



Monday August 15, 2009

Health News Updates are a free service provided by King Institute, Inc. Please feel free to print and give these to your family, friends and clients and let them know they can receive them direct.

Prenatal Pollution Linked To Lower IQ In Children

By Glenn King, PhD, R.D., C.N.

Researchers for the first time have linked air pollution exposure before birth with lower IQ scores in childhood, bolstering evidence that smog and other toxins may harm the developing brain.

Study results (released July 17, 2009, by the Columbia Center for Children's Environmental Health) are from 249 children of New York City women who wore backpack air monitors for 48 hours during the last few months of pregnancy. They lived in mostly low-income neighborhoods in northern Manhattan and South Bronx. There were varying levels of exposure to typical kinds of urban air pollution, mostly from car, bus and truck exhaust.

At age 5, before starting school, the children were given IQ tests. Children exposed to the most pollution before birth scored an average of four to five points lower than children with less exposure.

Frederica Perera says, "That's a big enough difference that it could affect children's performance in school. Frederica Perera is the study's lead author and director of the Columbia Center for Children's Environmental Health.

Dr. Michael Msall says, "The study doesn't mean that children living in congested cities aren't going to learn to read and write and

spell. But it does suggest that you don't have to live right next door to a belching factory to face pollution health risks, and that there may be more dangers from typical urban air pollution than previously thought."



Photos courtesy of Fotolia, edited by Glenn King

Dr. Msall is a University of Chicago pediatrician not involved in the research. He says, "We are learning more and more about low-dose exposure and how things we take for granted may not be a free ride."

Patrick Breyse, an environmental health specialist at Johns Hopkins' school of public health says, "While future research is

needed to confirm the new results, the findings suggest exposure to air pollution before birth could have the same harmful effects on the developing brain as exposure to lead. And along with other environmental harms and disadvantages low-income children are exposed to, it could help explain why they often do worse academically than children from wealthier families."

He said, "It's a profound observation. This paper is going to open a lot of eyes."

This study is published in the August 2009 edition of Pediatrics.

In earlier research, involving some of the same children and others, Perera linked prenatal exposure to air pollution with genetic abnormalities at birth that could increase cancer risks; smaller newborn head size and reduced birth weight. Perera's research team also linked it with developmental delays at age 3 and with children's asthma.

The researchers studied pollutants that can cross the placenta and are known scientifically as polycyclic aromatic hydrocarbons. Main sources include vehicle exhaust and factory emissions. Tobacco smoke is another common source, but mothers in the study were nonsmokers. This also raises more questions about second hand smoke pollution.

A total of 140 study children, 56 percent, were in the high exposure group, which means their mothers likely lived close to heavily congested streets, bus depots and other common sources of city air pollution. Perera says, "Mothers were black or Dominican-American, but results should apply to other groups as well.

Researchers also took into account other factors that could influence IQ, including secondhand smoke exposure, home learning environment, and air pollution exposure after birth, but still found a strong influence from prenatal exposure, says Perera.

The researchers plan to continue monitoring and testing the children to learn whether school performance is affected and if there are any additional long-term effects. 🐼

HEALTH TIPS

Walnuts, unlike any other nut, are very rich in Omega-3 essential fatty acids. EPA, a longer-chain omega-3 fat, is already present in cold water fish, but not found in nuts, which contain a shorter-chain omega-3 fat, ALA. But studies confirm that our bodies can make EPA from the ALA provided by walnuts, which has the richest source among all nuts.



Courtesy of Fotolia

Enjoying just 4 walnuts a day significantly increase levels blood levels of healthy protective omega-3 essential fatty acids, alpha linolenic acid (ALA) and eicosapentaenoic acid (EPA).

Plus, walnuts provide bio-available Melatonin, helps prevent gallstones, protects bone health, good brain food, protects arteries after high-fat meal, reduces levels of several molecules that promote Atherosclerosis (lowers cholesterol), helps prevent and control high blood pressure and diabetes, has good levels of tryptophan, copper, manganese, and lowers risk of weight gain.

Walnuts have one of the three highest levels of antioxidant content among tree nuts. Walnuts provide more than 20 mmol antioxidants per 3 ounces (100 grams). Walnuts are just worth going health nuts over. 🐼

TANNING BEDS CAUSE CANCER

By Glenn King, PhD, R.D., C.N.

