



ROLF GORDON's eldest son, Mads, died when he was 26 years old, of testicular cancer, over 30 years ago. This made Rolf switch his energy from manufacturing a variety of industrial products, to searching the world to find out how to prevent cancer and other illnesses.

Keep this book in a safe place or give it to a friend. Do not throw it away - it might save somebody's life.

THE BIG FOUR

are the health problems found affecting all people seriously ill with Cancer, Multiple Sclerosis, Lupus, Parkinson's, Alzheimer's, Lyme disease, etc. which very few doctors investigate. All **four** can easily be put right with very good results. This is common sense not alternative medicine.

Rolf Gordon

THE BIG FOUR

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DEDICATED to my darling wife
Lena, our very active son Mads,
my vibrant sister Brita, my exciting
sister-in-law Adda and my inspiring
father-in-law, who may not have
died of cancer, if I had known all the
information in this book at the time
they were diagnosed.

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Other books by Rolf Gordon:

Are You Sleeping In A Safe Place?

ISBN: 978-0951401705

CANCER the full menu

ISBN: 978-0951401736

Introduction

Due to five members of my immediate family dying of cancer, I have spent the last 26 years researching why people get cancer. This has helped me to discover why people also get other serious long-term illnesses such as Multiple Sclerosis, Lupus, Parkinson's, Lyme disease, Alzheimer's, Dementia, etc. In all the thousands of cancer cases and other seriously ill people that I have been involved with, they were all badly affected by what I call 'THE BIG FOUR', which very few doctors investigate. They can easily, all four, be put right with very good results. Remember: this is common sense not alternative medicine.

The BIG FOUR are:

Geopathic Stress is the earth's natural vibrations rising up through the earth which are distorted by weak electromagnetic fields, created mainly by subterranean running water. It was proved to the satisfaction of the German medical profession over 85 years ago and in millions of cases ever since, that Geopathic Stress is very detrimental to human health. It can be solved very quickly by moving a Geopathically Stressed bed into a safe place.

Micro Parasites, which doctors have difficulty in detecting are mainly viruses, which antibiotics can seldom destroy. However, Micro Parasites can be killed off by taking 100% stabilised AlliTech.

Q10 is the enzyme in every cell in your body, which gives them energy. That is why the largest amount of Q10 is in your heart. Q10 is developed in your liver from your food. Your liver is often weak if you are ill, so it cannot produce enough Q10. I have seldom come across anybody dying of a heart problem before their mid 90s unless they were short of Q10.

Acid-Alkaline Balance pH One of the most important functions of your body is to ensure that your blood is slightly alkaline. Most seriously ill people have very acidic blood, which can be regulated very quickly at a very low cost. Cancer loves acidic blood.

I have developed the ability to check people from a distance (see page 34) and have over the years checked in excess of 20,000 individuals. Seldom have any doctors, health practitioners or individuals disagreed with my findings. People often feel better within 24 hours of taking my advice.

Please note that I have no medical qualifications, but have gathered my information from many doctors, cancer specialists, health practitioners and thousands of cancer patients and other ill people I have been involved with over the last 25 years. I therefore recommend that you contact your doctor first if you are worried and take your doctor's advice.

Scientists spend a fortune on finding medicines etc. to help people with the above illnesses, with very little research on why people became seriously ill in the first place.

About 60% of people with heart problems are affected by all the THE BIG FOUR.

Many times, I have heard cancer patients in their thirties and forties say: "I eat a healthy diet, I'm slim, do not smoke, drink very little alcohol, exercise on a regular basis and have no history of cancer in my family. I have done all the things the cancer research charities say I should do to prevent cancer - so why did I get cancer?"

They were all affected by THE BIG FOUR

Geopathic Stress

It was proved over 85 years ago that you are unlikely to develop cancer unless you have slept or stayed for long periods in places of Geopathic Stress.

In 1929 Gustav von Pohl, a German scientist, proved this to the satisfaction of the Central Committee for Cancer Research in Berlin. * (See bottom page 8).

Dr Hagar MD checked the beds of 5,346 people who had died of cancer and found they had all slept in very Geopathic Stress (GS) places. It is estimated that more than 4,000 medical doctors on the continent of Europe, arranged to have the beds of patients who suffer from cancer and other serious illnesses, checked out for GS.

Professor Otto Bergmann carried out a double-blind test on almost one thousand people to prove the harmful effect GS has on the human body.⁽¹⁾

Dr Jenny of Switzerland studied 80 years ago the behaviour of 24,000 mice in GS places. The mice showed weight loss, had smaller litters, higher death rates and were more susceptible to induced tumours, than the controlled group.

What is Geopathic Stress

Geopathic Stress is the earth's vibrations which rise up through the earth and are distorted by weak electromagnetic fields mainly created by subterranean running water, generally about 200 to 300 feet below. The distorted vibrations become abnormally high and harmful to living organisms.

GS has become much stronger over the last few years due to the sun penetrating the weaker ozone layer more easily and increasing the strength of the GS, thereby causing even more cancer cases each year (double over the last 20 years in the USA).

How Do I Know If I Am Geopathic Stressed?

If you cannot shake off an illness, depression

or feel below par, ask yourself:

1. Did my health problem begin shortly after moving into my home or place of work?
2. Do I feel better when I am away from home or my place of work?
3. Do any of my family feel uneasy about the 'atmosphere' at home?
4. Did the previous occupants suffer from any serious or long-term illness?
5. Were there any nearby disturbances, which may have caused underground water veins to flow into different channels under my house prior to my illness (landslides, building and road work, working quarries and mines etc.)?
6. Does my home or any part of it feel unnaturally cold or damp?

Geopathic Stress and Sleep

Sleeping in a GS place is particularly stressful, as a large area of your body is exposed to the GS. Also most people sleep during the night, when GS is stronger. During sleep, your brain is supposed to be busy healing your body half of the time and resting the other half. However, if you are GS during sleep, your brain has to spend all of its time working due to the strain of GS and you wake up tired.

ME

In a report published by the Royal Society of Medicine, it was suggested that most cases of chronic fatigue 'would get well through sleep'. BUT people who are suffering from ME, are most likely to be sleeping in a strong GS place, thereby creating a vicious circle. You feel tired, so you go to the worst place - your bed. I have helped hundreds of people with ME feel much better, by advising them to sleep in a GS-free place.

Answer to Sceptics

Many feel the effect of GS is purely psychological and due to suggestion, however you cannot influence the behaviour of animals, plants and babies.

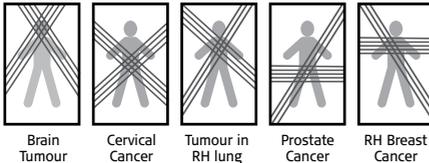
Most animals will try to sleep in a good place and will become ill if forced to live in a home, stable, etc. affected by GS.

Most types of trees will have stunted growth and not bear fruit in GS places. You will often find indoor plants will not thrive in a GS place in a home.

In many cases, parents had a peaceful nights sleep, after their baby's cot was moved to a Geopathic Stress-free place, recommended by me.

Cancer

I have found in all cases of cancer tumours, they first developed where two or more GS lines crossed, or there was one very strong GS line. In cases of cancer of the blood or lymph system, GS lines often covered the whole bed.



Above are just a few of the thousands of cancer cases I have checked out.

Hospitals

Most hospital nurses will tell you that some beds have a 'reputation' where patients who occupy them seem to have more difficulty in recovering or where the death rate is higher. The beds are affected by GS.

Check for Geopathic Stress

Most people can check for themselves if there is Geopathic Stress in their home ⁽¹⁾ but there is no scientific instrument yet which is

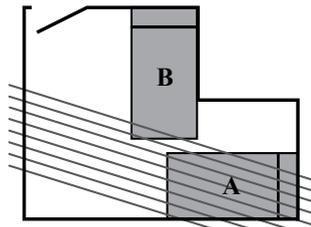
sensitive and selective enough. There are recognised methods for detecting GS in people, like the VEGA Test and Kinesiology.

Other problems caused by Geopathic Stress

- ME., asthma, PMS., cot death, heart problems, mental health, bipolar disorder, MS, Alzheimer's, Epilepsy, Suicide, post traumatic stress disorder and depression.
- Long-term physical and mental illnesses where treatment does not seem to work.
- Children who are hyperactive, have learning difficulties, or are difficult to control.
- Sleeping in Geopathic Stress during pregnancy can cause defects in their child, such as autism and bodily defects and cancer in childhood.
- Long-term stress in relationships/at work.
- Miscarriage, premature birth, being unable to conceive and difficult pregnancies and the cause of stillborn babies.
- Child abuse.
- Road rage.

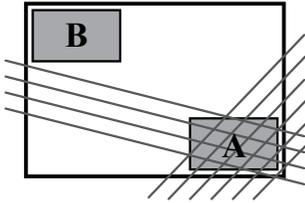
Here are the results of moving the bed in three cases:

John P. was diagnosed with terminal lung cancer and was only given a few weeks to live, so the hospital did not offer him any treatment. I found that John's bed was on a very strong Geopathic Stressed line. He immediately moved his bed from A to B on my advice. Next morning, he slept to 11.00 am, which he had never done before and from then on slept so much better.

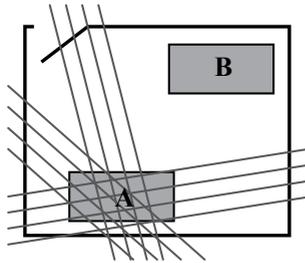


After dealing with the remaining **BIG THREE**, John's health improved. When he went back to the hospital, about three weeks later, seeing that he looked so much better, the doctors agreed to treat him.

Peter Nielsen (18 months old) had been in and out of hospital all his short life with breathing problems. I advised his mother to move his cot 'A' to the other side of the room 'B'. He immediately became a very lively boy with normal breathing and has not seen a doctor for this problem again.



Ray M. was only 9 months old when he was diagnosed with neuroblastoma Stage 4. One of his adrenal glands was removed by surgery, but the cancer had spread to his bones, blood, liver, skull and legs, so he had chemotherapy. I advised Ray's parents



to move his bed from A to B and he immediately felt better. Ray's mother, Jane, wrote in March 2017 "Ray is now a normal 11 year old"

Cases where cancer patients have benefited by eliminating Geopathic Stress

Often people with a brain tumour, who have taken my advice, have told me days after moving their bed into a safe place, that they

wake up without a headache and feel much better for the first time in a long while.

Bill had leukaemia when he was born. He was still being treated when he was four years old. I told his mother how to move Bill's bed into a Geopathic Stress-free place. A few months later Bill's mother rang me to say their doctor had just told her, "It is a miracle. Bill no longer has leukaemia." This good result cost nothing.

Beverley had just had a brain tumour operation. The doctor told Bob, her husband, she only had days to live. Bob could feel his wife's hospital bed was in a very strong Geopathic Stress place. He managed to get his wife's bed moved across the ward into a Geopathic Stress-free place. Beverley was discharged from hospital within two weeks!

