

Your health is only as good as your advisors. Find and choose them carefully. See below.

I'm not a doctor, so I don't prescribe, but do suggest some things that I and others have learned to avoid or benefit from, and at 85 years of age recommend treatments found to be the best, but these do vary between people. I've been to many doctors, most of whom, make notes of what I say.

I suffered gluten symptoms since about 1995, without any of a dozen doctors and several health specialists identifying it, which I did myself after reading a newspaper article headed Celiac Disease in about 2005. I had never heard of it and after reading it, said to Auriel, "This is my problem". I then Googled and studied it and gluten. Using Toxin testing, I've found in a minute each time that 25% of people who came here were allergic to gluten. Read 'Toxin Testing' and 'Gluten Intolerance'.

I've studied health more since then, because of suffering from gluten that none I had asked knew anything about it. I had gone to many doctors and health specialists for diarrhoea and being unwell, without success, so researched health and have helped many people very successfully. More now know about it, although at the Hamilton Celiac show in 2014, many on stands didn't know as much as they should have.

A third of my farmer clients have health problems. Many farmers have thanked me for improving their animals' health and asked if I could improve theirs as much, so 70 chapters on human health have been researched and written. As with most chapters, they specialise in 'prevention' from experience and research, not much 'treatment' and there is no advertising making money out of selling treatments.

Some doctors and specialists have been so impressed that they have written down some of the solutions and preventions that I've mentioned to them, such as eliminating acid refluxes with the correct food at appropriate times, after having tried all the known medical preventers prescribed by seven doctors and several specialists, none of whose prescriptions helped me for long. My natural prevention works almost without fail, provided I follow the routine. Read Acid Refluxes.

I suffered boils for thirty years after my first amalgam filling, but didn't make the association, until seeing three TV documentaries which proved it. Eating chocolate or cocoa brought on my boils and pimples. Doctors and health specialists didn't know the cause. Two dentists disagreed with the documentaries so would not change my mercury fillings to "white" mercury-free ones. A third dentist, who was a good friend, agreed to remove them, provided I didn't tell anyone his name. At the time, USA dentists who agreed to remove amalgam lost their licences. After nearly a dozen appointments and removal costs of \$8,000 (costs more today), my fillings were all changed. Five months later, I found that eating chocolates no longer caused boils. Had I used a Japanese tooth brush, and Dr David Blom (see below), I reckon I would've had only half as many fillings. See page 3. I suffered symptoms of gluten intolerance from about the age of 50 (Read Human Health > Gluten Intolerance), later discovering I didn't receive colostrum (mother's first milk) because my mother was very unwell when I was born. I might also have been fed wheat too soon. It is a main cause of gluten poisoning.

Without the knowledge and help of the specialists listed below, I would be unwell. Instead, at 85, I feel better than I did at 50 - except when suffering shingles and after an eight day, double twisted intestine removal.

### **You can't be healthy if you are-**

- Eating sea products, like deep sea fish that are high in mercury, instead of younger shallow fish like Sardines and Krill that are free of heavy metals.
- Eating non-organic vegetables and fruits fertilised with acid Superphosphate made from cheap polluted phosphate and other acid fertilisers and are toxin sprayed. Toxin test everything you eat. See Human Health > Toxin Testing.
- Allergic to wheat and/or gluten. My Toxin testing shows that a quarter of New Zealanders are gluten intolerant. In Japan doctors are trained in Toxin testing before they can get their

doctor's certificate. In USA and NZ it's use is banned by the medical fraternity.

- Eating soy that has not been fermented. I won't eat any soy, nor should pregnant women, or anyone.
- Eat anything sprayed with Roundup before growing or before harvesting to dessicate it. This includes wheat, sugar cane, sugar beet, etc.

All our 14 home grown vegetables and most bought organic vegetables test very low to zero in toxins.

Most supermarket bought fruit and vegetables have too much mercury and other heavy metals, mostly because acid superphosphate is so widely used, with not enough agricultural lime and its synergisms (Read Calcium in Minerals in Soils, Plants) to make the soils neutral. The acid treated superphosphates are made from the cheapest phosphates available containing Cd, Hg, Mn, Pb and F, at about a fifth the price of better phosphates. All superphosphates make soils acid which makes heavy metals more available, and good minerals less available.

