

Extraordinary Alternative Medicine for Extraordinary Results

KIMA

The Journal of
The King Institute Method® Association

Issue 16

**Can Vitamin C
Be Deadly?**

The TKM® Journey
From My Home To
The Jungles of Malaysia

**IS YOUR BRA
KILLING YOU?**

**HOW THE DIGESTIVE
SYSTEM WORKS**

Contents

Issue 16, June

cover

8 How Does the Digestive System Work - The first of several articles on the digestive system in this issue (cover story).

features

2 Notes from Director - Some additional to the Journal and an update of some projects for 2008.

3 The TKM® Journey - From my home to the jungles of Malaysia. A story from a reporter of the 700 Club Asia.

4 Is Your Bra Killing you? - New and old studies reveal the truth about the history and dangers of the replacement for the corset, due to too many deaths.

7 How long Does It Take To Digest Meat? - Different opinions are compared to anatomical studies.

17 Can Vitamin C Be Deadly? - A surprise to many that a common combination can possibly be a deadly cocktail.

14 Energy - A new section called "Science" in this issue that looks into the term energy.

in each issue

1	Staff
2	Director's Note
10	Testimonial Corner
12	E-mail Response Corner
13	Body Biography
13	Snapshots
16	New TKM® Applications
17	FYI - Good Info to Know!
18	Supplementing Health
19	Healthy Eating
21	TKM® Class Schedule

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Staff

Glenn King
Director

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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!

Thank you for your support, prayers and participation in helping this ministry be more effective. We have many projects this year than anytime in the past.

We are working on a ministry brochure in a format similar to the KIMA Journal, although full color. The TKM missions book is being prepared, as well as a new large poster of a more inclusive tooth chart. The Greek EMT book should be completed in June. New translations of books are being conducted, a new 3x5 inch Self-help book is in production and a TKM baby and pregnant mother book is in the works, just to name a few.

The Journal has no pulse puzzle in this issue. It may appear occasionally again, but is not a steady part of the Journal. You may always submit any pulse puzzles you feel need some explanation and we will print them with observations included.

There is a new science section in this Journal and we hope to include one in most issues. I'm looking at ways to keep you informed and not be short-cutting vital information by making articles too short. Therefore, this issue is an example of some articles that I feel require more space. I hope you enjoy it.

Located on page 20 is a flyer for the September Special TKM Training. I hope that you will attend and join with us to make this event very successful. Your ongoing prayers are needed as well as active promotion to those whom this class is designed.

There is an article in this issue written by a new friend who attended both five day courses on my last trip to the Philippines. Her name is Lucille and she is the producer and director of the 700 Club Asia, CBN. She starts her article out with two words, "Skepticism and ridicule," conveying the responses from people as she first introduces them to TKM.

I hope you will not be dismayed by the reactions that people most often have when they are confronted with something that seems to be too good and too simple to be true. Don't change or hide what you know is truth. When you have truth, STAND, as though you have truth. Not everyone receives truth, but if you have it, don't lose it.

Glenn Thomas King, Ph.D., C.D.N., C.N.
Director



The TKM® Journey ...

From My Home to the Jungles of Malaysia

By Lucille O. Talusan, 700 Club Asia, CBN

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

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

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

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

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

And because I knew I would share or apply TKM® on somebody each day, I carried the TKM textbook with me everywhere I went, even to the jungles of Malaysia.

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



There are about 8,000 Burmese illegal migrants scattered in the jungles of Malaysia. Despite the difficult and demeaning living conditions they are in, these tribes choose to stay in Malaysia because as they say, their lives may not be better, but they are safer in Malaysia.

And since they are illegal, they don't have access to medical service or to the hospitals. The common diseases of these people are

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

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

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

Is Your Bra Killing You?

Studies show that the risks are high

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

Many natural health care professionals have told women for years that wearing a bra is unhealthy and could be deadly. Studies have been conducted in several countries, which directly link wearing a bra to breast cancer. Since the beginning of time, women did not wear bras, and breast cancer was unknown. Then, just like the corset, which was proven to cause the deaths, the bra became a popular replacement resulting in deaths from breast cancer mounting to an epidemic today.

Did you know?

Research shows that the choice of wearing a bra or not has no bearing on the tendency of a woman's breast to "droop" as she ages.

"Still, the myth that daily, life-long bra wearing is crucial to preserving curves persists, along with other misguided notions about that fetching bit of binding left over from the days when a wasp's waist defined the contours of a woman's power," writes Deborah Franklin in *Health Magazine*.

"Exercising without a bra may be uncomfortable for large breasted women, although it's not doing any lasting damage to chest muscles or breast tissue," says Surgeon Christine Haycock (AKA Dr. Bra) of the New Jersey College of Medicine.

