very, good food. That is, if you get a higher quality corn beef like Armor or Swift that’s manufactured in this country. I would not trust any beef from South America or any other country except Australia. Australia does have a very fine grade of beef. Because corn beef is made by soaking briskets in salty brine for six to eight weeks. And it’s quite salty and then they take it out and steam it and cook it in the can. Now in your corn beef, it’s very greasy. What you do is open the can of corn beef, set it in the refrigerator, chill it for a while. Open it. Take it out of the can, then put it in a pot of water. It does not have the potassium nitrate in that. Only the salt. Then put it in a pot of water and steam it for about 30 minutes, slowly, very slowly, only about 150 degrees. I mean, not steam it, but the water covers it completely. And then pour that water off, take that corn beef and set it in the freezer. Chill it. And then it slices very thinly, and you’ll have a Dinty Moore Corned Beef and Cabbage. It’s very good.

**Student:** You’re talking about corn beef out of a can.

**Reams:** Yes.

**Student:** unintelligible

**Reams:** Yes, I’m talking about the ones out of a can. I’m talking about the canned corned beef, if you know how to get the grease out of it, it’s very good.

**Student:** unintelligible
Reams: Oh yes, you can use that. But one thing about cooking corned beef that comes from the butcher, if you put your corned beef in a pressure cooker on a pot or something so it won’t be down in the water, and then set your pressure cooker so the steam won’t get over one pound or just barely, not over one pound, and steam it for about two hours slowly, and then take it out, chill it and slice it thinly. Then it isn’t grainy. It’s very, very good. It’s not stringy. If you cook corned beef too quickly, it’s dry and stringy. You must cook it slowly. You should also season it well by laying some pineapple on top of it, and some onion, and maybe some celery so it seeps down on top of it. I generally take a pyrex dish or a corning ware dish and set it inside of the pressure cooker, nothing in it except the meat with on top of it I pile the celery, onions and some things of that nature, vegetables and let that juice seep out into it and it’s absolutely fabulous. Yes?

Student: Doctor, how much nutrient value is…..?

Reams: Very little. You do not eat meat for it’s vitamin content. You eat meat for its mineral content. Yes?

Student: unintelligible

Reams: Yes.

Student: unintelligible

Reams: That’s right. There’s only a very few of them named.

Student: unintelligible

Reams: Yes.

Student: unintelligible

Reams: Most of them are seriously dead.

Student: unintelligible

Reams: Are the vitamins alive that you take or are they dead?

Student: unintelligible

Reams: Most of them are seriously dead.

Student: unintelligible

Reams: It makes very little difference my dear, if you use them within a certain number of hours. What ruins food is cooking it and then putting it in the refrigerator for three or four days. Now there are a few foods that improve after putting them in the refrigerator
for a few days. Turnip greens, Collard greens, actually Turnip greens should blend overnight and be used the next day. Collard greens should be blended four days, but you’re not using those for the vitamin content. Your using them for the benzene and for the mineral content. But while you’re cooking the Collard greens, about every blow fly this side of Washington will be sitting on the screen door. Yes.

**Student:** unintelligible

**Reams:** Have to go by the numbers my dear. Go by the numbers. Yes?

**Student:** unintelligible

**Reams:** Yes, unless it’s pre-cooked. Is energy lost, is the vitamin, is the meat energy lost in freezing meat over a long period of time? Yes. Unless you cook the meat as if you were going to serve it first. And then it’s safe. The same is true about vegetables.

Never, never, blanch vegetables. It ruins, it simply ruins the vitamin content. It ruins it. It makes them worthless and the only reason the books recommend that, the cook books, I mean the books on canning and freezing, is made and written under the guidance of the food producing companies that want’s your home canning or blanched foods to taste so bad that you will go to the store and buy them. If you are going to can or freeze foods, cook them as if you are going to serve them on the table. Season them and everything else and then freeze them and they are much better mineraly speaking and everyway than they would have been if you had blanched.

Also in the canning or freezing of your fruits, never add water, sugar or salt to any of your vegetables or to the vegetables that you are going to cook for freezing. Do not add salt to it until it comes out of the freezer. Now, never add water or sweetening of any kind to your fruits that you freeze. You simply take those fruits and squeeze out enough juice with your juicer out of the fruit that you don’t can or freeze and use its own juice to preserve it in, and then cook it and freeze it. And they are out of this world, out of this world.

Corn does not even need to be cooked. Top quality corn you put it in the freezer simply in the shuck. Take about half the shuck off, but you also put about four ears in a plastic bag, or six ears, or eight ears, or twenty ears if you want to. It doesn’t make any difference. Freeze it completely and if it’s top quality corn it will be good two years later. Now it may dehydrate just a little bit. When you take it out the grains will look a little bit shriveled, dehydrated. But simply soak them in water a half an hour or an hour. And it will restore. Cook it and it tastes just like it come out of the garden. Even the vitamin is still in them. But cook it quickly. And be ready to eat it immediately as soon as you take it out of the water because the corn will be very hot, but there’ll be ice inside the cob. Yes?

**Student:** (something about proteins – mostly unintelligible.)
Reams: That all depends upon the energy level. If the energy level is low enough, then you do not give them meats. Yes?

Student: unintelligible

Reams: Would you restate your question loudly?

Student: The first one is not digesting their protein properly. I’d have to cut the diet down, eliminating meat or eliminating protein to benefit that diet.

Reams: You simply go by the energy level. When babies little girls have only about 8 energy. That is normal. Little boys about 10. And you couldn’t feed those children meats, until the energy picks up. Well, when an adults energy drops low enough, they cannot digest meats either. This is the reason why children up to 12 years old cannot digest meats. After 12 they can begin to digest meats. Yes?

Student: What is the energy where they can begin to digest meats?

Reams: It’s a variable honey, according to the other things, in other words, this, your energy depends upon a lot of factors, not just one single factor, that’s what makes it so difficult to calculate is your energy rating. Yes?

Student: unintelligible

Reams: In the ninth course.

Student: unintelligible

Reams: Anything below 35, you should decrease their taking meats, at 35 energy level, at 25 still less, at 15 practically cut it out completely. Actually, it ought to be cut out around 25. What I’m just saying 15 is a no-no meats at below that. Yes.

Student: unintelligible

Reams: Well a, no, no, ah huh, I haven’t even mentioned gas barbeques. Well, I wouldn’t eat meat that was cooked on a gas barbeque with a direct flame. That is, from butane gas, but propane gas I would not want to, I like the charcoal so much better. But I don’t see it would do a lot of harm just doing it now and then, but to me, I don’t like the taste of meat cooked on a gas flame. Yes.

Student: unintelligible

Reams: Well this, I’m saying has a direct bearing upon it. All of it has a direct bearing right upon it. Yes?

Student: unintelligible
Reams: Does drinking water dilute gastric juices? With meals, no. No. Yes. Another fad blown to the wind. (laughter) But if you drink enough water between meals, you will not want it with your meals.

Student: unintelligible.

Reams: Say, if you drink your water between meals, you will not want it with your meals. But, it’s better to drink your water with your meals than not at all. Well these are common things that you are going to be asked and it means a lot to you. Yes?

Student: unintelligible.

Reams: Would you stand up and ask your question please?

Student: unintelligible.

Reams: Which foods would cause pH to be acid and which ones would cause them to be alkaline? That is a very difficult question to answer because the pH your pH of your foods depends upon how much calciums are in the foods. And our foods are so depleted today in calcium minerals until it’s an unknown factor. It’s an unknown factor. It’s strictly unknown until you know how to measure your foods and the calcium content, and the mineral content, it’s going to be an unknown.

For instance, you may have, I’ll just give you an example. I’ve seen as much as 20 lbs difference in the weight of one bushel of oranges, exactly the same variety, 20 lbs different, now which one would have the most calcium in it? The one that weighed 30 lbs or the one that weighed 50 lbs? Right. Also, I’ve seen as much as 10 lb difference in a one bushel crate of beans. One would way 28 lbs and the hamper would be ¾ full, and the other one, you couldn’t put enough beans in it to make it weigh the 28 lbs that it is required to weigh to be your best #1 beans. I’m just talking about fresh green raw beans. Now if you had beans that ¾’s of a hamper weighed 28 lbs, and you had another one that you had to pile the beans high on top, have the lid 6 or 8 inches over the top of the hamper, in order to get 28 lbs in there, which would be the best beans?

Student: The first one.

Reams: Right, so you see how impossible it is to answer the question about the alkaline foods because it all depends on the soil from which they come. Yes?