John, with lung cancer, said "I slept so much better immediately after moving my bed into a good place" and his skin colour became remarkably healthy-looking overnight.

16 year old Peter was diagnosed with Hodgkin's disease and diabetes. Chemotherapy was recommended, but refused by Peter's parents, as Peter's mother, a nurse, had seen the terrible side-effects of chemotherapy. They signed a disclaimer and Peter was discharged from hospital. Having heard about Geopathic Stress, they found Peter's bed was very Geopathically Stressed and therefore moved it into a safe place. This is over 20 years ago and Peter is now not only in excellent health, but also no longer diabetic.

12 year old Edward had a non-operable tumour as big as a melon in his abdomen. His bed was found to be very Geopathic Stressed and was therefore moved into a safe place. Soon, his tumour shrank to the size of a lemon and eventually vanished altogether. It was confirmed he no longer had cancer. Doctors agreed the chemotherapy Edward was having at the time would not have made his tumour vanish. (Chemotherapy is

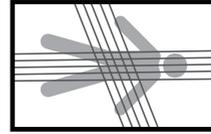
not very effective on large tumours). His doctors said it was 'spontaneous remission'. Edward soon became a strong member of his school's rugby team.

Thomas was diagnosed with testicular cancer when he was 25 years old. He refused orthodox treatment including chemotherapy. Thomas discovered he was sleeping in a Geopathic Stress place and immediately moved his bed into a good place. This was over 20 years ago, Thomas is now very healthy and completely free of cancer.

Jette had surgery to remove cancerous tumours on both her ovaries, followed by intensive chemotherapy treatment. Her doctor told her without hesitation, that her type of cancer often returned and was then terminal. Jette's bed was found to be very Geopathic Stressed. She had slept there for 18 years and always had cold feet and sweated profusely each night. As soon as Jette's bed was moved into a Geopathic Stress-free place, Jette's feet immediately became warm during the night and she was no longer sweating. It is over 12 years since Jette had cancer. She is now back in a full-time job, a healthy person, full of life, with sparkling eyes much to the delight of her husband and children.

Linda went through very tough chemotherapy, radiotherapy and bone marrow treatment for leukaemia at the age of 15. This resulted in her being clear of cancer. She went home and for the first few months she slept in her mother's cosy bed and her health improved from week to week. Linda then went back to her own bed and a hospital check-up soon afterwards showed the leukaemia might have recurred and her doctors were very worried. When one of Linda's mother's work colleagues heard about Linda's problems, she agreed to check Linda's bed and found it very Geopathically Stressed. Linda's bed was immediately moved into a safe place and tests soon showed Linda's cancer had gone. It is now

23 years since Linda escaped cancer and she is now a very healthy woman in her thirties. She will always ensure she sleeps in a good place.



Geopathic Stress lines through Linda's bed before it was moved

Absorbing medication

When you are Geopathic Stress your body has difficulty in absorbing the vitamins, minerals and trace elements from your food, drinks and supplements. It will also affect how you absorb medication including chemotherapy and tamoxifen etc.

For better or worse

If you cannot check for Geopathic Stress and think you are sleeping in an unhealthy place, try to sleep in a different place to see how you feel when you wake up and if your general health and well-being improves. You have absolutely nothing to lose by experimenting with sleeping or sitting in different places, until you find a place that suits you. You may only need to move your bed or seat a few feet to notice a difference.

Very Important

Please note that you cannot heal or eliminate Geopathic Stress on site or from a distance. Any improvement only lasts a few weeks, if at all, as you are dealing with vibrations. Geopathic Stress has, on the other hand, been successfully eliminated by the latest strong neutralisers. Their success has not only been confirmed by thousands of people, but also on babies, animals and plants, where the placebo effect cannot take place.

* Read all about GS on my website www.rolfgordon.co.uk and find out how most people can check for GS in my book ⁽¹⁾ 'Are You Sleeping In A Safe Place?'.

Micro Parasites

It is claimed that micro parasites are present in most people who are seriously ill. Micro parasites mainly viruses can, in most cases, be successfully killed with powerful 100% stabilised AlliTech.

Diseases caused by micro parasites have now reached epidemic proportions and are one of the most under diagnosed and under appreciated health threats in the world.

Doctors do not as a general rule check for micro parasites as you mainly need a dark field microscope, of which there are very few in the UK. Medical Drugs such as antibiotics are not very successful in killing micro parasites.

Antibiotics have become less and less effective due to their over prescription for many years, thereby giving bacteria the chance to grow stronger and resist treatment, so more powerful antibiotics are used, often resulting in many side-effects. Antibiotics are also sometimes given for viruses on which they do not work.

No new type of antibiotics have been developed for over 30 years.

Allicin is a patented product Allisure®, discovered by English chemists, containing 100% stabilised Allicin. It is produced from two compounds, Allinase and Alliin. They are kept completely separate inside garlic and normally are only created when the garlic bulb is attacked by microbes in the soil. (Garlic is the only vegetable which seldom rots).

AlliTech is successful in over 90% of cases where antibiotics are no longer effective.

AlliTech is nature's powerful antibiotic, anti-parasitic, anti-viral, anti-fungal and an immune booster, with no side-effects reported during over 17 years use.

Often, people get such a weak immune system caused by powerful orthodox cancer treatments, that they get pneumonia, septicaemia, which Allicin has often successfully treated.

In my opinion, Allicin is the most powerful immune booster when you are seriously ill.

Hospitals are now buying Allicin gel to put on tubes, catheters, feeding tubes etc. inserted

into the body to prevent infections, which present disinfectants may not be coping with.

MRSA Little Karen was born with MRSA contracted from her mother. She was treated with large quantities of antibiotics, which had no effect on the MRSA. After four weeks Karen was given half a teaspoonful of AlliTech Liquid with honey four times a day. Within two weeks, she was clear of MRSA. See large successful trial on patients with MRSA on page 28

Cold sores Margaret's daughter had bad flare-ups of cold sores. She was off work, but after applying AlliTech Gel, three times a day, the cold sores had gone completely.

Psoriasis Often people have severe skin problems, especially on their arms and legs for many years. Doctors often diagnose it as psoriasis, but often it turns out to be Lyme Disease, which can be treated successfully with AlliTech (see page 19).

Sore throat Many people have solved their sore throat by spraying AlliTech Liquid directly into their throat up to three times during a day. Sometimes one spray will do.

E-Coli badly affected Alison on a sailing holiday. After taking four 450mg AlliTech Capsules per day, she recovered enough to go back to work after 3 days. Her doctor was amazed. E-Coli is responsible for more than 80% of cases of urinary tract infection in young women.

Herpes Simplex Virus type 1 (HSV-1) usually occurs in or around the mouth, HSV-2 in the genital area. Both types are very infectious and are wide spread across the UK. Unfortunately, one in five carriers experience so few symptoms or none at all, that they do not realise that they have it and can infect others.

Herpes can be treated with antivirals, but AlliTech is much more successful.

Threadworms Mrs T.N., London. Her whole family, including three young children, had suffered with threadworms for a long time. Even after taking very harsh treatment from their doctor, the threadworms were still there. In particular, five year old Mary woke up every night due to the itching. The problem was solved in about two weeks with AlliTech Liquid. The children took four half teaspoonsful of AlliTech Liquid a day with honey. Mary also needed AlliTech Gel for sensitive areas.

Threadworms, also known as Pinworms, affect many people in the UK and are particularly common in children under 10. Normally, you can buy tablets over the counter at chemists to kill the worms, but they do not always work. The whole family needs to be treated.

Search for website "NHS Choices Threadworms" for full details.

Urinary Tract Infection had caused Julie to suffer many times and antibiotics had little effect. Last time she got the infection, she took AlliTech Liquid and 450 mg capsules per day and the infection cleared up very quickly.

Thrush AlliTech has been successful in dealing with this troublesome health problem.

AlliTech Gel and very sore vagina

Dear Sir,

Your AlliTech Gel has proved to be of huge benefit for my particular problem. After Chemotherapy and Radiotherapy, I was prescribed a course of Anastrozol (Arinudex) tablets. Unfortunately, these have had the side-effect of a very sore and uncomfortable vulva and vagina. I had tried all the usual creams for this problem, with no effect at all. Fortunately, you recommended AlliTech Gel and the difference it has made, has been unbelievable! I no longer have any discomfort! I was also suffering from frequent bouts of bacterial vaginosis, which is accompanied with an unpleasant odour! So far, after using the Gel, this has not recurred. I cannot thank

you enough for your help and do hope other women with similar problems will be able to benefit too.

*Yours sincerely,
Anne H. from Brighton*

Nebulised AlliTech Liquid for pneumonia and upper respiratory infections

Dr Tom Ballard, Seattle, USA

"This winter I've treated patients with Upper Respiratory Infections (URI) with nebuliser allixin and had dramatic results.

One of those successes was with pneumonia.

After the AlliTech treatment, I gave him a prescription for antibiotics and told him to collect it if he felt worse over the next few hours or was not better in 24 hours. I called him a few days later and he said that he felt great and never collected the antibiotic prescription.

I've treated eight severe URI patients on this protocol. They've all felt relief from the nebulisation and none has returned for further treatment."

Please ask for details on how to use a nebuliser if you have breathing problems or lung cancer.

Animals It works very quickly on domestic and wild animals, large and small. (Confirming that results are not due to the placebo effect) Some had been on antibiotics for a long time, with no effect. Unfortunately, animals pick up micro parasites everywhere outdoors. Dogs and cats love AlliTech spread on their food for about 6 days. AlliTech is also successful on bees and trees.

Mastitis Dairy cows have been successfully treated within days for mastitis by drenching and spraying AlliTech Liquid direct onto their udders and teats, causing no taint, down time nor withholding of milk. Often the micro parasites causing the mastitis is found in the cow cake. The bacteria staphylococcus aureus which causes Mastitis, is the same bacteria which cause MRSA in humans.

See large successful trials on patients with MRSA on page 28. Mastitis costs the farming industry some £200 million per year.

Calf Scours Which sadly kills thousands of calves each year, has been successfully treated with AlliTech Liquid.

Bovine Viral Diarrhoea (BVD) This has also been successfully treated by drenching dairy cows with AlliTech Liquid for a week.

Horse with 15 years of Parasites

Macca, a 27 year old mare, had itchy skin for the majority of her life, diagnosed as ringworm anthrospores of the trichophyon species. After giving her 20 ml of AlliTech Liquid per day in her feed, for three days. Macca was no longer itching. They continued to give her AlliTech liquid for a few weeks, when the vet's skin scrape showed that the microbes had gone. Macca's owner said 'It is amazing, as we have spent over 15 years trying to help her with injections, shampoos, herbal food supplements and so on.'

Puppy with Kennel Cough Antibiotics over a period of time had shown no results in helping a puppy with kennel cough. The powder contents of one 450 mg AlliTech capsule was spread onto the puppy's food, twice for one day. The puppy loved it. During the night, the puppy did not wake up with her usual cough and the next day she had no symptoms.

