

Report: U.S. Health care expensive and cheap

# KIMA

The Journal of  
The King Institute Method® Association  
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Issue 12



## Supplementing your health

*Dr. King takes a look at some of the  
Top Common Vitamins Everyone Needs*

**Malnourished in first world countries  
Snapshots SPECIAL: Images from TKM® in the Philippines  
Baby blues for new dads too**

**Extraordinary Alternative Medicine for Extraordinary Results**

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# KIMA

The Journal of  
TKM® Association

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Christine Dao  
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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

### Greetings KIMA Subscribers!

I first want to thank you for your dedication and support of this organization. I also want to thank those who have already decided to step up and support on a higher level as a member of KIMA 500. Although, KIMA subscriber benefits will continue until September 30, 2007, this issue of the Journal is the final one mailed to KIMA Journal subscribers, which will no longer exist, as was known. Therefore, this is the official opening for KIMA 500 membership. KIMA 500 membership is about supporting the organization and its ministry outreach. Members will receive a hard copy of the Journal mailed to them, plus we will expand the Journal to be more informative and beneficial to members. As described in the membership benefits, there will be discounts across the board with no coupons needed. Please understand that KIMA 500 membership is about supporting the organization and its ministry versus what is received for membership.

The KIMA 500 is already growing. There is a good percentage of the membership that are committed to supporting above the base level of \$20 monthly. There are some with the ability and insight of the mission and seeing where God is producing fruit, that with foresight are planting where a great harvest will be produced. And God will receive the glory for His people being helped. Some of these members are supporting five and six times or more above the base level per month. I thank you for your dedication and support. You are an inspiration, and I truly appreciate your sacrifice to support us in providing help for those in need.

While we provide the Journal as one of the benefits for KIMA 500 supporters, we understand that there are those who wish to still receive the Journal but cannot commit to supporting us at the base level of \$20 a month. Therefore, we will also offer an online version of the Journal that non-members can access for a small fee. Members, however, will receive the Journal automatically as long as they are members.

I am very excited about how God is working through the TKM® mission efforts and how He's opening doors to help people all around the world. With all the help needed by millions, it is “for such a time as this” that God is unveiling His work to reach His people for His glory. And it is not easy work, as many of you know from hearing our stories from our most recent missions trips. But the harvest is here and the workers are few, and we must step up and do our part in loving our neighbors both next door and abroad.

Since almost a year ago, it seems like every month new doors have been opening up, and more and more help is being requested from new areas around the world. Opportunities are availing themselves to reach key people in organizations, churches and governments around the world. And they are all receptive now like never before. God is doing something huge, and I see much more coming. And I want to be prepared. We are going to be doing many new things to help prepare others in what I believe will be a great pouring out of blessings/opportunities that will create a huge demand for prepared people with the knowledge of TKM and that are grounded in the word of God to supply help in the times that are coming upon us.

This is a message of gratitude for your past participation, a short goodbye to what has been, and a warm welcoming into an exciting new era that by God's grace a huge difference will be made. Let us rejoice!

Your servant in Christ,

Glenn King, Director



# Editor's Corner

## Ask, Seek, Knock

A pastor at my church posed an interesting question once. He asked, "Have you ever prayed a prayer, and then God answered it? And then you were surprised that He answered it, because you didn't really think He would?"

Yes, as a matter of fact.

In February, I went snowboarding in Colorado with my brother, his wife and several of our mutual friends. We were already psyched about hitting the slopes, even before we made it to the airport for our departure flight. However, that day, North Texas experienced a massive wind storm with wind speeds reaching sixty to eighty miles an hour. All flights coming in and going out of DFW airport were grounded, re-routed, or cancelled.

Suffice it to say, after spending an uncomfortable night in three separate airports, we finally arrived at Denver International safely the next morning. Our bags, however, did not.

We waited, waited and waited as delayed flights from DFW arrived one after the other. Evening rolled around, and still no bags.

Lest we lose all sanity after spending approximately 26+ hours in one airport or another, we grabbed our rental and went for a drive for a couple hours. When we decided to finally return to the airport for one more chance to get our bags, we prayed. We prayed that God would move heaven and earth just so that we could have our bags. We knew there were many other important things to pray about, such a poverty, hunger, disease and world peace to name a few. But at that moment, we called on God the Almighty to deliver our bags as He had delivered the Hebrews from the land of Egypt.

We returned and the next flight came in. Hallelujah, the bags had arrived. Naturally, we praised God, despite the odd looks from other travelers still awaiting their luggage. We were as surprised as they were.

That same pastor who had posed the first question had gone on to ask, "Why is that? Why are we surprised when God answers prayers when His Word says that He is specifically in the business of answering prayers?"

Jesus taught his disciples in Matthew 7, "Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened. Or what man is there among you who, when his son asks him for a loaf, will give him a stone? Or if he asks for a fish, he will not give him a snake, will he? If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give what is good to those who ask Him!"

The point, I believe, God wanted to make clear that day in the Denver airport is that He is still in the business of miracles today as He was then, even the small ones. Nothing is too small or too big that we can't come to Him and ask for His help.

So then why would God, the Creator of the universe, who has Heaven for a throne and the Earth as His footstool [Isa. 66:1], whom storms must obey [Luke 8:23-24] and demons must flee [Luke 8:27-33], be interested in answering even the smallest of our prayers?

Jesus says in John 15, "If you abide in Me, and My words abide in you, ask whatever you wish, and it will be done for you. **My Father is glorified by this**, that you bear much fruit, and so prove to be My disciples. Just as the Father has loved Me, **I have also loved you**; abide in My love."

When you finally figure out you can trust Him with small things, He will amaze you when you trust Him with the big things.

Enjoy the Issue 12, the last of its kind. We'll see you in September for the unveiling of the NEW Journal for KIMA 500!

Christine Dao, Editor

# Malnourished in first world countries

By Christine Dao

When most of us hear the word “malnourished,” we often think of the citizens of impoverished third world nations.

We’ve seen them as deathly thin skeletons that must travel as far as a three day journey just to get one meal’s worth of food, if they are lucky.

We’ve seen them rummaging through the dumpsters that are amply supplied by the discards of the affluent, a term that can be loosely used to refer to anyone with a bed to sleep in, a roof to shelter from the rain and the coveted luxury of throwing unwanted tidbits of meals into the trash can.

However, we wouldn’t necessarily think of malnourished individuals living in countries such as Britain, where most of the people are overweight.

Nutrition experts estimate that 2 million people are malnourished, including people who are fat. Some believe the number may be higher, hovering around 4 million or six percent of the population.

In other words, many people are malnourished and don’t know about it, and the problem knows no geographical boundaries. There are no statistics on how many obese people are malnourished, but the rising numbers of chronic malnourishment related illnesses have many believing the numbers are high.

Malnourishment is not to be confused with its close counterpart, starvation. It is possible to be un-

der-nourished and yet not starving, making malnourishment difficult to spot.

Diets heavy on processed foods and trans fats have little nutritional substance. Even if a person eats a great amount, the amount of essential nutrients such as vitamins, minerals, good fats and carbohydrates he or she consumes is minimal.

Despite the unlimited food supply today, people don’t make right choices.

Fast and junk foods demanded by high octane and stress filled lifestyles of many living in first world countries have added injury to in-

**It is possible to be undernourished and not starving.**

jury on the human body both on the biochemical and bioelectromagnetic fronts.

Stress and worry, especially on the emotional level, wreak havoc on the body’s bio-physical energy that governs the 144,000 biochemical functions in the body. With the presence of harmful chemicals and fats from processed foods instead of vital nutrients and regular stress-relieving exercise, the body has little to work with in regards to keeping itself healthy, paving the way for chronic and terminal illnesses.

Malnourished obese people are hardly in danger of starvation, however obesity related complications such as diabetes and heart disease are elevated by the lack of needed nutrients.

