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## **CAN VITAMIN C BECOME DEADLY?**

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

A recent article by Dr. Robert J. Rowan stated that “food can turn deadly when taken with Vitamin C.” I wanted to take a deeper look into what he wrote and this is some of what I found.

Vitamin C is promoted so much that many food companies add it to their products. It is in soft drinks, snack foods, cereals, and added to many supplements. Some naturally occurring vitamin C is in many canned or bottled juices.

Most people think that sounds great, but it can be a potentially dangerous or even deadly combination with certain foods.

The reason is fairly simple. A common preservative used in foods and beverages called sodium benzoate that can be a deadly cocktail when mixed with vitamin C. Sodium benzoate (SB), also called benzoate of soda or E211, is in juices, pickles, soft drinks, soy sauce, mustard, duck sauce, salad dressings, jams and other ingestible products.

SB, by itself, the FDA shows no evidence of causing any problems in people. However, when you mix it with ascorbic acid (vitamin C), a chemical reaction occurs and it creates “benzene,” which is a proven carcinogen.

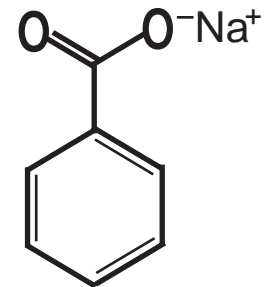
not produce benzene on its own, but this is a dangerous and common combination that could result in cancer from regularly ingesting this carcinogen cocktail.

Cats have a very low tolerance for SB, however it is allowed in animal foods according to the AFCO.

A serious discovery by the FDA recently, upon testing 84 different soft drinks, found that 54 of them contained benzene. Some had levels 16 times higher than what the government allows in drinking water. And allowances are too leaniate.

So, even though the laws state that drinking water should have less than 5 ppb of benzene, there is no legal limit on benzene in other drinks.

Food science believes that SB is great. It is antibacterial and anti-fungal and even helps fight different coli such as Escherichia coli 0157:H7 (E. coli) found mostly in under cooked food, contaminated ground beef, unpasteurized milk, contaminated water and vegetables. It is a bacteria which caused 73,000 reported food-borne illness cases and 60 deaths in the USA (1999). Therefore, it is highly promoted to use as a preservative. But, even by itself, it is not safe.



Sodium Benzoate, E211

Another study from the UK’s Food Standards Agency, published in 2007, shows that SB (not the mixture, just sodium benzoate) is linked to hyperactive children and decreased intelligence in children. The study revealed an average of 5.5 drop in IQ. Although there are other influences for producing hyperactive children, this is a proven one.

Just like most of these articles I write about, I could keep drilling the point, but I think this is enough to alert people to make changes for health.

It is important to check labels on soft drinks and processed foods, if you are going to consume such things. If it contains SB (sodium benzoate), don’t buy it. If you have it, throw it out. As I always advise, get rid of processed foods altogether. There are too many dangers and no healthy reason for consuming them.

If God didn’t make it, don’t eat it. 🍌

SB is not from benzene and does

# The TKM® Journey ...

## From My Home to the Jungles of Malaysia

By Lucille O. Talusan, 700 Club Asia, CBN

Skepticism and ridicule. I don't know about you but more often than not, this is the first reaction I get from people with whom I share TKM® for the first time. I remember how my kids would make fun of me saying I should put a signboard outside our house for healing sessions ... just like a faith healer.

We'd laugh and they joked and laughed until the day they experienced the wonderful blessings of TKM®.

My first "patients" were my daughters. One needed help for dysmenorrhea and diarrhea and the other one for back pain. My sons too had their share, cough, fatigue, and the latest was hemorrhoids caused by stress from work.

Today, TKM® is a household word. There are times when I come home at night and they all say, "Mom, TKM me!" And I'd attend to them even if it takes a lot of my time. Not only has the practice prevented us from depending on drugs for common illnesses, but more important, TKM has allowed me to give more time to my children, be able to serve them, pray for them, and love them.