In fact, given the tendency of sports bra to squash breasts against the rib cage, Haycock's research concluded that "those who wore an A cup were frequently most comfortable with no bra at all."

The Study

A two year study was published in 1995, and it asked questions of 4,500 women in five U.S. cities about their bra purchasing and wearing habits. The study included age, income level, exposure to radiation or other toxins, bra wearing history, habits and comfort factor as well as attitude towards appearance. The question of whether they had been diagnosed with breast cancer split the study into two groups. The study needed a similar number in both groups of those with breast cancer and those without breast cancer. To minimize the number of genetic variables in the study, all women were Caucasians.

The study was to determine whether bra wearing was in any way connected with the development of breast cancer. To most people, especially the medical community, the notion that clothing may affect the indigenous functions of the body can be difficult to accept. Therefore, the main focus of the study was the possible interference of a basic system of the body by garments worn. The lymphatic system was the focus, which is often associated with the treatment of breast cancer. Many women have lymph nodes removed as a part of a mastectomy.

It is difficult to believe that medically a cause for breast cancer has never been determined in light of all the research money that has been spent. Many studies have characterized women who were at a higher risk for breast cancer, although the risk factors have no association with



a root cause. An example is affluent women have a higher risk than poor women. Obviously, affluence is not a cause, but a correlation to risk typically due to the culture and lifestyle of the affluent.

Lymphatic System

Lymphatic vessels are responsible for both draining interstitial fluid from tissues and for transporting immune cells to lymph nodes to maintain the body's immune surveillance.

The lymphatic system has three primary functions. Its first function is to return excess interstitial fluid to the blood. Of the fluid that leaves the capillary, about 90 percent is returned. The 10 percent that does not return becomes part of the interstitial fluid that surrounds the tissue cells. Small protein molecules may "leak" through the capillary wall and increase the osmotic pressure of the interstitial fluid. This further inhibits the return of fluid into the capillaries, and fluid tends to accumulate in the tissue spaces. If this continues, blood volume and blood pressure decrease significantly, and the volume of the tissue fluid increases, which results in edema (swelling). Lymph capillaries pick up the excess interstitial fluid and proteins and return them to the venous blood. After the fluid enters the lymph of capillaries, it's called

The second function is the absorption of fats and fat-soluble vitamins from the digestive system and a subsequent transport of these substances to the venous circulation. The mucosa that lines the small intestine is covered with finger-like projections called villi. There are blood capillaries and special lymph capillaries called lacteals in the center of each villus. The blood capillaries absorb most nutrients, but the fats and fat-soluble vitamins are absorbed by the lacteals. The lymph in the lacteals has a milky appearance due to its high fat content and is called "chyle."

The third function and probably most well known is the defense against invading microorganisms and disease. Lymph nodes and other lymphatic organs filter the lymph to remove micro-organisms and other foreign particles. Lymphatic organs contain lymphocytes that destroy invading organisms.

The medical focus of a correlation between breasts and the lymphatic system is that many of the toxins that accumulate around the individual cells or washed away by the lymph fluid. The lymphatic system has a collection of pockets (lymph nodes) and relies on one-way valves (as in the veins) and body motion (such as walking and breathing) to accomplish the circulation of the lymph fluid.

The disruption of the lymphatic system's ability to wash toxins from cell tissues in the breast is a simple deduction for cancer. The multitudes of cancer-causing toxins that are in our environment require time and contact with individual cells to begin the mutation into cancer cells. Impaired lymphatic circulation al-

lows toxins to remain with the cells for long periods.

The lymph vessels are very delicate and close to the surface of the skin. They are easily constricted by elastic or tight fitting garments, like the bra. The bra's design is for that specific purpose, which constricts lymphatic circulation for the breasts.

Those familiar with TKM and the bioelectromagnetic energy system of the body also know that synthetics, blended fabrics and metallic objects greatly interfere with proper bioelectromagnetic energy circulation and coherence. Most bras have all of these elements. A faster potential track to cancer is to wear a firm braced bra with an underwire. The metal of the underwire not only increases the risk for cancer but speeds up the process.

The book *Dressed to Kill*, by Sidney Ross Singer and Soma Gris-maijer, states "if a particular life-style predisposes women to breast cancer, we might be able to characterize women with breast cancer is a subculture. This particular life-style choice pertaining to wearing of bras between women with cancer and those without, we would expect them to differ in the way they wear them, lifestyles, attitudes, values and behavior."

Their theory was supported and reinforced by the fact that most benign lumps and cysts found in the breast are largely composed of lymph fluid. They also found many reports that women diagnosed with these lumps could often have them completely disappear by ceasing to wear their bra for several weeks.

Study Results

The answers are from two groups (no cancer = NC / cancer = C). Questions are as follows.