And once obese people start losing weight, the malnourished ones are in danger of burning their own tissue,

including muscle, instead of burning fat. People with vitamin deficiencies normally have skin problems, swollen thyroids or bleeding gums. Severe cases experience hair loss, wasting away of muscles, swollen abdomens, anemia or rickets.

The difficulty in diagnosing malnutrition stems from the fact that symptoms must be severe before it can be noticed.

Despite countries’ attempts to improve public health, obesity and chronic disease rates are still on the rise.

People are not making the right food choices, and no wonder considering our media saturated society is bombarded with advertisements for cola and cheeseburgers.

Recent surveys suggest that fewer than 20 percent of adults get the five fruits and vegetables a day

recommended by the United Kingdom’s Food Standards Agency, and even still many nutritionists believe the daily amount is much more than five a day to meet the body’s increasing need for fluids, enzymes, vitamins and other vital nutrients in more stressful lifestyles.

Our primary concerns in making food choices should not be whether or not it’s convenient and whether or not it will “go to our hips.”

The primary concern should be whether what we put in our mouths will be what our bodies need in order to survive and perform optimally. Our tongues and taste buds should be tamed enough to opt for what’s good for use rather than what tastes good at the time.

And before we start complaining about what we should and should not eat, we must be mindful that countless others around the world don’t have that option. 🍌

fyj good info to know!

## Calming foods

Most people's approach to stressful situations is eating, and often the "comfort foods" that people choose are not what they're bodies need.

Caffeine-containing foods like chocolate and energy drinks will only add adrenaline to an already tense system, leading to the inevitable crash. And alcohol is a stimulant in calm sheep's clothing. Stress's nemesis is calm and collected, and fortunately foods that can help you calm down in a healthy manner are not far from reach.

Berries eaten one at a time instead of, say, M&Ms or Jelly Bellies, turn from carbs to sugar slower and won't give you the roller coaster ride that processed sweets will. Plus, they have vitamin C to help combat the stress that will weaken your immune system.

If you want something creamy, go for guacamole. Avocados are a source of health fats and are loaded with B vitamins. They are also great alkaline producing foods, helping to balance out most diets' acidic pH.

Most raw nuts in mixes (minus peanuts) also produce alkaline. Walnuts contain B vitamins and almonds are a great source of E that fights cellular damage, including those fine lines and blemishes on your face.

If you simply must have your Starbucks fix, try an alternative with a red chai tea latte. Red tea from Africa contains no caffeine and makes a great chai blend. Mix it with goat or soy milk, and you'll have a delicious caffeine-free latte, great hot or on ice.

## Attention All Current Members of the US Armed Forces

Extraordinary Alternative (Natural) Medicine for Extraordinary Results

The King Institute presents

**TKM®: Emergency Integrative Medicine Techniques**

**This is vital life saving information designed to fit into your field manual, provided free of charge to all active military personnel.**

All you need is to visit [www.kinginstitute.org/military.php](http://www.kinginstitute.org/military.php) and print out the PDF file of your respective branch (USMC, Army, National Guard, Navy, Air Force, Coast Guard, and all other active branches). It fits right in your field manual!

## 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 13**.

VW 5th	Lg. Int.	Sm. Int.	1st L
VW 5th	Lung	Heart	5th W
1st ?	ST	GB	1st L
1st ?	SP	LV	W 3rd
W 3rd	DIA	BL	S
L 3rd	UMB	KD	S

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

**NEW Special Sequence for the PANCREAS. (New sequence not in any book)**

This diagram illustrates left application only. Refer to (figure A).

**LEFT Sequence**, sit on the **Left side** of their body.

Procedures For Hands	(to)	Positions On Body E.S.'s
step 1 left	to	right 7 (center of pad)
and right	to	T 7 (on spinous process)
step 2 left	to	left 14
step 3 right	to	C 4 (on spinous process)
step 4 right	to	T 12, then T10, then T 11 (on spinous process)
step 5 right	to	left 23
and left	to	right thumb & little fingers - same time
step 6 right	to	tip of apex (xyphoid process)
step 7 left	to	right index finger

This application is most effective when applied by another person.

**Preparation:** Sit, or preferably lay, in a comfortable position. For best results remove all metallic objects from the body and from clothing. One hundred percent cotton clothing is best suited. You may position pillows beneath arms as needed in order to completely relax while applying each step of the procedure.

**Length of time:** Hold each step (*location*) a minimum of four to five minutes or up to twenty minutes if needed.

**Application:** Use the finger pads (*palm side down*) of your first three fingers (*index, middle, and ring*) on any location. Or, you may use all finger pads if you wish.

**Always** hold two locations when applying any step.

**Important:** Pressure is not necessary to achieve results, in fact, it may inhibit the process. Only contact is needed to stimulate energy circulation.

**Figure A**

*Place the fingers to the back side and thumb to the front side simultaneously.*

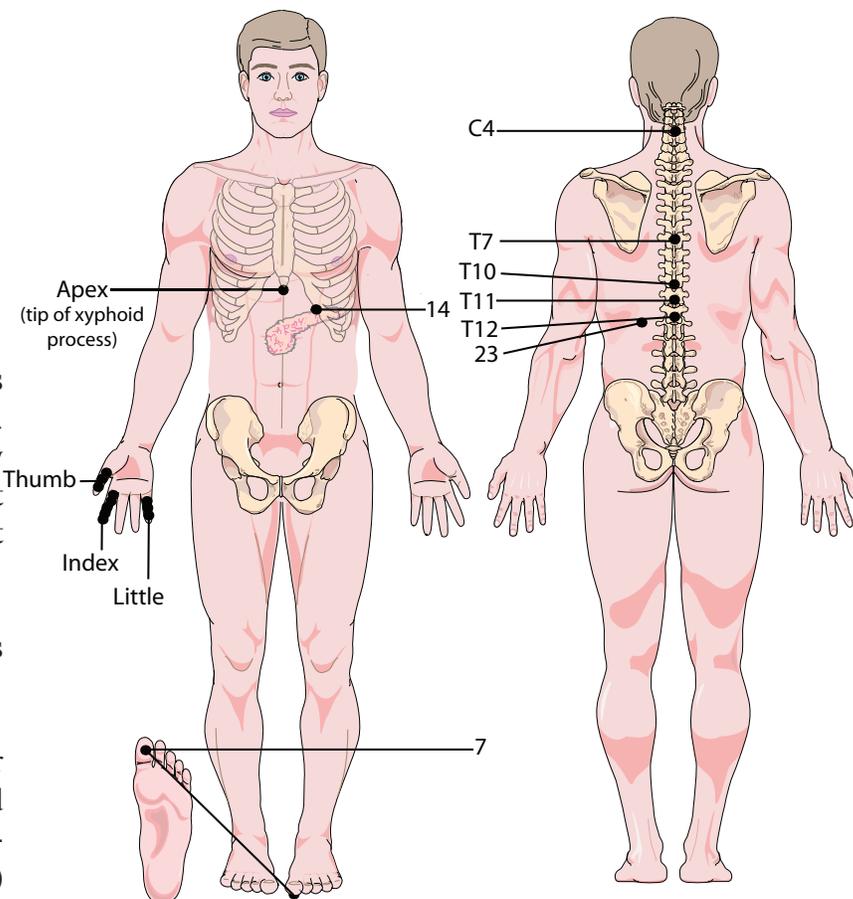
Note: Thoracic Vertebrae = T  
Cervical Vertebrae = C

*Applied like ABO*

**Important:** This special sequence helps the pancreas organ. There is no pathway. This organ is helped by the Spleen Energy pathway and Sequence (especially the right Spleen Sequence). It has a powerful effect on pancreas functions.

The stratum color is **yellow**. The emotion is worry or mental preoccupation.