Student: unintelligible

Reams: I have already covered the menopause. I have already covered the obesity. It’s already on tape. I have already covered the obesity. I have already covered the nervousness. I have already covered all this already. It is already on the tape.
Asthma I have only said is caused by a calcium deficiency. And you have to find out which calcium it is. And there’s no exception to that rule. Asthma is caused because of a calcium deficiency. You have to know which calcium you are dealing with.

I had a missionary bring their little daughter, 12 years old, from Africa, that was practically dying with asthma. And you should have seen the fear on that child’s face. Fear of one attack, one attack right after another. Sometimes seven and eight attacks and ten attacks in a day. And they had had her to the finest doctors in South Africa. They’d had her in the hospital in Baltimore, John Hopkins. And they also had her in the Gainesville Hospital in Gainesville, Florida. And then they happened to go to Daytona and someone told them about Dr. Ruth Rodgers. And Dr. Ruth Rodgers said, I don’t know what to do, but I’ll send you to Dr. Reams, and in two weeks we had that child completely clear of asthma. And you should have seen the difference in personality in that child’s face. All the fear gone, but about the eleventh day she broke out in hives from the top of her head to the bottom of her feet. And they called me about it and I said it will last three days. Keep up everything. In three days the hives were gone. And in just a few months they went back to Africa with a perfectly healthy child, one that was practically dying. So I have Asthma patients come to me from all over the world. And they will come to you. Every time their problem is in the calcium availabilities.

**Student:** unintelligible

**Reams:** I do not remember. I do not remember because you probably wouldn’t be using the same kind. You use whichever one they are deficient in. Yes?

**Student:** unintelligible

**Reams:** The test show’s you which one to use by the pH readings. Yes?

**Student:** unintelligible

**Reams:** Well what’s happening in the body that causes hives? The nerve ends are rebuilding in the skin. In other words, the tip end of the nerves have died off and they are rebuilding in the skin. Or there’s a change in them.

Also, there’s a number of causes of hives while we are right on this. I had just been working in the Florida Hospital one day, all day, and I had just gotten home when I got a call that they had a patient come in there about four hours before, that had broken out in hives completely. It was about 8 o’clock at night. No, it was a little earlier than that, just 6 o’clock at night. And she had been in there four hours and she had broken out in hives from the top of her head to the bottom of her foot all in 30 minutes time and she was brought into the hospital. She was in her mid-30’s. And at first, the doctors couldn’t find a thing wrong with her. So the first question I asked, they wanted me to come right back to the hospital. I said, “No let me ask you some questions to check out first.” Has she had a family argument, or has there been any disturbance, has she had anything to upset her? And they checked that, no, nothing had upset her at all. She had been just
doing normally at home. They had been on a trip for two weeks and had just gotten back three days before. But nothing to upset her. Then I said, “My next question is, check to see if she’s had a heart attack.” And they laughed they said, “Why do you think she has had a heart attack?” I said, “Well many times, a heart attack will cause a sudden drop in your calcium.” A pectoris heart attack can many times, when it first starts, cause a terrific drop immediately in calcium or a terrific availability. It can work either way. And generally it’s a drop, and the person becomes extremely nervous for a few minutes. The nerves go all to pieces. And then as the take sedation or one thing or another, then the doctor is quieting them down, then the calcium will come right back up, and come up extremely rapid, but during this time, in which they’re in a temporary upset, the nerve ends, tip end of the nerve ends die off. Absolutely die off like twigs on the end of a tree. And then whenever this nerve end starts to rebuild quickly, then they break out in hives. In just a few hours, in 30 minutes sometimes, they break out in hives. So, they checked this lady and called me back and said, “Yes. She’s just had a heart attack.” We’d never thought to check that. So then they said, “well we have never treated a heart attack of this kind. What would you suggest?” So I made a suggestion of what to do and I said, “I’ll be in on Monday to see her and all the hives should be gone.” I was in Monday about noon to see the doctor and we both went in together to see the patient and all hives were gone. She was happy and ready to go home. Calcium deficiency.
I know but we are talking about any calcium and all calciums now. But at the beginning of this class, the very first day, I said this, “There are three alkaline substances.” What are those three substances? No, they’re minerals. I’m talking about mineral now.


Student: unintelligible

Reams: Stand up and ---

Student: unintelligible

Reams: Someone says, “What about dolomite?” And it’s in the gypsum family group. Now, I answered that question already in this class.

Student: Dolomite is a product of pantothenic acid.

Reams: Yes. It’s calcium magnesium. But the cation is greater than the anion. Magnesium is a cation even though the book says it isn’t, it still is. Now let me say this, I told you in dolomite, that the molecule of calcium was constant and the molecule of magnesium was constant and in our systems they come apart. But when they come apart, the calcium is indigestible. Dolomite is not available to your system. You cannot use the dolomite as a calcium nutrient. Your body will not accept it. The only thing it does in that form, it regulates the proteins, the soluble proteins, it brings the soluble proteins down. For instance, if you took magnesium in oxide form, it would be a laxative. Or in sulfate form it would be Epsom salts and it would be a laxative. But by taking in dolomite, there’s only about one person out of about every 700 that it becomes a laxative to. So, it regulates a regulator or a catalyst for undigested proteins in soluble form.

Let me draw you out a picture here on the board. For instance, you have a molecule of magnesium and you will have, we’ll say, it’s a little bit more like this, this would be calcium oxide, CAO2 and this one would be a magnesium oxide, MGO. Now whenever you, in your digestive system it separates these two. The calcium passes out of the system because it’s lost its only ion. It cannot become available to you. It will not become available to you. It will not have any effect on your pH. But this one will turn the nitrogen into heat or electrical energy and let it pass out of your system and let your heart beat softer and softer and softer.

For instance, let’s take another product. Let’s take gypsum, gypsum, calcium sulfate. Now this is a different kind of a molecule from that one. This is the way this molecule is. Now a gypsum molecule will be something like, well it will be a little different. I’ll have to draw a little larger than that to make the picture clearer. I’m going to draw it a little
larger so you can see. It’ll be something like this. This would be the gypsum and right around it would be the sulfate. This would be the sulfate. The H2SO4 and this would be the CAO. Now in a test tube there, in a test tube, for instance, it’s like the orange. The skin goes all the way around, on a nut the shell goes all the way around, it isn’t like I am splitting one open and showing you on the board. Now that cationic shell well completely surround the calcium oxide molecule. It will completely cover it. Now gypsum is calcium oxide treated with sulfuric acid. And the result is gypsum. Oh, and it’s one way of making it. Now the electron in the calcium molecule is still traveling in the same direction. In a test tube it would show cationic, but if you could change the direction of the electron in the molecule of calcium, it would no longer be calcium. Do you understand? Now this is what you find in the test tube is one thing, but what you find in the plant or in the animal or in you, is something else. In other words, if this calcium became a cationic substance, in you, you wouldn’t be here. Nothing would be here, because plant’s couldn’t exist, you couldn’t exist, but in a test tube it appears calcium sulfate. And in the soil it becomes calcium sulfate in the test tube, but not in the plant. The plant can reach a root in here and grab up that calcium and penetrate this shell of the gypsum without even letting the, without upsetting the electron movements at all. And the same is true about potassium. Potassium is always an anion. Never, will you say, what about potassium sulfate or sulfate of potash? The potassium in it is still an anion. You cannot change that. Do you understand me? From the energy viewpoint?

Now you are unlearning some things you have already thought you knew. Yes?

Student: (intermittent bits of words)

Reams: Those are alkali, well carbonate is an alkaline. Calcium oxide is an alkaline. The calcium in calcium phosphate is an alkaline, the calcium in colloidal calciums, I meant the colloidal phosphate calciums is cationic, as far as the test tube is concerned, but as far as the molecule it is still the same. It’s a solar system within itself. Yes. Stand up and ask your question.

Student:

Reams: All what?

Student: All the calciums….

Reams: All calciums, yes, is alkaline.

Student: So then, how do you select one kind from other for stability if they’re all calciums?

Reams: We will have to learn that a little later. We will express this a little later whenever we are taking up the chemical equations of matter. Right now it’s sufficient just to use a few that we give you. We will tell you tomorrow which ones under what circumstances to use it without going into the mathematical equations of it because that is a whole course all by itself. Thank you for asking the question. Yes?
Student: What is the ailment known as pancreatitis and what is the cause of it?

Reams: Naming it doesn’t necessarily tell you anything about any name. For instance, you may have cancer of the pancreas. Or you may have carcinoma of the pancreas. Or you may have a malfunctioning pancreas. All three the result of a malfunctioning liver. Or there’s other things that could be had. Now for instance, in my own pancreas, a piece of shrapnel went into it, and tore into it during the war, and my pancreas since that time has never manufactured quite enough alcohol and my temperature, I was one of the few soldiers that lived with a temperature that went down to 76. For weeks and weeks and most people die at 92, when their temperature drops below 92. I was one of just a few soldiers that survived because my pancreas could not manufacture the right amount of alcohol.

