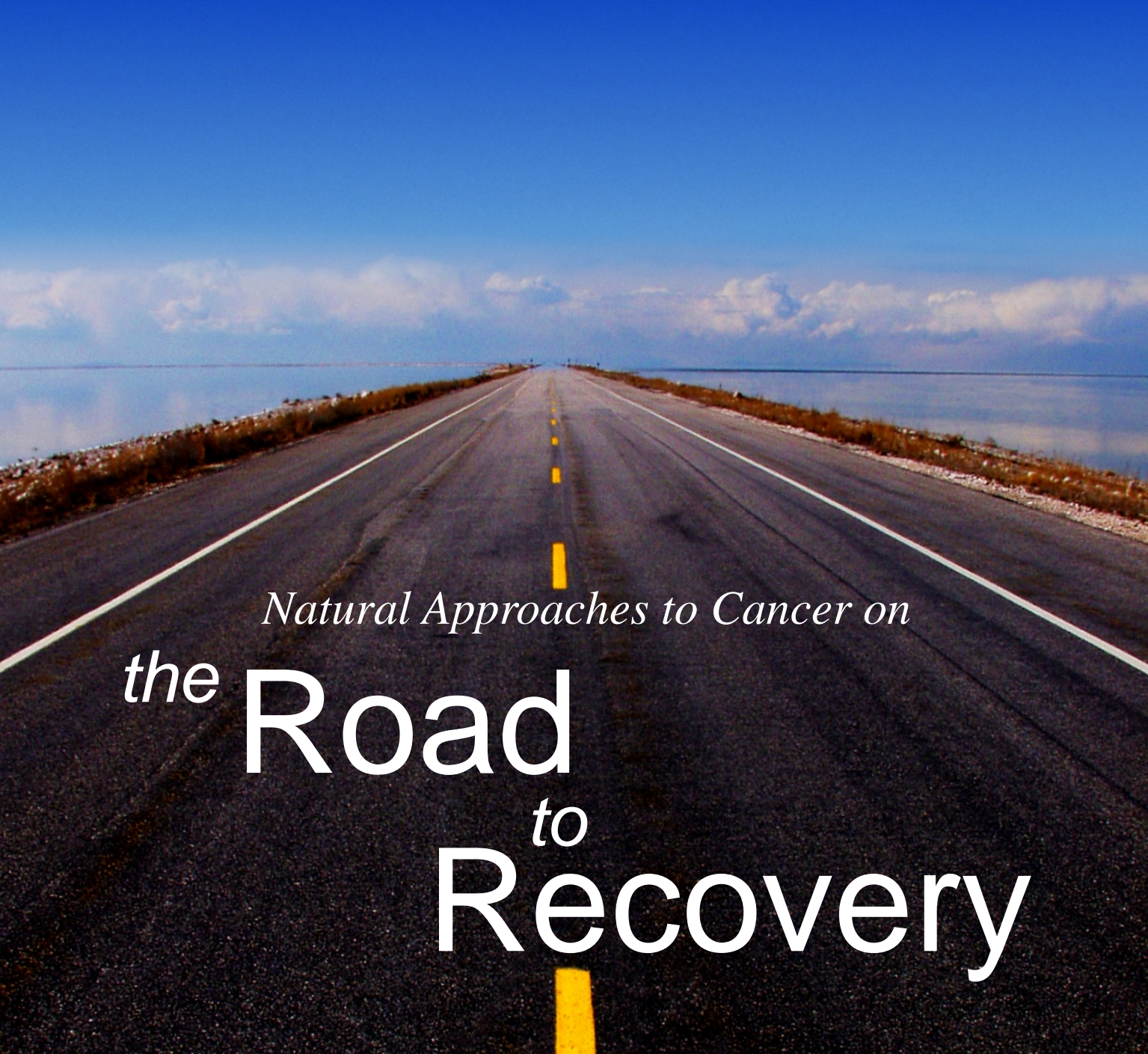


Pain: Friend of Foe?

KIIMA

The Journal of
The King Institute Method® Association
A Publication of the King Institute, Inc.

Issue 7



Natural Approaches to Cancer on
the **Road**
to
Recovery

Oxysterol: Why Cholesterol Quality is More Important Than Quantity
A Four Nutrient Combo that Fights Macular Degeneration
How Heart Failure is Linked to Two Nutritional Deficiencies

Extraordinary Alternative Medicine for Extraordinary Results

Contents Issue 7, March

cover

7 Cancer Support - An extensive listing of natural herbs, vitamins, dietary and nutritional advice and TKM® sequences that can help make the difficult road through cancer a smoother one.

features

3 Oxysterol - Why people should be more concerned about the *quality* rather than the *quantity* of their cholesterol.

5 Fighting Macular Degeneration - Find out which four nutrients create a winning team to help save your vision.

9 Pain: Friend or Foe? - TKM® Instructor Dr. Jim Robertson takes a unique look at a four-letter word that we probably won't want to avoid anymore.

20 Heart Failure and Nutritional Deficiencies - See why a lack in these two vital nutrients might be the cause behind heart failure in many people.

in each issue

- 1 Staff
- 2 Director's Note
- 2 Editor's Corner
- 9 New! Health Tips from KIMA Readers Like You
- 9 Pulse Puzzle
- 10 FYI - Good Info to Know!
- 11 Snapshots
- 12 Pulse Puzzle Suggestions
- 12 Pulse Puzzle - After Session
- 13 Body Biography
- 14 Testimonial Corner
- 15 Healthy Eating
- 15 E-mail Response Corner

KIMA

The Journal of
TKM® Association

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Published by
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Our Mission Statement

“Dedicated to serve as Ambassadors bringing Restoration, Healing, Truth, and the Love of Christ to the World, giving all the Glory to God.”

Notes from the Director

Sometimes, health marketing just makes you sick, doesn't it? Have you noticed that the largest industry in this country, which really means the world, is pharmaceuticals?

From a good hearted, although naive, perspective the medical community tries, through pharmaceuticals, to help the population's health issues. But most, if not all, of our health problems are due to poor quality lifestyles, regardless of finances. Poor diet, work habits, rest habits, pleasure habits, hygiene, exercise, environment and emotional lifestyle all factor in. Other industries that seem to threaten the pharmaceutical empire offer vitamins, diets (providing the food), herbs, homeopathics, pleomorphics and other supplementation or self-claimed remedies to "purchase." Then there are the overly advertised items like exercise machines or facilities, drinks, powders, food bars and energy devices to treat or protect.

We are just bombarded by "buy me" products. I praise God that TKM® is simple and just needs a little time each day. Sure there is an initial investment in learning, materials and sessions, but then it's just your identified ability to help yourself and others throughout your life. Sure we also need good diet, exercise and proper supplementation, all which require continued costs. But TKM® is like a college degree: once you have it, you have it and that's it.

I praise God for the simple things in life. The most we have to overcome is the self arguments about taking the time each day with TKM® and experience the undeniable improvements that enhance our whole life. God uses the simple to confound the wise. There is nothing comparable or as simple.

Do you feel as blessed as I do because of having the knowledge provided to help so much with just some time and two hands? Remember "life is simple" and God's way for us is to live life simply, healthy and truly joyful. Your only ongoing investment is time. Invest some today, then count the immediate and lasting rewards.

Joy and Health!

Glenn King, PhD, CDN, CN, Director



Editor's Corner

Welcome to the first issue of 2006!

You might notice some subtle changes in this issue versus previous ones. For one thing, we plan on bringing you more feature articles per issue. We also wanted to add a section where loyal readers like you can share your health tips with one another, like you do on KIMA-Talk. Hence, the start of the new section *Health Tips from KIMA Readers like YOU!*

Another noticeable change concerns the Instructor Spotlight. Now that we're all familiar with our four certified TKM® instructors, we invited them to start writing about their experiences at a capacity beyond the Testimonial Corner. We wanted to hear what they have to say, so we bumped them up to the features section of this publication. For this issue, TKM® Instructor Dr. Jim Robertson takes a unique look at pain in his article *Pain: Friend or Foe?* I found it to be a very interesting and informative read, and I think you will, too.

Christine Dao, Editor

Oxysterol

Why people should be more concerned about the *quality* rather than the *quantity* of their cholesterol

We hear everywhere that high cholesterol can lead to higher risks of heart disease. To combat that possibility, doctors would recommend for their patients to lower their cholesterol levels.

This can be achieved in several ways, proper diet and exercise being the most common and controllable methods. Doctors might also prescribe statin drugs like Lipitor® or Zocor® to “help” lower cholesterol faster.

However, studies are now showing that lowering your cholesterol may not be enough to prevent serious heart disease. In fact, according to a 2001 *The Wall Street Journal* article on heart disease, half of all heart attacks take place in people with normal cholesterol levels.