Many people think that using tanning beds will avoid the harmful cancer related sun rays. A study reported July 29, 2009 revealed that International cancer experts placed tanning beds



and ultraviolet radiation on the top cancer risk category stating that both were definite causes of cancer.

This is not really new because scientists have described tanning beds and ultraviolet radiation as "probable carcinogens" for years.

A revelation from the analysis of approximately 20 studies concludes the risk of skin cancer jumps by 75 percent when people start using tanning beds before age 30, which is when most users start.

All types of ultraviolet radiation have caused great concerns over mutations in mice, which is the proof that ultraviolet radiation is carcinogenic. Previously, most experts only thought one type of ultraviolet radiation was believed to be lethal.

This new classification means that tanning beds and ultraviolet radiation are definite causes of cancer, as well as tobacco and many other toxic exposures in our environment.

This research was published online in the medical journal *Lancet Oncology* by experts at the International Agency for Research on Cancer in Lyon, the cancer arm of the World Health Organization.

Vincent Coglianò, one of the cancer researchers, says "People

need to be reminded of the risks of sunbeds. We hope the prevailing culture will change so teens don't think they need to use sunbeds to get a tan."

The lights used in tanning beds mostly give off ultraviolet radiation, which causes skin and eye cancer. The use of tanning beds has increased among people under 30 and doctors have seen a parallel rise in the numbers of that age group with skin cancer.

The studies reviewed tanning beds cause an approximate 20 percent increase in the risk of developing melanoma, the deadliest kind of skin cancer. It may sound small but that percentage is huge for those use the dangerous radiation beds. The more frequent a person uses the ultraviolet beds the higher the risk.


Many people seem to cram a lot of usage in when they need a quick tan, but that misuse also increases risk of developing the deadly form of skin cancer - melanoma.

Cogliano says "it was impossible to know how many benign skin cancers might be caused by tanning beds, because of complicating factors like exposure to regular sunlight. He and colleagues examined data from more than 7,000 melanoma cases and found a strong association

between tanning bed use and the disease. He compared the link to that found between tobacco and lung cancer.

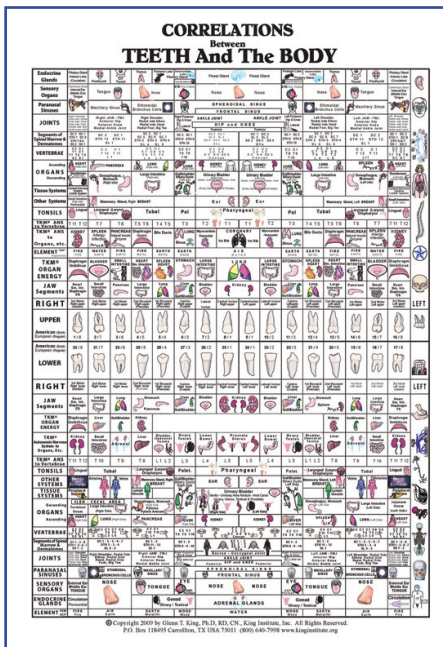
In Britain, melanoma is now the leading cancer diagnosed in women in their 20s. Normally, skin cancer rates are highest in people over 75. According to a British study from 2003, about 100 people every year die of melanoma attributable to tanning beds.

Previous studies found younger people who regularly use tanning beds are eight times more likely to get melanoma than people who have never used them. In the past, WHO warned people younger than 18 to stay away from tanning beds. If it is not safe for them why should we think it is safe for those who are older.

The American Cancer Society advises people not to use tanning beds. 

NEW POSTER

Correlations Between Teeth and the Body



This 19"x 27" full size gloss color poster is now online for purchase at an introductory discount only until the end of August. Reg. \$19.95, Now \$12.50 ea. or 2 for \$19.99, plus S&H \$6.75

THYROID

**A vital part of the endocrine system
which affects your entire body**

By Glenn King, PhD, R.D., C.N.



Most of the people I've seen over the years have had a thyroid issue to some degree. Some were in critical condition from thyroid dysfunction. This article is to provide more information about the thyroid related to your health and quality of life.

What is the Thyroid?

The thyroid gland is a small organ, although one of the largest endocrine glands in the body. It is located in the lower front part of the neck inferior (below) to the thyroid cartilage (also known as the Adam's apple in men) and approximately at the same level as the cricoid cartilage.