Everybody’s got a built in whisky still that controls their temperature. And occasionally you will have a person that manufactures two kinds and don’t mix your drinks. If you do, they knock you out. And those people got well and are living today because we made them a diet so that their pancreas would only manufacture one alcohol instead of two. Now sometimes a pancreas will manufacture an alcohol that will cause you to fall backward. Sometimes it will manufacture too much alcohol and cause you to fall forward. Sometimes it will manufacture an alcohol that will cause you to fall to the right when you fall. And if it manufactures a gin, you fall to the left when you fall. So, you must have the right alcohol in order to supplement your body chemistry in order to keep your balance.

So it is very important to know and this will be taken up as you go into the courses. So, whenever you talk about a malfunctioning pancreas you could write volumes and volumes and volumes and volumes of books on it. But it’s due to a mineral deficiency. Yes?

Student: unintelligible

Reams: Magnesium in the dolomite, the question was to explain again the relation of dolomite, I put it into my own words, to the heart functioning. Whenever the proteins do not digest and become soluble form, it causes the heart to beat too hard each time. Very hard. Boom. And it causes the heart to beat so hard that it goes into a spasm. And that’s a heart attack. That’s a pectoris heart attack. Now the greatest enemy that nitrogen ever had, which is protein, is magnesium. If you take some household ammonia and pour Epsom salts into it the nitrogen will come out immediately and if you pour just the right amount you’ve got clear pure water. If not, you’ve got magnesium oxide water in the bottom because if the ammonia has turned the sulfate into an oxide providing it didn’t get too much. If it’s too much you’ve got magnesium sulfate. You’ve got Epsom salt water.

So in your system, the magnesium releases the soluble nitrogen or urea in your system, so that your heart won’t beat so hard. It’s kind of strange how I came up on that. When I was in college the professor wanted to go health minded, and this was 50 years ago, and he bought two milk goats. And in those days the cars had canvas tops on them. So he
tied them to the bumper of his car. It started to thunder so the goats climbed up on top of
the car and they punched the top of his car full of holes with their hoofs. And then he
was tired of the goats. So he brought them out and gave it to two college students that
were working their way through college on a, with a garden on a farm and I was one of
them. So, we had goat milk to help get my way through my freshman year of college.
And it was an excellent because the lord just provided for us. It’s the only time I drank
goat milk and never touched it since. But anyway it served it’s purpose then, there’s
nothing wrong with goat milk. But the thing about it is we were working in the garden
and we had a bucket of nitrogous soda at the end of the row that were putting out to get
little plants just started, to get them to start off to grow. Well the goats followed us
around everywhere, but one of them decided that he wanted some nitrogous soda to eat so
he ate half a bucket of it before we caught him and in an hour he was dead. It killed him.

So I performed an autopsy. And I found out that he died with a heart attack. Because the
high urea had caused his heart to spasm. And since that time, that was the key that
started me to working and finding that a high urea is the cause of a pectoris heart attack.
That’s the one that causes pain in the left arm, aching in the left arm that finally moves
into the chest. And when it actually starts to cause your heart to spasm, there is pain in
your chest the same as the angina. Whenever something happens to the heart, it causes
chest pains. Or it causes chest pains in your heart whenever you have acute indigestion
and there’s pressure upon your heart. Or a hiatal hernia can cause your heart to act as if
you are having a heart attack.

So, finding out the truth, in the shortest length of time is the best way to do. For
instance, I said to you, a heart attack does not give you cold hands and feet at the early
stages of it. But acute indigestion you do have cold hands and feet. So that’s the
quickest way to know what you’re having, and it is practically possible to have both at
the same time. I’ve never seen it happen, but it is possible.

So, the magnesium that’s in dolomite releases the excessive nitrogen which is the protein
that are in Value of the molecule and the heart can beat softer. Is anything difficult about
that?

Student: unintelligible

Reams: Well the one we get in is the one that we get out of the death valley California.
That’s the one the purest and the best that we’ve found. We found that we get better
results with that than anything else.

Student: unintelligible

Reams: Well lead is one, carbons is another, sand is another, clay is another, and just
plain old filth is another.

Student: unintelligible
Reams: I do not know. You’ll have to ask Mr. Hosspringer. I do not know who he gets it from. I know that he got me samples from, about 100 samples and that was the only one that I approved of. Yes?

Student: unintelligible

Reams: You’ll have to speak a little louder so everybody can hear.

Student: unintelligible

Reams: Well that defect is brought on because of a mineral deficiency. And the best way to correct that is by the eating of asparagus before it ever happens. In other words, a mineral deficiency is the one that brings about that effect. The heart contains more arsenic than any other organ in the body. And asparagus is a very rich source of arsenic.

And quail meat is one of the richest sources of Iodine that there is, even richer than carrots. And it’s also excellent for to have a quail or two a month for people who have leukemia. And also if you ate a quail a day for a month it would probably kill you. It killed the children of Israel. Yes. Too much Iodine. Yes?

Student: Something about WBC and RBC.

Reams: WBC is White Blood Count. RBC is Red Blood Count. Okay? Yes?

Student: Doctor, you mentioned this menopausal thing that when a woman gets hot flashes, it means there is an excessive production of alcohol.

Reams: Right.

Student: And in order to counteract that it’s coffee ????

Reams: Right.

Student: How do you give that coffee to the patient who has low blood sugar?

Reams: Black coffee, just straight black coffee. And I generally suggest Maxwell House instant coffee. Just a cup full. It generally doesn’t affect the low blood sugar at all.

And while we are on the question of low blood sugar today they say no sweets, all proteins. Well I answered that question already the first day. I’ll answer it again. You won’t die probably of low blood sugar if you do that, you’ll die with a heart attack. It’s just like cutting your head off to stop a headache. What you eat does not cause high or low blood sugar. Do you realize that? It’s a malfunctioning of the pancreas. And why is the pancreas malfunctioning? Because the liver is deficient in calcium or oxygen. Cause and effect. Cause and effect. Cause and effect. Go by the numbers. Go by the numbers.
You can treat a symptom until Gabriel blows his trumpet. And you will not very many times have very much success, but treat the cause of it. Work on the cause of it. A mineral deficiency. And you are going to be told a lot about minerals tomorrow. Yes?

**Student:** Two questions ????

**Reams:** Stand up and ask it so everybody can hear it.

**Student:** How would you know your pancreas has oxygen ……?

**Reams:** How did, how did, I’m sorry, I didn’t hear the question.

**Student:** How would you know the pancreas ---- oxygen ---- calcium ---- ?

**Reams:** The liver, alright if you’ve got sufficient amount of calcium, and you know it’s in your diet, and you’ve got a very high pH and it’s not digesting, you know you then you have a oxygen deficiency.

**Student:** What do you do for that then?

**Reams:** Well, Go By The Numbers honey. Go by the numbers. You don’t do the same thing to any two people, dear.

**Student:** unintelligible

Reams: For instance, if you have a high pH, and you know you’ve got enough calcium oxide, and yet an excessive amount, and maybe you’ve got more than one kind of calciums, and yet you’re not getting the benefit of it, it would mean you’re not getting enough oxygen. Breathe deeply my dear, breathe deeply. Get yourself a harmonica. Down at the retreat house, Reams is chuckling, down at the retreat house we spend half an hour singing every night. And people when they first get there, weak and sick and low energy, you sing too much, you sing too much, everybody complains, you sing too much. Well in a couple of weeks they’re feeling so good, and at that time then, you don’t sing enough. We have sang more here than we have in twenty years or forty years, depending upon their age, and we love it, but laziness is not breathing to the bottom of your lungs. Not walking enough, riding everywhere, riding everywhere, not getting enough just plain deep breathing. And one of the things that we recommend to people as soon as their energy is high enough is to walk at least 30 minutes in the open air with absolutely nothing in their hands. They say, “I walk five miles a day in my house.” That don’t count. That doesn’t count. Out in the open fresh air with nothing in your hands. And when you get back home, have a writing pad, by the side of an easy chair, and sit down and write for 30 minutes, the most wonderful things that you have saw about God’s creation.