Natural alkali fertilisers based on agricultural lime and its synergisms as in LimePlus, and the best reactive phosphates, sweeten soils and make heavy metals unavailable and good elements (Mg, P, Co, Se, Zn, I.) more available.

Read all labels and even if you are not gluten intolerant, remember that too much wheat in its many forms is fattening and toxic, because most is sprayed with glyphosate to dry it for earlier and easier harvesting. Some now call wheat poison because most is sprayed with Roundup. Google for 'Wheat poison' and you'll be amazed how Roundup is getting into wheat, sugar and other foods. See Gluten, Sugar and Roundup to get the whole picture.

Avoid exposure to electro magnetic fields (EMFs) which affect the body and brain and can accentuate almost any sickness - certainly Alzheimers's and Parkinson's. Read the chapters on them.

Don't eat any toxic sprayed fruits and vegetables.

Eat more raw organic greens (Green Smoothies are excellent) as are organic fruits and variety.

Drink enough clean, pure water. Our Hamilton tap water is down to as low as 5 on Chris Rhodes's compatibility scale of 1 (poison) to 100 (perfect). The same water improves to 30 after home filtering and to 50 after boiling, which kills bugs, and to perfect after E-Spring water filter from Amway, Margaret Kirk BMS, ACIS. 502 Cambridge Road, Te Awamutu, 3800. Ph 07 870 2102.

We have measured many and the only good one is NZNatural water from Kaiapoi, Canterbury, which is 90 compatible, 0 Hg, 0 Cd, 0 Mn, 0 aluminium and 0 lead, and contains beneficial minerals naturally. Read Water.

Lake Taupo has a thousand septic tanks around it, which Waikato Regional Council figures show is bad.

The water at Blue Springs near Putaruru comes underground from Lake Taupo and has bad analyses figures, so I would not drink it. It is bottled by many companies.

### **Finding information**

No one person knows everything and it's impossible to do so, but it is important to know where to find information, which can be in this eBook, or from my specialists listed below, good health books and from Googling the non-commercial sites.

Specialists who have helped our family and friends are listed below. Visits to several can be necessary after doctors have failed to help you. Don't expect a doctor or specialist to identify and fix you straight away; it may take hours of diagnosing as they look for causes, do tests, and suggest preventions as well as treatments. If the causes are not prevented, treatment is futile.

As you age, your absorption efficiency of good elements from food decreases, and some toxic elements increase without the body excreting them fast enough, so more supplements may be needed to aid digestion. Medical doctors are not trained in this as much as they are trained in treatments.

The hourly rate of a specialist, at say \$160 an hour, is roughly the same as doctors who

charge about \$40 for 15 minutes. Remember, both have costs of premises and staff to pay.

On your first visit, take your blood and other test results, also written details about your problems since they began. List what medicines and supplements you are taking, both past and present, and your known allergies.

Please note that none of the specialists below paid for their listing I wrote (or rewarded me, or will in any way). They are included (alphabetically) because I've benefitted from their expertise.

The following are not advertisements. I wrote them and was not paid for them.

I hope you don't ever need any of them.

## **Health Specialists**

### **Acupuncturists**

**Grant Pearce**, 8 Campbell St, Frankton, Hamilton. Ph 07-847-8898. [gpearce@clear.net.nz](mailto:gpearce@clear.net.nz)

He cured all three shoulder strains and back Toxins that were damaged 2.5 months before, from too much digging to grow and then harvest potatoes, etc. None of six others (doctors, physios, a chiropractor, or 3 other health specialists) helped the painful Toxins. Dr Bill Reeder tried and then recommended Grant Pearce, who fixed them within days. Credit goes to Dr Reeder.

### **Canterbury Acupuncturist**

Grant said that he had not seen her for treatment, but she has a good reputation and is a serious acupuncturist. She is Tracey Bourner, Jade Mountain Acupuncture, 35 Clarendon Terrace, Woolston, Christchurch.

### **Bio-Medicines**

**Dr Charl Marais**, 2 Dorchester Road, Norton, Hamilton. Ph 07-850-5525. Fax 07-850-5526

[charl@biomedicines.co.nz](mailto:charl@biomedicines.co.nz)

Charl stocks Heel Natural Medicines - a massive health and natural medicines company in Germany where more natural treatments are used than medical ones.