Doctors routinely check for the quantity of cholesterol in a person’s body, but they rarely check the quality.

“They are missing a critical risk factor, whether the cholesterol has been oxidized into dangerous molecules that can damage the cardiovascular system,” writes Dr. Stephen Stiteler, L.,Ac., O.M.D, in his article “Importance of Cholesterol and Terrain Testing.”

Cholesterol Oxidation: The Electron Thief

Oxidation can alter the quality of a person’s cholesterol. It is an “electron thief.”

Various factors can contribute to oxidation, including stress and poor eating practices. These can cause the body to lose electrons and become unstable. The body attempts to normalize the electron bonds, and the incomplete bonds may steal electrons from other molecules. Low-Density Lipoprotein, or LDL, cholesterol molecules are more susceptible to oxidation. When they’re attacked, the LDL molecules lose electrons, causing a chain reaction that results in neighboring LDL molecules to lose electrons as well and become oxidized.

Though many refer to LDL cholesterol as “bad” cholesterol, it isn’t dangerous until it’s oxidized and becomes a substance known as oxysterol. Since many medical doctors don’t screen for oxysterols, they go unnoticed in most people until much of their LDL cholesterol has become oxidized.

Oxysterol causes damage and breakdown to the vascular system. Even at low concentrations, oxysterol stimulates chronic arterial inflammation, which can lead to heart disease. The inflammation causes the arteries to constrict and blood clots to form.

Naturally, the body sends out its white blood cells to destroy the damaged tissue, and arterial cells will begin to multiply and form scar tissue, known as arterial plaque. The constriction of the arteries affects the flow of blood, which can lead to high blood pressure and heart attacks.

“If you want to control heart disease, you must not only normalize your cholesterol levels, you must also control the oxidation of cholesterol into oxysterol,” Dr. Stiteler wrote.

What you can do about Oxysterol

The first important step in helping a cholesterol problem is to see if you even have one. But remember, you should check not only your total cholesterol level but also for the presence of any oxysterol. Remember, any amount, even small ones, of oxysterol can lead to heart disease.

“Without correcting the oxidation levels, your risk of cardiovascular disease still exists,” Dr. Stiteler said.

Easy-to-use in-office oxidation tests are available for doctors to purchase and use to test for oxysterol in their patients.

How About Cholesterol-lowering drugs?

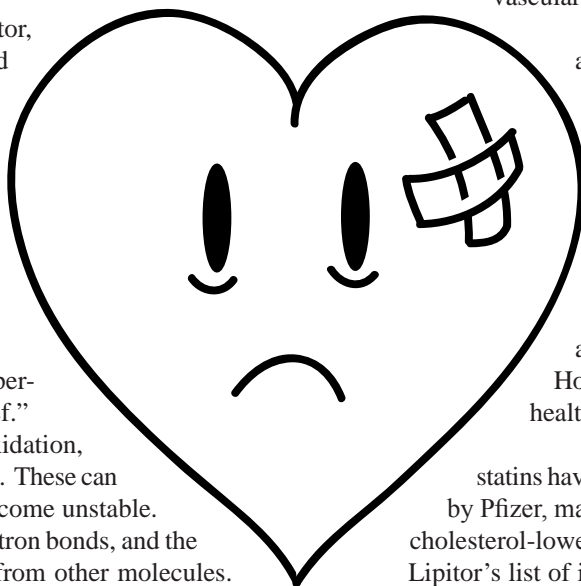
Statin, or cholesterol-lowering drugs, are gaining more popularity in the medical field. Lipitor and Crestor are among the more heavily advertised. However, they are proving to be more of a health risk than an aid.

For one thing, like all prescription drugs, statins have side effects. Lipitor (atorvastatin), made by Pfizer, markets itself as the number one prescribed cholesterol-lowering pill.

Lipitor’s list of infrequent side effects include joint pain, backache, throat and sinus irritations, flu-like symptoms, head pain, diarrhea and stomach cramps. It’s list of rare side effects include muscle disease, urinary tract infection, serious muscle tissue damage and life threatening allergic reaction.

Crestor (rosuvastatin), made by AstraZeneca, claims it can lower bad cholesterol levels up to 52 percent.

It’s common side effects include throat irritation and muscle pain.



Factors That Contribute to Oxidation of LDL Cholesterol

- * Adrenaline shifts from stress
- * Insuline shifts from carbohydrates & sweets
- * Low antioxidant diet
- * Eating too late
- * Eating too much
- * Pesticides

It's infrequent side effects include, get this, **high blood pressure** and depression.

Complete lists for side effects on all statins available on the U.S. market are available at www.webmd.com. Though King Institute, Inc. doesn't necessarily agree with many of the articles posted on WebMD, it is a good source to find generic information such as side effects on various prescription medications.

Statin drugs also lower CoEnzyme Q10, a naturally occurring vital cellular nutrient. Co Q10 helps protect the vascular system and the heart against "inflammatory oxidation damage" and is also important to cellular energy production. And recall that the aim for all of these drugs is to lower LDL cholesterol levels, which isn't what we're looking for. We want to eliminate the presence of oxysterol.

Going EI Natural

"A properly balanced program will accomplish much more than statin drugs," Dr. Stiteler wrote.

He says that a balanced program should do the following simultaneously:

1. Lower your Total cholesterol level
2. Raise your High-Density Lipoprotein (HDL) cholesterol level
3. Lower your Low-Density Lipoprotein (LDL) cholesterol level
4. Protect your cholesterol from oxidation damage

Requirements to achieve these vary among people, but there are natural methods to help control cholesterol and curb your risk of heart disease.

Concerning the dietary, exercise, herbal and supplementation for a preventative and/or a recovery program, a licensed and experience health professional with a good reputation and track record should guide you in these areas.

People should never experiment with their health on their own from reading articles, books or from audio/visual learning. There are too many factors and variations for a person to safely do trial and error without proper training and knowledge. Individually designed care programs are essential for safe and proper recovery as well as maintenance and preventative health programs.

Most cardiovascular issues can be easily resolved with TKM®, and there are some general applications that would apply to everyone, even though pulses and individualizing the TKM® program is also essential for all cardiovascular recovery and maintenance.

TKM® general sequences for cardiovascular issues are #15, #23,25 (combo) , #10, and #5,6,7,8 (combo). To these basics, add R&R 4th stratum, Bladder, #9, Liver and Diaphragm sequence.

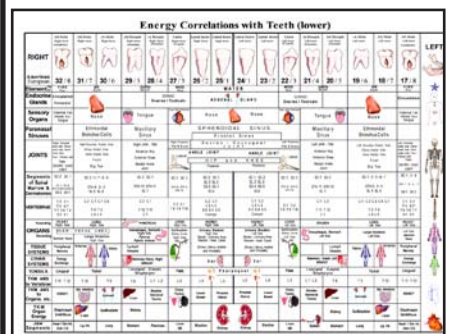
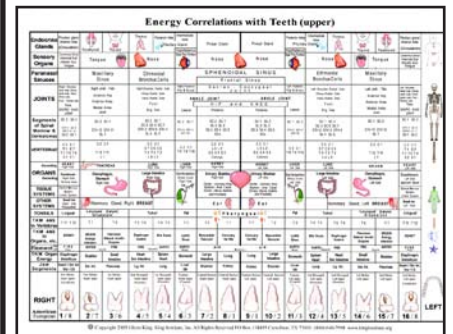
The dietary, exercise and supplemental program are essential and made more effective when working in concert with TKM®.

With 144,000 interacting functions, it is vital to understand what is needed and when for appropriate application. We encourage continued study and practice because needs always become greater as time passes. 🗨️

The most comprehensive tooth chart to date!

The Teeth charts with color graphics help illustrate the correlations of teeth to organs, glands, structural relations and systems in the body. It is a two sided chart with upper teeth on one side and lower teeth on the other side. The chart includes the most up-to-date correlations available internationally from the most respected experts in the health field as well as TKM® correlations to the vital functions and systems of the body.

You may order the chart by calling the King Institute, Inc. at 800-640-7998. The charts are available to purchase on our website.



Statin on the U.S. Market, along with generic names and manufactureres

- * Lipitor® (atorvastatin) - Pfizer
- * Zocor® (simvastatin) - Merck
- * Pravachol® (pravastatin) - Bristol-Myers Squibb
- * Lescol® (fluvastatin) - Novartis
- * Mevacor® (lovastatin) - Merck
- * Crestor® (rosuvastatin) - AstraZeneca
- * Vytorin® (ezetimibe-simvastatin) - Merck

Four-Nutrient Combo Helps Fight Macular Degeneration

Macular degeneration is the leading cause of severe vision loss. When it develops, it causes the center of your vision to become distorted with dark, blurry or white areas. It can make straight lines appear crooked. And it can affect your color perception.