Simply unlax and let that oxygen that you picked up on the walk absorbed through the tip end of your toes and it’s a wonderful, wonderful agent in getting well. Yes?
Student: unintelligible

Reams: Not directly. B15 and B17 makes vitamin C available and that’s all it does. One comes from mistletoe. B15 is made from mistletoe that that you get from Germany. And B17 is also made from peach kernels, almonds, pecans, apricot kernels and so forth and it’s potassium cyanide in colloidal form is what it is and it makes vitamin C available to you. The amount of potassium cyanide sulfate that you could lift on the point of a needle would kill seven people. The smallest amount of potassium cyanide sulfate that you could lift on the point of a needle put into one Coca-Cola or one glass of drink would kill seven people, am it within fifteen minutes. But the potassium cyanide that is in the nut kernel is in colloidal form and is not poison. There is no colloidal substance that is poison, that is a true chemical colloid. Now there are substances that are colloidal measurement size that are poisonous. Do not confuse the two.

Student: unintelligible

Reams: I have answered that question at the beginning. I’ll answer it again for you. There’s two kinds of colloids. One is a measurement of size. And the other is a chemical compound colloid. Yes?

Student: unintelligible

Reams: Royal Jelly does not make vitamin C available. No. Royal Jelly is B5, pantothenic acid. Pantothenic acid is a substance that bees make to feed the larva to make the larva a queen, B5. Yes?

Student: unintelligible

Reams: I would have to have the numbers to know. I go by the numbers. I don’t want to give you a short answer, but I gave you an accurate answer. I do not give smart answers intentionally. But I do give them in such a way to try to help you remember them, but you do have to go by the numbers. Yes?

Student: unintelligible

Reams: A world of difference in it. Pollen is the powdered substance from which the nectar was taken, from which the bees manufacture B5. Pollen is the substance that is left. And the nectar, from the nectar the bees manufacture B5. They do not get B5 out of the plant. They manufacture it. Yes?

Student: unintelligible

Reams: Sure, I know why they are outlawed. They get too many people well. There’s no money in good health.

Student: unintelligible
Reams: B15 and B17. Yes?

Student: Doctor Reams would you, changing the subject, would you figure how you get atoms temperatures. In other words, is a …..

Reams: Yes. For instance, if you know the frequency, then you can figure the temperature.

Student: unintelligible

Reams: What’s that?

Student: Probable data of what you have measured, multiply that by weight.

Reams: No. Weight has nothing to do with it. You are working on a gram weight. In other words, once you know the frequency, you know the temperature. It’s just a matter of mathematical equations. It takes five hours to work the problem out. Once you know the frequency, then you can work out the mathematics of it. Yes?

Student: unintelligible

Reams: Come again.

Student: unintelligible

Reams: Well, dehydrated foods, can be good or they can be bad. Some foods dehydrate very nicely, others don’t. Eggs dehydrate very nicely, very nicely if they are good eggs to start with.

I’ll tell you something about dehydrated eggs. After I was in the truck that was blown up in the south pacific and got back to consciousness laying in the bed. On the nine o’clock in a plastic cast from head to foot of which I was in for over a year, they had powdered eggs for breakfast over there and the cooks did not know how to prepare those powdered eggs. And they were terrible, I mean you could smell them long before they got delivered to wherever a bunk was. But one morning I asked that the doctor on inspection to see the doctor as he came through that day, I wanted to talk to him about the powdered eggs. So it happened to be the they come through that day, the doctor that was the head doctor of that entire 107th General Hospital, no the 184th General Hospital in New Ghana. He happened to come through that day and the nurse told him that there was a soldier that wanted to talk to him about powdered eggs. And he come down and he said, “Well, you wanted to talk to me about powdered eggs.” I said, “Yes.” I said, “If you will send the cook over.” And I was very weak. I could barely speak above a whisper. “I will tell him how to cook those powdered eggs so that they will be good.” He said, “Did you have anything to do with making powdered eggs?” And I said, “Yes, I was in food chemistry
for fourteen years before I was drafted in the service.” He said, “We’re going to have you shot at sunrise.” I said, “Wait, at least give me one day to teach you how to cook the eggs.”

So, it wasn’t very long before a second Lieutenant came over there. And whenever your in a hospital bed, they don’t know if they’re talking to a buck private, or a Colonel, or a Major. But he was sent by this Colonel to find out how to prepare powdered eggs. And I told him how to prepare them. And he said,”Soldier are you off of your rocker! Do you know that we have over ten thousand bed patients here? Do you know that we have another five to six thousand nurses and you are asking me to soak those eggs for six to eight hours before their cooked? Do you realize what you’re asking?” I said, “Sir you misunderstand the situation. I am not asking you. I am commanding you.” And he said, “Yes sir.” And he said, “Do you realize how many drums it will take to soak that many powdered eggs in?” I said, “I care less how many it takes. This is an order and you are going to do it.” And he said, ”Yes sir”. And the next morning everybody thought they had fresh eggs for breakfast. Because in fresh eggs, you have to rebuild them. And many of your dehydrated foods can be delicious if you take time to rebuild them. However, dehydrated fruit juices have an awful flat taste because they lose their vitamin content.

So, now then, I’m coming to another aspect of fresh vegetables, canned vegetables, and frozen vegetables, and also fruits.

The very finest of canned vegetables or frozen vegetables is better than the poorest of fresh vegetables. Nothing is better when you take it out of a can than it is when you put it in there. It all depends upon how you can it. If you can foods or freeze foods, you should not add salt to them until you take them out. And by the way, if you learn to use your condiments, you will not need any salt at all. We cook foods at the retreat all the time with no salt in them and you never miss it. It tastes like their salted and yet it has no salt in it. We use the condiments correctly and I don’t mean salt substitutes. There are ways to season food to make them taste like salt. It brings out their natural salt taste in it without adding salt to it.

The average American housewife today does not know how to cook because foods have changed so much in the last twenty years that they are utterly unprepared to prepare foods to keep their family healthy. We hope in the very next few months to inaugurate classes to teach American housewives how to cook foods and fit it to their very own individual body chemistry of their family.

Student: unintelligible

Reams: That depends upon what you’re cooking my dear. We will give you that when you take the cooking course. Yes?

Now the very finest of fresh vegetables is better than the very poorest of canned vegetables. So, what you’ve got to do is to know what you’re dealing with. Now many
people make the mistake, I’m going to start to can something or freeze something, they go out and buy the biggest bargain they can buy. They get what they pay for. But if you are going to take your time to can it or freeze it, but something good, even if you pay twice as much for it, or you will be paying it out in doctor bills. And you won’t enjoy it. Stuffed to the nth degree, over fed and under nourished. These are factors that you must consider in writing diets and you are going to learn a lot more about it in the next day or two, a lot more, and you are going to be learning what minerals to use as supplements for certain readings on your test and how to put them together. And it will be absolutely necessary for you to memorize those rules.

For instance when a person comes to you or to me, we only take the name, address, age, height, and weight and naturally we can see the race and sex. Sometimes we can’t sometimes we have to ask about the sex. Kind of hard to tell them apart these days. But then after the test is run, you should do what I’m doing eventually and somewhat right now as soon as you go home. Tell the person what the problem is without them asking. Then without any case history or without anything else, then tell them what to do. And you don’t have to write it down. Take this, take that, take that, do this, do that, you don’t have to write it down. Because if the numbers are in a certain place, you know what you told them to do. You know what you told them to do. If the numbers are in a certain place, you tell them to do so and so. And if they are in another place, you tell them to do something else. If they are in another place, you tell them to do something else. So, you don’t even need to write it down. When they come back, you know what you told them. It saves you a world of record keeping. It keeps other people that don’t know this system thoroughly confused, which is very good. And therefore, you watch the patient get well and that’s what makes the difference. Yes?

Student: unintelligible

Reams: I have never known sunshine to cause skin cancer. I have known it to aggravate the condition. But skin cancer is caused because of a mineral deficiency of vitamin A, the cause of an anemic condition. All you’ve got to do to get rid of skin cancer is to make vitamin A available. A lack of vitamin A can cause sores on the skin.

Now let me also tell you something else about skin. Sometimes a blood vessel in the epidermis may rupture. And the pressure of the blood in the capillary, where it ruptured, will keep it from healing and blood will continue to ooze out through the skin. And you can do what you will and it won’t heal because the pressure keeps that blood vessel open. And it will continue to leak out. And if it does it long enough, that blood doesn’t have enough salt and mineral in it, they will cause a small soft light scab to form. Which gives you every appearance of skin cancer but it’s brought about by a ruptured blood vessel. If this happens, there’s only one thing to do. Is to have surgery and mend that blood vessel. And make an incision, I mean just take the epidermis out and then it heals up and you don’t have that problem anymore. But sometimes blood vessels rupture, and if they rupture in this order, in the epidermis, many times they will not grow back together again because the pressure does not permit it. Occasionally, that is called skin cancer and it actually isn’t skin cancer at all. So, it’s very difficult to tell the difference in which one is
which. But I have examined some of those things and taken them apart and they did not have cancerous cells in them. The cells were very much alive but irritated like a burn or a blister or an acid or something getting on your skin because of the concentration of salt that is in the natural blood. And the quicker you realize it and the quicker you have it done, the better. Yes?