The Pancreas Sequence is vital for the proper functioning of the pancreas (1st Stratum) and helps the spleen, liver, stomach, kidney, adrenals, bladder, central nervous system (CNS) and all 1st Stratum relations.





Lavender farm in Hokkaido. Photo courtesy of Wikipedia.org.

# *Nature's bug repellents and healthy remedies*

By Christine Dao

Spring has gone and summer is in full swing, the perfect time for people to come out and play. Spending time out in the sunshine and fresh air can be beneficial for you and your family.

However, outdoor pests and biting insects can drive people back inside not only because they are annoying but also because some varieties can carry harmful diseases, such as Lyme disease and West Nile virus.

Insect repellents work in two different ways. Some mask the human scent so that insects won't be attracted to land on the skin surface. Others, inhibit insects' receptors so that they will stay away from an area. The most popular way to repel bugs is by using DEET or Permethrin.

DEET is an abbreviation for the synthetic chemical insect repelling compound meta-N, N-diethyl toluamide. It was developed by the United States Army following its jungle experience in World War II, during which many soldiers died from contracting malaria from biting insects. It entered military use in 1946 and civilian use in 1957.

DEET is primarily a pesticide, and manufacturers warn against using it under clothing or on damaged skin, and they

recommend washing it off as soon as it's not needed. Since it is a pesticide, DEET has harmful effects on health if inhaled, ingested or absorbed through the skin.

Permethrin is also a synthetic chemical and is widely used as an insecticide on cotton, wheat, maize and alfalfa crops. It's functions as a neurotoxin and can also be used to kill parasites on chickens and other poultry. However, since it kills indiscriminately, it can target beneficial insects such as honey bees as well as affect small insect-eating mammals such as field mice.

While DEET and permethrin are powerful bug repellents, they are also highly toxic to people and animals. Natural insect repellents do exist, and here are some natural ways you can enjoy the outdoors and ward the pests away.

## **Citronella**

Citronella plants, also known as mosquito plants, are a species of geranium (*Pelagonium citrosum*). These annuals grow up to two feet and can be added to a garden to ward away mosquitoes. This is especially useful in gardens that tend to

accumulate standing water. The species of tiger mosquitoes, natives of Asia, are known to breed in as little as a thimble full of standing water. The smell that citronella plants naturally produce can keep them away.

Citronella plants enjoy full sun for 6 to 8 hours a day. They do not tolerate frost and can make great indoor and outdoor potted plants for easy transfer during the change of seasons. They require well drained nitrogen rich soil with an ideal pH of 6.5 with an area of good air circulation if possible.

The plant variety of citronella should not be confused with the grass variety, from which the essential oil is taken. Citronella as an oil has proven highly affective among natural pest deterrents, being used in citronella candles, torches and coils to ward of uninvited insect guests.

The essential oil can also be applied to skin as a natural topical alternative to DEET.

## Lavender

Lavenders are a genus of about 25 to 30 species of flowering plants in the mint family native to the Mediterranean region south to tropical Africa and the southeastern regions of India. The most cultivated variety is Common Lavender (*Lavandula angustifolia*), used widely in potpourris and dry floral arrangements. And lavender flowers' rich sources of nectar yield high quality honey for beekeepers.

*Peppermint (Mentha piperita).*  
Photo courtesy of Wikipedia.org.



While lavender plants may attract harmless nectar-hunting honeybees, their fragrances are known to ward away biting insects, including mosquitoes and fleas.

And dried lavender can be put in pouches and placed in linen closets and wardrobes to deter moths. The essential oil from the flowers can also soothe insect bites. The oil has also proven to be an effective anti-inflammatory.

Historically, lavender's antiseptic properties made it popular as a disinfectant in hospitals during WWII. During the height of the Plague, lavender was widely used to ward away disease carrying fleas. And ancient Roman bath houses scented the water with lavender due to its skin healing properties.

While also used in the culinary arts, most popularly by French chefs in Provence, and as a dietary supplement for others, people should consult a trusted health practitioner before ingesting lavender, especially pregnant and nursing women.

## Eucalyptus

Eucalyptus is a diverse genus of trees and a few shrubs that grow primarily in Australia. A small number can be found in parts of New Guinea, Indonesia and on the southern most Philippine Islands.

While ingesting the leaves can be toxic to people and most animals, certain marsupial herbivores, such as koalas and some possums are tolerant.



*Lavender flowers.*  
Photo courtesy of Wikipedia.org.

Like lavender, the flowers of eucalyptus trees and plants attract honeybees, as well as beetles and aphids.

But the oils from the leaves have shown to repel mosquitoes, particularly the lemon eucalyptus found in the north eastern regions in Australia. Oil from the lemon eucalyptus has proven to be the most effective natural insect repellent.

But certain species of eucalyptus trees can be hazardous, and growers need to take certain precautions.

Some varieties planted in the U.S. were used to drain marsh and swamp lands in California and Europe in order to decrease habitats for mosquito larvae. However, the thirsty plants can also affect the natural ecological system of the foreign area.

Some eucalypts also tend to drop their branches as they grow. The Australian Ghost Gum is also known as the "widow maker" due to the number of tree-felling workers that have been killed by falling branches. Many people have also been killed while camping underneath the trees.

## Other plants and uses

Certain culinary herbs, have essential oils that can repel mosquitoes as well as provide temporary relief as topical remedies for bug bites.

Sage and peppermint contain chemical properties that can sooth itches. Peppermint is especially effective because of the cooling sensation it brings. Sachets of bay leaves and lavender can keep roaches out of cupboards and pantries. 🐜

# Report : U.S. health care expensive and cheap

By Christine Dao

Americans pay the most for the poorest health care compared to five other rich countries, a recent report showed. Germany, Britain, Australia and Canada all provided better care for less money, the report from the Commonwealth Fund found.

In 2004, per capita health spending in the United State was \$6,102, almost twice of what Germany spent at \$3,005. Canada spent \$3,165, New Zealand \$2,083, Australia \$2,876 and Britain \$2,546 per person.

“The U.S. health care system ranks last compared with five other nations on measures of quality, access, efficiency, equity, and outcomes,” the Commonwealth Fund said in a statement.

The Commonwealth Fund is a nonprofit group that supports research on health care and provides grants in an attempt to improve health issues and policy.

The U.S. is the only one of the six nations that doesn't provide a universal health care, and yet it spends the most. The current system is a disorganized assortment of employer-funded care, private health insurance and government programs.

Congress and multiple presidential administrations have sought to coordinate to overhaul the system with little success, leaving almost 45 million Americans without health insurance, according to 2005 government estimates. And most of these people don't receive preventative services to keep them healthy, adding to long-term costs.

Another part of the study that the U.S. ranked lowest in was response time, for example how long it takes a person to see a doctor or wait times in hospital emergency rooms. The study showed that 61 percent of American patients said it was somewhat or very difficult to get care on nights or weekends, compared to 25 percent to 59 percent in other countries.

Conclusions we can draw based on the study is that the problem with U.S. health care is not at all tied to the lack of funds but instead to disorganization, lack of promoting quality preventative treatments and current treatments that are ineffective yet still administered.

Perhaps the answer lies in research, which is why billions of dollars are poured into it. However, most medical research seeks to treat symptoms rather than causes at the biochemical level of understanding.

The human body is not only a biochemical being, biochemistry being the foundational understanding for most medicine today. It is also a physical being, a complex network of bioelectrical reactions that govern the 144,000 biochemical functions of the body. In short, problems in a person's biochemistry are manifestations

of problems in the biophysics. By understanding the biophysics of the body, problems in the biochemistry can be prevented, thus preventative medicine which prolongs and improves the quality of life. It is also more economical than critical and long-term care.

Health care costs can also come down considerably if governing bodies such as the Food and Drug Administration would focus more on the “food” rather than the “drug” issue. It's no secret that people who eat healthy and have active lifestyles see fewer problems than those who eat poorly and don't exercise at all.