One way to help prevent this illness and avoid these terrible symptoms is an oxygen therapy called hyperbaric oxygen. It's not easy to find this therapy, and conventional medicine just doesn't offer anything that works.

Reversing macular degeneration is typically very difficult, but there is a combination of four different nutrients that is supposed to work wonders in stopping its progression. Better yet, it's possible that if you don't have macular degeneration, these four nutrients can completely prevent the disease.

The Journal of the American Medical Association reported last year on a Dutch study that followed 560 people for eight years and monitored the intake of these four nutrients and the incidence of macular degeneration. The researchers controlled for factors like atherosclerosis and smoking. What they found was very encouraging. Those with higher than average dietary intake of beta carotene, vitamins E and C, and zinc had an impressive 35 percent reduced risk of developing macular degeneration.

The researchers found synergy between these nutrients, meaning they all work together to help your eyes better than any of them alone. So it's important to take all four of them together.

It is possible to get enough of these nutrients from your diet. Some of the foods that contain high amounts of these nutrients are:

- **Vitamin C** - most fruits and vegetables (even in potatoes)
- **Vitamin E** - nuts, eggs, and unprocessed vegetable oil
- **Beta Carotene** - carrots and spinach
- **Zinc** - The only one of the four that has good sources outside the vegetable kingdom (it's abundant in meat), but a heavy-meat diet isn't recommended, and supplements are therefore preferred; whole grains are also a great source of zinc

Unfortunately, most people don't eat enough of these foods. So we recommend taking a good multivitamin to protect yourself. The following dosages work for the average adult:

- **Vitamin C (1,200 mg/daily)**
- **Vitamin E (400 IU/daily)**
- **Beta carotene (15 mg/daily or 10,000 IU from vitamin A)**
- **Zinc (15 mg/daily)**

Most people are very deficient in zinc and need more than this regulated cocktail. Every cell in your body needs zinc, and it's vital for your immune system as well. Your body rushes zinc to any cut, bruise or other injury on or in the body for healing.

Most people are often deficient in vitamin E, so we recommend increasing E to between 800 to 1,200 IU daily. You could triple the dose of zinc, although it would be better to test and see how much zinc you really need at that time and later (each month until regulated at the normal dose). Metagenics® has a zinc tally test that consists of a taste test of soluble zinc to help you find out how much zinc you need to take.

In addition to these four nutrients, we also recommend you take a good eye formula, such as Healthy Resolve's Advanced Vision Formula (800-728-2288) or something equivalent. It has other nutrients, including lutein, bilberry, taurine, L-glutathione, alpha lipoic acid, eyebright and N-acetyl-L-cysteine, which are great for your eyes. They can aid in the treatment and prevention of macular degeneration.

The basic energy sequence correlations in TKM® are Spleen, #4, #10, Liver, Gallbladder, Eye sequence, #14, #9 and #20,21,22 sequence. The opposite axilla (arm pit center) to the eye is vital to have energetically clear for any eye projects.

Also, the opposite #4 is vital for proper functioning. These are areas that, when congested, can obstruct any effective treatment program. Remember, Eyes are a 3rd stratum and waist level project.

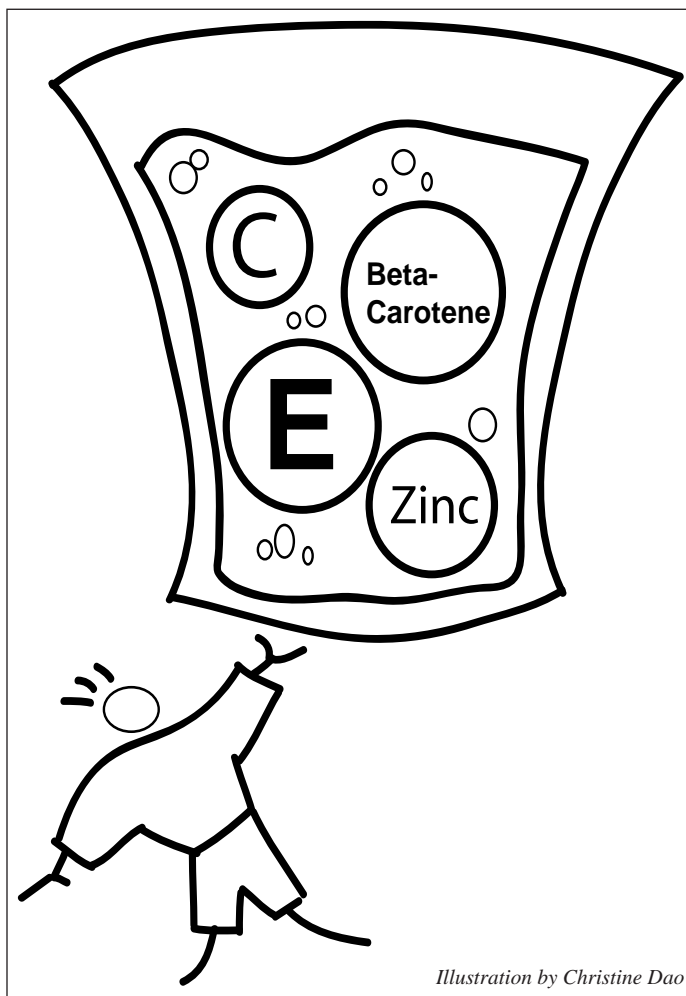


Illustration by Christine Dao

Sequence for Revitalizing and Redirecting the Energy of 1st Stratum

This is a variation of the sequence on page 107 in the textbook.

This variation is specifically for a breached baby. It is for turning a baby in the womb to the proper position. It could be effective for when the is cord around the baby's neck and for other mispositioning in the womb. The application described looks similar to the right application on page 107, although the hand positioning is the opposite for this purpose.

Preparation: Sit, or preferably lay, in a comfortable position. For best results remove all metallic objects from the body and from clothing. 100% cotton clothing is best suited.

Length of time: Hold this one step procedure a minimum of 10 minutes or up to 20 minutes if needed.

Application: Use the pads of the fingers (*palm side down*) of your first three fingers (*index, middle, and ring*) to apply contact with any location. Or, you may use all fingers (pads) if you wish. The thumb of the right hand simultaneously goes to the #26.

Always hold all three locations at the same time.

Important: Pressure is not necessary to achieve results, in fact, it may inhibit the process. Contact is all that is needed to stimulate energy circulation.

Note: If necessary, this application can be repeated several times at twenty minutes each.

This application can be applied by sitting at the head of the person

or by sitting on left side with your right hand crossing under their neck to reach the position properly.

Procedures For Hands	(to)	Positions On Body E.S.'s
----------------------	------	--------------------------

step 1: Right fingers	to	Right 9 (on blade)
with Right thumb	to	Right 26
and Left fingers	to	Left 2

Symptoms Related to this Special Application

Breach baby

Cord around baby's neck

Proper positioning of baby in womb and anything concerning the womb during pregnancy

The above application and the two versions on page 107 of the Textbook help the following:

Any breast feeding issues, any epidermis issues, hearing projects, mouth and teeth issues, diarrhea, stomach, spleen, lungs and breathing projects, dysfunction can cause loss of consciousness.

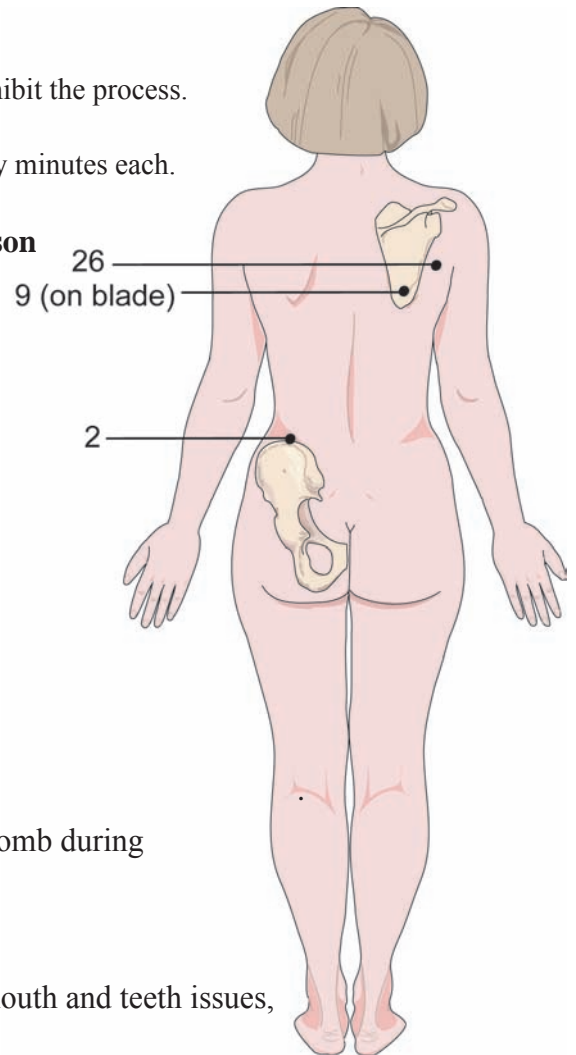
The dysfunction of first stratum energy is thought to be the cause of malformations in newborns.