**Student:** What about Hiatal Hernia? What causes it?

**Reams:** A mineral deficiency.

**Student:** Someone asked, “Why is it?”

**Reams:** What is it? It’s a mineral deficiency. It’s a little, well, let me also, let’s take Hiatal Hernia. I’m sorry I answered your question a little bit wrongly. But sometimes due to a lack of proper exercise and one thing or another then the stomach tilts. And then this comes on up like this, in other words, and a gas pocket forms up in here and actually it stretches the stomach. And when it does, it closes this valve right here and you can’t burp. The gas can’t get out. And that’s called a Hiatal Hernia. It really isn’t a hernia. Now, occasionally, they have been changed by simply loosening this over here and sewing it in over here in the stomach. That has been done so the gas can get out. When it pulls up too high it closes that valve and it can’t get out. So actually, it’s indigestion, no more and no less.

And it’s generally caused because the liver is not manufacturing enough glycogen for the pancreas to make enough alcohol to turn the excessive gas into heat so it can pass out of your system in anionic form. Cause and effect. Cause and effect. Yes sir?

**Student:** unintelligible

**Reams:** Yes. Yes?

**Student:** unintelligible

**Reams:** That’s heat. That’s heat rash. That’s something all together different. Because your system is already producing too much alcohol. And then passing off a lot of heat. And then the sun bombards it. And it blisters the skin. Some people who have a very low vitamin A in the skin, and also there’s a substance in the skin made from acetic acid called tannin. And this tannin also prevents, toughens the skin, the tannin is made from copper and zinc. And it gathers into the skin and formulates the cell structure of the skin, that bounces the ray of sun …
Tape 12 – Side A

Reams: Yes?

Student:

Reams: This corrected the condition yes. Yes?

Student:

Reams: What is the cause of Lupus? Does sun cause Lupus? No. It aggravates the condition. I do not believe that bacteria causes any diseases. There goes another fad. They only aggravate the condition. If your body system gets weak enough that it cannot resist, then naturally the diseases are going to strike at the weakest point. Yes sir?

Student: unintelligible

Reams: Warts is caused because of bacteria. Also, there’s a whole lot of ways to handle that but on Friday afternoon after I give your test, you ask me that question and I’ll go by the numbers. Yes sir?

Student: unintelligible

Reams: Go by the numbers my dear. Yes?

Student: unintelligible

Reams: Cancer is caused because of a mineral deficiency. Yes.

Student: When this hand becomes cancerous this one becomes acid.

Reams: Yes, yes, the more cell structure breaks down and the greater the mineral deficiency the lower the acid becomes in your body, yes. Right. No, the lower the pH becomes.

Student: The lower the pH becomes more acidic.

Reams: Yes, more acid, the lower the pH the greater the acid.

Student: Yes but ah, in cancer of the stomach conducive by manufacturing hydrochloric acid there so it will come sooner.

Reams: Right, will naturally, well there again you find, see hydrochloric acid is manufactured by the stomach, and we might make some correction right here. So many doctors are taught today that the stomach manufactures hydrochloric acid. It doesn’t. It stores it in little cells in walls of the stomach to help it be secreted at given amounts as
the stomach pumps it, squirts it out, onto the food you eat all over the stomach, something very similar to the lining of the uterus gathering blood for 28 days before it sheds it which brings about the menstrual period. The stomach does the same thing only it does it about three times a day. And the liver stores up this bile, this hydrochloric acid in the lining of the stomach. It is not manufactured there in the lining of the stomach it’s manufactured in the liver and stored there. And naturally you’ll find a deficiency in it because the liver is not manufacturing enough. If it had of been you wouldn’t had stomach cancer to start with. Where? Yes. Yes?

Student: unintelligible

Reams: Honey your question is so far from the way it really is, it’s not even intelligent. I’m sorry. I don’t mean to insult you but its …

Student: unintelligible

Reams: Honey, it just doesn’t work like that. It doesn’t work like that because you can vomit with a high pH just as same as you can with a low pH. The vomiting is caused because the liver flushes. And if you’ve got food in your stomach when it flushes, something’s coming up or you’re going to be deathly sick. And if it doesn’t come up, it’s going to go out through the colon and it’s going to set almost, burn you so bad it will set the woods afire almost. Boy does it burn. It actually blisters. I have known it to have actually blister the rectum. Now it’s just a little different from what the book says from the way it really is. And I didn’t mean any casting of a reflection on you, but your question needs to be zeroed in a little bit more accurately if we express the answer truly in mathematical numbers. But the way it was asked and the way that I understood it, I wouldn’t know how to answer it mathematically and it’s probably a break down in communications between what you mean and what I heard more than it is the intention of your question. What’s that?

Student: That’s preposterous.

Reams: Well I didn’t know how to hear it either. Yes?

Student: unintelligible

Reams: What is that?

Student: Why did you say that Bile and Hydrochloric acid are the same?

Reams: Bile is a hydrochloric acid, yes. Yes?

Student: Doctor a question about the ----- acid ---- . What about beryllium?

Reams: About what?
Student: Virility in his hair with his numbers ---- (sounds like).

Reams: Well, ah, fertility, what about fertility in men is the way I say the word. There is one element that is known as the element of life and without this element, there would be no life on earth, and that element is manganese. Females, regardless of what kind of a female they are, tree, plant, animal or human, cannot produce a live hormone without manganese, neither can the male make live sperm without manganese. Manganese is the element of life and without it life cannot exist. Now manganese has 54 electrons in orbit. Iron has 55. And if you should have a genetic structure that would not accept a 54 manganese into the tactical for men for the manufacture of a live sperm or into the ovary of a woman that could produce a live ovum in the ovary, then she would be barren or the man would be barren. So this has a lot to do with it. Oftentimes a high fever or mumps can cause men to lose their fertility because it upsets the genetic structure by which manganese must go into the testacies for the manufacture of a live sperm. Does that answer your question? Yes?

Student: Unintelligible

Reams: Not, that’s the hydrochloric acid, yes.

Student: Unintelligible

Reams: No.

Student: Unintelligible.

Reams: That’s because of the hydrochloric acid coming out the stomach. And it’s very good that it does. Old fashioned poisoned bile. But it’s not an acid. Hydrochloric acid is not an acid, it’s a base. But a base can burn you just as badly as an acid. Yes, sir.

Student: Unintelligible.

Reams: Phosphate of manganese. You’ll find it in Mincol. Yes?

Student: Unintelligible.

Reams: I understand, but I thought I answered it.

Student: Unintelligible.

Reams: Making the manganese available.

Student: Can you tell about living on?

Reams: What’s that?
Student: You’re talking about living on … libido.

Reams: I don’t know. I do not know. I do not know. Yes. Yes?

Student: Varicose veins, would you comment on those. What causes them?

Reams: There’s only one cause of varicose veins in the body retaining too much of or more of the 48 salts in the arteries and veins. This is the third time I’ve answered this question in this course. Yes?

Student: Unintelligible.

Reams: What is the cause of ulcers? Ulcers is caused because of a lack of calciums in your diet. Your worried because you’re nervous. Your nervous because you lack calciums in your diet. Nervousness does not cause ulcers. But nervousness and ulcers are twin sisters really. In other words, you worry, or your upset, or your nervous because your calciums are too low. And low calciums causes a mineral deficiency. And a mineral deficiency is going to show up somewhere in your system. And if it happens to be in the stomach, or the esophagus, or in the first few inches of the small intestine as it leaves the stomach, then it’s called ulcers. Yes?

Student: Unintelligible.

Reams: The lack of vitamin C causes very slow healing in diabetics. I have answered that question. This is the fourth time on this question. You cannot make vitamin C available without the natural insulin. It’s manufactured by your own pancreas. The insulin you take will not make vitamin C available. Yes?

Student: Unintelligible.