He has the best cure for vertigo and motion sickness (car and boat) that I know of, called Vertigoheel. Vertigo in some people is caused by gluten.

Heel drainage systems work. There are many drainage products on the market, one requiring 18 tablets to be taken daily for weeks, which didn't work for me.

Chris Rhodes removes toxins simply, cheaply and effectively. See page 7.

He lowered my heavy metals and checked urine before and after to prove it. Heavy metals later returned, so he checked the supplements I was taking and some contained heavy metals. Read Elements > Mercury and Cadmium. A quarter had toxic elements. Some were from large supposedly reputable companies, whose recommendations have since been deleted from this eBook.

Charl detected that Indian made Van Heusen underpants had cadmium in the rubber bands, which caused my waist pain that has taken years of treatment from two doctors to reduce and after three years, had still not completely healed. Googling for "Van Heusen itch" showed that other people had the same problem of bad health and rashes from cadmium and formaldehyde in Van Heusen clothing. Read Clothing.

Some shirt and vest manufacturers use cadmium to stiffen collars, so Toxin Test them and all elastic areas and if anywhere develops an itch.

### **Dentists**

Hamilton Dentists, Rototuna, Hamilton. Ph 07-854-8905. Dr David Blom and Bashar Humadi. [www.thehamiltontdentist.co.nz](http://www.thehamiltontdentist.co.nz)

My previous dentist couldn't remove a damaged molar even after trying hard for 20 minutes. Dave said he would have it out in two minutes which he did by firstly splitting it in two, because molars have two roots going left and right, like an anchor. They use a laser where

possible, but can't if there are mercury and metal filled amalgam fillings. They specialise in comfort and gentleness using the latest equipment. Dave has not used amalgam since 1997, because of mercury's many bad side-effects such as boils, pimples, stiff joints, crook backs, etc. Read Mercury in Human Health.

Open Monday to Friday 8am to 6pm. Saturday 9am to 1pm Appointment Only. Other times by appointment.

Dentists should sell Japanese Dental Pro Soft tooth brushes shown here that are excellent and get teeth cleaner than any others I've used. Some of the bristles are pointed so go into the gaps and clean them without having to use other items such as floss. Being very soft, they don't brush the teeth enamel off the flat surfaces. If I had used Dental Pro Japanese tooth brushes all my life I reckon that I would have less than half as many fillings. They leave the teeth and mouth feeling cleaner. Many friends and all our family now use them. Mine, shown here, is two years old and still like new and is cleaning better than any other kinds available in New Zealand.



Don't press firmly. Gentle use allows the bristles to go deeply into the gaps without bending the bristles over, and wearing the enamel off teeth like typical hard New Zealand brushes do.

### **Dermatologist - skins**

**Dr Anthony Yong**, MBChB, FRACP, CCST (Dermatology, UK.) 33 Tawa St, off Kahikatea Drive, Hamilton. Ph 843-0017.

I was referred to him by my doctor because of a damaged thumb nail with a fungal infection and other skin problems. He stopped me covering the nail with a bandage and it immediately dried up, and got better. It was necessary to take a fungus preventer until the nail was better which took months.

His knowledge about improving skins was amazing. He suggested avoiding soaps and using Ego QV liquid washes. My 84 year old skin was dry.

Ego QV ones are not soaps, are toxin-free and available from chemists without prescriptions, and recommended by dermatologists.

Ego QV **Flare Up Wash** is for showering and bathing.

Ego QV **Bath Oil** is a soothing moisturiser for the prevention and treatment of dry skin, scaly skin, winter itch, ichthyosis and other genetic thickened, scaly or flaky skin disorders. It leaves a covering on the skin even after rinsing.

Ego QV **Skin Lotion** for tender areas and/or affected by eczema, dermatitis, psoriasis, etc.

### **Doctors**

My excellent doctor at Five Cross Roads Medical Centre in Hamilton East is not named because he is fully committed, so for a decade has not taken on more patients, but has several male and female doctors who do. Auriel goes to one.