Note: This application is also great for a newly born baby.

Breast feeding note: Thoracic #12 and/or back of the wrist correlates with breast milk production and health.

Holding these or applying applications that help these areas will produce results.

Support: For any womb issues including the above listed you can include the following applications: Spleen, #13 sequence, SBF of 1st stratum and 3rd MOC.



Cancer Support

by Glenn King, PhD, CDN, CN

**A listing of herbs, nutritional advice and TKM® sequences
that can help people suffering from cancer**

Emperical studies have shown that herbs may act in the following manners:

- Inhibit cancer formation by blocking or diverting carcinogenic material away from the cell.
- Inhibit cancer promotion by decreasing or “turning off” promotional factors that would otherwise be used for cancer promotion and proliferation.
- Promote Phase I and Phase II liver detoxification pathways.
- Protect cells by binding carcinogens and enhancing excretion through metabolism.
- Repair DNA that has been damaged by carcinogens.

Overall support to consider

The following list should not be used by experimentation. We provide this list as emperical findings and not suggestions for individuals as a protocol. Please consult your health professional for assistance before adding supplementation to your diet or other dietary changes.

Immune Support: Echinacea, Cats’ Claw (Complex), Astragalus (Complex), Ganoderma/Shiitake.

Antioxidants: Turmeric, VitanoX, Ginkgo, Bilberry, Hawthorn (and many others).

Lymphatic Support: Poke Root (always a low dose herb for short terms and not in lymphocytic leukemia), Cleavers, Calendula, Echinacea, Red Clover, Burdock Root.

Adrenal Support: Rehmannia, Licorice, Korean Ginseng and Eleuthero.

Adaptogens: Ashwaganda (esp. through Chemo), Eleuthero, Korean Ginseng, Astragalus.

Liver Support: Milk Thistle, Dandelion Root, Schisandra, Bupleurum, Globe Artichoke, Garlic.

Mucous Membrane Support: Golden Seal Root.

Circulatory Support: Horsechestnut, Butcher’s Broom, Ginkgo (all in Horsechestnut Complex), Hawthorn, Bilberry.

Systemic Tonics: Burdock (Complex), Eleuthero, Ashwaganda.

A sample foundational support combination might include Astragalus (Complex), Cat’s Claw (Complex), VitanoX, Withania (Complex) as well as organ specific support:

Bladder: Green tea (not recommended in most cases due to high caffiene levels), Indole 3 carbinols (I3C) from brassica foods.

Blood: Ginkgo, Red Clover, Boswellia.

Bone: Astragalus.

Bowel: Turmeric, Green Tea (not recommended in most cases due to high caffiene levels), LivTon, (high dietary b-carotene & I3C).

Breast: Calendula, Poke Root (high dietary b-carotene & I3C).

Cerebral: Ginkgo, Bacopa (Complex), Boswellia (Complex).

Cervical: I3C containing foods.

Intestinal: Garlic, Turmeric, Green Tea (not recommended in most cases due to high caffiene levels).

Kidney: Rehmannia, Astragalus.

Liver: Milk Thistle (Silymarin), Bupleurum, Schisandra, Korean Ginseng, LivCo, Turmeric, Chlorophyll to reduce aflatoxin induced DNA damage.

Lung: Licorice, Korean Ginseng, Mistletoe, Pleurisy Root (high dietary b-carotene).

Ovarian: Red Clover, Pasque Flower.

Pancreas: Gymnema, Bitters (in DiGest).

Prostate: Nettle Root, Saw Palmetto, Red Clover, Ganoderma (high dietary b-carotene, gamma-tocopherol such as found in Sesame Seeds & I3C such as Cruciferous Complete).

Skin: Burdock Root (DermaCo and/or Burdock (Complex), Red Clover, I3C.

Stomach: Golden Seal, Green Tea (in VitanoX, but not recommended in most cases due to high caffiene levels), Ganoderma/Shiitake.

Throat: Poke Root, Korean Ginseng, Ganoderma/Shiitake.

Uterine: Poke Root, Dong Quai.

Symptom Relief

Chemo debility: Ashwaganda, Korean Ginseng, Licorice (Withania Complex), Astragalus, Oats (seed), Dong Quai, FeMax Iron Tonic, Ganoderma/Shiitake.

Constipation: Cascara (in Colax), Dandelion Root.

Depression: St. John’s Wort, Korean Ginseng, Oat Seed.

Insomnia: Valerian (only short term since it can be habit forming), Passionflower, Hops, Vervain, Ashwaganda.

Nausea: Ginger, Chamomile, Peppermint.

Pain: Californian Poppy, Boswellia Complex.

Spasm: Cramp Bark (Cramplex), Black Haw, Passionflower, Valerian (only short term since it can be habit forming).

Dietary Preferences

All of the following dietary recommendations are for whole foods or whole food supplementation. Discussion of isolated nutrients or phytochemicals is intended for informational purposes only and should not be construed as a recommendation to supplement using isolated phytonutrients.

- A high intake of raw fruit (in some cases this is not recommended due to high fructose intake) and lightly steamed vegetables (i.e. Lots of cruciferous vegetables that contain Indole-3-carbinols, a phytochemical that has shown reliable anti-cancer activity in clinical trials; it has been shown that I3C and its metabolites are able to cause the breakdown of estrogen into its 2-hydroxy form, a cancer preventer rather than the 16-hydroxy form, a cancer promoter), green pepper, eggplant, shallots, pineapple, apple, ginger, mint leaf (although not with homeopaths; Sanum products or Bioresonance), wheat sprouts, dark green leafy vegetables, garlic, onions, carrots, pumpkins and whole grains.

- Foods high in folic acid, vitamins A, C, E, B-complex, selenium, methionine, magnesium, manganese, potassium, zinc.

- Improve bowel flora with lactobacillus acidophilus and improve bowel movements with dietary fiber, psyllium powder (only if there is plenty of water intake and bowels are already moving daily) or Slippery Elm powder (1 tsp. in water TDS). Watch out for yogurt with a long list of ingredients or sugar added; opt for simple yogurt with live cultures in it. Kefir is also excellent.

- Fresh juiced vegetable and fruit juices contain abscisic acid, which appears to inhibit cancer cell growth by helping destroy the growth hormone that cancer cells make. Abscisic acid is strongest in wheatgrass, green vegetables and mangos. Beta carotene in its natural form has exhibited anticancer activity in clinical trials, particularly trials for lung, breast and prostate cancers. Lycopene, which is responsible for the red color of tomatoes and watermelons has exhibited excellent cancer inhibiting properties, particularly in trials for prostate cancers, and it is expected that other organ cancers will benefit from this phytonutrient as well.

- Pomegranate juice has shown promise in cancer prevention in slowing the growth of existing cancer cells in prostate and skin cancers and is of interest for studying in other types of cancer.

- Eat fish (cold water, deep sea) three times a week or use a high quality fish oil supplement with no hexanes used in the processing. NO TUNA!

- Add high lignan Flax seed oil to diet (drizzle on food at serving time, three tsp/day), or grind raw, organic flax seeds (three tblsp/day) fresh daily and add to cereals, yogurt, etc.

- Drink lots of Rhus Tea - 36 to 60 oz. per day.

- Butyric Acid, found in unheated butter, has been shown to inhibit cancer cell replication, particularly in the intestines and colon. Endogenous production by beneficial bacteria in the intestines is promoted by the use of soluble fibers. Dairy sensitivities could prevent use.

Dietary Taboo's

- Don't use nicotine, alcohol, foods exposed to pesticides or irradiation, or that have mold or animal products treated with hormones. Reduce consumption of smoked, pickled or barbecued foods and foods containing artificial colors, nitrates, nitrites, cyclamate and

saccharin or any artificial sweeteners.

- Reduce fatty food intake, particularly fried foods. Eliminate them if possible.

- Reduce intake of refined and processed foods, anything artificial.

- Absolutely no hydrogenated or partially hydrogenated fats. Read labels because these are in almost everything, like most commercial baked goods, peanut butter, many frozen foods and even some "health food store items."

- Avoid all refined foods, sweets, cakes, all carbonated beverages, sugar and coffee (all caffeine containing products, which includes chocolate).

- Avoid products containing fluoride such as most toothpastes. Fluoride inhibits the immune system and is listed on the FDA poison list for over dose if swallowed.

