

3 Minutes a Day to a 120 Year Lifespan by Robert D. Willix Jnr MD. 1994. 824 E. Baltimore St, Baltimore, MD 21202, USA.

Alternative Cures by Bill Gottlieb is excellent. It contains contributions by 300 USA top doctors and natural healers.

BB 7 from Hortigro reduces toxic spray drift and halves the amount of product needed. Read about it in Gardens or Weeds.

Cancer by Phillip Day, Credence Publications, Box 3, Tonbridge, Kent TN12 9ZY, UK.

Cancer: Cause & Cure by Percy Weston who blamed excessive phosphorus for his cancer, when it was possibly low Selenium caused by Super Phosphate leaching Se. See Selenium.

Cancer Prevention Handbook by Katherine Joyce Smith, The Full Court Press, Private Bag MBE, Box P-345, Auckland 1002.

Cancer by Phillip Day, Credence Publications, Box 3, Tonbridge, Kent TN12 9ZY, UK.

Checking allergies and toxins by muscle testing

Hold the item firmly in one hand against your body. With the other hand, lift anything that weighs approximately 0.06 kg per kg of your weight, so if about 70 kg, lift about 4 kg, or if 90 kg, lift about 5 kg, if 100 kg lift 6 kg, if 110 lift 7 kg, etc.

Easy to lift indicates good for you, hard to lift is bad. Over eating on a good item can after a while turn it to bad for you, because the body reacts against excesses, proving that moderation in all things pays.

Dr Atkins' Diet Revolution 1972 and/or Dr Atkins' New Diet Revolution by Robert C Atkins MD, Avon Books, New York. <http://AvonBooks.com> These show the benefits of meat and dairy produce. The ill effects of wheat products in some people could be caused by the gluten. Surveys showed one in seven in Australia and one in ten in UK have gluten intolerance, but most don't know it.

Dr Mercola's information. Join his free newsletter group of a million members at www.mercola.com/ free.

Electrolytes from Acres USA, Box 8800, Metairie, La 70011 or <http://www.acresusa.com/magazines/magazine.htm>

It is North America's oldest, largest magazine covering commercial-scale organic and sustainable farming .

Farming Naturally & Organic Animal Care, Night Owl Publishers Pty Ltd, Box 242, Euroa 3666, Australia.

Food - In Defense of Food by Michael Pollan (writer of "The Omnivore's Dilemma") and New York Times. One of the critical points in the book is how wrong the USA government was in pushing the low fat and fake fat diets in the name of health. This policy caused more health problems than it solved, evidenced today by high rates of heart disease, diabetes, and related problems. He explains very nicely and in a practical way how to avoid obesity, just by eating good natural food rather than prepared fast foods. See Extras > Human Health. The book concludes that we should take everything in moderation and eat only natural fats and meats. If a food item has more than five ingredients, or if it has ingredients you can't pronounce, it is not food! A related rule is that if your great-grandmother

would not recognize it as food, it isn't food! He makes a strong case for organically grown pasture-fed beef and natural game. Pollan also documents in these books how corn has taken over the food industry.

ISBN: 978-1-846-14103-4 Penguin.com.au

Green for Life

By Victoria Boutenko. Raw Family Publishing. www.rawfamily.com

Green Smoothies Blog [newsletter archives](#)

This is a very useful practical book for healthy eating, slimming without going hungry, and enjoying raw food. We use a Magic Bullet food grinder mixer to grind nuts, lettuce leaves, whole green broad, runner or other beans, whole pea pods, carrot leaves, parsley, a date (take pip out with your teeth), part of a mango and other, fruits (all washed) all into a delicious drink flavoured with Maple syrup and Real salt.

Reverse Heart Disease Now by Stephen T Sinatra MD and James C Roberts MD. Both are surgeons and friends. They found that patients taking supplements healed better and remained healthier, while those not taking them would be back for another operation.

Scared to Death from BSE, Global Warming, by Christopher Booker and Richard North. ISBN 2-8264-8614-2.

It shows what some of us know, so gives us confidence. For example there have been media scares of bugs going to kill us all, and an endless list that were never as bad as the media, greenies, politicians and scientists made out.