Reams: What can be done about emphysema? Emphysema is also caused because of a mineral deficiency. There are some enemies that the liver has that you cannot get emphysema well. For instance, a brain tumor that will not permit the messages to go to the liver. Damage to the Vagus nerve or to the branch that goes to the liver. Cirrhosis of the liver caused by excessive drinking of alcohol or your own system manufacturing too much alcohol. And then all of these together can bring about emphysema. Also the smog that we are in aggravates the condition but is not the actual cause of emphysema. If you have enough mineral there’s not enough smog in the air to hurt or to give anyone emphysema. Also lack of deep breathing. Also the people that play brass run instruments never have emphysema, or a harmonica, but the people who play banjos do have it because they can smoke while they play their instrument. But you cannot smoke and play a trombone, baritone, trumpet, euphonium, French horn, and so forth. Yes?

Student: unintelligible
**Reams:** Go by the numbers my dear. There’s no two cases alike. Did you ever hear that before? Go by the numbers. Yes?

**Student:** unintelligible

**Reams:** All cramps are caused by a calcium deficiency. All you’ve got to get is the right kind of calcium. Go by the numbers. Did you ever hear that?

**Student:** unintelligible

**Reams:** I know but you used the wrong kind my dear. Yes?

**Student:** What do you say about cystic fibrosis -----

**Reams:** A mineral deficiency yes.

**Student:** I know a lot of people are taking bone meal. Can you comment on bone meal as to how effective they are?

**Reams:** Bone meal ah, that all depends upon what your energy is. If you have a very high energy rating you can get a lot of mineral out of bone meal, but if you’ve got a very low energy, you don’t get much out of it. MinCol is a product that you’ll be told about tomorrow that’s made, it’s a substance taken out of bone meal. There’s about 60 lbs of this substance in a ton of bone meal. But we can only get about 3 pounds of it out, sometimes 2. And this is the MinCol tablets. This is the essence of bone meal that really works. And it’s so much better, faster, and so forth. For instance, you would have to take about, let’s see, roughly 666 and 2/3 rds pounds of bone meal to get what you’ll get out of one pound of this substance.

**Student:** unintelligible

**Reams:** Right. I mean this is actual. This is actual, actual true. Because if you ate the bone meal you wouldn’t get any more out than we get out in the laboratory. Probably not as much. Yes?

**Student:** Doctor, do mineral substances deteriorate in time?

**Reams:** Mineral substances do not deteriorate in time.

**Student:** unintelligible

**Reams:** What’s that?

**Student:** unintelligible

**Reams:** Yes. Yes. Yes?
Student: unintelligible

Reams: Try to ask Mr. Hoskins that question. There’s 66 of them. Yes? Yes?

Student: unintelligible

Reams: No. It does not matter. No. Yes?

Student: unintelligible

Reams: Parkinson’s disease now, sometimes it’s a hereditary condition brought about because of a short circuit in the brain or damage to the brain at birth. Again it’s brought about because of the system storing too much opiates. That some of these systems store from getting coffee. Drinking of coffee is one of the sources. Sometimes it’s brought about by a drug that’s given by a doctor. We have had 100% success on all Parkinson’s disease that was not a genetic back ground.

Student: unintelligible

Reams: No. It is possible, let me say that it is possible to tell.

Student: unintelligible

Reams: Call into the office and they will tell you the person nearest you who test them. Is there anything hard about this? Isn’t it easy? Just as easy isn’t it? Just as easy. Yes?

Student: Doctor I believe on Paget’s disease.

Reams: On what?

Student: Paget’s disease.

Reams: It’s a mineral deficiency. Unless it’s a genetic. I have seen one or two genetic cases of it. Yes?

Student: unintelligible

Reams: Eczema, it’s the easiest thing in the world to get rid of. The easiest thing. We’ve had 100% success. Get your body chemistry back somewhere near order. Get the bowels open. Also then, use plain, after you have squeezed your lemon juice out of the lemon, just smash the hull too and rub it on it and in 3 days to a week it will be gone. It’s the easiest thing in the world to get rid of. Lemon Oil will do it. Yes.

Student: Dr. Reams, what about acne?
Reams: Acne is always caused because the patient does not drink enough water and uses too much Iodine. Iodized salt will aggravate acne. Or too much meats and not enough raw vegetables. Too much sweets for their body chemistry. It’s a malfunctioning of the body chemistry. I’ve never seen a case of acne that couldn’t be handled with diet. But one good thing about acne, I’ve never found a person that had acne that ever had cancer. Acne patients don’t have cancer. However the acne itself is a little cancer in itself. I meant internal cancer. We’ve had about 80% success with that. In fact, we just had a Mrs. Andrews from Chattanooga come in in a rolling chair and walked out and now she’s telling all of Chattanooga.

Student: What did she have?

Reams: MS. We have about 80% success with it and some of them had it 6-10 years. Actually the quicker and earlier we get it, the more success we have with it. But terminal cases over 10 years or 20 years are sometimes pretty difficult to handle.

Student: Muscular Dystrophy.

Reams: That is a different problem altogether. That is many times brought about because of a genetic condition. We have been able to help some. Muscular Dystrophy. We have been able to help some people. But that is also a genetic condition. There’s many different forms of it. I’ve never seen any two cases of it alike. Yes?

Student: Would you please tell them it was celiac or its true? (not sure about the last part)

Reams: I don’t know what it is. I’d have to look it up in the book.

Student: Shall I tell you?

Reams: Yes, tell, I don’t mind showing my ignorance.

Student: A celiac is an infant child, fluids establish a problem where by the child cannot store or handle the passage of fluids without hormones.

Reams: Well, we have had no problem working out digestive problems in either children or adults. I mean it’s been no problem. But, as I say, I’ve just last year bought almost $1,000 worth of medical books. It names the diseases, but they don’t tell you what to do for them. You have to go to the pharmacist and to the drug companies to tell you what drug to, for what disease. So we do not put any stock into naming diseases because naming them doesn’t cure them. And if the college degrees, and God bless them, we need them so that the Lord can use those degrees to teach us some more about wisdom and how to use this knowledge, solved any problems, you wouldn’t have any. Because there’s plenty of college degrees to solve all problems, but they don’t.
If licensing made a man any smarter, I’d want every one of you licensed. But it doesn’t make any man any smarter. So why go to the trouble? So I am bitterly opposed to licensing professional people because it gives them powers to destroy other scientists, it also legalizes murder, and it is unconstitutional, and I do believe using the system that England uses, registration. Now in England you go and register. But you got to show credentials why you should be registered. And then, it’s up to you and your customer. You either turn out the goods or starve to death. And if you hurt somebody, they sue you. The state doesn’t do it. The state doesn’t take up the case. The state doesn’t become the whipping block. It’s between you and your patient only. And this is the way it’s done through Europe and I like that system.

**Student:** unintelligible

**Reams:** Well in some places and in some not, some places and some not.

He was an old Indian out in Oklahoma on an Indian reservation that he was an Indian Chief. He was in charge of that reservation. They found oil on his reservation. And he had become very, very rich. And he brought in his money one day, and he did not know what to do with all the money. They told him about taking it down to the bank. And they took him down to the bank and he deposited it in the bank. Then they handed him a slip to sign for his signature. And he said, “Me no write.” And the person said okay. I’ll just sign for you and you just make an X here. He said make two X’s. And the bank president or the person filling out the card said, “What is the other X for?” He said, “That is for a doctor.” (laughter at another Reams joke). I think it’s time to get some rest and recuperate. Start again in the morning.

If you will turn in this morning devotion in your bible in Matthew 4:4. Jesus has fasted for 40 days and 40 nights. There’s some very important factors that you should know about fasting. One is, that if God tells you to fast, by all means do it. But don’t try to fast to make God do something. Be led of the Spirit to fast. One of the great problems in fasting is this. Many people fast and then go right back eating the same foods that made them need a fast in the first place. Another thing is, if during a fast, you lose strength, unless that fast is under close scientific supervision, you should discontinue the fast. Because if you lose strength, you are losing the benefit of fasting. You should use the same number of days to break a fast as you are on the fast starting off very lightly on the fast. You should use the same number of days. Also, on a fast, if it’s a true fast of God, under the supervision and direction of the Holy Spirit, you will gain strength during the fast and not lose energy. God never tells you to do anything that’s going to make you weaker for going through it.

However, if you are ill, and you put a person on a fast, under the supervision and direction and guidance of instruments, that is a different thing altogether because it is under supervision. Fasts can be highly dangerous to people with low blood sugar, highly dangerous.
Now Jesus had fasted 40 days and 40 nights. And the scriptures says “He hungered.” And the devil tries to strike, or Satan, or evil forces, try to strike at your weak points. And Satan said unto our Savior, they knew each other well. They had been together for eons and eons of time, in fact Jesus was there when he was cast out of the kingdom and cast down to Earth. They were not strangers to each other by any means.