- Avoid eating meats and food cooked in temperatures that exceed 212 degrees Fahrenheit (depending on altitude and barometric pressure related to boiling point temperatures), which can create carcinogenics. But meats should be thoroughly cooked, no raw, no blood!

- Avoid eating hard-to-digest foods, large amounts of food and eating late (dinner should be a light meal eaten early).

- While undergoing Chemo session, there is some evidence to advise avoiding agents that promote cell replication, particularly Folic Acid and Beta-Carotene, but to use these nutrients in replenishing amounts after the chemo regime is completed.

I advise people to avoid using soaps containing 'triclosan' (antibacterial soaps) and to also avoid antiperspirant use (especially for breast cancer), although deodorants are less harmful; ideally a 'natural' deodorant is preferred.

TKM® Recommendations

All cancer starts from a dysfunction in 2nd stratum and spreads to involve 4 out of 5 stratum before one can be diagnosed with any level of cancer anywhere in the body. Therefore these are basic suggestions:

- Apply chapter 8 of the textbook in reverse order: R&R 5th stratum, then R&R 4th stratum, then R&R 3rd stratum, then R&R 2nd stratum, then R&R 1st stratum.

- Apply these sequences: Kidney, Liver, Large intestine, Lung, 3rd Method Of Correction, Trinity, Regeneration, #3, #23/25, #9, #13, Diaphragm, Umbilicus, always Median and include applications that relate to the area where cancer is located. 🗨️

I am a victor of cancer and you can be also! Always remember there is only one Healer! Good health!

- Glenn King, PhD, RD, CN

TKM[®] Instructor

S p o t l i g h t

Pain: Friend or Foe?

by Jim Robertson, N.D.

Pain is usually seen as something to be avoided. No one likes to hurt. Pain interferes with our lives. When besieged by pain we feel restricted, limited in what we can do. It is difficult to feel joy in our lives when we are under the influence of pain. Pain often seems to us like an enemy whose only purpose is to make us suffer.



There is a substantial economy in our society that is built around pain relief. There are pain relief clinics in or near many communities. Some of the most well known and notorious drugs on the market are marketed to eliminate our physical pain, yet they do not actually eliminate the cause of the pain, but just interfere with our ability to be aware of the pain. Many of these drugs are also controversial and have been linked to serious side effects, toxicity and even death. Still, there are those who will take the risks of future physical complications on the promise of quick relief from their immediate pain.

A majority of the people I see in my practice are looking for ways to get relief from some form of pain. I thought it might be interesting to seriously consider pain and examine what it is and what causes it, so for the past several months I have been researching, studying and pondering pain, its causes, effects, and meaning. In this article, I will share some of my conclusions about pain and the role it plays in our lives.

The Greek words associated with the origin of the English word for pain refers to payment, penalty, to pay or to punish. This reinforces the common belief that we are “being punished” when we experience pain. Pain is first mentioned in the Bible in Genesis 3:14-17. Here we see that pain existed before the fall of man, but was increased in the Garden. In verse 16, God says to the woman “I will greatly increase your pains in childbearing; with pain you will give birth to children” (NIV). If God was going to increase the pain of childbearing, then it stands to reason that pain already was a part of man’s experience. Something can only be increased if it already exists. In verse 17, to Adam he said “...cursed is the ground because of you; through painful toil you will eat of it all the days of your life.” Of course, these instructions from God to man came after Adam and Eve had disobeyed God’s command and eaten of the fruit of the Tree of Knowledge of Good and Evil.

These verses tell us two things about pain. First, pain was part of God’s creation from the beginning. Second, pain is increased as a consequence of Man’s disobedience. If pain has been a part of the creation from the very beginning, then God must have created pain for a purpose. Furthermore, that purpose must be good, because throughout the Creation story it is said that God looked upon his work and said “It is good”.

Continued on page 11

Health Tips from KIMA Readers Like You!

Essential oils do more than smell great!

“A few months ago, Cathy had wildfires in her area and said the smoke was horrible. Afterward, all of the drapes and upholstery, plus her convertible top, reeked of smoke. She added several drops of Purification™ (a Young Living Essential oil) to about a quart of water and sprayed it on the different fabrics. She did this for two consecutive days and reported that the smell was gone!”

Note: Please test fabrics for color safety before applying essential oils.

(Tips may come directly from students to you. The King Institute, Inc. and KIMA Journal assumes no liability for any damage caused by use of any tips).

We invite you to share your tips. Just include your name and phone number. Email tips to KIMA@kinginstitute.org. Please be aware that by sending your tips, you’re granting King Institute, Inc. permission to publish them and post them on the Internet, as well as to edit them for length, content and mechanics.

Pulse Puzzle

Pulse puzzle is a regular part of each *KIMA Journal* issue for graduates of Level II and above to help learn more about pulses. The following are some abbreviated examples used in the pulse puzzles, similar to demonstrations in class.

S = Silent

L = Loud

W = very weak pulse

R = Rapid

The numbers (1st -5th) represent the stratum texture.

FWT = Fluff with Tone. There can be combinations such as: W/FWT.

The study example is below and the observation and suggestions are on **page 12**.

L 2nd	Lg. Int.	Sm. Int.	L 5th
L 2nd	Lung	Heart	L 5th
W 5th	ST	GB	W 5th
W 2nd	SP	LV	W 5th
S	DIA	BL	S
S	UMB	KD	S

Think of common denominators and processes of elimination to determine options before viewing the suggestions.

fyi good info to know!

Occipital Neuralgia: A real pain in the neck

Occipital neuralgia is a medical diagnosis for chronic pain caused by irritation or injury to the occipital nerve located in the back of the scalp (occipital area). Individuals with the disorder experience pain originating at the nape of the neck. The pain, often described as throbbing, spreads up and around the forehead and scalp and feels like a migraine, which is why it is often misdiagnosed as a migraine.

Occipital neuralgia can result from physical stress, trauma or repeated contraction of the muscles of the neck. These stresses are common, thus Occipital Neuralgia is common.

Some old home remedies call for a person to take a cold shower and place your head under the cold water to contract the blood vessels and relieve the pain. This helps some people, but the relief is only temporary.

In TKM®, we have found direct correlations that have brought great relief to many people, often times eliminating the problem and prevent recurrence. The following applications have also shown highly effective for classic migraines:

- The Gallbladder sequence is the favorite for relief and its path follows the track of disorder or pain.
- The #4 sequence is important to function correctly and the #4,12,11,3 sequence is a good support for it. Sometimes the cause could be another less common relation, although direct, such as the Liver sequence. Emotionally, anger and especially repressed anger are major contributing factors that could be the culprit.
- For the symptoms effecting the neck, umbilicus is great to relieve tension, stress and restore proper energy and blood flow through the neck and into the head. Do not over look the physiology of Liver, Gallbladder, Eyeball or Sight issues being other aggravators, which can be helped by the same applications.
- Spleen works with all nerves and #4 is in 1st stratum, but this disorder is primarily a 3rd stratum issue.

**Negative
attitudes weaken
your immune
system and
health.**

**Be happy
and you'll have
no
negative attitudes.**

**Not letting go is a
choice to judge
which imprisons us
either way.
just let go.**

snapshots

(Right)

The response to bringing TKM® to Virginia has been very good. TKM® Instructor Derenda Pitzele conducted a Self Help class in Newport News in 2005 with a good turn out and great feedback. Dr. King conducted a Level 1 and 2 in the same town in Feb. 2006 (seen in photo). Dr. King said this was a sharp group. Aside from the enjoyable learning experience for the students, there were great changes in health and emotions from the hands-on sessions. They lunched together and seemed excited to begin Level 3 soon. The immediate area is packed with things to see and do, and Dr. King says he's looking forward to returning and spending a little more time to visit museums and historical sites like NASA, Langly, Williamsburg, Virginia Beach and the multitude of other places in the area.



Continued from page 9

While we usually think of physical pain when we hear the word “pain,” there is more than one type of pain. Types of pain include physical pain, emotional pain, creative pain and spiritual pain.

Physical pain is defined as physical suffering (often localized) associated with bodily disorder (as in disease or injury). Physical pain is a basic bodily sensation induced by a noxious stimulus that is received by naked nerve endings and characterized by physical discomfort (as pricking, throbbing or aching) and typically leading to some kind of evasive action aimed at not feeling the pain.

Emotional pain is defined as acute mental or emotional distress or suffering best described as grief, shame, despair, anxiety, anger, or resentment. Creative pain comes from trouble, care or effort taken to accomplish something. We have all known the frustration of trying to arrange an event, create a work of art, build something and failing to see it become reality as we envisioned it.

Spiritual pain comes from the realization of our failure to be responsible in our walk with God. It might be described as remorse, regret, guilt at the realization of a sin we have committed either knowingly or unknowingly.