Horse's rapid recovery Magic was one year old when he became very ill. The vet put him on massive doses of antibiotics with no results. 10 ml AlliTech Liquid was initially put into Magic's mouth with a syringe. Within a few days he had his appetite back, so the AlliTech Liquid was put into his feed. In less than 10 days, a marked improvement was seen in Magic's health and after three weeks he was as lively as all the other horses in the field.

Apes with Dysentery A group of Bonnel Masque Apes in Nepal, India had very bad dysentery and were only given a week to live without treatment. The keepers tried to inject Metronidazole, a very strong antibiotic, into avocados and other fruits for the apes to eat,

but the apes refused to eat them. However, when the contents of 450 mg capsules of Allicin were sprinkled onto avocados, the apes ate the food as if there was no tomorrow. Within a very short time, the apes were well again.

Honey Bees Bacteria called European Foulbrood, have started attacking bee hives in the UK *John has 200 bee hives and found 20 of his hives were attacked by these parasites. Normally The Bee Inspectors must immediately be contacted, so the affected hives can be destroyed by burning. However, John sprayed the affected trays daily with 1 part AlliTech Liquid and 4 parts water. Within five days, the parasites had been destroyed.*

An even nastier parasite 'varroa' is attacking bee hives. Here a less diluted spray is recommended, 1 to 1 or even neat AlliTech Liquid.

Horse Chestnut Trees In the Netherlands and many other countries, Horse Chestnut Trees are now dying due to the infection Pseudomonas Syringae fungus. A tree expert has saved over 400 Horse Chestnut Trees by injecting 10 litres of AlliTech liquid under high pressure into the tree trunks. This treatment will, no doubt, deal with microbes in other types of trees in danger of dying.

The Government's Chief Medical Officer, Professor Dame Sally Davies, said "The resistance to antibiotics is a ticking time bomb. Routine operations such as hip replacements, could become fatal in just 20 years time, if we lose the ability to fight infections with antibiotics". AlliTech is very successful in treating viruses caused by surgery.

To ensure that you do not bring micro parasites in from outside:

remove your outdoor shoes and wash your hands thoroughly with soap for over 20 seconds. Best with hot running water above the body's temperature 37°C where bacteria can't cope. Remember not to rub your eyes with your fingers when outdoors. Your eyes are the quickest way for micro parasites to enter your body.

Co-Enzyme Q10

Q10 is the sparking plug for all our cells, creating the substance ATP (Adenosine Tri-phosphate), which is the cells' most important source of energy for all our biological functions, such as physical and mental activity and those dozens of energy-needing systems like digestive and organ activities.

Your liver converts the lower Co-Enzyme Qs from your food into Q10, which can be absorbed by your body. Your liver needs Q10 to operate 100%. If you are ill, your liver becomes weak, so it cannot produce enough Q10 which it needs to function normally and produce enough Q10 for the rest of the body.

I hardly ever find anybody dying of heart disease before their mid nineties, unless they were very low in Q10 or born with a heredity condition.

The largest amount of Q10 is found in your heart to give it energy. That is why Q10 has shown over many years to be very effective in treating heart problems. The famous Rishospital in Copenhagen, I have been told, immediately introduces intravenously large quantities of Q10 into people brought in with severe heart problems. Healthy people in their 90s, have been found to have a high level of Q10, because they have a healthy liver.

Extra Q10 has been shown to prevent periodontal disease, which affect the tissues in the gums that support your teeth. Soft gums, the largest cause of losing teeth, can usually be corrected within months by taking about 200 mg of Q10 per day.

It is vital to take extra Q10 if you are taking statins for lowering cholesterol, as you are depleting your body of Q10 because they share the same biosynthetic pathway in your liver.

There are no known interactions or contra-indications with Q10, so it is vital you take Q10 all the time if you have cancer, especially when you are in hospital having treatment. Don't forget the body makes Q10.

Successful Trials were carried out in Denmark by Drs Knud Lockwood, Sven Moe-gaard, Takeshi, Hanioka and Karl Folkers in which 32 typical breast cancer patients between 31 and 81 years of age classified as

'high risk' of secondary cancer were treated over 11 years from 1990 and 2001 with Q10.

Main observations

1. Only two of the patients died of cancer during this period. Normally one would have expected half of the women to have died over this period.
2. None of the patients showed signs of further distance metastasis.
3. Quality of life improved (increase in weight and reduced use of painkillers).
4. Many of the patients showed total remission

The patients were initially treated according to the routine procedures in Denmark i.e. surgery, chemotherapy, radiotherapy and in some cases Tamoxifen.

All the patients were taking about 400 mg of Q10 daily

Over 40,000 people die of **liver deceases** in the UK every year mainly due to lack of Q10.

Scientific evidence There have been hundreds of scientific papers published over the last 40 years to show the beneficial effect of Q10.

Make sure you buy a good quality Q10 capsule. Some of the cheaper capsules do not always contain the strength indicated on the pack.

Recommended dose per day:

- After age 60 take 60 mg Q10 capsules.
- After age 70 take 100 mg Q10 capsules.
- After age 80 take 200 mg Q10 capsules.

If you have heart problems, take up to 300 mg Q10 capsules per day.

Scientific tests show Q10 in oil, in soft gelatine capsules, is the easiest for your body to absorb.

As Q10 gives you more energy, do not take capsules in the evening, otherwise they may keep you awake.

Acid-Alkaline Balance

The single most important measurement for your health is the pH of your blood and tissues - how acidic or alkaline they are. Different areas of your body have different ideal pH levels, but your blood pH is the most telling of all. Your body will go to great lengths to preserve it, including wreaking havoc on other tissues or systems.

The acid-alkaline balance (also called acid-base balance) is measured on a pH (potential hydrogen) scale from 1 (very acidic) to 7.4 (neutral) to 10 (very alkaline). 7.4 to 7.5 are slightly alkaline and are associated with good health.

Just as your body temperature is rigidly regulated, your blood must be kept within a very narrow pH range - mildly acidic or alkaline. Your correct pH is more important than blood pressure, cholesterol count, blood sugar, hormone levels, calorie count etc.

Nurses who had worked for some time on hospital cancer wards informed me that all cancer patients there had very acidic blood, especially if they have had chemotherapy.

How to encourage a healthy pH

- Try to eat 70-80% alkaline food such as wholegrain products, fresh vegetables and other plant food. Fresh fruit is alkaline, but turns acidic when made into juice or cooked. In particular the acidity level of courgettes, peppers, onions and aubergines increase when roasted. Milk and lean meat such as chicken, fish and turkey are only slightly acidic.
- Tomatoes and oranges are very acidic. Lemons and vinegar transform into alkaline in your body.
- Do deep breathing exercises and drink plenty of water.
- Try to eat only 20-30% acid forming food such as meat, sugar, eggs, cheese, yoghurt, butter, processed and refined food, yeast products, fermented food, grain, artificial sweeteners, fizzy drinks, coffee and

alcoholic drinks. (Ardent vegetarians may have an abnormally high pH and may need to eat some acidic food to bring their pH down to a normal healthy level).

- Raw foods are more alkaline, while cooked food is more acidic.
- Drink alkaline juices made up mostly of green vegetables and grasses. (Go easy on fruit juices as they contain large amounts of sugars). To get used to the more subtle sweeteners found in greens, you may want to add some beetroot and carrots. These vegetables are sweet because they have higher levels of sugars, so keep them to 20% or less of your juices. (Peppers are not so high in sugars, so you can use them freely).
- **Bicarbonate of Soda** (without aluminium) is very effective in regulating your pH. A year's supply will cost less than £1 from your local supermarket. If your pH is below 6.2 pH, take one level teaspoonful of Bicarbonate of Soda for two days, in a small cup of warm water, first thing in the morning, half an hour before any food.
- If your pH is between 5.5 and 6.1, take Bicarbonate of Soda for 7 days.
- If your pH is between 4.0 and 5.4, take Bicarbonate of Soda for 10 days.
- If your pH is very low, say below 4.0 take two heaped teaspoonfuls for 2 days and then one teaspoonful for 10 days.
- Later take one teaspoonful once a month, unless you were below 4.0 pH, then take twice a month.
- By taking Bicarbonate of Soda first thing in the morning, it passes through

your empty stomach quickly into your small intestines, where it is absorbed into your blood. Taking Bicarbonate of Soda half an hour before food, enables your stomach to become acidic again.

- If you are anxious or worried, one or two half teaspoonfuls a day can be very effective.
- To test if you need Bicarbonate of Soda, take 2-3 teaspoonfuls first thing in the morning in a small cup of water. If you belch within 5 minutes, you most likely have had enough and your pH should be OK.
- If you cannot tolerate Bicarbonate of Soda, wash an unwaxed lemon and place it in your deep freeze. Grate some of the frozen lemon onto your food twice a day. The rind contains the most Vitamin C. This helps your blood to become more alkaline, as lemons turns alkaline in your body.

Giving Vitamin C intravenously, has been a very successful cancer treatment on the continent of Europe. Lypo-Spheric is a new form of mega-dose Vitamin C which encapsulates a natural liposomal delivery system, which gets the Vitamin C directly into the blood, the same as intravenous infusion, and is claimed to be very powerful. Amazon supply it at a competitive price

Two cancer patients who had completely lost their appetite, got it back within 24 hours, by taking two large teaspoonful of Bicarbonate of Soda, first thing in the morning. One gained 1.5 kg the first week.

Why Geopathic Stress causes acidic blood

During sleep your brain does your body's "housekeeping", looking after your organs, creating new cells etc. Unfortunately, due to the brain having to struggle with Geopathic Stress, it decides to delay the proper operation of your digestion system, so you no longer absorb the correct amount of minerals,

vitamins and trace elements from your food thereby creating more acidic blood. Therefore ensure you sleep in a place free of Geopathic Stress.

How to measure your pH balance

You can measure the pH balance in your urine with pH litmus test strips.

These are not stocked by major chemists. There are various suppliers on the internet under litmus pH test strips.

For testing your urine, collect a sample in a container first thing in the morning. Tear off a test strip with dry fingers. Dip the test strip into the urine for 2 seconds. Pull it out and shake off surplus liquid. The test strip changes colour depending on the pH value on the moistened patch. Compare the colour with the colour scale.

A blood pH test is the most reliable, as taken from blood samples at your doctor's clinic or hospital after fasting overnight. However, they cannot be done on a daily basis as you might experiment with different diets and take, for example, Bicarbonate of Soda.

Bicarbonate of Soda

According to Dr Tullia Simoncini, the famous oncologist in Rome, Italy, Bicarbonate of Soda hits cancer cells with a shock wave of alkalinity, which allows more oxygen into the cells than cancer can tolerate. Cancer cells cannot survive in the presence of high levels of oxygen. Bicarbonate of Soda is effective in treating poisoning or overdoses from many chemicals and pharmaceutical drugs by negating the cardiotoxic and neurotoxic effect. The safe oral use of Bicarbonate of Soda should be taken very seriously no matter what other treatment is used. It also means that you do not have to alter your diet too drastically. Remember - 'you must feed your soul'. (See page 33)

Cancer

50% of people are likely to be diagnosed with cancer and 1 in 3 of all deaths in the UK is due to cancer. Macmillan Cancer Support estimates that about 170,000 people are still alive today after falling victim to cancer over 25 years ago. Unfortunately, more than 42,000 of these patients are suffering poor health or disability, mainly I find, because they are affected by THE BIG FOUR.