It is shaped, as some say, similar to a butterfly as it sits on top of the windpipe, or trachea. It actually goes deeper and wraps partly around both sides of the windpipe. It often touches the esophagus, the tube through which food goes to the stomach. This is why sometimes even moderate enlargement of the thyroid can cause difficulty in swallowing or breathing.

The normal thyroid gland cannot be felt on physical examination because the consistency of it is very similar to all the soft tissues surrounding it. Probably the most common reason a thyroid gland can be felt on examination is either the presence of a nodule or tumor, or the presence of some underlying inflammation, often this can be some form of thyroiditis.

The thyroid gland has only one main purpose, which is to produce thyroid hormone.

It does this by producing a pro-

tein called thyroglobulin and then attaching iodine to portions of it in order to produce the two forms of thyroid hormone called T3 (triiodo-thyronine) and T4 (thyroxine). T3 has three atoms of iodine attached to it and T4 has 4 atoms of iodine. This should remove the mystery of why you get T3 and T4 blood tests. It is to determine how your thyroid is functioning by checking the two hormones it produces.

These thyroid hormones deliver very important energy to cells of the body. It controls how quickly the body burns energy, makes proteins, and how sensitive the body should be to other hormones.

These hormones have a profound effect on just about every part of the body, including regulating the rate of metabolism and affects the growth and rate of function of many other systems in the body. They affect the heart, brain, intestines, skin, the list goes on. This is why excessive or inadequate amounts of thyroid hormone can cause changes and symptoms in so many different parts of the body. One example, cancer patients have shown to have a low thyroid or hypothyroid.

The thyroid only weighs 2-3 grams in neonates and 18-60 grams in adults, and is increased during pregnancy. This helps understand why the heart rate increases during pregnancy.

The thyroid is controlled by the hypothalamus and pituitary. The gland gets its name from the Greek word for "shield", after the shape of the related thyroid cartilage. Hyperthyroidism (over-

active thyroid) and hypothyroidism (underactive thyroid) are the most common problems of the thyroid gland.

The most common problems that develop in the thyroid include:

- * Hypothyroidism - An underactive thyroid.
- * Hyperthyroidism - An overactive thyroid.
- * Goiter - An enlarged thyroid.
- * Thyroid Nodules - Lumps in the thyroid gland.
- * Thyroid Cancer - Malignant thyroid nodules or tissue.
- * Thyroiditis - Inflammation of the thyroid.

Hypothyroidism

When the thyroid gland is underactive, improperly formed at birth, surgically removed all or in part, or becomes incapable of producing enough thyroid hormone, a person is said to be hypothyroid.

It is very common to see a slightly hypothyroid function in people that is usually a lower degree than what can be medically detected by standardized testing. One of the most common causes of medically diagnosed hypothyroidism is an autoimmune disease called Hashimoto's disease, in which antibodies gradually target the thyroid and destroy its ability to produce thyroid hormone.

Symptoms of hypothyroidism usually go along with a slowdown in metabolism, and can include fatigue, weight gain, and depression, among others. In slightly lower thyroid function this is not usually the case.

A simple self-test: Take your temperature from the axilla (center of the armpit) upon waking first thing in the morning before rising or moving about. Check and record the temperature for three consecutive mornings. The normal temperature for a healthy resting adult human is 98.6 degrees Fahrenheit. The temperature in the axilla is usually slightly lower. Therefore, if the temperature is lower than 97.6 degrees F. for three days in a row, you have an under functioning thyroid gland.

The following checklist could be used to bring to your doctor or health professional to aid in acquiring a proper diagnosis of hypothyroidism, or as background information.

Risk factors for hypothyroidism include:

- ☐ I have a family history of thyroid disease
- ☐ My thyroid was "monitored" in the past to watch for changes
- ☐ I had a previous diagnosis of goiters/nodules
- ☐ I currently have a goiter
- ☐ I was treated for hypothyroidism in the past
- ☐ I had post-partum thyroiditis in the past
- ☐ I have had part/all of my thyroid removed due to cancer
- ☐ I have had part/all of my thyroid removed due to nodules
- ☐ I have had part/all of my thyroid removed due to Graves' Disease/hyperthyroidism...