Nutritionists across the board believe that most health problems can be avoided simply by putting more thought into what we put into our bodies. A good rule of thumb is if you can't pronounce a food's ingredient, don't eat it.

The FDA has the power to regulate what companies can and can't put into their products, though it hardly exercises that obligation to the American public. Synthetic chemicals and preservatives in many processed foods we consume can and will wreck havoc on the human body after years and years of consumption. With so many toxins

in the body, the bioelectrical system has its work cut out and can't keep up. By removing unhealthy toxins through cleanses and replacing unhealthy diets

**“The U.S. health care system ranks last compared with five other nations on measures of quality, access, efficiency, equity, and outcomes.”**

**- Commonwealth Fund**

with healthy ones, the body can function optimally.

But even more than FDA regulation, money talks. Consumers ultimately decide what goes and doesn't go into our bodies (Vaccines included. That's another story.). When consumers opt for fresh organic fruits and vegetables, hormone-free meats and other chemical and preservative free foods, stores and food manufacturers will accommodate.

It still boggles many health-oriented minds why countless others don't understand the human body, fearfully and wonderfully created, *already* has the ability to heal itself when hurt. We see that well when we receive a cut that bleeds for a moment, only to begin clotting thanks to the automatic response of the bioelectrical system. Giving the body clean water, fresh food and even moderate physical activity will keep the immune system strong to ward off any disease.

Health care is not and should never be the responsibility of the government. Just as quickly as we are to take ownership of our disorders (“*my* diabetes” and “*my* heart condition”), we should instead take ownership of our health. And spending a few dollars more for groceries you *know* are healthy is much more preferable and effective than spending thousands of dollars later to try to get your health back. 🍎

# E-mail Response Corner

## Where Dr. King takes the time to answer your e-mail questions!

**Q.** Someone I know has been diagnosed with a blood condition where there aren't enough platelets to keep blood from leaking out to the surface of the skin, making red blotches everywhere. Can TKM® help this and what do you know about it?

**A.** It is called "Petechiae." It creates tiny purple or red spots to appear on the skin as a result of tiny hemorrhages within the dermal or submucosal layers. Petechiae ranges from pinpoint to pinhead size and are flush with the surface of the skin. If you are going to look it up, then compare ecchymosis and petechial. It is a Petechial hemorrhage: A hemorrhage under the skin.

This is helped by the following applications: #5, #10, #15, #23, #23-25 and Diaphragm Sequences. I would support it with Palming the Calves, S&S (Stop Bleeding EMT procedure), Kidney and Gallbladder Sequences. I would also check appropriate vitamin C dosages and toxicity levels in the blood.

**Q.** A man had a heart attack and I applied the a Heart Attack procedure. However, the pain never resolved, it lessened some but did not ever completely quit. His pain would peak and lessen, especially on the additional sequence that was applied. But the whole time holding the heart EMT he was still in pain. Our understanding was that it was supposed to totally resolve. Could you enlighten? He ended up with a quadruple by-pass, he had a 100 percent, a 95 percent, and two 75 percent blockages.

**A.** I think that last sentence explains it. TKM® works great according to all that can be compared, but there are common factors that interfere. In the past, a watch has been enough to keep the Heart Attack procedure from getting the desired effect because of electromagnetic

interference from the battery and the metal on the wrist. Other factors are scar tissue, related to what system(s) you are trying to help, internal metal-like staples, pace makers, wire rods or serious health conditions that severely impair the proper functioning of the body rendering it unable to respond immediately to help provided by TKM. When you consider a quadruple by-pass where there should be 100 percent circulation for each artery times 4 (400 percent), but only resulted in 7.27 percent of the circulation for the heart. What would likely happen if no TKM was applied at all?

There will be circumstances where TKM® EMTs do not work, and I've mentioned the known ones above. But this was a case of too little too late for proper results. If it was done over, I would suggest applying the Heart Attack procedure and another would be applying sequences like #15 (L and R), Diaphragm, #23-25, #1 and repeating them consecutively over the next few hours or possibly more to establish stability.

The by-passes are a temporary patch. What he really needs is to change his lifestyle and seriously work on good health recovery. We have done this with many similar cases when they comply. Glad he is alive! God bless!

**Q.** How important is the spiritual and mental role in the effectiveness of TKM®? In other words, if the person has spiritual issues and they also have physical issues, will TKM alone still work? Also, if they don't believe in the effectiveness of TKM and have a very negative attitude towards TKM and in general, will it affect the result of TKM?

**A.** These are very good questions, and in-depth answers, which is what I would like to do, but would take much more space than we can

spare in this issue. But I will touch on what I think are the important aspects to help bring some understanding.

First, TKM® works! There is a difference in it working and in what can interfere with its full effectiveness. Yes, many things can interfere with the full effectiveness, and I have discussed many of the most common things in each class. And yes, there is the possibly of sabotaging a TKM session. One of the most powerful things a person can do is to think and emotionally be very negative, have a very bad attitude, and get emotionally upset over it. It will actually sabotage most anything you can do for someone. The more emotional response you have to your negative thoughts, the greater the negative impact you have on anything positive that is going on and has been going on. These actions or reactions have spiritual ramifications also.

Working with someone's spiritual issues is vital for freedom. I would never suggest this for any amateurs in matters of Biblical spiritual matters or you may get both of you in bigger trouble (you and your client). What I'm saying is that when you really come to an understanding of what God's word tells us all along, "that we wrestle not against flesh and blood," then you can see, through what the Holy Spirit reveals, the warfare that we are encompassed by in every moment. And that it is the real battle. Dealing with the sinful nature of the flesh and the warfare that wages against us whether we are aware of it or not, or like it or not, is the highest purpose and the greatest freedom. TKM is a tool, through the grace of God, that helps us to unload so much of what is in the way of seeing the real battle or getting truly free in Christ and/or being a much better steward of His provision -- our temple and life. It is all about the spiritual battle, and we need God to help ourselves and others to get free. All of this should be done in each one's personal obedience to our Creator, that His plan be fulfilled in and through us.

# Healthy Eating

*healthy eating  
for healthy living!*

## Summer Chicken Salad

By Hillary King

Summer is a time for festivities with family and friends along with refreshing eats! And what better dish to bring to an outdoor (or even an indoor!) gathering than a salad? Now, almost everyone has their own version of what a chicken salad should have in it and what it should taste like. But here's my take on a summer favorite with a little bit of a twist!

### Ingredients needed:

(makes approximately 4 servings)

3 cups of diced organic chicken breast (it can be boiled, but preferably baked for extra flavor)

1 cup of Spectrum brand gluten-free canola mayonnaise

1/4 cup of freshly chopped parsley

1 cup of diced celery stalk

1 pinch of organic cane sugar, sea salt and black pepper

2 slices of lemon

1. Dicing chicken is much easier when it's cold, when the meat is firm and easier to grip. The cubes can be as large or small according to your preference. Mine are usually about 1/2 to 3/4 of an inch on each side. This recipe can also work with pulled or shredded chicken, but I find you have a better texture with cubes, and it won't get as soggy and mushy.
2. Put the chicken, celery, parsley and lemon slices in a mixing bowl. Then add in the mayonnaise and fold it in. The juice and pulp from the lemon slices should come apart and mix in with the rest of the ingredients, leaving behind the peels.
3. Sprinkle in the sugar, salt and black pepper. Depending on what kind of salt and grade of sugar you use, you might need to add a little more or less. The seasoning should be noticeable but not overpower the flavors in the other ingredients.
4. Remove the lemon peels and discard. Chill in the refrigerator for approximately 30 minutes before serving. Great with rice crackers or, if you can handle the gluten, perfect in sandwiches and wraps.

One of the best ways to keep salads cold at outdoor gatherings is to bring along another bowl (larger than the serving bowl) and fill it halfway with ice and a quarter way with cold water. Then place the serving bowl over the ice. And of course, be sure to keep it covered in case any pests get past your citronella diffusers.