Satan said, “If you be the Son of God.” And he knew that He was. He said, “You turn these stones into bread.” Jesus said something then that applies to you today and to me today. That is, “Man shall not live by bread alone. But by every word that proceedeth forth from the mouth of God.” In other words, He is saying, obey every law that I have made. I’m just saying it in plain English. Obey the laws pertaining to your soul and also to your body because God made these laws and all that we’re doing is teaching you what some of these ordinary laws are.

I will not cover what I’ve already covered in this devotions again because we have that on tape. But God has given us three commissions, three. One is to go into all the world teaching and baptizing in the name of the Father, the Son, and the Holy Ghost. Take the message into all the world. Now it doesn’t mean just the historical message. It does not mean just the theological message. It means the whole message. Every word that proceedeth forth from the mouth of God.

The next thing that happened is that Jesus on the sea of Galilee, after he had shed his last drop of blood, went there and found the disciples fishing. They had fished all night and hadn’t caught any fish. He said, “Cast your net on the other side of the boat.” And they did as they were told and they got so many fish they almost broke the nets. Then they realized that it was their Master, Jesus was there. And they went out and they had breakfast and there Dr. Luke tells us about this breakfast. He said they cooked fish and Jesus there, ate some fish.

After He had risen from the dead, when he did not have to breathe oxygen, when He did not have to digest the food like we do. He had an anionic body. And this fish that they ate on that sea of Galilee that morning, a fresh water fish, probably a Crappy, which is many of them there, it went off as heat energy and electrical energy. It didn’t go off. This is the kind of waste that our bodies have.

But while He was eating this fish, or while he was having breakfast, He said to Peter, “Peter, do you love Me?” He said, “Yes Lord, I love You.” And three times, Jesus asked the same question. And the third time, Peter being Peter got a little excited, and he said, “Yes Lord, You know I love You.” In other words, he was kind of irritated a little because the Master had asked him the third time the exact same question. And each time Jesus asked him the question He said, “Feed My sheep. Feed My sheep.” Do you know that we have too many history teachers today and not enough shepherds? Too many history teachers and not enough shepherds. And do you know why so many people have stewed preacher for Sunday dinner? They go home hungry. They’re starving. They’re starving. They go home hungry. So, they have failed to be fed. They have failed.
I received a letter from one of the doctors we trained a few weeks ago and he says, "Please don’t mention my name, please don’t send any more people, I’m swamped, I’m covered. Please don’t even mention my name anymore to anyone because I am swamped." He said, “My board of trustees request that I write you this letter.” And I wrote back and I said to him, “Thank you for writing me the letter. I love you very much.” The organization that I have here does have a board of trustees, they have an advisory board, and they have a board of directors. But I am not under or a member of any of these boards. My orders comes from the King of Kings. I am the shepherd. I will not be led by the sheep.

You know the pastor of a church is the highest authority on earth. And anyone that’s under any pastor, that is worthy to be called a pastor, that is taking his orders from the board of trustees, doesn’t need God. Now, after God gives the direction, then I turn it over to the board of trustees to do. In other words, a shepherd may have assistant shepherds under him to tell those shepherds what to do. But let your orders come from the highest authority. The pastor of a church is the highest authority on earth. There is no one that has any higher authority than he has, that is if he is a man of God. And he does not have to take his orders from anyone, except the Lord Himself. I mean God gives them and he better obey them. And his prayer, morning, noon, and night should be Lord, take everything I’ve got take everything, but remove not Thy Holy Spirit from me. Because the Holy Spirit will tell you at what hour you are to do what and be guided.

The third thing that Jesus said to do was heal the sick. This is the most neglected message in the bible. The most neglected, and now, it might be interesting to you to know in which I am repeating that it was the doctors and the undertakers that brought the first accusation against Jesus Christ. Now over in the twenty-fourth chapter of Matthew, Jesus was talking to his disciples one day and they said Master tell us, when shall the end be? And then He said there shall be wars and rumors of wars. Nation shall rise up against nation. And He said, “There shall be earthquakes in diverse places. There shall be famine.” But one thing he said, “I want you to know about it verse 9, “Then shall they deliver you up to be afflicted and shall kill you and ye shall be hated of all nations for my names sake and then shall many be offended and shall betray one another and shall hate one another and many false prophets shall arise and shall deceive many.

I am not speaking against medical doctors as individuals. But the union of the American Medical Association is deceiving millions. I am not referring to any medical doctor. God is not open the eyes yet. But they will in the next four years open their eyes to see what is precipitated or pressed against and up on the people. Any union has a right to make any rule it likes for its members, but it has no right what so ever to enforce those rules over anyone except its own members. So what I am trying to tell you is this as I said, the first day, Babylon is fallen. Babylon is fallen. Come out from among them and be ye separate, thus sayeth the Lord God.

Now whenever you start to accomplish something for God, you’re going to be persecuted for righteousness sake. Also, I want you to know this. Do what the Holy Spirit tells you to do and fear no man. Fear no man. Do what the Holy Spirit guides you. You have a
right to do that. You have a right to do that. The first amendment of the Constitution of the United States and every State gives you that right. Also the rules and regulations that’s placed upon the people of the state blindly as if it was a guide of defense or a guard of defense, simply insinuates that the American public is not intelligent enough to know how to spend their money. I believe they are. I believe they are intelligent enough. So what I’m trying to say is, when you get your guidance from God, you become fear less. Perfect love casteth out fear. Anybody can love the lovable. But it takes a Saint to love the unlovable. It takes a Saint to pray for his enemies. Children of God are Saints too but they are little Saints.

It reminds me that when I had my little granddaughter by the hand, the one I told you about that had double pneumonia. She’d gotten better. And the Dog Wood trees had come in blossom and we were walking out and I was teaching her the name of the trees and I was showing her the beautiful Dog Wood trees in blossom. And we come across a little tree about so high, Dog Wood tree, full of blossoms and she said, “Grandpa, is that a puppy wood tree?” It was a little Dog you know. So we have little Saints, middle sized Saints, and we have big Saints, all saints. So what I’m trying to tell you is today we see through a glass darkly but then face to face. We see things as they really are. And the Holy Spirit guides you, He covers you, He holds you. And rejoice and be exceedingly glad.

For great is your reward when men shall revile you and persecute you and say all manner of evil against you falsely for the name, for the sake of Jesus. Rejoice for you are on the Kings highway. You’re on the Kings highway and how wonderful it is to be on the Kings highway. Nothing to fear, nothing to fear.

Also I would like to tell you a story this morning about an old bum on skid row. Walking down the street on a cold December day on a Sunday morning. And he saw this magnificent building, this church. And he th­inked to himself, oh they won’t throw me out. I’m about to freeze and I’ll go in there and get warm. And he walked into that church and he went right straight down to the front seat and he sat on the front seat. He knew enough about churches to know that the front seat was never crowded. So, when they stood up he stood up and when they bowed their heads, he bowed his head. And after the service was over he was very polite. He waited until the rest of the people went out ahead of him. He got to the door. And the minister just couldn’t hardly bring himself to shake hands with that dirty outcast of humanity. But some of his parishioners were watching him and he had no choice. This poor specimen of humanity. And he said, “Well, did you enjoy the service?” And he said, “It was very warming.” And the minister said, “I’ll tell you what you do, you pray about this church and if God wants you here, you come back next Sunday, and if he doesn’t, you go where God wants you to go.” He was politely asking him not to come back. But the next Sunday morning, low and behold, there he sat in the same spot again. Same thing happened as he went out. The minister come over to him and says, “Well, friend, did you pray about what I told you to pray about?” He said, “I shore did.” What did God tell you? He said, “The Lord told me that He’d been trying to get in this church for 40 years and if He couldn’t get in, He knew good and well that I couldn’t.”
You know our bodies is actually our church. They are our temples. And it behooves us to keep them clean. These buildings are only where people are supposed to meet to become of one accord and praise the Lord. And not to worry about what sister so and so wore. And about brother so and so’s collection that he put in the plate. If you go to worship, you won’t see any of that whatsoever. You won’t see any of that. If you go to church to praise God that’s all that matters. One of the leaders of one of our great churches said, that it was their opinion that only about 5% of them would get through the pearly gates. 5% with jewels. Just 5% that are really jewels. Isn’t it wonderful to be one of those jewels? Isn’t it wonderful to be numbered among those diamonds that’s in the church? Isn’t it wonderful? You will seek your level.

I’ve heard mothers say that the military service ruined her son. It didn’t. It only helped him find his level. In the military service it’s like everything else. You can find people that seek their level. You know sometimes I like to stand in a book store or a magazine shop. I just like to watch the people. I know though I can tell you about that person by the magazines they choose to read. I know where their mind is, in the gutter, or whether it’s hungering and thirsting after knowledge, and what they’re interested in by the magazines they choose.