TKM® has become a vital part of my life since I got introduced to it in the seminars (November 2007) of Dr. Glenn King here in the Philippines. Since then, I can't stop sharing the wonders of TKM to the people around me. At the church Sunday service, with my neighbors, my family especially my in-laws (gave me an opportunity to bless them) and my colleagues in the office.

And because I knew I would share or apply TKM® on somebody each

day, I carried the TKM textbook with me everywhere I went, even to the jungles of Malaysia.

As a reporter, I was assigned to cover stories in Malaysia and one of them was on the Burmese illegal migrants in Malaysia. I was moved by the sad plight they are in of having to flee from the oppressive rule of their country and live in makeshift camps in the jungles of Malaysia. There are more than two million internally displaced people in Burma. For more than 45 years, they have been running away from the atrocities done to them by the Burmese junta. Thousands of these people have fled to neighboring countries like Malaysia. There are about 8,000 Burmese ille-

gal migrants scattered in the jungles of Malaysia. Despite the difficult and demeaning living conditions they are in, these tribes choose to stay in Malaysia because as they say, their lives may not be better, but they are safer in Malaysia.

the limited time that I was there, I taught some of them the basics of TKM and how to apply the different sequences. Our first "patient" was a man with high fever suspected to have malaria. I did the Median and #1 Sequences on him with my Burmese interpreter, Lun. She learned fast because she was very excited to help her people. Right after we applied the sequences, the man got up and felt strong again. I was moved by this experience and this led me to leave with this Burmese Zomi Chin tribe the TKM® Textbook and the EMT book for them to use among their people.

A few days ago, I spoke with Lun on the phone asking for an update.

She sounded very excited as she reported helping more than 10 people with the TKM sequences. People were relieved of diarrhea, fever, allergies and bleeding. She was all praises, saying again and again, "It's really wonderful!" She is very thankful for TKM and so with her fellow Burmese. But she hopes that TKM trainers can reach their camps in the jungles so more people can learn and benefit from TKM.

With all the troubles in the world today, TKM is truly God's instrument to give healing not only physically but emotionally and socially as well, as displayed by the Zomi Chin tribe from Burma. For a people who have long been suffering, TKM is fresh touch from God, giving the Burmese refugees encouragement and hope, letting them know that indeed, there are people out there who care for them. 🙏



Lucille

gal migrants scattered in the jungles of Malaysia. Despite the difficult and demeaning living conditions they are in, these tribes choose to stay in Malaysia because as they say, their lives may not be better, but they are safer in Malaysia.

And since they are illegal, they don't have access to medical service or to the hospitals. The common diseases of these people are diarrhea and malaria. The scenario was perfect for TKM. And so with

# Wonderfully Made

Scientific research in quantum physics and biophysics over the last few decades has led to recent breakthroughs in understanding the human body's bioelectromagnetic energy. It is well established that energy medicine can be utilized to successfully help millions of people. The most up-to-date and successful application of this science to human health is embodied in The King Institute Method® (TKM®).

Glenn King, PhD, RD, CN, founder/director of the King Institute, Inc. in Carrollton, Texas, has researched bioelectromagnetic energy in relation to man's health for over 20 years and will be available with Dr. Robertson to share the latest breakthroughs **at this very rare opportunity.**



## **Wonderfully Made** **A Missing Link In Natural Health Restoration & Healing**

### **TKM® E.M.T. and Levels 1 & 2**

*Based on the Books "TKM® Textbook" and "TKM® E.M.T. Book"*

Speakers:

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

Do you have the knowledge and confidence to provide aid to your child (or someone) during an asthma attack, seizure, severe bleeding or severe allergy reaction without calling 911? Come and learn how to provide effective aid for most common, acute and chronic conditions.