### Pulse Puzzle Suggestions:

(From page 5)

**Observation:** this is an interesting set of pulses that reveal more than the first obvious understanding. There are three 3rd stratum textures and four 1st stratum textures and some 5th stratum textures and two that are silent and almost half are weak. It seems obvious that worry has upset 1st stratum and affected 6th stratum (the bridge for all strata). There seems to be an "effort" response to deal with situations, which is often a self-protective defense mechanism. Being chronically and overly preoccupied causes much lack and inhibits 4th stratum.

5th stratum will likely produce some physical symptoms and 6th stratum is congested by 3rd stratum as a result of too much worry from 1st stratum.

It appears like it is about Stomach in 1st stratum, which then messed up 3rd stratum (Gallbladder) and the 6th stratum bridge.

**Suggestion:** I would apply Stomach and Gallbladder, then maybe address some symptoms concerning the 5th stratum, like a short Small Intestine Sequence or R&R 5th Stratum Sequence.

# snapshots

# Philippines

# SPECIAL



By Glenn King, PhD, CDN, CN

Your gifts make a difference!

Our most recent trip to the Philippines was full of surprises, and I don't think you have any idea the full impact your prayers and support have had. It was so evident that there was human and much spiritual interference from the beginning and all the way through, but the battles were won victoriously.



Despite the setbacks, we were successful in holding an EMT training for approximately 60 people the first morning we were there, and about 40 attended the Level 1 and 2 Combined class (about 50 percent of the attendees were medical doctors). We were able to sell many TKM® books and materials at a very low cost since they were printed in the Philippines, and others we were able to give away..

We also held a TKM Lecture and EMT training night for approximately 500 people. We didn't know the turn out would be so big!

Among the attendees was the Speaker of the House, the Secretary of Health, the head of cardiology and thoracic surgeons in the country. But I was most excited to see police and firemen attend. These first responders are often the first line of defense against emergency situations, and seeing them come to learn these vital emergency procedures was greatly encouraging.

As the Lord would have it, we made some important media connections during our time there. In all, four national radio interviews and 6 television interviews were conducted to promote and spread the word about TKM. In fact, the 500-attendee lecture was a result of an interview that I participated in on a network show about medicine, hosted by a medical doctor. People are hearing about how they can help themselves with their hands, and they are receiving it!



We also made some very important contacts with pastors and missionaries while we were there. These godly men and women opened their ears to what we had to say about God's power through TKM,



and with open hearts they received it! Arrangements are currently underway for a training of congregations and missionaries (300 to 400) when we return in November.

This gladdened my heart greatly, for I had always felt in my spirit that this knowledge belongs to the people of God whom He calls to reach a needy and dying world. So not only are we having a helping hand in equipping first responders and doctors, we are equipping His workers to go out into the field and bring in the harvest. Praise God!

Of course, the Lord didn't merely stop there at spreading the good news and preparing the way for our



future visits. He also used the seminar times to help those in most need of help. During the Level 1 and 2 Combined class, we invited the participants to bring their most critical terminal and chronic cases to the class for hands on work, no charge.

They nearly broke my heart. Mothers brought in children that were virtually written off not only because they couldn't afford any health care but because there was no health care to offer even if they could afford it. The mother pictured below with two of her five children was also told she was going to die from her terminal disease and leave her children behind.

I wrote once that 80 percent of the Filipino population survives *under* the poverty level, and the Filipino poverty level is a great deal lower than in the US and in most European nations. The average "white collar" middle class and even upper middle class worker in the Philippines makes an average annual salary of \$300 to \$400 US, which wouldn't even pay the rent on most studio apartments in the States for a month, let alone health coverage. Well paid doctors make somewhere around \$10,000 a year. And while the countries few doctors and nurses are willing to help those in need, they are so ill equipped. Their hospitals lack the equipment and means to offer effective help.



That is why TKM is so effective in a country like this, where you don't need medication or equipment, but only your two hands to help someone! And that leads to another amazing door that the Lord had opened for us during this fruitful trip!

Certain attendees at the seminars are working to promote TKM in the country's top universities and are even going to see about making it mandatory curriculum for physicians and pharmacists to receive their diplomas. One representative of a top private university is looking to give TKM its own chapter in their medical textbooks. And gov-



ernment representatives are hoping to provide ways for professionals and lay people alike to have access to TKM education.

With all these new levels that God was bringing us to, you can believe the "new demons" we had to face. I spoke on some of the obstacles we faced in classes and on KIMA-Talk. There were those we encountered who sought to profit off of TKM and its knowledge for personal gain. Thankfully, the generous support that God provided through you helped us take control of the situation before it could get out of hand, allowing us to provide help to those who needed it most but could not afford it.

Many of you also heard about our struggles

with our physical health. I personally underwent spiritual attack that made me ill even before we left for the trip. My wife Hillary also became ill while we were there and so did Rebecca Poage, the final member of our team from the States.

But God heard ours and your prayers from around the world, lifting us up, and He kept us and strengthened us to do the mighty work He had set before us. The rest of the complications, such as the disorganization, the confusion and everything that the enemy tried to use to deter us from our purpose was all submitted to the Lord, and He made our paths straight and leveled our mountains and valleys. We returned with





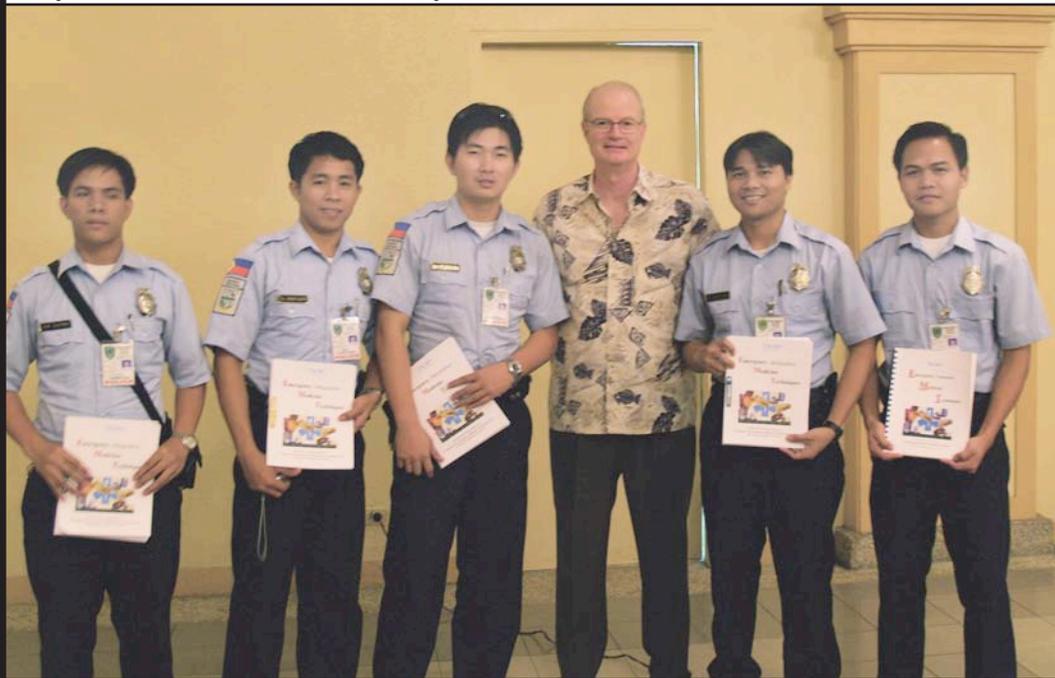
our battle scars, but they are nothing compared to the victories and miracles we saw the Lord work over there. I am still amazed, when I consider how much work was accomplished in just a mere ten days. And then the Lord reminds me, “Ten days? You should’ve seen what I did in Genesis in a week.” How great is our God!