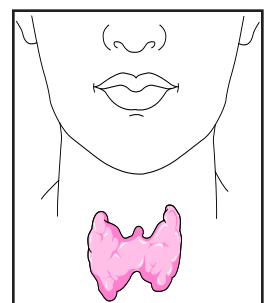
- ☐ I have had radioactive iodine due to Graves' Disease/hyperthyroidism
- ☐ I have had anti-thyroid drugs due to Graves' Disease/hyperthyroidism
- ☐ I had a temporary thyroiditis in the past
- ☐ I have another autoimmune disease
- ☐ I have had a baby in the past nine months
- ☐ I have a history of miscarriage

The following are symptoms of hypothyroidism, as detailed by the Merck Manual, American Association of Clinical Endocrinologists, and the Thyroid Foundation of America.

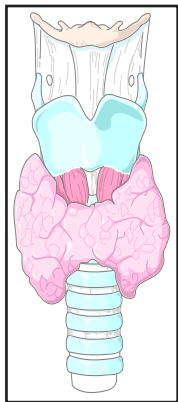
- ☐ I'm gaining weight inappropriately
- ☐ I'm constipated, sometimes severely
- ☐ I have hypothermia/low body temperature (I feel cold when others feel hot, I need extra sweaters, etc.)
- ☐ I feel fatigued, exhausted when there is no reason
- ☐ Feeling run down, sluggish, lethargic
- ☐ My hair is coarse and dry, breaking, brittle, falling out
- ☐ My skin is coarse, dry, scaly, and thick
- ☐ My voice is hoarse or gravelly
- ☐ My moods change easily
- ☐ I have puffiness or swelling around the eyes and face
- ☐ I have pains, aches in joints, hands and feet
- ☐ I've developed carpal-tunnel syndrome, or it's getting worse
- ☐ I'm having irregular menstrual cycles (longer, or heavier, or more frequent)
- ☐ I'm unable to lose weight with diet/exercise
- ☐ I'm having trouble conceiving a baby
- ☐ I feel depressed
- ☐ I'm more forgetful lately
- ☐ I feel restless
- ☐ I have feelings of worthlessness
- ☐ I have difficulty concentrating
- ☐ I have more feelings of sadness
- ☐ I seem to be losing interest in normal daily activities

Do you have the following additional symptoms, which have been reported more frequently in people with hypothyroidism:

- ☐ I have no sex drive
- ☐ My hair is falling out
- ☐ My eyes get jumpy/tics, which makes me dizzy/vertigo and have headaches
- ☐ I can't seem to remember things
- ☐ My eyes feel gritty and dry
- ☐ My eyes feel sensitive to light
- ☐ I'm getting more frequent infections, that last longer
- ☐ I'm snoring more lately
- ☐ I have/may have sleep apnea
- ☐ I feel shortness of breath and tightness in the chest
- ☐ I feel the need to yawn to get oxygen
- ☐ I have strange feelings in neck or throat
- ☐ I have tinnitus (ringing in ears)
- ☐ I get recurrent sinus infections
- ☐ I have vertigo
- ☐ I feel some light-headedness
- ☐ I have severe menstrual cramps



Hypothyroidism and hyperthyroidism alone is a huge topic, so I'm presenting this introduction to some more common thyroid issues rather than write a book, which would be warranted to explain what is currently and commonly known.



Courtesy of Smart Draw

There is a lot of knowledge that is not available through standardized medicine or from standard teaching in Dietitian/Nutritionist education and other natural fields. It is important to understand that we are in an age that technology and information, which greatly enhance research ability, is moving so fast that it boggles the mind. No single source can possibly keep up. So, let's continue with the basics.

Hyperthyroidism

The thyroid hormones have direct effects on most organs, including the heart, which beats faster and harder under the influence of thyroid hormones. Essentially, all cells in the body will respond to increases in thyroid hormone with an increase in the rate at which they conduct their business.

Hyperthyroidism is the medical term to describe the signs and symptoms associated with an overproduction of thyroid hormone (the thyroid producing too much hormone). Hyperthyroidism is a condition caused by the effects of too much thyroid hormone on tissues of the body. Although there are several causes of hyperthyroidism, most of the symptoms people experience are the same regardless of the cause.

Because the body's metabolism is increased, people often feel hotter than those around them and can slowly lose weight even though they

may be eating more. The weight issue is confusing sometimes since some people actually gain weight because of an increase in their appetite.

Hyperthyroidism usually causes fatigue at the end of the day, but have trouble sleeping. Trembling of the hands and a hard or irregular heartbeat (called palpitations) may develop. These individuals may become irritable and easily upset.