Pain can also be a verb. One can “pain” or make to suffer or cause distress to another or to oneself. The pain we cause to others could have a positive outcome or a negative outcome. We learn early in our development from childhood to adulthood that when we step outside the boundaries of behavior that are accepted within our culture, we are liable to be punished. The punishment may involve any of the various forms of pain. One’s actions towards others has the potential to lead to pain experienced by either party or both.

People have many reactions to pain. They might fight it, become enraged at it, succumb to it in self pity, talk about it, deny it or fail to understand it. Pain fulfills the law of action and reaction. A fundamental truth of physics as we understand it within our earthly limitations is that for every action there is an equal and opposite reaction. Pain is the opposite of pleasure. Pain produces feelings of sadness, sorrow, anger, frustration and despair while pleasure produces feelings of elation, happiness and joy. The energy that produces pain is the same energy that produces pleasure. The sensations that are produced by this energy are defined by the result of their application. Pain is no more an enemy than pleasure is a friend. Both pleasure and pain can deter us from the growth process of life or both can motivate and direct us in the growth process of life. (Proverbs 14:13 “Even in laughter the heart may ache, and joy

may end in grief.”)

Pain is usually seen as an effect of an external cause (being punished by God). Even if we take the view that we are co-creators with God and understand that we also create our own pain, we usually feel that we have done something wrong; therefore, our pain is justified. From this perspective, pain becomes a judge and executioner of justice. We have to wonder about God’s purpose for pain. Is it God’s way of meting out punishment? In the book of Revelation 21:4 we read “He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.” This tells us that there will be a time that pain no longer has a purpose in our lives.

Let’s consider the purpose of pain from another perspective.

From the perspective of TKM®, we know that pain is an indication of congested energy. What if God created pain to alert us to the fact that a disharmony somewhere in the body needs to be corrected? What if we looked at pain as our friend rather than our enemy? Rather than fighting the pain, denying the pain, becoming angry at it, or giving in to it in self pity, what if we recognized it for doing what God created it for, sending us a message of warning? What if we praised God for giving us a mechanism to know when there is disharmony in our lives and our bodies? If we sought to learn the source of the disharmony and then took steps to correct it, there would no longer be a reason for it to exist. In Jeremiah 15:18, the prophet asks God, “Why is my pain unending and my wound grievous and incurable? Will you be to me like a deceptive brook, like a spring that fails?” God replies to him in verse 19: “If you repent, I will restore you that you may serve me.”

There are natural laws that apply to the physical acts of living. When we break these laws, either deliberately or out of ignorance, we might experience pain. Hosea 8:6 says “my people are being destroyed by lack of knowledge.” Perhaps we don’t understand or are ignorant of these natural laws. Perhaps we choose to ignore them. We tend to identify more with our physical existence in the physical world rather than with our spiritual existence in a non-physical world, therefore we tend to experience more physical and emotional pain. If you are a believer, then you will agree that identifying with one’s physical existence is a misidentification of who we really are. This misidentification leads to distortions of energy circulation within our bodies. The pain that results from this distortion becomes a symptom of the distortion or disease. The

symptom might be manifested emotionally, physically or both.

Emotional distortion, if allowed to exist and persist, will eventually manifest within the body as disease. This is why there are specific emotions identified with each of the Stratum of TKM®. A physical problem manifesting within a specific stratum will have at its root the emotion identified with that stratum. We know these as worry for 1st Stratum, grief for 2nd Stratum, anger for 3rd Stratum, fear for 4th Stratum and pretense or effort for 5th Stratum. Each of these emotional states, when allowed to exist within our idea of who we believe ourselves to be, are really distortions of the reality of who we are created to be.

These distortions of reality will cause us pain. They will cause us pain because they represent energy that is tied to ideas and beliefs. If the ideas and beliefs are not consistent with the way we were designed, then the energy flow tied to those emotions is distorted leading to congestion. Congested energy leads to the manifestation of pain in the physical body. One of the most powerful truths of TKM® is that it can be effective on the emotional, mental and physical levels all at the same time. Wow! That is so awesome. We can address the congested energy and still effect the “misidentification” and distortions of beliefs that cause the congestion.

I have come to the following conclusions about our experience of pain in our lives: 1) Pain is a creation of God and has a specific useful purpose for our lives; 2) Pain can serve as a messenger to let us know when there is disharmony in our lives that is causing distortion of the energy circulation within our bodies thereby alerting us to take corrective action; 3) We might experience pain that is a result of another’s disharmony rather than our own; 4) God provides the means to remove distortion and overcome the pain whether self inflicted or inflicted by another; 5) We can learn from pain and grow spiritually and be restored physically.

While a great deal more could be said here about pain, I am hopeful that enough has been said to stimulate some thoughtful consideration of the pain experienced in your life. When you experience pain, ask yourself, “What it is this pain telling me?” Respond accordingly to correct the congestions that are manifesting in your life. Use your TKM® skills to help you bring change and awareness of your ability to influence the pains you experience. Read

Pulse Puzzle Suggestions:

(From page 9)

Observation: The textures may vary, but this is a very common pattern. The chest level is the only pulses, or is the dominating pulses. This represents an overload in the chest level which can reveal Emotional overload, although this is a result from the other two levels (waist and hip), primarily the waist (mental) level. The person will most likely have chest level symptoms, but the longer standing issues will be with waist level.

Suggestion: A good approach would be to settle the chest level symptoms, which is preoccupying the energy. Then work on waist level, then hip level. This is easily accomplished by applying #13, then #14 or #9 then #15 Sequence. In this way, the person should feel the most relief immediately, especially if he or she was not able to relax at the beginning of the session. If he or she is able to truly relax, then you could simply change the approach to addressing the cause level first, for example, #15, then #14 or #9 then #13, just the reverse. The 5th and 2nd Stratum textures as well as silent pulses should respond very well.

Summary: When you chronically feel predominant chest level (surface and deep) and waist and hip levels are weak or silent, then realize that the other two levels (waist and hip) are the cause. In this situation, the waist level is usually the culprit. Depending upon the immediate need of the individual, you may choose to work on either the symptoms or the cause level first.

Pulse Puzzle 2 (After session)

Pulse Puzzle 2 (after session) is an addition to *Pulse Puzzle*, which will be in most future issues of this Journal. These observations and suggestions on pulse patterns after a session will help answer common questions about pulses and effectiveness of chosen TKM® treatments.

Situation

If you see a similar pattern repeating as described in the pulse puzzle in this issue, the after session pulses will often be more balanced, although the chest level will usually be a little stronger than the other two levels, with hip level being the weakest.

Commentary

To address the chronic pattern, the main focus for cause would need to be waist level. Waist level would be causing LACK in the hip level and and overload in the chest level. This is very common and usually very chronic. Applications to work on chronic waist level congestion would be (in general priority order):

23, 25

9

Diaphragm

Umbilicus

14

The above could be supported by:

R&R 4th Stratum

R&R 1st Stratum

5, 6, 7, 8

Spleen

Regeneration Sequence

Body Biography Corner

When someone's fingers are more flat than round, it indicates a chronically high emotional state. This usually appears in each section of a finger (top, middle and base) and on all fingers bilaterally. It can also occur in particular fingers or sections only, but not usually. Something that often accompanies this shape is the ability to bend fingers slightly backwards. For example, when a person straightens his or her fingers, the fingers will have a slight bend backwards, especially in the top section and thumb. This also indicates a diaphragm energy need. The thinning of fingers represents lack versus excess. This condition is more prevalent in females.

Here are correlatoins to the three sections of each finger:

Top = emotional = #13 level

Middle = mental = #14 level

Base = physical = #15 level

The sides of fingers represent the organ level of energy. The palm and back side of the fingers represent energy sphere level. The palm side also represents exhales, letting go and descending energy. The back side also represents inhales, receiving and ascending energy. This should help to identify changes or differences in finger sections and their joints to discern what areas are expressing need of help. Then apply appropriate procedures according to their correlations to sequences.



Additional note:

In the last issue, we discussed the placement of hands on the body when at rest or asleep. The above photo was sent with a body biography question concerning hand placement and fingers. This is at resting and/or sleeping. Notice the hands are placed chest level (13 level) and that the index fingers are not together with the others. The thumb is partially between the index and middle finger, mostly due to natural response to total position. This represents a chest level need which is primarily emotional. The separated index fingers represents chronic 4th stratum issues bilaterally. The position of wrists are expressing umbilicus need and weakness in muscles and security (emotionally). It is actually confirming a diagnosis of a serious and rare muscle disorder. The positions of the hands express this, and the body is actually working to help resolve the issue. On a side note, great progress is taking place with this child. The two photos below are of the same child at another time, showing before and after a session.



inspirational writings that help you to focus on your non-physical existence. Confront the pain as a friend rather than as an enemy.