As I wrote, we will return in November for our third missions trip to the 7,000 island nation for more training and equipping. We plan on reaching more doctors who will each use this knowledge to help their ailing patients, and we look forward even more to share TKM with the churches.

We did not get a chance to help as many of the im-

poverished during this last trip, but hopefully and God-willing, we will have opportunities to reach the homeless and poor through the churches and missionaries. After all, good health should never be strictly reserved for only those who can afford it. TKM belongs to the world, and all who need help.

The Philippines has really opened up opportunities for missions trips to other places around the world. We are currently working to bring TKM training to countries in Africa, Brazil, Malaysia as well as sponsor our “home folk” here in the states that need help but can’t afford the cost of seminars or sessions. As many of you know, the Institute already of-



fers discounted sessions and sponsors seminars for many individuals. And you can continue to help change lives here and around the world by supporting the Institute through KIMA 500. Please see the back cover of this Journal for more information on how you can be apart of the mighty work God is doing!

Thank you again for all your support! God bless! 🙏

# Supplementing your health

## Top common vitamins that everyone needs

By Glenn King, PhD, CDN, CN

As a clinical nutritionist and dietician, people come to me with questions about supplements in their diets. These are very valid questions and I'm happy to answer them. However, I often have to help them understand that a healthy physical lifestyle begins with what you eat.

Almost 70 percent of a person's physical health today is dependent on the quality of food that you put into your body, which coincidentally translates to 70 percent of health problems can be avoided by just changing what you eat. Twenty-five percent is dependent on exercise, a health combination between cardio work and tone, again translating to 25 percent of health problems can be helped by exercise. That leaves about five percent for supplementation.

I'd like to focus on that five percent in this article. The truth is that food today is not like food in Biblical days. Produce immediately starts to lose the effectiveness of its vitamins, minerals and enzymes the moment it's picked or pulled from the ground. After inspection, washing, shipping, displaying in our grocery stores and then cooking in our kitchens, food has a fraction of the benefits it began with.

That's where supplementation comes in. Supplements are specifically that: to supplement the healthy foods we are, or should be, already eating. In other words, supplements don't free you from making healthy food choices. They enhance the healthy choices that you make.

Every person is different and requires different supplementation needs. However, some common supplements come up for most of the people that I see for nutritional analysis. Often times, we're told to take these vitamins, but we're not necessarily sure why. Here are some of the most common vitamins that almost everyone needs, as well as why.

### Zinc (mineral)

A deficiency in zinc often coincides with immune deficiency, loss of appetite, growth retardation, hair loss, delayed sexual maturation and impotence, diarrhea, eye and skin lesions, delayed healing of wounds, and taste abnormalities. There is also evidence that weight loss and mental lethargy can occur.

Circumstances that can produce decreased zinc levels are inadequate caloric intake, alcoholism, digestive diseases, and

symptoms like impaired growth in infants and children. Vegetarians usually need as much as 50 percent more zinc than non-vegetarians due to lower absorption of zinc from plant foods. Therefore, it is very important to include effective sources of zinc in the diet of vegetarians.

Fetal growth can be slow due to maternal zinc deficiency. Zinc supplementation often improves the growth rate in children demonstrating growth deficiency, who have a zinc deficiency. Mother's milk does not

provide sufficient amounts of zinc that infants between the age of 7 months and 12 months need. Therefore, breast-fed infants should also consume age-appropriate foods containing zinc. Breast feeding often depletes maternal zinc stores because of the greater need during lactation. It's vital that mothers who breast-feed include good sources of zinc in their daily diet and for pregnant women acquire professional advice about taking appropriate vitamin and mineral supplements.

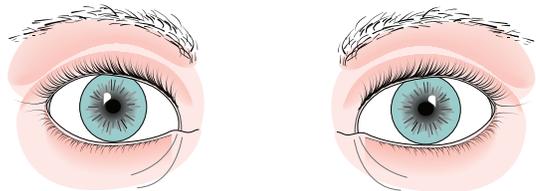
## Body Biography Corner

While it's said that the eyes are the windows to the soul, a person's eyelashes can tell us something as well! It is interesting how eyelashes represent a similar correlation to our personality. A very tolerant person tends to have long eyelashes, and an extra sensitive person or someone with little tolerance corresponds with thin and short eyelashes. See the examples below for an illustration.

### Thick Eyelashes (long and full)

Represents a Tolerant Person with a Gentle Disposition.

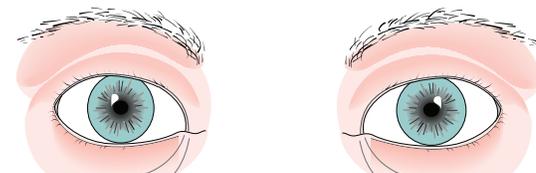
The person would be tolerant with an accepting attitude and a gentle disposition. They are easy to get along with because they keep things on an even keel. They are better when there is a sanctuary to retreat to when feeling overwhelmed by things outside of his or herself.



### Thin Eyelashes (short and thin)

Represents an Extremely Sensitive Person.

The tendency is to be so sensitive that they may get their feelings hurt easily and be quick to anger (a response to being hurt). She or he will find it very challenging to learn to be more objective and try not to take things quite so personally.



Alcohol inhibits absorption of zinc and increases loss of zinc in urine. Low zinc levels are observed in 30 percent to 50 percent of alcoholics. Individuals who have had gastrointestinal surgery or have digestive disorders resulting in malabsorption, including sprue, Crohn's disease and irritable bowel syndrome or celiac disease, are at greater risk of a zinc deficiency, which can cause more serious health problems as a result. Those experiencing chronic diarrhea should increase sources of zinc in daily diet and zinc supplementation.

The immune system is adversely affected by even moderate degrees of zinc deficiency. Severe zinc deficiency depresses immune function. Zinc is required for the development and activation of T-lymphocytes, a type of white blood cell that fights infection. When zinc supplementation is given to low zinc level individuals, the T-cell lymphocytes circulating in the blood increases and their ability to fight infection improves.

Studies show that poor, malnourished children in India, Africa, South America, and Southeast Asia experience shorter courses of infectious diarrhea after taking zinc supplementation. The amounts provided in the studies ranged from 4 mg to 40 mg per day (provided in a variety of forms such as zinc acetate, zinc gluconate, or zinc sulfate). Zinc helps heal skin ulcers or bed sores but do not increase rates of wound healing when zinc levels are normal. There are no cells or systems in the human body that do not use zinc.

### **Iron (mineral)**

The most common symptom of iron deficiency is anemia. The basic groups of people needing additional iron by supplementation are pregnant women, pre-term and low birth weight infants, older infants and toddlers, teenage girls, women of childbearing age (especially with heavy menstrual losses), people with renal failure (especially when undergoing routine dialysis), and people with gastrointestinal disorders who do not absorb iron properly.

Celiac disease and Crohn's Syndrome are especially associated with gastrointestinal malabsorption and impair iron absorption. In addition, women using an intrauterine device (IUD) may experience more bleeding and have a greater risk of developing iron deficiency. Vegetarians may need iron, because iron is less available for absorption than in diets that include meat. Vegans (who exclude all animal products) need almost twice as much dietary iron daily versus non-vegans because of lower intestinal absorption of nonheme iron in plant foods. Therefore, vegetarians should consume nonheme iron sources together with a good source of vitamin C, such as citrus fruits, which improve the absorption of nonheme iron.

The need for iron during pregnancy to support fetal growth and maternal health is important. Iron requirements for pregnant women are approximately double due to increased blood volume during pregnancy, increased needs of the fetus, and blood losses occurring during delivery. Iron deficiency anemia of pregnancy is responsible for significant morbidity, such as premature deliveries and giving birth to infants with low birth weight.