### **Electromagnetic Fields (EMF)**

**Maximum Wellbeing Clinic, Naturopath.** 93 Fourteenth Ave, Tauranga South, 3112. Phone 07-571 1141. 027-476-8518. Box 15542, Tauranga 3144

Gary Beck, Naturopath/Healer and Andy Pentecost, Transformational Life Coach/Author/Animal Communicator and [www.maximumwellbeing.com](http://www.maximumwellbeing.com) [info@maximumwellbeing.com](mailto:info@maximumwellbeing.com)

If there is a delay between getting into bed and falling asleep, take really deep breaths and breath out slowly, thinking to yourself and repeating, sleeeeeep and reeelaax. By the fourth one you should yawn naturally and fall asleep soon after. This doesn't work if not tired, are stressed, cold, hot, etc.

Unless late (after midnight) and really tired, I would take an hour to get to sleep and would wake up frequently and take up to an hour to go to sleep again. Ricky Gorringe recommended Gary Beck. We then moved the TV, Bose radio and electric clock from the end of our bed to the far wall, removed the reading lights and switches which were close to our heads and fitted

pull cord halogen reading lights in the ceiling. The very first night after the change I slept right through. Auriel also slept better.

In our officie we moved the transformers, chargers and router to more than a metre away from us.

Some time later we felt that there was still something in the house affecting us, so we turned off the Wi-Fi on our three computers, switched off all the cordless phones and felt better and slept even better. We changed to all corded phones, and moved the transformers in my office to more than a metre away. Decades ago I got toothache in the front of my mouth. The dentist found no problem. I changed the old DOS computer and monitor for an iMac and the tooth ache disappeared. Young people seldom notice these bad effects.

Our freezer and extra fridge were against the wall in the garage, only a bit over a metre from where I sat in my office. We moved them to the family room which reduced the radiation affecting me.

EMFs are doing much more damage to people than realised. In USA brain tumours have increased by 40% over the last 20 years, which is the period in which the use of cell phones and other EMF making products have increased. It is likely that Smart Meters will increase the problem. We and others have refused their installation, but neighbours not, and power suppliers offer incentives.

Cell phones should all have a Loudspeaker and the owners should use the Loudspeaker to keep the cell phone more than a metre way from their heads. Very few do.

We have both participated in training events for a new modality (new for us) known as Healing Touch. It is a hands-on bio-field healing therapy that complements traditional medical care and other approaches to health and healing. It uses simple techniques with gentle, non-invasive touch to clear, balance, restore and support the human energy system. It also supports and stimulates the self healing processes of the body, emotions, mind and spirit. The energy is vital life force, available to everyone, flowing through the hands of the healer to the person in need.

An exciting thing about this form of therapy is that it has some great science behind it, was developed by a couple of Nurses in the USA and is accepted as a part of Health Insurance in the US as well as used (and accepted) in Hospitals!

Following a Healing Touch treatment, people frequently comment that they feel relaxed and calm, have decreased pain and freer movement. It can be used for people of all ages and stages of health.

Some of the benefits of Healing Touch are:

- Relaxation
- Reduction of chronic and acute pain
- Reduction of anxiety, stress and depression
- Faster recovery of wounds and fractures
- Strengthening of the immune system
- Relief of symptoms associated with medical treatments and procedures
- Relief of side effects from chemotherapy
- Anaesthesia recovery
- Pre and post surgery
- Support for the dying
- Other conditions of mind, body or spirit
- Animals and plants also benefit.

### **Health Clinics**

**Dr Bill Reeder**, 458 Airport Rd, RD 3, Hamilton 3282 021-935-599 at Narrows, 2nd house on left, west of the bridge. Ph 07-856-8568 wjr@wave.co.nz He has a very good web site at [www.medcom.co.nz](http://www.medcom.co.nz) He diagnosed shingles after two before him didn't. My doctor was overseas. He injects vitamin C into veins for shingles. He diagnosed and fixed sciatica in my leg and my sore neck in minutes after many others couldn't. He showed me on a skeleton in his office the problem area and what he would do. A few minutes on his bed fixed both.

He diagnosed and fixed my shoulder pain which he said was from reaching from the front

seat to the back seat for something, which I had done. He helped a friend's daughter, after others couldn't. In March 2013, after a ten minute discussion about all sorts of things, he diagnosed NO memory problems worse than other 85 year olds, and prescribed a general health check of osteo and bone densities, which revealed that my bones were almost as good as a test 6 years before. He is very professional and honest. He referred me to acupuncturist Grant Pearce (see above), for my stretched shoulder and back muscles which he could not fix, but Grant did.