Are you comfortable with the size and shape of your breast without a bra? NC =18 percent Yes / C = 5 percent Yes

Do you select bras to shape or accentuate your breasts? NC =74 percent Yes / C = 87 percent Yes

Other than price, what is the most important feature you look for when buying a bra (Bras selected for appearance, by necessity, squeeze and pull the breast tissue into position.) ? Appearance: NC =30 percent Yes / C = 61 percent Yes

Comfort: NC =51 percent Yes / C = 25 percent Yes

Does your bra ever make red marks on your skin or cause irritations? NC =23 percent always / C = 40 percent always. (The red marks are clear indicators of lymphatic vessels being constricted just under the skin surface and not able to clean the breast tissue.)

How long do you wear your bra each day on average? NC =20 percent less than 12 hours and 80 percent wear more than 12 hours, while C = 1 percent less than 12 hours and 99 percent were more than 12 hours.

Do you wear a bra to sleep? NC = 3 percent Yes / C = 18 percent Yes

These survey results showed that the average white American woman who wears a bra more than 12 hours a day is 19 times more likely to develop breast cancer than a woman who wears a bra for less than 12 hours a day.

The study also showed that nearly 20 percent of the population of women wears a bra to bed. Women

who wear a bras for over 12 hours daily, but not to sleep, have a 21 times greater chance of developing breast cancer than women who remove their bras before 12 hours. Women who wear their bras all the time had a 113 times increase in breast cancer incidence, when compared with women who wear bras less than 12 hours daily.

Comparisons

The risk of developing lung cancer by smoking cigarettes is about 10 to 20 times higher than for people who don't smoke (this is not factoring lung cancer due to second-hand smoke). The risk of developing breast cancer by wearing a bra more than 12 hours a day is 21 times higher than for women who remove their bra before 12 hours. Wearing a bra is equivalent to smoking cigarettes as a cancer risk.

What is the real price for wearing that fashion? Western fashion demands seem to be killing our women. Is the bra an addiction? Smoking, for many is a chemical addiction, and is physically challenging to stop. Wearing a bra is a psychological addiction, or hopefully, just a habit. You can exercise common sense and reduce your risk of cancer by dispensing of this one garment. By properly selecting your outer garments, no one but you will notice.

Challenge

Try this for two weeks. Choose your outfits to be comfortable, braless, but not revealing. Yes, you will probably feel strange at first, but hold your course. See if anyone notices. Very unlikely. You'll feel much more comfortable and have peace of mind, concerning toxic breasts and damage to your health, at the end of two weeks. This will greatly reduce your risk for breast cancer, breast allergies, sensitivities, lumps and cysts.

Additional confirming studies

1. In the 1930s, medical and domestic health texts made connections between corsets and increased breast cancer rates (Lerner, *Breast Cancer Wars* (n. 1), pp. 93–106).

2. 1978, a medical doctor in California published an article in a medical journal linking bras with elevated breast temperature and suggested it may have a connection with breast cancer. He studied several hundred women in his practice and observed that the heavier the bra material, the hotter the breast, and that bra-free women of all sizes had cooler breasts. (*The Lancet*, Nov. 4, 1978)

3. In 1991 researchers at Harvard University published a medical journal article on breast cancer risk, which showed that women in their study who did not wear bras had a 60 percent lower risk of breast cancer than women who wore bras. (Hsieh, C.C. and D. Trichopoulos, *D. Eur. J. Cancer* 27:131-5, 1991)

4. In 1991, researchers in Japan published a study on bras and "sagging," which proved that bras can actually increase breast sagging. This effect was most noticeable in larger breasted women. They compared bras to foot binding in their discussion section. (*Journal of Hum. Ergol.* Tokyo, 1990 Jun; Institute of Human Living Sciences, Otsuma Women's University)

5. In 1995 through the present, many women, who had concerns about breast cancer risk and/or breast pain, quit wearing bras and then found that their pain and cysts of fibrocystic breast disease dramatically decreased or was eliminated. Several of these women wrote their own personal case histories, which appear online at: www.all-natural.com/fibrocys.html

6. In May 1999, a landmark study was published in the prestigious

British medical journal, *The Lancet*. Premenopausal women with fibrocystic breast disease showed an almost six fold higher risk of future breast cancer. This study firmly refutes the advice of some doctors who have said that fibrocystic carries no increased risk of cancer. In all, there are more than 30 published medical and scientific research articles showing a connection between fibrocystic and increased breast cancer risk.

Breast Implants

The older silicon filled implants were the worst. But even the new versions, in relation to breast cancer risk, are just as bad. Without discussing the toxins introduced to the body, even without leakage, there still remains the large amount of visible and hidden scar tissue involved during the surgery. Scar tissue causes a permanent disruption of proper lymphatic circulation and bioelectromagnetic energy circulation for the breasts.