Deficiencies of iron make us tired and apathetic. Anemia is characterized by low levels of hemoglobin, causing oxygen starva-

tion in your tissues. There are differing opinions about when iron supplementation should begin for females and males according to age. Most will agree that between ages 10 to 13 that both male and females will need additional iron supplementation to some degree.

You could be iron deficient if you are unusually tired, have reduced ability to exercise comfortably, have poor stamina, get frequent infections or if you are lethargic.

One of the main causes for iron deficiency is not eating enough iron rich foods, for example in restrictive diets and in some cases vegetarians who do not eat enough of the proper foods. Increased demand for iron can occur, for example, to replace blood loss (e. g. from menstruation) or in times of accelerated growth (such as during adolescence) or extreme and/or unusual physical activity or during and after blood donation.

The two different types of digestible iron in food are hemo iron, found in red meat seafood and poultry, and non-hemo iron, found in breads, fruits, breakfast cereals, vegetable, legumes (e. g. baked beans), nuts and eggs.

Hemo iron foods are rich in iron and contain a form easily absorbed by the body. Red meat, when eaten together with vegetables, can boost the absorption of non-hemo iron by up to 400 percent. Vitamin C similarly has a positive effect on the absorption of iron.

Simply, the key to a healthy iron rich diet is to eat a combination of iron rich foods, high in both hemo and non-hemo iron.

### **Chromium (mineral)**

In the 1960s, chromium was found to correct glucose intolerance and insulin resistance. Indicators that the body is failing to properly control blood-sugar levels and (which are precursors of) type 2 diabetes. Weight loss, neuropathy, and impaired glucose tolerance can result from malabsorption or deficiency in chromium. Other malabsorption causes are celiac disease, diarrhea and other digestive disorders. Chromium added to the diet properly has corrected diabetes symptoms. Chromium is routinely added to intravenous solutions.

There are significant age-related decreases in chromium concentrations of hair, sweat and blood, which indicate that as we age we are more vulnerable to chromium depletion than younger adults. Additional factors are reducing body fat and increasing lean (muscle) mass.

There is increasing interest in supplemental chromium to treat impaired glucose tolerance and type 2 diabetes. Chromium also is commonly used for treating lower blood lipid levels, to promote weight loss and improve body composition.

Chromium decreases the total and low-density-lipoprotein (LDL or "bad") cholesterol and triglyceride levels and increased concentrations of apolipoprotein A (a component of high-density-lipoprotein cholesterol known as HDL or "good" cholesterol) in subjects with atherosclerosis or elevated cholesterol and among those taking a beta-blocker drug.

Chromium supplements are available as chromium chloride, chromium nicotinate, chromium picolinate, high-chromium yeast, and chromium citrate. Chromium chloride in particular appears to have poor bioavailability.

### **Calcium (mineral)**

Calcium has been used as a alternative to antibiotics as well as an important body building factor in the nutritional regiment. During pregnancy, considerable amounts of calcium are transported from mother to fetus through the placenta, plus the calcium needs for milk production during lactation. The maternal bone density

#### **Recommended Average Daily Dietary Iron Intake:**

Children - from birth to age 6 months: 10 mg daily  
Children - from ages 6 months to 4 years: 15 mg daily  
Females - ages 11 to 50: 18 mg  
Females - over age 50: 10 mg  
Pregnant women: 30 to 60 mg  
Males - ages 10 to 18: 18 mg  
Males over age 19: 10 mg

during reproduction, if there is enough calcium supplementation, is regained after several years. In order to satisfy the increased demands for calcium, maternal metabolism of bone change happens dynamically during pregnancy and lactation. Calcium absorption rate is increased by 1,25 (OH)(2)D, which is activated with IGF-I, estrogen. Toxemia and eclampsia is a major complication of pregnancy. Calcium supplementation helps prevent these complications. Bone density and even emotional stress increase the need for appropriate calcium supplementation.

Calcium rich foods include leafy green vegetables such as broccoli, kale and spinach as well as fruits like oranges, beans and peas. Fish like Salmon and sardines are also rich, but beware of canned fish that can pick up harmful chemicals during the canning process. Other foods that contain calcium that can be absorbed by the body are sesame seeds, blackstrap molasses, corn tortillas, almonds and brown sugar. Cow dairy is not a good source for calcium and will actually leach calcium from bones.

### Vitamin C

Vitamin C given “in the right form, with the proper technique, in frequent enough doses, in high enough doses, along with certain additional agents and for a long enough period of time,” can prevent and, in many cases, cure, a wide range of common and/or lethal diseases, notably the common cold and heart disease, although the National Institute of Health considers there to be “fair scientific evidence against this use.” That is why we call the NIH, “Not Invented Here,” a source for old and or prejudice information and confirmation favoring the pharmaceutical and surgical community.

Vitamin C has been found essential for regulation of endogenous cholesterol synthesis, detoxifying lead and mercury, reducing the severity of symptoms in children with autism, reducing multiple organ failure, improving sperm count, sperm mortality, and sperm morphology in infertile men, and improving immune function in the elderly and contributing to the prevention and treatment of age-associated diseases.

Dehydroascorbic acid, a chemical relative of Vitamin C but distinct from the chemical itself, was shown to reduce neurological deficits and mortality following stroke, although “the antioxidant ascorbic acid (AA) or vitamin C does not penetrate the blood-brain barrier according to the NIH,” but other studies show a contradiction.

Rich natural sources are fruits and vegetables, and of those, the camu camu fruit and the Kakadu plum contain the highest concentration of the vitamin currently listed.

While plants are generally a good source of vitamin C, the amount in foods of plant origin depends on the precise variety of the plant, the soil condition, the climate in which it grew, the length of time since it was picked, the storage conditions, and the method of preparation. There is more vitamin C sold in the United States and the world than any other vitamin.

### Consult your health care professional

Since many symptoms are general and are associated with other medical conditions, do not assume they are due to a any particular deficiency. Experimenting on your own can be very hazardous to your health. Therefore, please consult with a qualified health professional for proper testing and advice. Also, understand that the average medical doctor is not properly trained for in-depth consulting on these matters. 🐼

### Highest Sources of Vitamin C and their Amounts

Plant source	Amount (mg / 100g)
Kakadu plum	3150
Camu Camu	2800
Rose hip	2000
Acerola	1600
Amla	720
Jujube	500
Baobab	400
Blackcurrant	200
Red pepper	190
Parsley	130
Seabuckthorn	120
Guava	100
Kiwifruit	90
Broccoli	90
Loganberry	80
Redcurrant	80
Brussels sprouts	80
Lychee	70
Cloudberry	60
Lettuce (not iceberg)	4
Cucumber	3
Eggplant	2
Fig	2
Bilberry	1
Horned melon	0.5
Medlar	0.3
Persimmon	60
Papaya	60
Strawberry	60
Orange	50
Lemon	40
Melon, cantaloupe	40
Cauliflower	40
Grapefruit	30
Raspberry	30
Tangerine	30
Mandarin orange	30
Passion fruit	30
Spinach	30
Cabbage raw green	30
Lime	20
Mango	20
Potato	20
Melon, honeydew	20
Mango	16
Tomato	10
Blueberry	10
Pineapple	10
Pawpaw	10
Grape	10
Apricot	10
Plum	10
Watermelon	10
Banana	9
Carrot	9
Avocado	8
Crabapple	8
Peach	7
Apple	6
Blackberry	6
Beetroot	5
Pear	4

# Baby blues for new dads too

By Christine Dao  
and Glenn King, PhD, CDN, CN

Most think that postpartum depression only affects women due to hormonal changes after the birth of a baby. But science often overlooks postpartum depression in dads, and men often has less contact with health-care providers than women do.

The long-standing belief that postpartum is linked with hormonal changes in women has never actually been founded. The changes may contribute to symptoms, but other factors such as fatigue, marital discord, social support and financial support.