When hyperthyroidism is severe, a person can suffer shortness of breath, chest pain, and muscle weakness. Usually the symptoms of hyperthyroidism are so gradual in their onset that people don't realize the symptoms until they become more severe. This means the symptoms may continue for weeks or months before a person fully realizes that they are sick.

In older people, some or all of the typical symptoms of hyperthyroidism may be absent, and the patient may just lose weight or become depressed.

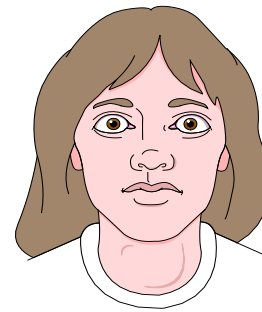
Some common symptoms and signs of hyperthyroidism:

- * Palpitations
- * Heat intolerance
- * Fatigue
- * Fast heart rate
- * Trembling hands
- * Weight loss
- * Muscle weakness
- * Warm moist skin
- * Hair loss
- * Staring gaze
- * Nervousness
- * Insomnia
- * Breathlessness
- * Increased bowel movements
- * Light or absent menstrual periods

Remember, the words "signs" and "symptoms" have different medical meanings. Symptoms are those problems that a person notices or feels. Signs are those things that a physician can objectively detect or

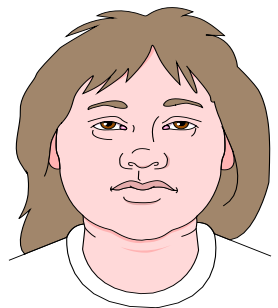
measure. For instance, a person will feel hot, this is a symptom. The physician will touch the patient's skin and note that it is warm and moist, this is a sign.

A sign of more chronic hypo or hyper thyroid is also illustrated in a person's features (see example below).



Proptosis (protrusion of eyes), or thyroid eye disease, or Graves' disease are all names of hyperthyroidism.

Fatigued or sleepy look with edema or swelling of eyes and face are signs of hypothyroidism.



Graves' disease is five times more likely to affect females than males. It most commonly occurs in women during their 20's and 30's. The disease is unpredictable in severity and duration but generally lasts months or years. In children with Graves' disease, the eye problems tend to be less severe.

Parathyroid

The sole purpose of the parathyroid glands is to control calcium within the blood in a very tight range between 8.8 and 10.2.

The parathyroid produces the hormone calcitonin, which plays a role in calcium homeostasis. In doing so, parathyroids also control how much calcium is in the bones, and therefore, how strong and dense the bones are. Although the parathyroid glands are located next to (and sometimes inside) the thyroid gland, they have no related function. The

thyroid gland regulates the body's metabolism and has no effect on calcium levels while parathyroid glands regulate calcium levels and have no effect on metabolism.

Calcium is the element that allows the normal conduction of electrical currents along nerves...its how our nervous system works and how one nerve 'talks' to the next.

Our entire brain works by fluxes of calcium into and out of the nerve cells. Calcium is also the primary element which causes muscles to contract.

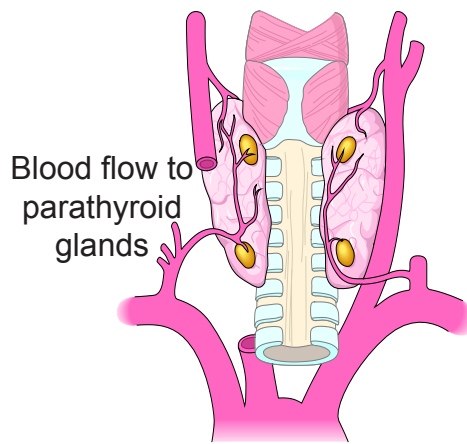
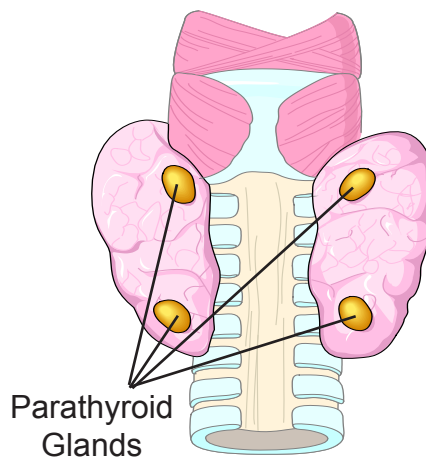
Knowing these two major functions of calcium helps explain why people can get a tingling sensation in their fingers or cramps in the muscles of their hands when calcium levels drop below normal. A sudden drop in the calcium level (like after a parathyroid operation where the patient doesn't take their prescription calcium pills for the first few days after the surgery) can cause a person to feel "foggy", "weird" or "confused like my brain isn't working correctly."