Do you realize that what you read is a part of your diet? What you read is a part of your diet. You’ve become a part of that which you look at most and I’m going to pass something along to you as doctors you should know about. From when a woman becomes pregnant, if she will pick out a picture of a beautiful child, maybe on a calendar, and put it up at the foot of her bed, where it’s the last thing that she sees at night. She sees it when she turns on the light at night. She sees it the first thing in the morning. And her child will look like that picture. Did you know that? It will. It will.

I know a person that had an airplane up on the foot of the bed. And to this day, across that child’s back, a boy, he’s got an airplane in the skin. The same airplane that’s a picture of it up there. In the skin pigment, there’s an airplane across his back because that was the picture that was on the wall. I believe that. They didn’t intend it that way, but that’s the way it was.
That satisfied the little child. She did need to know any of the details of it. She was playing out in the yard. A few days later she found a peach seed. She said, “I’m going to plant this seed and have me a baby. So she digs a little hole, plants the seed in it. She finds a broken soup bowl with the side out of it. She puts it over the top of the Peach seed. About a week later, she was playing out in the yard, she said, “Oh I’m going to go see if I’ve got a baby. I’m going to go see if I’ve got a baby.” She turns the dish over, you know, and there sat an old toad frog. She said, “You ugly old toad.” She said, “I would kill you if I wasn’t your mommy.”

So, when we’re a child, we understand as a child, but when we work upon these things, they reveal themselves to us in time. And as you work with these problems, day after day, week after week, they will unfold to you. They will un-reveal themselves to you and you will be able to use them better and better every day. Just don’t get impatient. Work with them. Follow them, believe them, as a part of the rules and regulation that God gave us.

This is my message to you this morning. Father we thank thee for this wonderful study. We thank you for these people who are hungering and thirsting after righteousness sake. Righteousness is seeking to know the truth. This truth might make us free so that we can be healthy. And Father help us to help others. Let this our motto be. Let us give all that we’ve got to thee and we shall give you the praise throughout eternity. In the name of your lovely Son, Jesus, the King of Kings, we ask it and all the people said, Amen.

This morning, I want you to run a complete test. And at 11 o’clock or at a quarter of 11, whatever time the break is, at 10:45 I want all equipment cleaned, all equipment cleaned. Do not put it up. Leave it on your desk and I will be back. Here is Laverne.

**Laverne:** Okay is everyone ready to start? Is everybody awake? Good morning. Okay the first thing you’ll have to have is a urine specimen, and your equipment out.

(lots of background chatter)

Okay can I have your attention for a minute? Yesterday I wasn’t here while the Solo Bridges were being explained fully. I was here some of the time, but in case it wasn’t covered, okay the only thing you have to do is when you get your reading on your machine, you have to times it by this number right here.

**Student:** Multiply it?

**Laverne:** Yes. Yes. Right. And make sure that your temperature setting is correct. Make sure that your temperature setting is correct. Right. You can just use that. Make sure you count over your four places and then you’ll have your. I think on the side of your machine it says to set it at 25. 22? Okay.
That’s when your reading that you have on your machine when you test your specimen. I know it. We have to use what we’ve got back there, we are only doing practice tests. You have to multiply it by that. No. It doesn’t have anything to do with the water. Yeah. Okay after you do this, if your reading goes off the machine, if it’s higher than 1,000 you’re going to have to cut it in half, so you pull out half of your solution, down to 45, fill it back up to 90 with your distilled water or whatever water your using, and then you have to double your answer.

If your reading goes off of the machine, pour out half of your solution. Fill it back up with water. Read it again and double your answer.

What don’t you understand? Dump half of it out down to 45. Fill it back up. Do the whole thing over again and just double your answer. You didn’t get a registration on your machine. Your salts too high for it.

Does everyone have their refractometer set? Did someone tell you how to set your refractometer’s on zero? Okay.

(Background conversations)

Oh okay. You have your set up, you know your set up. Okay? Is Joiner or Nat here? Nat who?

Okay assuming you got your set up, from your set up you get your urine specimen from the person. You get a urine specimen from the person. You hand the person a tray and you have them spit in the two end wells. The two end wells they spit in should be to your right.

Okay, you pick up a pipette. You take six drops of the reagent 1 and you put it into your cup. Take the same pipette (use a clean pipette) and pick up some urine from the urine bottle, after you squeeze it up and down. The urine will settle if you let it set for a few minutes. So you squeeze it up and down. Pick up some urine. Put one drop of urine in the cup with the six drops of reagent in it. To mix up your urine. It will settle on you if you don’t.

Put one drop in the cup. Put one drop in the middle well, top and bottom. One drop of straight urine in the top and bottom middle well. If you have any remaining, you put one drop on your refractometer or several drops, whatever it takes to wet your refractometer. You put your pipette down and read your refractometer. Write that down.

Pick up your pipette (use a clean pipette). Aerate your mixture you have in your cup of urine and your reagent one. And put one drop in the top left well and one drop in the bottom left well. You use it first, yeah. Use a clean pipette you have laying here. Use in the reagent first and then you can use it in the urine. If you have more than one pipette you can use a clean pipette for both. You would put it back in the bottle as much as you can. (Speaking of reagent one). And then when you put it in the urine bottle you would
aerate do like …. There’s not going to be that much. Uh Uh, not when you mix it up like that. When you mix it up, it’s not going to be that much.

After you read the refractometer. You have your refractometer in your hand. You …

You mix that urine up because it’s settled, because it’s settled.

If you’re doing more than one test, that would be a good idea, but I’m just talking about one test now. You are going to clean your equipment. You are going to put it away when you get finished this day. You are just doing one test. If you had several people lined up to do tests the other way would probably be alright. I’m talking about just doing one test.

Okay, after you do this 120 times, you put one drop here and one drop here. One drop in the top left well and one drop in the bottom left well.

At this time, I usually get rid of this. I dump it. And I put my pipette away because I usually have a whole bunch lined up to do and we have had people that would forget and have several wells lined up and get them mixed up so at this time you have several, so I get rid of this well because I’m finished with it and put my pipette away.

Pick up my acid. Drop my acid in. Pick up my ammoniacal. Drop my ammoniacal in. Four drops in the top left well and four drops in the bottom left well.

Then I pick up on my bromthymol blue. And I put one drop in the top middle one and one drop in the top right one. I check my chart and see if I get a color. If I get a color I record it. If I do not get a color I go to the next color needed, which be up or down. If it’s too blue I go to a phenol if it’s too yellow I drop down to chlorphenol.

Record my readings and go back and pick up for my ammoniacal yellow. Write that reading down.

The blue is still developing so I go over and pick up on my salt test. Do my Solo Bridge. Write that down. Come back and I will usually have a reading by that time (on the nitrate nitrogen test). Write that down.

The test is complete, except for the persons eye readings. Then I go back and pick up on the persons eye readings. And that will pretty well complete your test.

(background chatter)

Everyone has time to do one more test before we break. So after you have finished doing what you are doing, you should clean up your equipment. It should be clean by the time we are at 11 o’clock. Everything should be cleaned and set up like this.
No. You do one more test. You have time to do one more test right now. After you do that, you clean up your equipment. Set up your place like it’s shown on the board.

**Unknown Speaker:** Anybody who’s going to want supplements that we make, if you’ll get your orders ready today and pass them in this afternoon, then I’ll pack them up in boxes for you and have them ready by noon tomorrow. The pads right here up front. Okay, then after Laverne explains it then get your orders ready tonight and turn them in because it’s going to take about 4 or 5 hours to pack them all. Yeah, I’ll leave them right here. Yeah, Laverne will take care of all of it.

**John Black:** I’d like to have your attention. I would like to know what you would call this reading here. How would you put that on your card? Okay, just a minute. How many think it’s 20. C? Hold up your hands. 20C, hold up your hands. Okay, put them down. Now how many think it should be 20.3? Hold up your hands. 20.3 C, how many think it should be that? Now what do the rest of you think? Alright, so the last group, we simply if it’s below .5 we drop this off and it’s a C (zero). 20C if it’s below .5, you call it 20C (not 20.3C). If it’s 20.6, what do you call it? Alright we call this 21C. We go to the next higher number. Everybody understand? Huh? In some cases it may be and in some cases it may not.

Please go onto the next tape for a continuation of this series.

That completes this transcript of the Reams / Black RBTI Session 1 training session. It’s obvious the side two of tape number 12 belongs back in the transcript a ways. It is what it is. --- Thomas Giannou. 7/30/2013.