The 2006 study of 5,000 two-parent families found about 14 percent of mothers and 10 percent of fathers showed signs of moderate to severe depression. According to Mental Health America, depression can begin anytime after childbirth and can last up to a year. A sufferer may experience drastic changes in mood and appetite, excessive preoccupation with the child's health, or intrusive thoughts of harming the baby.

For the study, parents completed questionnaires and participated in interviews. Researchers also looked into parent-child interactions, such as reading, story telling, and song singing, all considered critically

important for positive child development. Depression in either parents was associated with reduced interaction, and fathers with greater levels of depression interacted with their children less.

But PPD, or postpartum paternal depression, isn't noticed as much since fathers tend to not seek help and it often is not addressed or treated. One good way to spot PPD, according to clinicians, is to see if the mother is depressed during the postpartum period and then screen the father to see if he is depressed as well.

New parents also experience stress

they can come back and be effective parents. Suggested applications are the #13, #15, Mediator, #23,25 and Spleen Sequences as the top list for help. The Median Sequence is always important.

New parenthood is very busy and demanding and it takes more time to include these applications, but we must stay equipped to handle parenthood as appropriately as possible, especially when we consider the emotional and psychological impact on the entire life of the child as a result of our behavior.

Tips you will enjoy for the baby are the Median Sequence twice daily and the Mediator, #13 and 3rd MOC two to four times a week. You will not need to hold each step as long as an adult, and the sequences are best applied when the baby is asleep.

When the baby is too tired, hold E.S. #9 and the opposite E.S. #2, or when the baby is fussy for any reason other than the diaper needs changing, then apply #9 and opposite #2 application and remain for results. Occasionally, apply anchor steps like E.S. #15 and the same side E.S. #6 for a joyful, healthy and content baby!

And above all, remember to turn to our Heavenly Father first for help. Trust in the fact that He parented first, and He continues to parent best. 🐾

**The long-standing belief that postpartum is linked with hormonal changes in women has never actually been founded.**

**But PPD, or postpartum paternal depression, isn't noticed as much since fathers tend to not seek help and it often is not addressed or treated.**

due to lack of preparation to raise a child, physically and emotionally. Parents who don't receive guidance or training often, at the minimum to

prepare their hearts and emotions for the unexpected, are put under even more strain when they don't have their own parents or mentors to turn to for help, and even more so when they don't turn to God for help by prayer and supplication.

Physically, parents experiencing postpartum need rest, and TKM® can help make the most of out those rare moments of relaxation so that

# Testimonial Corner

*Your stories...  
your victories!*

## **From the Philippines**

*Vivian's is just one of many victories we've been hearing about from the Philippines. God is doing amazing works, freeing people from suffering and pain!*

I attended the first two days of the five day seminar Dr. King gave in Manila. For me, it was an eye opener, and I learned already quite a lot. I am just doing the Median Sequence and found that to be so helpful to relax my mind and whole body, and now I have absolutely no problem to sleep soundly. I teach my friends to do that just to get a night's good rest, and the result is good.

My friend's daughter-in-law just delivered a baby boy. She did the labor application in the EMT Book and it was just beautiful because the mother in labor did not suffer any pain during the whole time of contraction. She even slept so well. Would you believe that the next day during the time of birth, at the second push, the baby was out. Praise the Lord!

One other testimony is that I had a chronic urination problem since I was a child. After Dr. King taught me how to do the Bladder Sequence, after just the third time, the problem was GONE. Now I sleep through the night and don't have to wake up at all to go to the toilet. Before, I had to go between three to six times a night.

God bless!

- Vivian Wurgler

## **Real Healing**

I want to report on a case diagnosed with pulmonary fibrosis, which I've been working on for over two years. This person was told that her condition would deteriorate and without a

lung transplant she would likely die within two years. Doctors wanted her on steroids but instead she came to our office. We did lots of detoxifying, visits to Dr. King and other doctors for allergy elimination and lots of TKM® by myself, our intern, and Self Help, appropriate supplementation and in two years there has been no progression of the disease.

The one thing she kept hesitating about was getting a dental evaluation from the biological dentist we know. Since we started she has lost about 60 pounds, which was needed, the fibrosis had not increased, but I was frustrated that it was not reversing. I finally convinced her of the importance of seeing the dentist. Her mouth was a train wreck. She had serious problems with three teeth, all of which contained huge amalgam fillings in addition to being rootcanaled and full of infection. You guessed it. They were all correlated to the lung energy!

There were other problems that had secondary correlations to the lungs. She agreed to follow up with the dentist's recommendations and started the work. He pulled the two rootcanaled teeth that were the most serious. She had a checkup with her pulmonary specialist at Shands University Hospital at University of Florida on this Wednesday, one week after seeing the dentist. After no change for the past two years in her lung capacity and oxygenation capability she improved by 16 percent one week after having those two teeth removed. Needless to say she is elated and fully committed to finishing the dental work that needs to be done.

The point of this is to share the seriousness of dental issues and particularly amalgam/mercury in the teeth and how it can limit progress with TKM. With the aggressive work we are doing with TKM I'm ready to claim victory over

the fibrosis when the obstacles in the mouth are resolved.

Of most importance, is the spiritual growth I've seen in her over the two years. She went from being assaulted by fear to trusting the Lord. Just yesterday she gave me a big hug and told me that she just knew that God was using her every time she shared her story. She says, "I know that God allowed this in order to get my attention and now I am listening for His purpose for me." To me that is the real healing.

Blessings to everyone!

- Jim Robertson, ND

## **No Need for Stitches**

Here in the mission field in Brazil, a lot of my fellow workers think I am a little nuts because of our health beliefs and practices. But the Lord is timely providing me opportunities to demonstrate what I've learned over the years.

Two days ago my girlfriend (a nurse) and her 16 month old son were visiting on our porch. I watched her son fall off the porch in a way that caused his two front teeth to totally perforate his bottom lip. The two of us immediately applied the S&S or "Stop Bleeding" technique! Most of you who will read this know how much the head and mouth/lips can bleed - so my friend was amazed that there was only a small spot of blood on his shirt - maybe a few drops.

I could tell that TKM® was beginning to close the wound, but she was still pretty unsure. Several hours later, she decided to take him to the hospital just to be sure he didn't need stitches. The doctor sent him right home because the wound had already closed and sealed!

Praise the Lord for these small opportunities that make such believers out of people!

- Kim

*If you would like to share an amazing story of how TKM® has helped you or someone you know, we would love to hear from you at [info@kinginstitute.org](mailto:info@kinginstitute.org)! Remember to put "KIMA-testimony" in the subject line.*

## THE CLASS / EVENTS SCHEDULE

Additions and changes in schedule are subject to change without prior notice.

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Or, you register or inquire about any events by calling the King Institute, Inc. at

**1-800-640-7998**

Thank you for stretching yourself to learn valuable information!

### Everyone's Talking on

#### **KIMA-TALK!**

We've all experienced it. TKM® 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 The King Institute Method®.

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 and 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 bioelectrical 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 bioenergy 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!



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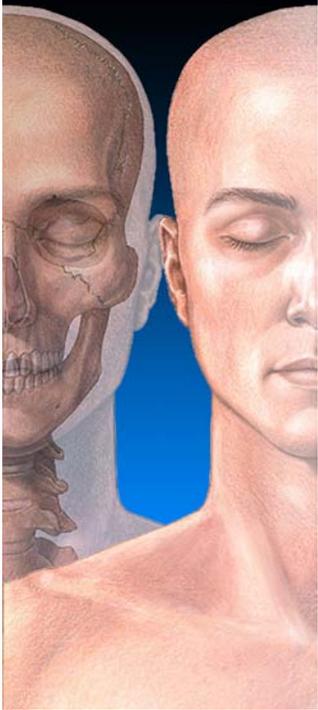
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