The average age at which people get cancer is 68. Younger people get more severe cancers. Over 2,000,000 people alive in the UK today have at one time in their life been diagnosed with cancer.

Many more people who are diagnosed with cancer, are now successfully treated by the medical profession. Unfortunately, cancer often returns, because the main cause of why the cancer came in the first place is still present, including THE BIG FOUR.

In every child cancer case that I have checked I found that the mother of the child slept in a GS place during pregnancy. Some doctors have confirmed this indirectly by calling it the 'first hit'.

In a recent case Sarah, a two year old, was diagnosed with leukaemia. Her mother had been sleeping in a very Geopathically Stressed bed when she was pregnant with Sarah. Her daughter is sleeping in a very Geopathically Stressed bed, is very high in micro parasites at 83% and most unusual at her age, is very low in Q10, due to her liver being well below par.

The wonderful thing about complementary remedies, is that you often get amazing results and even if they do not work, you seldom suffer any bad side-effects. The only warning is that some therapists may charge you a large fee, for little results.

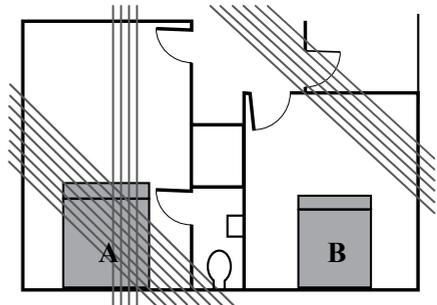
The irony is that many doctors say "do not try complementary remedies, they might do you harm". The latest estimate is that about 15,000 people a year in the UK survive cancer, but die of the often aggressive orthodox treatment.

Gradually, many doctors now realise that you get the best results treating cancer, by combining the best of orthodox and complementary cancer treatment.

Here is a typical case:

Malcolm J Ramsey, East Farleigh, Kent, was very grateful that the remedies and treatment I suggested, which he carried out himself, reduced the size of the very rare bone cancer in his lower right leg by some 80%. Instead of the initially recommended leg amputation above his knee, a small operation was carried out to remove the dead cancer cells. He also had secondary cancer in his lungs, which again reduced by a massive amount thereby enabling a small operation to remove the remaining cancer (copy of letter from Malcolm, sent free, on request). The letter is dated 31 July, 2007. Malcolm spoke to me recently and said that he felt fine and that a recent cancer check-up had shown that he was all clear.

This is the floor plan that I checked for Geopathic Stress lines when Malcolm first contacted me. He moved his bed from A to B.



The renowned cancer specialist, Dr Hans Nieper, wrote in his book *'Revolution in Technology, Medicine & Society'*, *'according to studies that I have initiated, at least 92% of all the cancer patients that I have examined have remained for long periods of time - especially in respect to their sleeping place - in Geopathic Stressed zones. This does not necessarily mean that the Geopathic zone produces cancer, but rather it is the ultimate push button that makes the thing happen'*. When President Ronald Reagan was diagnosed with cancer in the 1970's, Dr Nieper discovered that Reagan was sleeping in a very Geopathically Stressed place and ensured that his bed was moved into a GS free place in the White House. Dr Nieper also treated Reagan with hyperthermia, where cancer cells are exposed to a very high temperatures. The treatment, together with GS-free was so successful, that Reagan went on to live for another 15 years and did not die of cancer. As no orthodox medicine was involved, the press in the USA was never allowed to report the reason for the success.

Due to the shock of having been told that you have cancer, most people have forgotten what the doctor told you by the time you have come home. So my book *'CANCER the full menu'*, tells you what your doctor has told you and more, on any one of the 25 main types of cancer, plus children's and animal cancer, each in separate chapters.

This book has been written to inform you of the 'full menu' when you speak to your cancer specialist, to ensure the most suitable orthodox treatment is available to you. Also to let you know 'the full menu' regarding complementary remedies, to make sure your treatment is more successful and your cancer is less likely to return or to minimise the chances of you getting cancer in the first place.

This is a big A4 book, fully illustrated with details on symptoms, research, diagnosis, chemotherapy, radiotherapy, surgery, lasers,

nutrition, how your immune system works and powerful and successful complementary therapies. The book also includes advice on: What to take to hospital. How to deal with super bugs in hospital. About financial help during cancer treatment, insurance and vaccinations when travelling abroad and how to help friends with cancer etc.

You will be lucky to find all this information within hundreds of hours on the internet or in books, yet what you are interested in can be read very quickly.

The first chapter of this book, with a list of contents, can be read and downloaded free at: www.cancerthefullmenu.co.uk

Orthodox treatments simply addresses the symptoms. Most do not prevent you getting cancer again.

If orthodox treatment could always cure cancer, then there would be no need for complementary remedies; that is why about 50% of cancer patients turn to some form of complementary treatment.

Every 2 minutes someone is diagnosed with cancer in the UK, (over 320,000 per year). If cancer continues to increase at today's rate, it will soon be the main cause of death. More men than women will develop cancer at some point during their lifetime. Once diagnosed, cancer is fatal in 47% of young women and 37% of young men .

Many people are waiting three months and longer for vital tests for cancer and other illnesses. If you feel below par, ensure you deal with THE BIG FOUR while you are waiting for the tests.

Only your body can repair your weak immune system, which was the main cause of cancer in the first place. That is why you have to take charge of your own health.

The 2 members of my family who I have helped with THE BIG FOUR have had their cancer gone into remission for over 16 years.

Multiple Sclerosis (MS)

MS affects about 100,000 people in the UK and 2.5 million people around the world. Most cases of MS start between the age of 20 to 40 and it is most common in white (Caucasian) women.

The main cause of MS is due to the erosion of the fatty myelin sheath that protects and insulates nerve fibres of many of the nerves in the brain and the spinal cord. As a result, nerve messages become disrupted, leading to symptoms ranging from mild tingling to paralysis.

Most research into MS concentrates on drugs to reduce the effect of MS or cure it, but does not try to investigate the cause.

The two cases below, show the great improvement after sorting THE BIG FOUR out.

20 March, 2013
Wolverhampton

Dear Rolf Gordon,

I would like to start by saying thank you so much for enabling me to move forward in my journey towards health.

I have been suffering with crippling MS symptoms since September 2012. I have been bedridden for the majority of the time with severe weakness in my limbs, painful joints, balance problems, sight issues, very poor concentration and memory, extreme sensitivity to light, noise and movement, crawling skin and numbness, to name just some of the symptoms. On most days even reading, listening to the radio or watching TV was simply too much stimulation.

I was unable to spend time with my family, including my 3 year old daughter, unable to complete simple tasks and completely unable to work.

Since receiving advice and supplements from Dulwich Health, life has drastically improved. Using my MagneTech, taking supplements including AlliTech and changing sleeping arrangements, have massively improved my quality of life. I am now virtually symptom free and week on week feeling stronger and more able to achieve day to day tasks. The most exciting and enjoyable change is the ability to spend time with my three daughters, especially the 3 year old, previously her needs were simply too demanding for me. We can now play, go for short walks and I can concentrate enough to read her stories!

I am now gently building my strength and stamina and working towards returning to work within the next couple of months.

I cannot put into words how phenomenally grateful I am to have found an approach to health which has given me my life back, where the NHS had completely failed to recognise, understand or support me.

Yours gratefully, Naomi Waters

Notes by Rolf Gordon

Naomi was in tears when she showed that she no longer used a stick. Her husband is very happy, Naomi has got her libido back!

Mette Hanson, London, started to get severe MS attacks at regular intervals, after giving birth to Jesse. I was contacted

when Jesse was 10 weeks old. Mette had no feelings in her legs. I immediately sorted out THE BIG FOUR problems. From that day onwards, Mette had no more attacks and was no longer on steroids. Very soon afterwards, Mette could walk again indoors without support. Mette now drives her children to school.

Lupus

This wretched disease affects about 50,000 people in the UK. Unfortunately, for most, on a permanent basis.

Lupus causes joint pain, skin rashes and fatigue. It often involves hair loss, weight loss, problems with the kidneys and other organs.

We have successfully treated two women by solving THE BIG FOUR, plus recommending Vitamin D, as Lupus sufferers are sensitive to the sun.

Liz, who is 73 years old, had Lupus for over 4 years. She had a severe rash on her face, could not walk and had lost most of her hair. Now, she walks up to 4 miles most days. She no longer has a rash nor joint pains and her hair has grown back. Liz's liver and kidneys are now working normally again. Liz now manages a large furniture store.

Mary, in her forties, was diagnosed with Lupus 4½ years ago. She felt very fatigued, had a 'butterfly' rash across the bridge of her nose, joint pains all over and felt no better after long orthodox treatment. Mary no longer has problems with Lupus.

On her second check-up, over three months, Mary's blood again showed no Lupus and the Professor, who specialises in Lupus, discharged Mary and said that she now looked healthier than most doctors at the hospital. When Mary told the Professor about my help, the Professor's reply was 'No' Mary had 'grown out of Lupus'. ('Spontaneous healing' is the usual explanation given by doctors when my advice has helped).

We have now treating over 40 people with Lupus. Most are feeling much better and many have returned back to work.

Here is one new case.

Edith, who is 66, was diagnosed with Lupus 16 years ago. Her consultants agree that she probably had Lupus since childhood, when she was never quite well.

Edith had to plan ahead every activity, no matter how small and had to have a day's rest before and after every event. She often had to choose between cooking a meal or eating it. Edith was constantly tired, fatigued and in pain for no apparent reason.

I found that Edith had been Geopathically Stressed most of her life and was badly affected by all of THE BIG FOUR. After correcting this, plus taking homeopathic remedies, Edith reports these specific improvements:

- A considerable reduction in fatigue.
- A considerable increase in vitality, enthusiasm and the ability to maintain physical effort. As an example, she can now spend several hours in the kitchen doing different tasks (at the same time!) such as baking a cake and preparing one or more meals.
- Increased ability to walk further and for a longer period.
- Improved sleep pattern and a reduction in 'feeling tired' throughout the day. "I wake up bright as a button."
- A considerable reduction in joint and muscle pains throughout the body.

Edith: "I also noticed that I have better posture and feel stronger overall. Thank you Rolf for giving me back my life".

In many cases where people have initially been diagnosed with MS or Lupus, it has turned out to be Lyme disease, which AlliTech has been very successful in dealing with.

Lyme Disease (Borrelia)

This is the fastest growing epidemic in the world

Doctors estimate that there are 18 million cases in the USA. In Britain, official figures suggest that over 3,000 people are affected by Lyme disease each year and that about 15% - 20% of cases occur while people are abroad. However, many thousands more may have this disease, as they are misdiagnosed with MS, Lupus, fibromyalgia etc., which have similar symptoms, or doctors have not diagnosed Lyme disease in the first place.