We now know that the Global Warming as such is a farce. Vikings sailed across the North Pole (Arctica).

It cooled slightly until 1975, then warmed slightly until 2006 and is now cooling again. Warming was promoted by thousands of so called scientists for years after it was actually cooling again, and promoted by some money makers, selling films, cinema tickets, wind generators, biofuel plants, etc. Before their ink was dry Global Warming changed to Climate Change, causing gullible governments to spend millions on Kyoto rules which is a bigger bureaucratic farce than anything before. The globe is not warming nor is the climate changing any more than in the past, so Kyoto should close, but the air polluted by some countries is causing floods and droughts in North Africa, Australia and New Zealand.

Running out of fuel in a decade was another. Now the prediction is 50 years. Meanwhile the North American who drove his BMW on processed water and an additive was poisoned, was not investigated, and an Australian whose motorbike did the same, was paid a million dollars to remain silent.

Selenium as Food & Medicine, by Dr Richard Passwater, Pivot, USA.

Selenium, by Alan Lewis, Thorsons, UK.

Stopping the Clock by Distributors Klatz and Goldman. ISBN 0-941683-31-1.

The Great Power Line Coverup by Paul Brodeur in 1993, ISBN 0-316-10909-6 about how USA power authorities and government are hiding the cancer hazards from electromagnetic fields (EMF). NZ is doing the same.

The Metabolic Typing Diet by William Wolcott. It shows that people are different so are not all cured by the same medicines. Some react against some medicines that cure others.

The Untold Story of Milk, by Ron Schmid, ND. 2003. ISBN 0-9670897-4-3 It is an excellent book on milk consumption throughout the world. It emphasises the benefits of raw milk from pasture and gives facts galore. www.NewTrendsPublishing.com USA.

Trace Elements in Humans Trace Elements and Other Essential Nutrients by Dr David L Watt. 1995. ISBN 1885676-20-4

Vitamins and Minerals in Health & Nutrition by Matti Tolonen, Finland where mineral research has been excellent. ISBN 0-7476-0068-6. The best book I've read on this subject.

What Your Doctor Doesn't Know About Nutritional Medicine May Be Killing You, by Ray. D. Strand, MD. Strand Publishing, ISBN 1876825294

"What your doctor doesn't know ..." from IDA, 5D Mahuru Street, Newmarket, Auckland. Phone 0800 443 224 or Auckland 520 0569

Why Grassfed Is Best by Jo Robinson. <http://eatwild.com> Very good.

www.eatwild.com provides information on the sources of safe, healthy, natural and nutritious grass-fed beef, lamb, goats, bison, poultry, pork, dairy and other wild edibles.

This website provides:

1. Comprehensive, accurate information about the benefits of raising animals on pasture.
2. A direct link to local farms that supply all-natural, delicious, grass-fed products.
3. A marketplace for farmers who raise their livestock on pasture from birth to market and who actively promote the welfare of their animals and the health of the land.

When searching for answers to health see www.blackmores.com.au They have a good free newsletter and answer questions. Also see the Canadian health pages <http://www.hc-sc.gc.ca/english/>

The New Zealand health web pages are like our health system - old fashioned and locked into the chemical medical industry. They condemned two NZ doctors for using the Bi-digital O-Ring Test that Japanese doctors are trained to use before prescribing a medicine for their patients to check that they are not allergic to it. The Bi-digital O-Ring Test is absolutely wonderful. How often do we hear of people being adversely affected by their medicines? It allows people to do their own testing for allergies. The weight lifting muscle testing does it without help, and more accurately as shown below.

Chris Rhodes in Hamilton has an electronic system that measures more. See Doctors.

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Mayo Clinic <newsletters@mayoclinic.com>

Blackmores http://www.blackmores.com.au/products/products_cat_list.asp

Dr Mercola www.mercola.com/

The most important thing in your life is your health. The second most is the health of your family.

The chemical companies attack organic farming at every opportunity, mainly because they are scared of losing business.

See www.eatwild.com below, and their web site.

Vaughan Jones

Agricultural consultant & journalist

GrazingInfo Ltd