**Hearing aids are wonderful if the best, and setup correctly, otherwise they can be infuriating.**

Bloom Hearing Specialists Thackeray St and in other cities. [www.bloomhearing.co.nz](http://www.bloomhearing.co.nz)

Sandi Horsburgh with 18 years experience, now as an owner operator, is at The Ear Room, Shop 4, Herbert Road, off Comries Road, Queenwood Village, between River Road and Chartwell, Hamilton. 07-855-8878.

Sandi sold me Siemens hearing aids for \$5,552 the pair in June 2006 and they are still excellent. She was the best by far at Bay Audiology and left because they insisted she sell \$11,000 aids.

In December 2015 a Bay Audio staff member was dishonest and lied to me to try to sell \$11,000 aids by saying that Siemens had gone bankrupt and closed, so didn't have adjusting equipment, therefore could not adjust mine now, so sold me \$11,000 aids which were not as good as my nine year old Siemens, so I returned them the next morning, but they would not refund me their \$300 fee.

I then saw Sandi's advertisement. She provides free evaluations, demonstrations and free home visits.

I'm still using the Siemens bought in June 2006. They have 5 channels, including a Loop system, and 5 volumes and were still working very well in December 2016. Some \$11,000 ones don't even have a volume control nor a Loop system setting.

I hold my finger tightly over my ear hole while showering my head.

**Dr Tessa Jones** a brilliant, psychologist, health and hormone specialist and doctor/owner of Karanga Health, 116 Owen St, Wellington 2021. Ph 04-389-0800. She also has an office in Auckland and Nelson. Email at [admin@karangahealth.co.nz](mailto:admin@karangahealth.co.nz)

She was able to discover things that worried me and showed me how to not worry and to fall asleep quickly. Her blood analyses, followed by prescriptions, improved my hormone levels, which are important when one gets older. After four days, I felt much younger, and at 84 feel like 50, except when the likes of shingles and operations occur.

**Linda Lomberg, Natural Diagnostics nutritionist**, 52 Lansell Dr (Entrance to house is on Kinmont Rise), Auckland, 2016. Ph 09-274-8125. [lindalomberg@llhd.co.nz](mailto:lindalomberg@llhd.co.nz)

East Tamaki Heights

Linda Lomberg <[linda@naturopaths.co](mailto:linda@naturopaths.co)>

Linda specialises in overall health and what are needed as supplements, blood conditioners, etc. A close relative had a breast cancer operation and Linda arranged the large amounts of vitamin C treatment system rather than chemotherapy that the surgeon and doctor wanted. Vitamin C achieved excellent success without the suffering and stress of feeling sick and losing hair.

Linda improved my shingles unbelievably after I had suffered for three months and was not getting better. Three days after her recommending Zam-Buk, it started getting better and then after another three days her next recommendation of Magnesium sulphate, made it better to almost feeling cured, but doctors not identifying shingles and not treating it within three days, meant my suffering from shingles possibly for ever. I suffered it severely for seven months, and occasionally since. When a second outbreak occurred on my back at night and I could not sleep, so applied magnesium sulphate paste that Linda Lomberg had recommended, with instant success, and I slept well.

Her being in Auckland and me feeling very sick and too weak to travel from being in hospital for a week for a half day intestine operation, which they said would take 'eight weeks' to recover from, 22 months ago, and I have still not recovered, meant that I didn't visit her, but sent blood analyses and photos. From those, she gave me better analyses and curing suggestions than some who had seen them and me.

Like most South Africans that she is, she is well educated, thorough, and most helpful, and successful, but has not been able to eliminate the shingles completely, because it was four days before a very good 'out of the box' doctor Dr Bill Reeder (See his section) at the Narrows, identified it in a second, but not at all by three doctors before him. My doctor was overseas.