Lyme disease nearly always begins with a bite from an infected tick. The insect is an arachnid and is found in woodland, heath or any area with deep or overgrown vegetation. The tick feeds on the blood of sheep, deer, mice and wildlife, such as foxes, badgers and hedgehogs. If a tick bites an animal that has the *Borrelia burgdorferi* bacteria, the tick becomes infected. The tick can then transfer the bacteria to a human by biting them and feeding on their blood. The tick injects an anaesthetic so that the bite cannot be felt, as well as injecting the *Borrelia burgdorferi* bacteria into the blood.

If you find a tick on your skin, remove it by gently gripping it as close to the skin, twisting the tick. This ensures the tick comes out whole and alive, preventing the head being left under the skin. Preferably using fine-toothed tweezers, pull steadily and twist away from the skin. Do not use a lit cigarette end, a match head or volatile oils to force the ticks out.

The most common symptom of early stage Lyme disease is a distinctive circular skin rash. In up to a third of people with Lyme disease, the rash may be the only symptom. It can sometimes take 3 to 30 days after being bitten before you get other symptoms, such as flu, tiredness, headaches, muscle or joint pain, fever or chills, sensitivity to light and pins and needles. If untreated, further symptoms may develop months or even years later, such as temporary paralysis of the facial muscles, impaired memory, difficulty concentrating and even meningitis.

The normal tests to check for Lyme disease are the two blood tests Elisa and Western Blot.

We have already successfully treated people, some of whom have had Lyme disease for many years. Please send details of people with Lyme disease who would like help, by post to Rolf Gordon.

Lyme disease is normally treated with antibiotics, but often these are not very effective and people have Lyme disease for years. AlliTech liquid nearly always helps where antibiotics have failed.

Angela W. in Wales, was bitten twice by ticks living on sheep and was violently ill from Lyme disease a few months afterwards. Treatment over a long period from her doctor did not help, but within about six weeks of taking AlliTech liquid daily, the parasites had gone and Angela no longer has Lyme disease.

Heather's pedigree horse, Cello, contracted Lyme disease. He had no energy, headaches which were noticeable because his head was so low and his eyes dull and half closed. His nose was secreting infected mucus, he was lying down a lot, plus his skin came up in large hives. The tick was high on the inside of his right hind leg and caused a nasty infected wound.

Diagnosis was confirmed by a blood test by the Vet, who prescribed antibiotics. Within 2 days of giving the antibiotics, as a result of the damage to his kidneys, he got toxic laminitis. He had to be take off all drugs and confined to box rest.

Cello was given 60 ml AlliTech Liquid twice a day for 14 days by a drenching syringe. After just a few days, Cello started to improve. Within 4 weeks he was fine and Heather started to ride him again within 6 weeks.

One in three dogs get Lyme disease, which can nearly always be eliminated by giving the dog the contents of one 450 mg AlliTech capsules on its food, for about a week.

Alzheimer's Disease (AD)

Alzheimer's Disease is the most common form of dementia. It affects about 800,000 people in the UK and is expected to increase to over one million within 20 years. AD is the fourth largest cause of premature death, after heart disease, cancer and traffic accidents. Most often AD is diagnosed in people over 65 years of age, although AD can occur much earlier. On average, the life expectancy following diagnosis, is seven years.

No medical drugs up to now have shown to delay the progression of AD very significantly.

I have found that most people with AD that I have checked, have been affected by most of THE BIG FOUR and all were high in micro parasites. Many doctors believe that AD sufferers are high in the herpes simplex viruses type 1, a type of micro parasite, which may be destroying some of the brain cells, including neurons.

As shown over many years, 100% stabilised AlliTech can destroy all types of micro parasites.

Unfortunately, I do not believe AD can be successfully treated, as the brain has been affected. So it is very much a case of

prevention is better than cure.

Carers of people with AD, who I have tried to help, often report that the person who suffers with AD 'is easier to live with', and their condition doesn't seem to be getting worse.

Problems with THE BIG FOUR in people with Alzheimer's that I have checked

| | Initial of persons | | | |
|-----------------------------------------------|--------------------|--------|--------|--------|
| | KT | FM | RS | MH |
| Geopathic Stress when in bed (should be 8 Hz) | 226 Hz | 221 Hz | 226 Hz | 220 Hz |
| Micro Parasites (should be nil) | 91% | 62% | 32% | 92% |
| Q10 (Should be 100%) | 67% | 61% | 85% | 65% |
| Acid-Alkaline Balance (should be 7.4 pH) | 3.4 pH | 3.2pH | 4.5 pH | 3.3 pH |

Dairy Products & Cancer

The incidence of breast cancer in China is 1 in 10,000 in women. In the West, it is as high as 1 in 8 women. Prostate cancer in men is even lower than 1 in 10,000 in men in China. In the West, it is about 1 in 7.

Why is there such a difference?

The Chinese do not eat or drink dairy products. As soon as people from China move to western countries and adopt western diets with a high dairy content, they suffer breast and prostate cancer in the same proportion as local people.

Due to the low price offered for milk by retailers, mainly supermarkets, farmers have been forced to give cows growth factors and hormones, so that the cows today produce up to three times more milk than a few years ago. We are told to drink milk so that we get enough calcium for our bones. Where do the cows mainly get their calcium from? - Grass! In other words, green vegetables give you more calcium than milk. Why not change over to making your own soya milk from organic soya beans, which cost a quarter of the cost of milk from the shops? Or drink rice milk. Details in my book 'CANCER the full menu'.

Professor Jane Plant, CBE, was diagnosed with breast cancer. She had the full orthodox treatment, but her tumours kept returning. The fifth time round, she again had similar cancerous lymph nodes in her neck, so her doctor only gave her a few months to live. In her extended research for a cure, Plant discovered that there was a connection between dairy products and cancer. She stopped taking dairy products immediately and her tumour shrank very quickly and was gone within 6 weeks. This is now over 20 years ago and Plant is busy writing and lecturing on nutritional intake to prevent cancer.

The countries with the highest percentage of breast cancer are Denmark and The Netherlands, where most cheese is eaten.

Milk is only for babies!

Extra Oxygen

When treating cancer and peptic ulcers.

By introducing extra oxygen into the bloodstream, **cancer cells** become three times more sensitive to treatment like radiotherapy. Research also suggests that it can improve the delivery of chemotherapy drugs to a tumour and increase the body's stem cells.

Peptic ulcers in the stomach and duodenum affects about 40% of people in the UK sometime in their life. In third world countries it affects about 70% of the population. See more details about peptic ulcers on NHS Choices and wikipedia websites.

In most cases *Helicobacter pylori* (*H.pylori*) colonizes in the internal mucus causing chronic inflammation which the body's immune system is unable to cope with and so creates an ulcer. The *H.pylori* is hidden in the body's tissues to start with, where it can be difficult to detect and treat. It has now been found that if the body has extra oxygen the *H.pylori* comes out of the body tissues and becomes visible, so it can be treated with antibiotics. Strong AlliTech or Oregano liquid has been shown to destroy the *H.pylori*, where antibiotics have failed over a long period.

In **OxyTech**, Ozone (O₃) and Oxygen (O₂) are bonded to magnesium. When the OxyTech capsules are ingested with water in the stomach, the bonding between the magnesium and the oxygen molecules is cleaved and the oxygen is absorbed by the blood, lymph and cellular fluids within 30 minutes.

Iodine

On checking one thousand USA doctors, it was found that all the doctors, who were below par, were short of iodine. Middle aged women very often become short of iodine, which is one of the causes of feeling fatigued. Some men can also be deficient in iodine.

Iodine is essential for the thyroid gland to function properly. The thyroid acts directly on almost all cells in your body, to control the rate at which they break down and build up chemical substances (metabolism).

Vegetarians are often short of iodine.

Seagreens® are particularly rich in iodine. Seagreens®, grown in the Arctic, is the only seaweed certified by the European Soil Association. It contains all the essential vitamins, minerals, trace elements and amino acid, in a natural form, often missing from modern food.

I recommend three Seagreens® capsules per day the first week. Then two capsules per day. You normally feel better within a month.

Another way of taking iodine is to buy iodine liquid. A few independent chemists may stock it. It can be bought on the internet, for example at www.the-natural-choice.co.uk and costs about £10 per bottle.

Use the iodine liquid as follows:

- A.** Put 2 to 3 drops on cotton wool and dab on soft parts of the body (eg. under feet or inside hands or thighs) before going to bed. If it has disappeared the next morning, you are short of iodine, so carry on.
- B.** Try 1 or 2 drops per day in a drink. This may not suit some people.
- C.** Put 10 drops together with two cups of sea salt in your bath water. Do not dry body afterwards, but put dressing gown on to give the salt and iodine a chance to be absorbed by your body.
- D.** Put iodine and salt into foot bath. The water will soon become clear, showing the iodine has been absorbed into your body. If you have difficulty in obtaining iodine, you

can get sea salt with iodine in it. Also your homeopath can incorporate iodine in the homeopathic remedy. Very often, if you dream a lot, you are short of iodine. (Put iodine on palms of hands before bedtime).

Using a MagneTech direct on your thyroid for two minutes per day, will balance it whether it is over - or under-active.

Breakfast

Why do most people with a busy lifestyle leave too little time for breakfast? It is the most important meal of the day. Apparently, just one person in two eats breakfast before they leave their home for work, while more than half of those who eat breakfast, do it while they are getting ready for work such as during dressing, in the bathroom or dealing with emails etc. If you eat under stress, you benefit far less from your food. However, it helps us sell more OxyTech, to solve people's digestive problems!

Tiny openings inside your mouth and under your tongue secrete saliva as soon as we start eating or thinking of food. We produce up to one litre of saliva a day, which is basically blood without the red cells and protects your mouth and food from many bacteria as soon as you start eating. This is the very first important step in digesting your food, so eat slowly.

A healthy breakfast helps you through the day and prevents you having a less than healthy mid-morning snack. People who miss breakfast don't make up for it nutritionally later in the day.

Set that alarm for 10 minutes earlier!

Iron

Anaemia is clinically diagnosed by checking haemoglobin levels in the blood. Iron is a vital part of haemoglobin. It transports oxygen and carbon dioxide to and from your cells and is an essential component of red blood cells.

Iron deficiency includes fatigue or listlessness, pale skin, sore tongue, pins and needles, loss of appetite and nausea.

If you are lacking in iron, water-soluble vitamin B12 will help your body absorb iron from your diet. B12 is also necessary for the production of red blood cells and to help the blood carry oxygen to convert the calories into energy. B12 also increases resistance to diseases by helping your immune system create T- and B- cells. Your liver contains large quantities of B12, so it may take some time before any shortage is noticed. This shortage is not due to insufficient intake through your diet, but because your body has difficulty absorbing B12. This could be due to damage to the lower small intestine, where the B12 is absorbed through the mucus membrane. This can also be caused by inflammation, major operations on the intestines or by certain drugs, including some chemotherapy drugs. Folic acid needs B12 to be absorbed. Strict vegetarians may also need to take B12, as this vitamin could be lacking in their diet.