There is a slide used in the power point presentation of the Introduction to TKM® classes that shows a water hose with someone standing on it, cutting off the flow of water. Of course, the water represents the flow of energy along pathways in the body. The pressure created on the supply side of the hose closest to the spigot represents pain while the side with less pressure and lack of flow

represents numbness or lack of feeling. Around our office, when pain is discussed we like to say "someone is standing on the hose and it is probably us."

In a future article, I will delve deeper into the ways our thoughts and beliefs directly influence our emotions and manifest into pain or joy, physiological disease or physiological health.

"But thanks be to God! He gives us the victory through our Lord Jesus Christ" (1 Corinthians 15:57, NIV). 🙏

Testimonial Corner

Scoliosis I

I worked on a scoliosis case over the past year and have had good success. The client is a 26 year old woman whose left shoulder was two inches higher than her right when she stood straight. It straightened completely on the first visit, but some of the curvature came back by her second visit. She lives an hour away and has not been able to be consistent.

I have worked on her a total of 5 times, and she now has less than a one inch difference in the shoulders.

She was helped most by 13's, 8's, 9's, 2nd MOC and Mediator. I chose those sequences mostly on pulses and body biograpy. What was interesting was this girl was double jointed, thereby extremely flexible. Her body jerked and flopped around on the table in almost a violent way while I worked on her. I had to interrupt sequences to move to a part of the body that wasn't moving just to follow pulses. They were not my most conventional sessions by a long shot.

- Dr. Jim Robertson, ND

Scoliosis II

In December, I started working on a 14 year old boy with severe scoliosis. His spine is like a road sign for "sharp curves ahead". I only get to see him about once a week.

His father was concerned at today's appointment because the doctors wanted to check him again and to see if the curvature had increased; they were going to schedule surgery and insert a rod in his back.

He called me this afternoon and was excited; the doctors said the curvature had DECREASED by two percent. That may not seem like much, but it was very convincing to him that TKM® is working and a big sigh of relief that the surgery was put on hold. Perhaps now both parents will get involved and help work on the boy. He still has a long way to go.

Just thought I would share a little success with all of you.

- Mike

Surgery Averted

My nephew flew from Alaska and spent a week with King Institute, Inc. receiving treatments twice daily for a bulging disc in the lumbar sacral area,

which was causing much pain and surgery seemed to be the only option to him. He got immediate relief and lots of instruction for his wife to treat him daily while here and at home, as well as a referral to a chiropractor Dr. King recommended. He was pain-free after the first treatment with Hillary and he is "pain free" today, only a month later and is no longer remotely thinking that surgery would solve his problem.

The chiropractor gave him some serious exercises to do and Dr. King gave homework, and he has been faithful to do it as well as change some habit patterns (like switching to left side from right side muscles to move bales of hay so the spinal muscles remember to work on that side). God gets the credit for leading him to TKM® and the King Institute, Inc.

Some of the sequences were ABO, 3rd MOC, Spleen, #13 and I'm not sure what else. Of course, he does the Median on himself. They are true believers in TKM®—now their children want their mom to do TKM® when they hurt anywhere! I spoke to him today and he is very, very pleased with the results.

- Pam

From KIMA-Talk

I had been sleeping on the floor with

my son, Christopher, in a "synthetic" sleeping bag for months, thinking that being off our mattress was a good thing. We moved him back to the mattress and this had an immediate and HUGE positive impact!

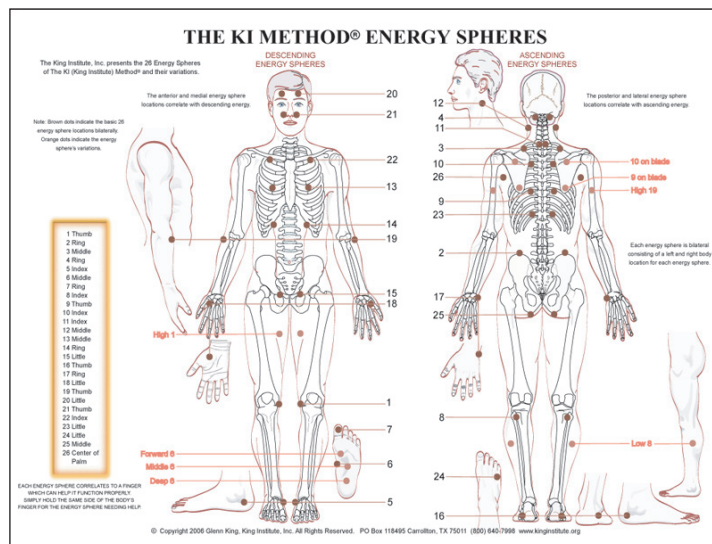
Also, the comment said about allergies, heart, Small Intestine possibly being the culprit for Galbladder and Liver is VERY interesting. It makes so much sense with Christopher's pulses. He's definately had 5th stratum in the mix, but I never thought of them as possibly being the cause.

I can't thank you enough for taking the time to write. As I'm sure you're aware, breathing issues are very scary concerning my son and I'm so thankful to have TKM®. Without it, at this point we might be talking to M.D's who want to remove tonsils, adenoids and snip this and that and try a whole slew of medications which do "who knows what" to his already compromised little body! My heart goes out to the moms and kids with Down syndrome who don't have TKM® (and this group "KIMA-Talk" for support)! I pray that more of them will "see the light!"

Thank you Tammy. Thank you Glenn and Hillary. Thank you Lord!

- Jill

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Healthy Eating

Spring Mix Salad with Homemade Balsamic Citrus Dressing

Spring is in the air, and now is the perfect season for a tasty, healthful salad and an easy-to-make homemade dressing.

Ingredients needed:

For Dressing

3 medium oranges, peeled
4 tbs. balsamic vinegar
3 finely chopped green onions
2 minced small garlic cloves
2 tbs. of brown sugar
1/2 cup (120 ml) extra virgin olive oil
2 tbs. lime juice
1/8 tsp. white pepper
Pinch of salt

Mixed Greens

We call this a "spring mix" which includes a variety of mixed greens that you can find at almost any grocery store (not just health food chains). You can usually find a bin or salad bar with the greens already pre-cut and mixed together. Of course, regular greenleaf or butterhead lettuces, such as Boston or Bibb, can also work. Spinach works well also.

Optional Ingredients

Mandarin orange slices
Other veggies, such as tomatoes, olives, sliced carrots, bell peppers, etc.

1. Place all the dressing ingredients into a blender and start with lowest speed, gradually increasing speed to better incorporate all ingredients. Allow the machine to run for 30 seconds or until everything is well-blended. This will make two cups of dressing.
2. Wash your greens thoroughly with filtered water (you don't want your salad tasting like the chlorine in city water). Use a salad spinner to dry the greens or let them sit in a colander and drain while you make the dressing. The dressing, being vinegar-based, will have a hard time sticking to wet lettuce.
3. Add other vegetables to lettuce and place on serving dish. Drizzle dressing over the top. Add mandarin orange slices and/or tomato wedges decoratively.

NOTE: For meat-lovers, you can add sliced-up grilled chicken breast.

E-mail Response Corner

Q: Which is more dangerous, a cell phone or a wireless phone at home?

A: It truly depends on environmental factors of the home and where one is using the cell phone, aside from the obvious factors of the frequency and duration of use of each. Considering average circumstances, the cell phone would have more opportunity to attract more dangerous EMF's from the environment. This has nothing to do with which is good or bad for your health. Think of it like this, would you prefer a little more or less of strychnine or arsenic? You get the same end results!

Q: A client that I've worked with for a month was diagnosed with severe Lupus, which has attacked his kidneys. He changed his diet, working with TKM®, and seeking the Lord's guidance. He's doing great in many areas and has stayed off the worst meds that the doctors wanted him on, and weaned himself off three others at this point. His Creatine levels are currently 1.1 without the meds because they would destroy his immune system to protect the kidneys.

So, this is where I need some feedback. Fifth stratum pulses, mostly heart, consistently show up silent. I've done a lot of liver, 23's and 4th stratum. The big project now is that he's trying to come off the steroids. The physicians say his kidneys are leaking a lot of protein, and there is blood in the urine. The doctors insist on the meds. He doesn't want to go that way but is very concerned about the inflamed kidneys. I told him to do the stop bleeding step (S&S = Stop & Seal) over the kidney twenty minutes 3 times a day. What do you think?

A: Sounds like you're doing great things already, so let's see what we can add. In summary, Lupus is about "Letting Go" issues, or better said "NOT Letting Go" issues. The dumping of high protein levels in urine is not always a bad indicator. It's how the body relieves excess protein. I've also seen this with serious kidney diseases with a terminal prognosis, which with proper dietary, supplemental and TKM® protocol has been reversed. Some of the protocol to help these situations are the exact opposite of what medical science recommends.