**Biological Medicine, Matt Tizard** 79 Shakespeare Road, Milford, Auckland North Shore. 09-488-0241.

He cured firemen who had been exposed to a toxic fumes fire, and in about 1980 identified and saved Dr Ricky Gorringe and his family from arsenic poisoning from Copper, Chrome and Arsenic (CCA) exposed treated timber beams in their new home lounge. The timber was then painted and the arsenic drained out of their bodies and they got better. Ricky Gorringe was impressed so learned Matt's systems. They both specialise in helping difficult-to-cure cases - often doctors' failures.

**Morgan Clinic, John Spence**, 1c Frances Street, Hamilton East. Ph 07-856-8287.

He relieved the severe pain in my back from my putting it out in 1958 at 9 pm following tractor driving on our farm all day. The doctor referred me to a physiotherapist who was of no help. Farmer neighbours said to go to Morgan Clinic who got me to stretch my back so they could gently push the joint lubricants back into the joints. I would walk in stooped and walk out ten minutes later upright.

In April 2013, after suffering a sore rear shoulder for two months that others couldn't fix, I went to John who found that the cause was my neck being tense from too long at the computer and from low selenium. He freed it up and recommended five second cold compresses, and it got better.

Excess mercury in my body was one reason for the continuing pain, which the brilliant Chris Rhodes drained out of my body. Also, lying on one side, and stretching that my back every time I lie down, and no longer have a crook back that I had to be careful of from 1958 until 2013. See Backs.

After the intestine operation to cure severe constipation, after which I had to lie on my back and not move for four days, which as known caused brain and balance problems, which I suffered for 22 months, despite going to many specialists and Googling. John Spence suggested five second cold compresses on my temples and ears, every two hours, which helped instantly and unbelievably.

Bad balance and dizziness from an operation, continued from May 2014, until John Spence of Morgan Clinic (See this column) in January 2016 recommended cold compresses both sides of my head (temple area) every two hours. Minutes after the first one I felt 90% better. It was like a miracle. It continues to help, but has not cured it completely.

**Morgan Clinic, Raylene Morgan-Smalley**, 4 McDowell Street, Mount Maunganui. Ph 07-572-3326. They both get patients to stretch, then gently massage joint lubricants back in to the joints and put nerves back in place to stop them hurting. They use gentle manipulative therapy which, in one minute, fixed a six week old injury in my knee from falling on it when playing badminton. This was after six weeks of visits to the hospital and their physiotherapists who achieved nothing, as in the past with back injuries.

**Naturopathic Clinic, Chris Rhodes**, cpr@xtra.co.nz www.chrisrhodes.co.nz Naturopath, Homeopath, Medical Herbalist. BHSc.ND.DH.DHM.HbT, NZ Registered. Moved from Hamilton to 214 Stout St, Gisborne 4010. Phone 06-8686241 to be near relatives.

He can tell if asbestos is the bad one. His latest and best measuring system of most things found that Hamilton Council water was bad. Crosby Road below was the worst.

Compatibility	Hg	Cd	Mn	Al	Mn	
100 is perfect	5	15	20	12	6	15
Kaiapoi NZ Natural bottled	80	0	0	0	0	0

Has good Mg, Ca, K & Sodium.

Chris uses highly sophisticated modern, part USA electronic measuring equipment that shows accurate levels of toxins, needed elements and vitamins. He uses the German Heel and other effective systems to drain out toxic poisons. Read Human Health > Mercury.

If you are consuming things to which you are allergic (often from containing heavy metals), you will never be 100% healthy. Five in our family and many GrazingInfo subscribers have used Chris Rhodes with success. Several farmers felt better after three days of avoiding things that Chris showed were incompatible for them. Young people suffer less, old can suffer badly.

Chris has measured hundreds of supplements and foods for us and found some to be dangerously toxic. He measures heavy metals in all foods, fruit, vegetables and milk. Lewis milks are perfect. Our avoiding foods and supplements that contain toxins, and by growing '14 better than organic' vegetables by analysing and correcting their mineral levels, improved our health. His system measures all toxic elements and gives a figure of each to indicate its toxicity to each person. My wife, Auriel, after months of being sick and weak, was given two Metagenics Adrenotone tablets by Chris that fixed her low adrenalin causing lack of energy. She kept taking them and at 85 was a much stronger and more active person. Many health specialists would have expected us to buy a bottle full, which may not have worked.

Apart from standard allergies of heavy metals and oxides, Auriel has only two allergies - linseed and coffee. While I used to have 30, but by being healthier I now have only half that number. She perspires, so gets rid of toxins, I don't, so have to have them drained out by Chris.