Vitamin B12 is mainly found in liver and kidneys. Smaller amounts are found in milk, eggs, cheeses, turkey, chicken, oysters, sardines, tuna and shrimps.

Many people have trouble absorbing B12 from foods, but B12 in supplements is highly absorbable.

Lack of B12 can be due to alcohol, smoking and difficulty in absorbing vitamins.

Most good health shops stock B12 in capsules or liquid form. Take either 50 or 100 mcg B12 capsules per day.

If you have difficulty in absorbing B12 from supplements, you will need 10,000 mcg (μg) injected at regular intervals. Overdose not reported with oral dose.

AUTISM In all the cases where I have checked the mother of the person with Autism, she was sleeping in a Geopathically Stressed place during her pregnancy. The Autism disorder varies from mild to so severe, that the person may be unable to communicate and needs round the clock care. Autism affects over 600,000 people in the UK and costs £32 billion per year in the form of treatment, loss of earnings, care and support for children and adults with Autism. The average cost of supporting somebody who is Autistic during their lifetime, is about £1.5 million. In all cases when children are diagnosed with Autism, I have found that they are Geopathically Stressed.

Is it not about time that we take Geopathic Stress seriously?

When Matt was young, he was diagnosed with Autism and slept in a very Geopathically Stressed place. At 17 years old, he slept in a good place and is no longer autistic.

John was sleeping in a very GS place when he was autistic. When he was 4 years old, the family moved and John now sleeps in a good place free of GS and is no longer autistic.

Mark was sleeping in a very GS place when he was young and diagnosed with Autism. He now sleeps in a good place and is no longer autistic.

Vitamin D - The Sunshine Vitamin

Vitamin D is an essential nutrient almost wholly provided to the body by means of a chemical reaction that occurs when the sun's ultraviolet rays hit the skin. Some research indicates that 60% of people in the northern hemisphere are deficient of Vitamin D - 90% in the winter.

This is one of the main reasons we get more colds and flu during the winter.

It has been found that fewer people get cancer in the southern states of the USA than in the north, due to stronger sunshine. Also, lack of Vitamin D makes you more vulnerable to influenza. Latest research, by the University of California, claims Vitamin D prevents cancer because it holds layers of cells together, preventing their multiplication from getting out of control. One review by Am J. Public Health found that not getting enough Vitamin D, could be responsible for several thousands of premature deaths from cancer each year.

Not only does Vitamin D help boost your immune system, it also stops your body from overreacting when under attack. It does this by preventing the release of too many inflammatory cells, called cytokines and chemokines, into infected lung tissue, which can otherwise cause bacterial pneumonia.

We now mainly have indoor jobs and cover ourselves with clothes and sunscreen. Melanin is the pigment in your skin that gives you colour and it absorbs the UVB rays inhibiting vitamin D production. People with dark or black skin need intense sunlight to penetrate the skin in order to produce vitamin D - up to 10 times the amount of sun that light skinned people require. Sun tanned skin also blocks UVB rays from creating vitamin D.

Vitamin D helps your body absorb calcium

and phosphorus which are essential for bone and tooth growth. Lack of Vitamin D has also been linked to arthritis, asthma, diabetes, heart attacks, infertility, multiple sclerosis, osteomalacia and lack of mental agility.

Scientists agree that by far the best way to boost the Vitamin D nutrients is to expose your face and arms for 10 to 15 minutes to sunlight without sunscreen at the time when ultraviolet radiation is at its strongest, at noon and early afternoon, between April and October. This also builds up a reserve for the winter. I have not found one person who got skin cancer unless they were affected by THE BIG FOUR.

Vitamin D is also found in salmon, tuna and other oily fish, eggs and some breakfast cereals, but diet accounts for very little of the Vitamin D that makes its way into your bloodstream.

As we get older, we need more Vitamin D. Research by Dr Oscar France from Warwick Medical School, found that by studying 3,262 individuals, aged between 50 and 70 years, that 94% were low in Vitamin D.

I suggest you take at least 20-40 mcg (800-1600 iu) of Vitamin D a day during the winter. Vitamin D3 (cholecalciferol) is the most absorbed form of Vitamin D.

There would be no life on earth without the sun.

Water

It is most important that you drink enough water, as water stimulates the immune system, helps increase the body's white blood cells, flushes out accumulated toxins and enables your brain to function properly.

Our cells literally owe their lives to an adequate supply of water. It is debatable whether you must drink 8 glasses (2.5 litres/ 4 pints) per day because large quantities of water are contained in food. Most uncooked vegetables and fruit contain 90% water.

It helps to stagger your water intake throughout the day, rather than going for hours without anything and then drinking half a litre (about a pint). This can cause your kidneys to struggle and you may have to dash to the toilet.

If you have difficulty in swallowing water, try drinking through a straw.

Britain's leading nutritionist, Jane Clarke, claims you can count tea and coffee as part of your water intake. Previously it was thought they acted as diuretics, encouraging your body to get rid of fluid. So you can drink tea and coffee as part of your 2.5 litres. Strong alcohol is diuretic.

An indication of dehydration is if your urine is dark yellow and rank in smell. Due to shortage of water your body cuts back on water usage throughout its various systems. Note that extra Vitamin B intake can also darken urine.

If you have to go out soon after drinking water, eat a banana, which may prevent you having to get to a toilet urgently later.

Your body normally makes you feel thirsty long before your body desperately needs water.

If you do not drink enough, mainly water, before going to bed, the urine in your bladder can become very strong and will need to be expelled during the night. On the other hand, if your urine is weak because you have been drinking plenty of water before going to bed, often your bladder does not feel the need to empty during the night.

There is no need to waste hundreds of pounds a year on bottled water. 25% of all bottled water is filtered tap water. Bottled water is only tested once a year by the Food Standards Agency and there have been some drastic failures lately. On the other hand, the Drinking Water Inspectors test tap water on average 3 million times a year and no UK water company has failed to deliver water to the laid down standard. Tap water is alive, unlike dead bottled water.

Whether or not you use a carbon filter for drinking tap water is really a matter of personal preference. Chlorine in water can injure red blood cells and damage their ability to carry vital oxygen where it is needed. Putting in a tiny amount of Vitamin C powder can neutralise chlorine and will eliminate the taste and odour of the chlorine. A carbon filter is adequate for producing chlorine-free tap water. Chlorine evaporates quickly in the open, so after leaving your tap water for 20 minutes in a glass the chlorine will have evaporated.

Water from plastic bottles should be avoided as it can be contaminated with chemicals from the plastic or the chemicals they clean the bottles with before use. According to Dr. Hulda Clark, micro parasites feed on some of these chemicals. Water in glass bottles is fine; choose a 'natural mineral water' and ensure it does not contain artificial sweeteners.

Don't drink too much ice cold water; your body uses energy to heat this.

Ensure children drink four to six glasses of 'good' liquid a day.

Interesting note In the UK, £2 billion is spent on bottled water per year. The carbon footprint on one 500 ml plastic bottle of water is equal to 1,000 pints of tap water, due to the cost of energy to produce the water, in plastic for the bottle and total transport.

Checking For Food & Drink Allergies

Up to 30% of adults and 50% of children are affected by the foods we eat and the environment we live in.

Food allergies can be caused by the thousands of chemicals introduced into modern foods and drinks, prescription drugs and antibiotics taken directly or indirectly due to intensive farming, where we get small daily doses of antibiotics from meat, eggs, cheese and other dairy products.

Allergies can cause: fatigue, depression, anxiety, irritability, aggressive behaviour, nervousness, insomnia, asthma, aching joints, digestive problems, frequent infections, headaches and sinus problems. In children learning difficulties and or behavioural problems including being hyperactive. Main causes of migraines can be due to cheese, chocolate, red wine and lack of magnesium.

Check with one of the following tests:

- The muscle test (See page 32).
- Get a good dowser to check you out (it is often very difficult to check yourself).
- Go to a nutritional therapist or allergy expert who can check you out by Kinesiology or VegaTest to help devise a diet that cuts out all allergy provoking foods and introduces a suitable check list of foods and drinks that can trigger your food allergies such as:
 - Gluten (in barley, rye, wheat, oats etc)
 - Dairy foods, mainly cheeses, which contain the amino acid tyramine
 - Eggs
 - Corn
 - Peanuts
 - Fruits - apples, pears, kiwi, citrus etc.
 - Tomatoes
 - Mushrooms
 - Vegetables - brussels sprouts, carrots, peppers, cauliflower, various cabbages
 - Vegetable, olive or coconut oil is best for cooking.
 - Berries - strawberries etc.
 - Eggplant (also known as aubergine)
 - Potatoes, sweet potatoes.
 - Artificial sweeteners such as Aspartame

- Chocolate including drinks which contain the amino acid tyramine
- Red wine, which has a high concentration of sulphites. Also white wine, but organic may be OK.
- Caffeine drinks including coffee, tea and cola drinks
- Alcohol
- Junk food
- Chemicals added to food
- Food and drink with added sugar
- Fizzy drinks
- Gravy mixes
- Packaged or tinned food

Headaches can also be caused by Geopathic Stress, low blood sugar, oestrogen in oral contraceptives, hormone replacement therapy, Aspirin, Paracetamol etc. which can have a painful rebound effect when their intended effect wears off; being too low in salt and smoking. They can also be caused by stress on the eyes, too much reading or computer work or wearing incorrect glasses. Resting the eyes in the palms of the hands helps. See your doctor if you have medical conditions such as fever, high blood pressure, etc.

You will be surprised what you can be allergic to. Two women, who weighed about 22 stone and who had tried desperately to lose weight for a long time, found that they were allergic to carrots, which they were very fond of. Within one year of stopping eating carrots, their weight went down to 12 stone. Some people are even found to be allergic to white cabbage, but the biggest culprit is fizzy drinks. But we are all unique!

Exercise

If you are ill, it is very important that you exercise to increase your body's oxygen supply as you fight your illness. Exercise will also increase the flow of lymph through its channels, to improve your immune system by detoxifying and eliminating the toxins from your body. Your lymphatic system has no pump unlike your blood circulation system which has your heart.

One of the mistakes people who are ill make is to wait until they feel better to exercise. Even if you have pain and are undergoing cancer treatment, you have to somehow rise above it and force yourself to exercise. The only time you have to be careful with exercise, is when the cancer has spread to your bones as this can make you more susceptible to spontaneous fractures.

Ideally, you should build up to a brisk walk of 30 to 40 minutes, three to four times a week.

However the best way to exercise daily is on a rebounder in your own home. A rebounder is smaller and stiffer than a trampoline and increases your gravity by 25% both on the down and up movement. A rebounder is much more efficient and cheaper than a cycling, running or a rowing machine and you are less likely to get bored. I have tried them all, but for the last ten years have only been rebounding. Ensure you get a good quality rebounder which will give you the best exercise and last for years.

You can listen to music, the radio or watch TV while rebounding, so there is no excuse not to exercise. Rebounding at night may interfere with your sleep. A support bar can help if you have difficulty in standing, are elderly, handicapped or have impaired sight. If you cannot stand, sit on the rebounder while somebody creates a rebounding action behind you on the rebounder.