The brain DEMANDS a normal steady-state calcium level, so any change in the amount of calcium can cause the brain to feel un-loved and the person to feel bad.

Likewise, too much parathyroid hormone causes too high a calcium level... and this can make a person feel run down, cause them to sleep poorly, make them more irritable than usual, and even cause a decrease in memory.

In fact, the most common symptoms for people with parathyroid disease are related to the brain, and include depression and lack of energy!

Medically, the choice is to remove a malfunctioning parathyroid gland. This is the same typical choice, medically, for a malfunctioning thyroid gland. After re-



moval of the thyroid or parathyroid, it is medically regulated by synthetic drugs. It is the most common choice medically, but we should understand for example, if the thyroid is removed or destroyed by radioactive iodine, then there are very few choices of what a person can take to maintain any quality of life or even life itself. It is said that without a thyroid and not taking medication a person could die within a two week period. That is very serious!

Most people taking the prescribed medication are on very sensitive measured dosages. One example is Synthroid. Patient reports reveal a multitude of issues taking the right dosage for a functional life. Some are not able to tolerate some medications, while others do not have proper results and have to change to another drug. There are only three main drugs before you run out of options.

Concerning parathyroid, some patients report that they feel dramatically better. Some say its like "someone turned the lights on."

Most people don't feel good when their calcium level is above 10, and the vast majority of people will feel really tired and run-down when their calcium level is above 10.5.

We recommend natural and healthy ways of addressing a malfunctioning thyroid or parathyroid glands.

Not commonly known, a common denominator among what is termed as "thyroid belt," which there are many around the world and the only thing they have in common with each other is a high level of toxic contamination. The people who suffer from thyroid issues also have the same thing in common - a high level of toxicity.

It is publically known that George and Barbara Bush developed Graves' disease or hyperthyroidism about the same time, but it is a fact that it is not contagious. Their dog was also diagnosed about the same time with Graves' disease. How unusual, say all the doctors. But, it is simple when you understand the common denominator of toxic contamination.

In the USA the "thyroid belts" are in Farm belts where heavy use of chemical fertilizers, pesticides, insecticides and other toxic ...cides are used for several decades. Farm areas are now some of the most toxic and contaminated areas to live or visit.

To summarize, effectively clean-up the body with the guidance of a health professional and naturally help the thyroid and parathyroid to function as it was created to function rather than kill it if it malfunctions. Just sharing some good old common sense. Be healthy! 🍌

Special Training for Missionaries, Pastors and the General Public Titled “Wonderfully Made”

A Missing Link In Natural Health Restoration & Healing

TKM®

(The King Institute Method®)

E.M.T.

(Emergency Integrative Medicine Techniques)

& Introductory Levels 1 & 2 Special Training,

Plus Special Intermediate Levels 3 & 4 Training, and Special Topics

Based on the Books “TKM® Textbook - Volumes 1 through 4” and “TKM® E.M.T. Book”

**Must See
This Offer**

Acquire the knowledge and confidence to provide aid to your child or someone during an asthma attack, seizure, severe bleeding or severe allergy reaction. Come and learn how to provide effective aid for most common, acute and chronic conditions.

TKM® was featured on 700 Club Asia with the focus on how pastors, missionaries, and other Christians are reaching out to help the suffering. They're bringing TKM® to the hospitals, deserts and jungles of the world. Missionaries use TKM® to help the ailing and an evangelizing tool to minister to people. Quantum physics and biophysics research led to breakthroughs in understanding the body's bioelectromagnetic systems. It's established that energy medicine successfully helps millions of people. The most successful application of this science is in TKM®. The natural medicine of the future is available now.

SPEAKERS

Glenn T. King, PhD, RD, CN and James O. Robertson, ND

Glenn T. King, PhD, RD, CN, founder/director of King Institute in Carrollton, Texas, has researched bioelectromagnetic energy in relation to man's health for over 20 years. At this very rare opportunity Dr. King will be speaking with Dr. James Robertson to share the latest breakthroughs and teach you to use this knowledge.