Chris Rhodes pressing gently in the depression at back bottom of my head, drained phlegm and improved my balance. He also helps backs and dozens of other things.

An 86 year old friend in Christchurch says he would be dead without Chris's fixing him just from measuring his urine samples and treating him, which starts by draining out toxins in the body, and then taking deficient items.

Chris does a full hour consultations for new patients, and half hour repeat consultations. If samples need to be sent, there are three ways:

Hair after washing in clean water, and drying, cut off a small amount and place into a plastic bag.

Saliva - fold a handy towel into quarters, then open it up and lick a small amount of saliva to the middle then place into a plastic bag.

Urine - send in a secure glass container.

Please add a note detailing your name, address, phone number, any symptoms you require checking, and any medications you are taking. Chris is available for phone or Skype, and as always, face to face consultations.

**Dr Ricky Gorringe, 104 Fraser Street, Tauranga 3112. 07-578-5555.**  
[inf@waikatohealthclinic.co.nz](mailto:inf@waikatohealthclinic.co.nz) [www.waikatohealthclinic.co.nz](http://www.waikatohealthclinic.co.nz)

Medical experience from having worked as a doctor in the Waikato Hospital for 20 years and in three tropical countries. Uses Chinese/Japanese O-ring Toxin testing to diagnose, and specialises in identifying toxins and draining them. There are hundreds of toxins now affecting people.

He has cured hundreds, including a South African relative from a tropical parasite he recognised instantly. She had suffered it for 14 years, with no help from doctors in both Paraguay where she caught it, or South Africa where she lived.

A preschool boy, who was in two Auckland hospitals for a year with no cure, came to Ricky and from three metres away he instantly saw 'organophosphate' toxicity symptoms in the boy's eyes. It was drained out of him in a few months. He had been living in an orchard area. I try to avoid treated seeds. If there is an insect problem, wear gloves (diesel is a toxin) and soak the seed in diesel before sowing it. This is better than treated seed because the diesel stops insects eating it, whereas treated seed kills the insects - after they have eaten some of your seedlings.

**Podiatrist Foot Clinic, Steven Parsons**, 182 Pembroke Street, Hamilton. I damaged my back in 1958 when at 9pm leaning over teaching a calf to drink out of a bucket after driving a small 18 hp Ferguson tractor with a steel seat for months developing a 60 hectare farm and contracting, and had to go to Morgan Clinic every few months to 'put it back in place'. John Spence there thought one leg was shorter and suggested going to Steven Parsons who found that my right leg was 5 mm shorter than my left leg, so put 5 mm pads in my right shoes and boots. I had the bad habit of standing with my weight on my right leg and was told at a physical session to always stand straight and evenly on both legs.

I did leg lifting and stretching my back each time I lay down, to allow the lubricant to get back into the joints and was advised by Charl Marais to sleep on alternating sides because my back was twisted from always sleeping on my right. Read Backs.

In 2015 I returned to Steven Parsons who found that my legs were now the same length so removed the pads.

To prevent ingrown toenails, I get my toe nails trimmed professionally every three months by Amy or Megan, at Waikato Podiatry Clinic Ltd, Rototuna, Ph 838-0003. There are more in Hamilton.

**Tolbecs Ear Centre, Theresa O'Leary NZRN, Ear Nurse, Therapist**, 74 Naylor St, Hamilton East. 07-856-0002. In about 1965, a doctor pulled a piece of wax out of my left ear which was stuck to my ear drum, so damaged it. Tolbecs use a small vacuum cleaner which is fast and not at all damaging. My left ear got blocked with fluid behind the ear drum. Several who should have known how to fix it naturally, didn't. Two surgeons wanted to install a grommet, but I and two hearing aid people didn't agree and I knew of failures. Theresa recommended a Vicks Inhaler for clearing noses and blocked my ears. It worked better than others I'd tried, and helped ear popping when blowing hard while holding my nose closed.

**Two doctors in USA, Dr Joseph Mercola and Dr Al Sears** have excellent web sites putting out useful monthly suggestions which are practical and ahead of the medical establishments in most countries. Google for their names and join them, and get their excellent almost daily newsletters.