It is claimed that the number of white blood cells, which help fight cancer, can be doubled for one hour by rebounding for two minutes.

Exercising for ten minutes on a rebounder is the same as jogging and walking briskly for over half an hour.

It is claimed that about 40% of people who do a lot of jogging, get knee problems later in life.

Exercise will also build up your energy, stimulate your metabolism and reduce any pain.

NASA claims that rebounding is the most effective form of exercise yet devised by man.

Try To Think Outside The Box!

Gradually, many doctors and nurses now realise that orthodox and complementary remedies must work in tandem to obtain the best results. Yet why do most doctors still not believe in anything other than orthodox treatment? Let me give you a few examples:

Gall Bladder Stones

Hundreds of thousands of people have safely eliminated gall bladder stones in days, (all soft and many as large as nails) without pain, using a combination of apple juice, olive oil and lemon juice. The success rate is over 95%. Yet surgeons carry out hundreds of thousands of major painful operations a year to remove gall bladders or carry out keyhole surgery, which is not always successful. There is sometimes a lengthy recovery time and you cannot eat normally for a long time – if ever – afterwards. Often people have continuous pain, waiting over a year for an operation, which can cost over £5,000. So, if doctors do not believe in this simple remedy, which can relieve sufferers of so much discomfort quickly and save the nation millions each year, why should doctors believe in anything not orthodox? I have personal experience that the gall bladder flush works 100%. (Ask for free full details of the gall bladder flush).

Andy Warhol died due to a gall bladder operation.

MRSA

The bacteria Methicillin-Resistant Staphylococcus Aureus (MRSA) and several other strains of bacteria living in our gut, known as 'alert organisms'. In most cases, these bacteria cause no problem, but when they enter another body system such as the blood or urine, they may cause illness when colonised. People carrying the bacteria in their nose, throat and gut or on their skin, do not show symptoms. However, if the patient has a temperature and/or redness of a wound, this may indicate an infection. These bacteria are

resistant to most conventional antibiotics.

In a trial in 2008, carried out by Dr Ron Cutler at the University Hospital of East London, all 52 patients with MRSA, recovered fully by using AlliTech liquid and capsules. Many of the patients had wounds which had refused to heal for several years, despite prolonged treatment with antibiotics. Dr Ron Cutler confirmed that he had patients who were due to have surgery to remove MRSA infected tissues but, after using AlliTech, their wounds had healed.

The hospital would not tell other hospitals the good results, unless the manufacturer obtained a medical licence, which would cost about one million pounds, which they obviously refused! Since this trial, over 7000 people have died of MRSA!

Deborah had two weeping MRSA wounds on her back for 2 years, during which time she had many courses of antibiotics and creams, but the many biopsies came back positive for MRSA. She had the wound dressed every day.

Deborah decided to use AlliTech, but her consultant and some of the district nurses were not happy about the thought of her using AlliTech.

After just a few weeks of spraying AlliTech liquid and applying AlliTech gel directly on the wounds and taking AlliTech orally, Deborah's wound had healed. The hospital confirmed that her infection had cleared up and that she no longer needed to have a planned operation.

Leg Ulcers

Well over 100,000 people in the UK have almost permanent leg ulcers, when about

80% of leg ulcers, even open sores, can heal within one to two months by using a MagneTech for about 20 minutes daily directly, even outside any bandages. The MagneTech's healing includes increasing the blood flow. Also take AlliTech Liquid and applying AlliTech Gel directly helps.

Judy B, had leg ulcers for almost 20 years. She had seen many private specialists with no success. She used the MagneTech for 20 minutes, twice a day, and the leg healed up within three weeks.

After 21 years, the MagneTech is still the most powerful magnetic therapy apparatus on the market which can be used anywhere on the body for any health problems, with no side-effects reported after tens of thousands have been used by doctors, health practitioners and individuals all over the world. Unfortunately, we have been mainly unsuccessful in making people aware of the benefits of the MagneTech on leg ulcers, as we are competing against long term major advertising for various creams, antibiotics and bandages, which in many cases are not very successful in treating leg ulcers.

Cot Deaths

I found, many years ago, that every child who died of cot death, had its cot in a very GS place. This was confirmed by Dr Palle Gad and a team of researchers at Aarhus University in Denmark. I informed the two cot death societies over 20 years ago of my findings. They were not in the least bit interested. Since then, over 7,000 babies have died of cot death in the UK.

Scar Tissues & Magnetic Therapy

Some years ago I heard a lecture by a doctor at St. Thomas' Hospital, London, on how she had proved that scar tissue healed much quicker when applying magnetic therapy.

Many people have reported to us that wounds heal much faster after placing a

MagneTech directly on a wound or operation scar.

In view of this, we applied for and were promised a large grant from the EC to pay for the cost of one assistant to a Professor at a teaching hospital, to carry out one year's research to prove that the MagneTech heals surgery wounds more quickly (it would probably only have taken a month to prove). We contacted every teaching hospital in the UK, but nobody was interested in the research grant.

If a hospital stay could be reduced by a few days using the MagneTech on patients who have had surgery, the NHS would not only save £millions a year, but it would also free up a large number of hospital beds.

We also know that the MagneTech heals broken bones up to 40% faster, through hundreds of reported cases. So, here again, a lot of money could be saved by the NHS.

The MagneTech also heals inner scar tissues from surgery much more quickly, whereas otherwise it often can take up to two years to heal.

Identical Twins & Cancer

A large amount of research is being carried out to investigate the difference in genes in identical twins, to see why one gets cancer and the other does not. In the few cases that I have been involved with, it is always the twin who is Geopathically Stressed who gets cancer while the other does not, because he/she is not sleeping in a Geopathically Stressed place.

Going Away On Holiday Or Business

Why spoil a holiday or business trip when so little is needed to solve most minor common health problems?

Food poisoning When I was sailing through Egypt on the Nile some years ago, nearly all my fellow passengers on board got a tummy bug. I immediately took 10 OxyTech capsules and found that my digestive system was normal within one hour. The other passengers who got the tummy bug, had it for almost a week. So do not forget your OxyTech for any digestive problems including Delhi belly or traveller's tummy.

Microbes Remember to take AlliTech 450 mg capsules for any infection, including viruses, micro parasites, etc. including E-coli and salmonella. Use AlliTech Spray for sore throats and AlliTech Gel for wounds, cold sores, thrush and skin problems. AlliTech Liquid is many times stronger than the capsules, but needs to be kept in the refrigerator, so is best used at home.

However I suggest you take a 30 ml AlliTech Spray bottle with you in case you get a sore throat, (See page 9) or any skin problems

As mentioned on page 9, Alison dealt with E-coli, which she got on holiday, very quickly by taking AlliTech capsules.

MagneTech Before starting a 3,000 mile coach trip through mid USA, on the very evening before leaving, our driver sprained his ankle badly. I lent him my MagneTech to use that evening direct for two hours. His foot had improved almost 100% by the next morning.

You never know if you or somebody you meet may need the MagneTech for injuries, cuts, wounds, bruising, toothache, lung congestion, insect bites, burns, headaches, local pain or to revitalise organs and the immune system if ill.

The MagneTech's complete unit without the battery only weighs 0.8 kg and could prove to be the most important piece of luggage you have with you. (It must be packed in your main luggage which goes into the hold, not in your cabin bag, due to the strong magnets. Do not forget to take the correct plug with you. Pack the battery in your cabin bag and put it through the airport scanner separately.). Sometimes Customs Control, make a little fuss about the big battery. So you may decide not to take the battery with you.

G-Oyster to prevent jet lag and Geopathic Stress. When my sister-in-law flew to New Zealand, she suffered bad effects from jet lag for two weeks. Next time she flew to New Zealand, she took a G-Oyster with her and suffered no ill effects. Many other people have confirmed this when flying long distances, mainly eastwards.

Some people have not slept well in hotel rooms where the bed was found to be Geopathically Stressed, until they placed a G-Oyster next to their head. (You nearly always need a large RadiTech if you sleep in a G.S. place at home, for maximum benefit).

Placing a G-Oyster next to a pain on your body may reduce the pain.

So do not forget your OxyTech, AlliTech, MagneTech and G-Oyster when you are staying away from home.

Going Into Hospital

To ensure that you do not deteriorate when you have to stay in hospital, I recommend the following:

Q10, take at least 100 mg per day. Most people who are very ill are very short of Q10 unless they take it on a regular basis. Q10 will give nearly all your cells energy and is very good for the heart.

Take Q10 during any treatment as Q10 is an enzyme your body produces and needs enough of all the time.

Also take:

Vitamin D: Take two 20 mcg (1600iu) capsules per day. You do not get much sun in hospital.

Seageens; to give you all the minerals, vitamins and trace elements that hospital food is unlikely to provide. Take two capsules per day.

OxyTech; in case you get constipated or have a tummy bug.

AlliTech; 450 mg capsules, should you get a hospital acquired infection (HAI) including a super bug like E-coli or MRSA. Normally you can take up to 8 capsules per day. Small 30 ml spray bottle of AlliTech Liquid in case of sore throat or skin infection (see page 9)

MagneTech; It will help to heal surgical scars quickly and improve your health by using it daily. If you are too worried about bringing it yourself, get a friend to bring it daily and help you to use it.

Mobile phone; Cost of using a hospital phone can be very expensive. Also take a mobile phone picture of each doctor (ask first) who examines you in case you have to explain to others which doctor came to see you.

Antiseptic spray; like Oregano Germ-A-Clenz to use on your hands throughout the day including when visiting the toilet.

Also ask hospital staff to use it who come in contact with you, including doctors and any visitors. (Unless the hospital has antiseptic liquid containers)

Make use of a rota of friends; who can bring in soft drinks, fruit and your favourite food **every day**.

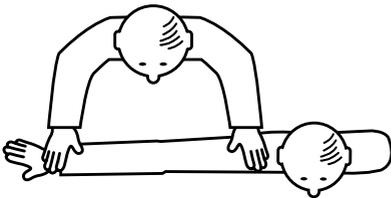
See 'CANCER the full menu' for full details.

Muscle Test

This is a versatile and accurate diagnostic technique which can be carried out by any two people, based on the theory ‘that your body does not lie’.

The Muscle Test can be used to check if:

- a specific treatment, medical drug, supplement etc. is of benefit or bad for you.
- you are allergic to certain foods, drinks or toxic substances.
- you have microbes including micro parasites, bacteria, viruses or fungus.
- Also used to check if a specific bed or place is affected by Geopathic Stress or any other environmental pollution.



Ask a willing friend (test partner) to hold out one arm at shoulder height, parallel to the ground (sitting or standing erect). Place one of your hands (palm down) on their wrist, with your other hand on their shoulder (you can be behind or in front of the person). Now ask your test partner to ‘resist’ with all his/her strength while you push down on their wrist quickly and firmly to assess how much pressure it takes to push the arm down. The idea is to push just hard enough to test the spring and bounce in the arm, not so hard that the muscle becomes fatigued. It is not a question of who is stronger, but of whether the muscle can lock the shoulder joint against the push. In most cases a test partner will resist the pressure and the arm will remain outstretched. You may like to test the other way round, so you can see what your arm feels like when you are being tested.