First, it is important to regain healthy, regulated bowel movements immediately. For diet, eliminate meat from the diet and any hard-to-digest foods. No processed foods or fatty foods. No fried foods. No cow dairy products whatsoever. No alcohol. Consume fresh vegetables, fruits and limit complex carbohydrates at first. You can introduce them slowly about a month later. Drink plenty of clean water (no less than 50 percent of body weight counted as ounces of water per day). Eat watermelon daily or every other day. If any dry foods are consumed, limit the amount and frequency and accompany with plenty of fluids before and after. The ratio of raw foods (raw vegetables) to cooked foods should be 4 to 1. In other words, 80 percent of your diet needs to be raw vegetables. This is best depending on the individual's system and state of health. Chewing the raw vegetables thoroughly is VERY important.

For supplementation, there are many things to include here depending upon individual testing, not just symptoms. Although, I would definitely include Proteolytic enzymes taken with and between meals to help to clean up excess, unused protein thereby reducing the load on the kidneys. Straight cranberry juice will help flush the kidneys, although it is very acidic. Therefore, the dose (1 quart) should be finished within 30-60 minutes and not repeated for at least two weeks. There are many other approaches, but without seeing the individual, I do not recommend them off the cuff. I find it is vital to test and treat very individual with such protocols.

For TKM®, #9 is the top of the list and remains there. The heart and small intestine are weak probably due to spleen. This is not a common denominator for such cases, but it makes sense when you see the lumbar star connection of spleen, which is vital for immune system, dysfunctions the heart, helps lymphatic, regulates bowel movements and relates to the functioning of waist level and the 9's (especially opposite). The #13 sequence, Mediator, 3rd MOC, Bladder, R&R 4th stratum and resolving pulse issues are also essential.

Heart failure caused by two nutritional deficiencies

By Glenn King, PhD, CDN, CN

Taking statins can increase your risk of congestive heart failure (CHF) primarily because they deplete your heart's supply of CoEnzyme Q10, or Co Q10.

Co Q10 is critical in the production of energy in the cells of the human body. It's found in every cell, and plays a major role in the health of cells, tissue and organs. Co Q10 also helps facilitate the essential functions of enzymes. It has powerful antioxidant effects and helps destroy free radicals in the body.

A recent study found another nutritional deficiency linked to CHF: thiamin, or vitamin B1. In fact, researchers found this deficiency in an alarming 33 percent of patients with CHF.

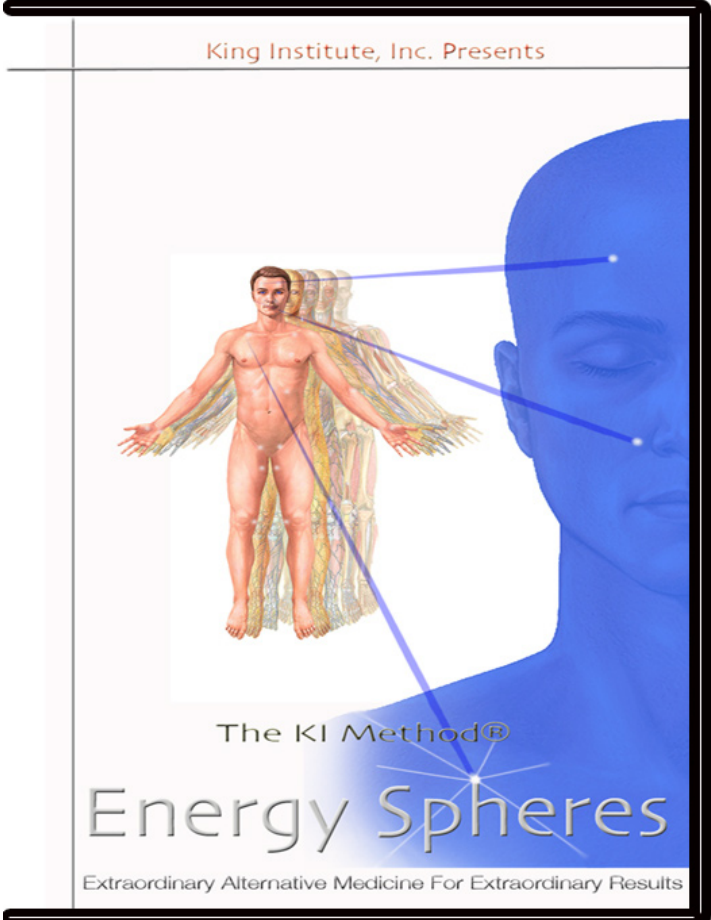
This is not surprising, considering every cell in the body depends on thiamin. It's critical in the enzymatic metabolism of glucose. A deficiency could significantly decrease your energy production, and the loss of energy can heavily affect the heart muscle cells, making CHF far more dangerous.

The study revealed another important finding. Lead author Mary Keith, PhD of the Heart and Vascular Program at Toronto's St. Michael's Hospital stated that having CHF could make it more difficult to get thiamin from your diet. She said in 2005 issue of the Journal of the American College of Cardiology that "a relatively small dose of thiamin from a multi-vitamin was protective against developing thiamin deficiency."

It's almost amazing that a mainstream medical (non-alternative) journal published about evidence that a multivitamin can protect against thiamin deficiency and further complications from CHF.

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To combat this deficiency and help prevent CHF, include a quality multivitamin that has 50 mg of thiamin in your daily supplementation.

Remember to always test your supplements for allergic reactions and tolerance. Please do not go to the grocery store and buy a synthetic vitamin with a pretty label that has nature scenes or misleading words. Go to a natural health store where people know what

they're talking about or a licensed health professional. Or, you can order from a well-known natural supplement manufacturing company (GNC is not considered a health store).

For TKM®, don't forget to keep your Energy Sphere #15's in good condition for cleaning the entire vascular system and #23,25 for proper circulation and diaphragm for repairing heart and cardiovascular issues. 🗣️

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Everyone's Talking on

KIMA-TALK!

We've all experienced it. TKM® (The King Institute Method®) overload! We're excited! We're ready to go. Then it hits us – we no longer have someone to talk with about TKM®. What do we do when we have questions? Once we start working on people, we start having incredible results. Where do we share all the exciting reports? For those who want to talk with someone who understands, there's good news!

If you completed Level 1 and 2 training, there is a forum just for you. Current members of the forum say it feels like the training seminar never ended. It's a great way to share stories, **ask questions**, learn something new, problem solve together, rejoice with one another and pray with over a hundred people who have a passion for TKM®.

Join us today! Contact the King Institute, Inc. to be added to KIMA-Talk. The discussions are great. The fellowship is excellent. And the thirst for more talk about TKM® is satisfied.

Note: When you e-mail the Institute, include your Level 1 & 2 training locations, approximate date and your phone number.

What is TKM®?

It's a complimentary form of natural medicine from a physics understanding of the bioelectromagnetic systems and functions of the human body.

This gentle method is a non-invasive, light touch approach to re-establishing homeostasis in the body that even a child could apply. Use of this nurturing practice restores bioelectrical circulation (conductivity) and balance (coherence).

It promotes rapid healing and has shown to be highly effective to help reverse critical health issues and chronic diseases as it activates a resurgence of vibrant health.

The King Institute, Inc. embraces its client as a "whole person," addressing the cause from a physics point of view rather than symptoms of disease or pain (which is simply bio-energy that is not circulating properly).

This approach produces measurable and remarkable improvement in physical, mental, and emotional health.

Our greatest handicap is lack of knowledge and the lack of acting on correct knowledge!



Rhus Tea

\$29.95 plus S/H \$4.50 or
3 for \$74.95 plus S/H \$7.00 (Save \$15!)

Order online or learn more about Rhus Tea at
www.kinginstitute.org
or call 1-800-640-7998

WARNING: If you have an allergy to the Sumac (Anacardiaceae) family, then you could possibly have an allergic reaction to this tea. It is always best to perform a basic "muscle test" with any new substance you introduce to your body. We recommend testing before opening the bottle.

KIMAJ



Is she really walking on water?

(Above) It may appear that way at first, but actually your editor is standing in about 3/4 of an inch of crystal clear water on top of the world renown Bonneville Salt Flats in Utah. During the summer, racers from around the world come to break speed records and test the limits of their turbo-charged machines across this landscape. But in the off season, a thin layer of water settles on top. The salt is so dense that the water can't penetrate the ground, and the salt keeps the water from freezing into ice despite the frigid temperatures.



(Left)

And here is a fabulous picture of Dr. King with his arm in a sling. We like to think that he broke his elbow skiing down a particularly steep double black diamond, but the fact is that he didn't make it past the parking lot when he slipped and fell.

(Below)

When you look straight down, you can't really see the water unless the waves showed you were it is. It is all salt, but the waves wash the very fine powder-like salt against any ridges.

