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## Irradiation of food is “frequency poisoning”

The United States enjoys one of the safest food supplies in the world, but food borne illnesses remain a constant concern. Each year, millions of Americans become ill from food borne infections, and close to 5,000 die from such infections.

Because of these mounting concerns, irradiation of food is being considered to “sterilize” the country’s food supplies to cut down on food borne illnesses. Radiation would reduce or eliminate microorganisms that contaminate food or cause spoilage. The World Health Organization (WHO) reviewed a number of studies and concluded that food irradiation poses no toxicological, microbiological or nutritional problems.

But from a physical standpoint (physics being the Eastern approach to medical science) supporters of food irradiation don’t understand that it is just another way of contaminating our food. “Frequency poisoning,” says Glenn King, Ph.D., is becoming seen as a solution versus a current and increasing serious problem.

For instance, canned food lowers the body’s healthy frequencies for approximately three days. Food cooked in a microwave oven not only destroys all

the nutritional value but also alters the molecular structure of the food. By the time it’s finished in the microwave, we are not really sure what we are eating molecularly, much less all the long-term repercussions it has on the body’s chemistry and energetic foundation from constant ingestion.

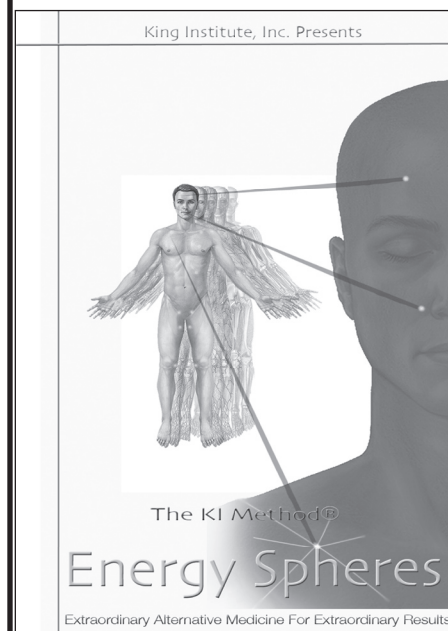
Food stored in a refrigerator zaps all of the vitamin C and lowers the energy frequency of the food, aside from the electromagnetic frequency, or EMF, transference (which is why it’s best to never store fruit in the fridge).

Juicing sounds really good and healthy, right? But certain mixtures of fruit with vegetables may be hard on an average persons digestive system and can cause bloating, gas, constipation, headaches or acidity. Generally, it’s best to juice vegetables only with other vegetables and fruits only with other fruits. And know that as soon as something’s juiced, it’s enzymes begin to die immediately, which is why you have to drink it as soon as it’s out of the blender or juicer to truly get any nutritional value.

Refrigerating or storing your juice for later use will leave you with dead enzymes and little or no vitamin C, as we mentioned before. While you can still drink it, there will be no enzymes to process the nutrients so that they can be absorbed into your blood and benefit your body. Juicing is great if done properly. It is also best to juice fresh vegetables or fruits that are not refrigerated and are as organic as you can get it. 🗨

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## Defining Organic

According to current agricultural laws, you do not have to plant on virgin land to acquire organic status. Farmers who wish to take advantage of the growing organic foods market have to meet criteria set in order for their fields to become organic certified. This includes using natural versus synthetic fertilizers and pest control. More details on organic certification will be in the next *KIMA Journal* issue.

Water tables are considered contaminated from pesticides, herbicides and other chemicals if less than 300 feet deep. Some contamination goes deeper.

Large quantities of pesticides were introduced in the 1930's, but post-WWII, the USA registered and introduced 25,000 pesticide products into our food supply, for the reason of waste management (the waste has been human health and life!).

The USA is big on chemicals and drugs for employment opportunities and making money, but health takes a low priority, or no priority. There are countless books and scientific research that have chronicled the devastating effect on our health from these substances. There are about 77,000 chemicals introduced into North America alone. More than 3,000 of these are added to our food. An additional 1,000 new chemicals are added each year. They are absorbed into the ground water, rivers, lakes and oceans and spewed into our atmosphere and intentionally added to our food, and now they want to use what is rapidly becoming more dangerous than all these chemicals: electromagnetic frequencies or EMFs. This electrical pollution, along with chemicals and radiation, is damaging or destroying the earth God provided us, the living planet or organism called mother earth, the only place we live.

People have a right to live in their house as they choose, but they do not have the right to come and contaminate your house. In fact there are health laws in this country that may step in when your house becomes a serious enough health hazard.

We cannot continue to contaminate our planet, our bodies and children. The pesticides, herbicides, hormone-enhancing drugs, chemical additives, preservatives, chemical sprays and food processing all damage our food sources to a profound extent. Environmental toxins surround us already. Let's try and at least make an attempt to protect our food sources. 📌

## Upcoming TKM® Classes

Date	Type	Location	Tuition/Dep
Apr. 7-8	TKM®: Self Help	Lexington Park, MD	\$300/\$150
May 2-6	TKM®: Lv. 1 & 2	Cleveland, OH	\$800/\$400
May 7	TKM®: EMT	Redding, CA	\$175/\$85
May 16-20	TKM®: Lv. 1 & 2	Dallas, TX	\$800/\$400
May 12-13	TKM®: Self Help	Shawnee, KS	\$300/\$150
Jun. 8-10	TKM®: Lv. 3	Newport News, VA	\$400/\$200
Jun. 16-17	TKM®: Self Help	Sebring, FL	\$300/\$150

For more information on classes or to register, visit the Calendar page at [www.kinginstitute.org](http://www.kinginstitute.org)

## \*677 or #77 E-mail Hoax?

With the advent of the cyber age, e-mail hoaxes are growing popular every second. However, one particular e-mail hoax has some sound advice that just might save your life.

The email suggests that a young woman named Laura or Lisa (depending on the story variation) was driving home at night when an unmarked police car started flashing its blue and red lights to pull her over. Rather than pull over along the side of the road, Laura or Lisa dialed either \*677 or #77 to connect to the local state patrol to ask them to tell the officer she would be proceeding to a gas station just up the road.

When the dispatcher checked to see that no patrol cars were scheduled to be in the area at the time, he notified other officers in the nearby area to rendezvous with her and the unmarked car at the gas station. Four patrol cars surrounded her car and her pursuer, and they discovered that the man behind the wheel of the unmarked car was a serial rapist posing as an officer.

While that story may not be entirely true, there have been reports of people posing as police officers (and in some cases real officers) who would pull over unsuspecting

motorists by placing flashing blue and red lights on their cars with criminal intent.

The #77 is variations on how to contact different state patrol authorities but is by no means universal. The best bet on all accounts is to dial 911.

Though there are only a handful of officer impersonators, there are enough incidents to raise concern. In 1996, former New York Gov. George Pataki issued an executive order to stop unmarked police cars from pulling over motorists for routine traffic violations.

Should an unmarked car start flashing lights and signal you to pull over (either during the day or at night), don't pull over on an empty side of the road. Instead, slow down, turn on your hazards and go to the nearest gas station or other well-lit area where there are others about. You might be charged for failing to heed an officer's commands, but it's safer. And even if the officer that has pulled you over is genuine, ask to see photo ID, where the officer works and place a call to 911 to verify his or her identity.

It might take some time and a lot of patience on yours and the officer's part. But it's better to be safe than sorry. 📌