The Muscle Test is ideal for visually handicapped people.

The Muscle Test can also be carried out while you are both sitting down.

With experience, the Muscle Test can be done with your test partner’s elbow on a table and your hand only on their wrist.

Remember weak arm = bad

When testing, it might help to concentrate by writing the name of what you are testing on a separate piece of paper. Ask the person you are testing to hold the paper (or actual tablet etc.) in their free hand. Alternatively, both of you should just concentrate on the question.

If the treatment, supplement etc. is good, the arm being tested will stay strong. If you wish to know how many capsules of say Vitamin D to take, test until the arm goes strong again.

Don’t forget, that the answers may vary from day to day. One day tomatoes may test good for you, the next day bad. Don’t get fanatical and test everything you eat.

If you get upset digestion system check what you have eaten earlier on.

On testing a young child, your test partner should place their free hand on the child and let the child hold the names of tablets etc. or just think of the child.

If you find the Muscle Test is obviously giving the wrong answers, you and/or your test partner may have a complication called switching. Try holding an obvious toxin (eg. bleach); a ‘strong’ response to a toxin will indicate that you are switched. To unswitch, try a few short thumps with the palm of your hands, on your thymus which is on your chest, just below the collarbone. You

may even have to ask somebody else to do the test.

If you are on your own in a shop or pharmacy and would like to check if, say, a supplement is any good for you, try putting the tips of your thumb and first finger (or second finger) together. Put the first finger of your other hand through the 'O' you have created and pull. If the finger is not held back (don't pull too hard), you have got a negative answer. Some people find they blink if they get a negative answer.

Many people can check other people from a distance, by both you and your test partner thinking of the other person while testing. Don't forget, muscle testing for THE BIG FOUR including Geopathic Stress, could make a great difference to yours or somebody else's health.

TOP

The three main 'vitamins' you need when you are eating:

T is for time. Give yourself time to eat. Keep your food in your mouth as long as possible before swallowing, as your saliva is a major part of the digestive system.

If you eat under stress, your stomach can close down for up to two hours, so you do not benefit from your food.

O is for oxygen. Eat slowly so you can breathe more during eating and more oxygen enters your stomach, making calories burn better and thereby your body gets the maximum benefit from your food. If you do not burn calories properly, they will be stored as fat in your body.

If you eat too quickly and wish to burn calories more efficiently, take one OxyTech capsule with your main meal. This will give you plenty of extra oxygen.

P is for pleasure. Take pleasure in everything you eat, then your stomach will digest it better, even if you are eating something you know is a little bit 'naughty!' If you are on a diet, have that cream cake or what you long for, now and again. Then you are much more likely to keep to a strict diet.

You must feed your soul.

It is not what you eat; it is mainly how you eat it.

Distance Dowsing

Many people are, quite rightly, baffled when you tell them that you can check them and their homes by distance dowsing. I do not believe that an exact explanation can ever be given. Some think you connect into universal knowledge; for me it works with an accuracy of over 95%, proven by my check on tens of thousands of people and buildings.

Normally, you should not dowse more than two stressed buildings a week, on site, to prevent it harming you. However by dowsing from a distance, you can check many buildings and people a week, without any harm to yourself and with an enormous saving in time. You should have two rules:

- 1.** Do not try to diagnose if people have specific illnesses such as cancer, AIDS, MS etc. Instead, check out the vitality of their organs and the presence of any specific microbes, including micro parasites. Check the lack of any minerals, vitamins, trace elements and in particular Q10, all of which doctors do not normally check for. Also the vital check for their acid alkaline balance (pH) and for any specific allergies. Finally, check on any specific remedies to see if they are suitable.

- 2.** Do not try and dowse into the future. You will not get rich betting by dowsing.

The accuracy of distance dowsing has been proved to me in a number of ways during my many years of distance dowsing:

Whenever people have moved their sleeping place out of Geopathic Stress, they nearly always report back that they slept better than they had done so for a long time. On my advice a grandmother moved her granddaughter's cot across the room. Instead of the baby waking up sweating, crying and laying up against the edge of the cot at 3 am., she slept in the middle of the cot and awoke, relaxed and smiling, at 7 am.

I found a woman with a cancer tumour on her brain was sleeping with two Geopathic Stress lines crossing her head. She always

had headaches in bed. On the very first night that she slept in a stress-free bed, she slept well and without headaches.

"Thank you for the Geopathic Stress dowsing from our house plan. I checked it with Kinesiology and it was spot on." Sally Pain.

"The remedy, which you recommended, after checking me from a distance, has eradicated my Lyme disease, after antibiotics had failed over several years." Angela Williams.

"My long term, very bad digestion problems and tiredness have now been solved, after you checked me out and advised me what to do." Pam King.

"Thank you, Rolf, for locating where to drill for soft water. The water is from my own stream and has made the milk from my cows taste better. I have saved £6000 per year by not using Severn Trent's water and electricity on cooling the milk - and the dowsing was free." Perry Beard.

A South African doctor rang to ask me to check out a doctor friend in Australia (no name given). During the next five minutes, I confirmed his health problems which had taken his colleagues years to find out.

Gordon Ditchfield, who has 100 dairy cows, contacted me because his cows' milk showed that some of the cows had Bovine Viral Diarrhoeas (BVD) and it would have been very expensive for a vet to test all the cows for. Gordon gave me the numbers of all the cows and by, distance dowsing, I found that No.272 was badly affected by BVD and No.141 less affected.

The vet confirmed this. Both the cows were treated with AlliTech liquid for about a week, which killed the micro parasites successfully. As the cell count in the milk has become normal, Gordon now receives a bonus of several thousands of pounds per month.

I have come across several doctors who can distance dowse and are very successful in diagnosing people's illnesses and, therefore, recommend the best treatment needed. They do not always admit that they can distance dowse to their colleagues!

Distance dowsing has enabled me to help thousands of cancer patients over the last 24 years.

At a workshop I gave, nearly all 15 participants could dowse from a distance within a short time. Thousands are now dowsing accurately from a distance using my simple method.

I use a pendulum for dowsing, but many people can dowse successfully with the muscle test.

Dowsing from a distance is fully explained in my book 'Are You Sleeping In A Safe Place?'

Anybody who doubts that I can dowse from a distance, only has to contact me and I will check you free and you can double check any health problems that I may find with your doctor or health practitioner. Please only communicate by letter.

Septicaemia (Sepsis)

Causes more than 100,000 people to be admitted to hospital every year in the UK. Around 37,000 die because it is mainly caused by a virus, which antibiotics have difficulty dealing with. Sepsis causes the body's immune system to go into overdrive, setting off a series of reactions including widespread inflammation, swelling and blood clotting. This can lead to a significant decrease in blood pressure, which can mean that the blood supply is reduced to vital organs such as the brain, heart and kidneys. If not treated quickly, Sepsis can eventually lead to multiple organ failure and death. Apart from antibiotics, it is highly recommended that high doses of AlliTech are taken immediately to deal with the virus. (Take 15 ml AlliTech Liquid twice a day for 25 days - Total 750 ml). Septicaemia is also called blood poisoning.

Some of the main warning signs of Sepsis:

- Slurred speech, which is triggered by lack of blood supply to the brain.
- Mottled or discoloured skin any where on the body.
- Extremely painful muscles, due to lack of oxygen.
- Passing no urine (in one day), as the kidneys stop working properly.
- Severe breathlessness. The body senses that there is not enough oxygen getting to the brain, so it increases the 'drive' to breathe to increase it.
- Chronic tiredness and swelling of the affected area.

Summary

Do not wait until the medical profession accepts that THE BIG FOUR are some of the main causes of serious illnesses. None of THE BIG FOUR has been disputed by doctors, all are common sense, so act now for your own health's sake.

50% of you may get cancer and one in three people will die of cancer, despite present modern orthodox treatments. Even after investing 10 times as much now on cancer research and treatment (about £400 billion worldwide per year) as 20 years ago, the death rate from cancer has doubled (in the USA from 300,000 to 600,000 per year).

During the same period, Geopathic Stress has become about three times stronger.

Will it take another 85 years for the medical profession to realise that Geopathic Stress is detrimental to health and will cause the premature death of millions of people in the meantime?

THE BIG FOUR must be dealt with quickly if you are very ill to ensure any treatment you may be getting will be more effective.

It is a mistake to think that the sun is the only cause of skin cancer (malignant melanoma) and smoking the only cause of lung cancer. Neither would have developed without THE BIG FOUR also having an effect. I have discovered this in all the skin and lung cancer cases that I have been involved with.

If you cannot get a health practitioner to check if you are affected by any of THE BIG FOUR, check yourself, by using the muscle test with a friend (see page 32).

MagneTech Tens of thousands of people have their feet or legs amputated due to diabetes, gangrene and other causes due to poor circulation. The MagneTech has saved many people from having amputations by increasing the blood circulation.

How to take care of **THE BIG FOUR**.

Geopathic Stress (See page 5) Its harmful effect has been known by many doctors

for 85 years and when dealt with can, nearly always achieve remarkably good results very quickly. If you cannot check for Geopathic Stress and think that you are sleeping or sitting in a Geopathic Stress place, just try and sleep and sit in a different place and see if you feel better. I have never found anybody over 95 years old with GS.

Micro Parasites By taking one or two AlliTech capsules per day, you lower the risk of getting the common cold and influenza. Take large quantities if you do become ill. The AlliTech liquid is many times stronger than the capsules.

Remember, I have found micro parasites in most cases of cancer, MS, Lupus, sepsis and in Lyme, Parkinson's and Alzheimer's diseases.

AlliTech has shown, over many years in most cases, to be able to kill micro parasites where antibiotics have failed. AlliTech is also a very good immune booster particularly during and after strong orthodox treatment.

Q10 is the sparking plug for every cell in your body. As you get older, your liver often produces less Q10, so to be on the safe side, take 30 to 60 mg Q10 capsules per day from 40 years of age onwards and 100 mg per day, after 60 years of age. I believe that Q10 is the most important supplement to take as I have not found anyone severely ill who was not low in Q10. Extra Q10 will nearly always give you more energy.

Acid Alkaline Balance (pH) It is so important to keep your blood slightly alkaline. Check yourself with pH litmus strips and take Bicarbonate of Soda if you are low.

Start taking care of yourself now

To any doctor.

If you are in any doubt that I can dowse from a distance, I suggest that you give the first names of two people you know who are quite ill. Mix their two names with a list of eight other people who are quite healthy. They do not all have to be adults, but must be real people. I will dowse and tell you which two are the ill people and which of THE BIG FOUR they are suffering from. The chance that I get the names of the two ill people right by guessing, would be 1 in 45. In the case of the 100 dairy cows, (page 31), the chances of me guessing the two cows with BVD, would have been 1 in over 4,950.

Please only communicate by letter.