### **Know Your Choices for Health and Healing**

You'll learn how to easily apply TKM® procedures for chronic and critical issues in a totally non-invasive manner, without any risk of causing side-effects. Anyone can utilize this very light, hands-on method which is a powerful but gentle and effective way of stimulating the body's bioelectromagnetic systems to restore proper conductivity and coherence, promoting homeostasis. Learn to help facilitate proper body functions which aid all systems in the body to perform better 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 a seizures, anaphylactic shock, asthma attacks, and even heart attacks in progress. It is utilized to relieve both acute or chronic pain; resolve health conditions from common colds to cancer; paralysis, arteriosclerosis, gangrene, and revive coma patients. The Method's use has reduced the healing time of bone fractures by 50 percent and stopped external bleeding without the aid of compress.

You're invited to learn simple applications which have reversed hundreds of chronic to acute health disorders, uniquely and profoundly saved and restoring literally thousands of lives. You will be amazed at the tools that you can acquire in just five days during this introductory course, which leading physicians consider to be an excellent immersion into this profound method. 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.

### **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, promoting your own health restoration, will convince you how much you can accomplish with these principles for yourself and those you care about.

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



Conference Dates:

**SEPTEMBER 16th – 20th**

Time: 9 am - 6 pm/ Final Registration: 8:30 am - 9:00 am

Location: **Frisco Convention Center, Frisco, Texas**

Embassy Suites Hotel at Convention Center: <http://www.embassysuitesfrisco.com/home.aspx>

- Regular Tuition for this training is **\$975.00** -

**EVERYONE BENEFITS FROM THIS TRAINING!**

So we're providing this almost 80 percent discount to you.

**This Is A One Time Opportunity To Acquire This Training For  
\$200 Tuition (\$100 Deposit)**

**Includes: TKM® Textbook Volumes 1 & 2** (books sold separately for \$159) **and all handouts**

**Special Tuition: \$50 for Missionaries and Pastors** (includes Textbook Volumes 1 & 2)  
Deposit \$25, due for registration. Special TKM® books for missions are provided for missionaries registered with our Missions Committee (inquire at class). Missionaries use TKM® to help those in need and as an evangelizing tool.

Five days of information-packed sessions includes an emergency training, plus, lectures, demonstrations, instructions and four sessions of actual hands-on training. **NOTE:** After this training, each participant will be connected to an online service for TKM® advice/assistance available 24/7 worldwide.

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**DUE DATE: NOW** (Register Now, limited seating!)

Register online at: [www.kinginstitute.org/calendar/index.php](http://www.kinginstitute.org/calendar/index.php) Or, Call 800-640-7998

In the immediate area of the conference are several hotels, a large shopping mall, shopping centers and many restaurants. We have provided a great place for the conference and all you'll need is in walking distance, at a virtually free tuition, including materials. Just register, attend and you will keep benefiting for the rest of your life from this extraordinary learning experience.

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.

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

**INFORMATION LINKS:**

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

Ministry Pamphlet: [www.kinginstitute.org/TKM%20Ministry%20Pamphlet.pdf](http://www.kinginstitute.org/TKM%20Ministry%20Pamphlet.pdf)

Color Conference Flyer: [www.kinginstitute.org/images/NEW%20FLYER.pdf](http://www.kinginstitute.org/images/NEW%20FLYER.pdf)

700 Club Asia Clip on TKM: [www.godtube.com/view\\_video.php?viewkey=5a993ff25320786a2ccc](http://www.godtube.com/view_video.php?viewkey=5a993ff25320786a2ccc)

# Bimonthly Book Suggestion

## The Richest Man Who Ever Lived

By Steven K. Scott

I'm sure many of you have heard of this book, but have you really read the wisdom of what Steve Scott writes in a new and refreshing way.

In this short powerful book, multimillionaire and best-selling author Steven Scott reveals King Solomon's breakthrough strategies to achieve a life of financial success and personal fulfillment.