Know Your Choices for Health and Healing

You'll learn easy to apply non-invasive procedures for chronic and critical issues. Anyone can use this very effective method to help restore health physically, mentally and emotionally. TKM® promotes better health and allows the body to respond more efficiently, feel vibrant, and heal more rapidly.

TKM® has shown to be highly effective in consistently stopping seizures, anaphylactic shock, asthma attacks, and even heart attacks in progress. You'll be able to help relieve both acute or chronic pain - resolve health conditions from common colds to cancer - paralysis, arteriosclerosis and infections - reduce the healing time of bone fractures by 50 percent - stop external bleeding without the aid of compress.

Learn simple applications which have reversed hundreds of chronic to acute health disorders for thousands of people. You'll be amazed at the tools that you will acquire in just five days - during this special training course. Leading physicians recommend this special training for all family members. The first day provides blood, pH, ANS, tissue and other studies to provide the scientific and medical documentation as well as testimonies from people present and demonstrations of extraordinary efficacy. By the second day you may have your own testimony.

You'll not view health or illness with the same perspective again!

The principles are simple to apply with expedient & often profound results. The hands-on applications, will demonstrate how much you can accomplish with these valuable principles for yourself, family and others.

TKM® has received media coverage on the cover of popular Health Magazines, CNN's Headline News, 700 Club Asia, Occurro Asi, Local, National and International Media. Plus health books like *Alternative Medicine Guide to Heart Disease* and *The Definitive Guide to Alternative Medicine* among many others.

- SEE BACK SIDE - All qualifications listed are for informational purposes only.

International Conference Dates

Time: 8 am - 6 pm/ Final Registration: 8:00 am - 8:30 am

Full tuition for both events is ~~\$1,965.00~~, Now Virtually **FREE**

Location: Frisco, TX

September 15th - 19th and 22nd - 25th

Frisco Embassy Suites Convention Center: www.embassysuitesfrisco.com/home.aspx

Frisco Hilton Garden Inn: www.hiltongardeninn.hilton.com/en/gi/hotels/index.jhtml?ctyhocn=DFWFRGI

You Will Benefit Immediately From This Training, And For Life

Acquire This Training For Only The Price of the Books, plus \$100

Introductory Levels 1&2 Students pay only for books: Volumes 1&2 (\$159.90) and

EMT book (\$24.95) plus tax Only \$199. (Sept. 15 - 19 at Frisco Convention Center)

Plus Intermediate Levels 3&4 Students pay only for books, plus \$100: Volumes 3&4 (\$159.90, plus \$50 deposit = \$209.90) Sept. 22 - 25 (At Frisco Hilton Garden Inn).

Balance due at class only \$50

Classes include all handouts

Five days of information-packed sessions includes emergency training, plus, lectures, demonstrations, instructions and four sessions of actual hands-on training. Followed by four days of Intermediate training.

NOTE: After this training, each participant will be connected to an online service for TKM® advice/assistance and ongoing training available 24/7 worldwide.

DUE DATE: Register NOW - limited seating!

Register online at: **www.BePrepared2009.com** Or, Call **800-640-7998**

Great place for the conference, plus special discount on sleeping rooms (while available), and all you'll need is in walking distance. The virtually free tuition is not all - additional materials at huge discounts only at the conference. Just register, attend and you will keep benefiting for the rest of your life.

September 21st (Monday) Special Topic Breakout Classes Will Be Available

Basic Anatomy, TKM Body Biography, TKM Pulses, Basic Medical Terminology

At Frisco Hilton Garden Inn - across the street from Convention Center (Special room rates offered to students)

Come see the Wonder of God's Creation and how you can be better stewards to help yourself and others in ways we thought were not possible. God always provides a way. Come and discover what He has revealed that confounds the wise and provides help for all.

IMPORTANT: If able, bring a massage table, two 100 percent cotton sheets (not flannel) and a pillow.

INFORMATION LINKS:

Web site: www.kinginstitute.org (Links below are also located on our web site)

Ministry Pamphlet: www.kinginstitute.org/TKM%20Ministry%20Pamphlet.pdf

700 Club Asia Clip on TKM: www.godtube.com/view_video.php?viewkey=5a993ff25320786a2ccc