The surgery for breast implants of any size and content still produces a greatly multiplied breast cancer risk due to the scar tissue impairing proper cleansing of breast tissue. If now or in the future you ever contemplate on breast implants, remember this article and speak with those suffering from breast cancer. If you have had implants, I suggest taking appropriate measures for your situation to greatly decrease your risk of breast diseases.

Please don't think you are safe, if you are young. I've seen too many women in my practice in their early 20s with serious breast disorders or breast cancer.

Plus, do not rely on early detection. Studies have shown the death rate due to breast cancer is an average is 11 percent improvement (medically) with early detection (*Lancet* 1990: Edinburgh trial screening for breast cancer; 335;241-246). 📌

HOW LONG DOES IT TAKE TO DIGEST MEAT?

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

We have heard a variety of things concerning the ingestion and digestion of meat, especially red meat. Aside from what I've learned in the past 35 years studying nutrition, I've done some research over the past several months on this subject. It has been quite fascinating and often humorous. I will list a few of the opinions for your enjoyment.

How long to digest meat?

-Meat and livestock Australia website says "Less than 4-6 hours to digest meat." Meat is made up of protein and some fats which are easily digested and generally leave the stomach within 2-3 hours. Meat is fully digested within 4-6 hours compared to the dietary fiber found in fruits, vegetables and whole grains, which take more than two days. The human digestive system is well designed to digest a variety of foods including red meat, which contains essential nutrients, like zinc, vitamin B12 and long chain omega-3s (www.mla.com.au).

-About 4 days to digest meat and about a day and a half to digest vegetables, says Vistara Parham, RN (*What's wrong with eating meat?*).

-It takes about 48 hours to digest meat. Says Perna Salla, author of *In search of the perfect diet*.

-Meat takes about 72 hours to digest. By WikiAnswers.com

-"I've heard it takes years for a human to digest meat." Response: Absolutely false. If it were true, the average person would have an extra 200 lbs of red meat in their gut in just one year. It takes 1 to 3 hours to digest meat depending on how much you chew it and the other foods you take with it, says ExpertAnswerbag.com

-It takes a few hours to a day to digest meat, depending on the individual's GI tract, says TeenHealthfx.com

-It takes about three months to fully digest a burger, says a Health Radio program.

-It takes 24 to 72 hours to digest meat, depending on the person's digestive tract, state of health, medications taken, what is eaten with it, emotions and other factors. For example, a hamburger sandwich with all the trimmings will take about 24 to 72 hours. Why? It averages that time for

most people's digestive tract to do its job. But, on the whole, one to three days will completely digest, or break apart, the food.

Scientists are actually able to measure this by "marking" the meal with a type of dye that eventually colors the feces (semi-solid matter that eventually is eliminated from the body via the anus as a bowel movement), so they can see when the residue of something actually exits the body.

Once the food is broken apart into its component parts (the macro-nutrients of protein, fat, carbohydrate, water, and micro-nutrients of vitamins and minerals) the broken down products can then be absorbed into the body. Almost all of this occurs by the time the materials reach the small intestine. So the food that you eat for dinner tonight will

be in the form of amino acids (protein), triglycerides and cholesterol (fats) and carbohydrates (mostly glucose), vitamins, minerals, and water probably by tomorrow evening. Probably some, if not most, of it will also have been absorbed into your body and used in some way.

Incidentally, the best resource for getting good nutrition information may not be the radio, TV, magazines, or the internet. For nutritional questions, if possible, talk with a dietitian at your local hospital or health care clinic who has been trained in nutrition.

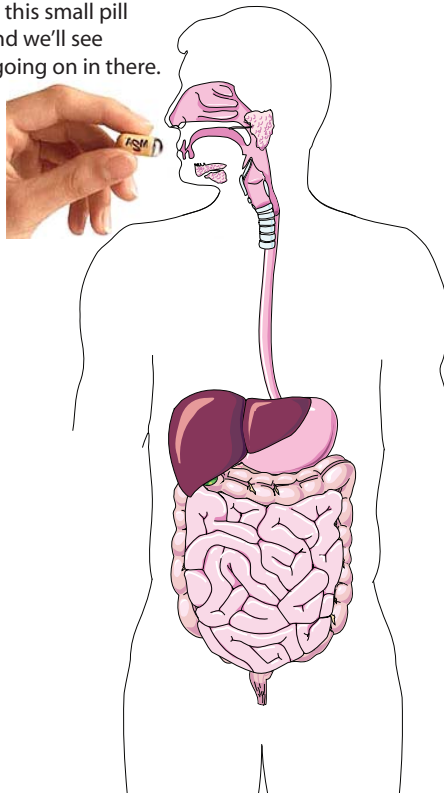
A lot of folks think they are experts in nutrition, but you should look for either a R.D. certification or any advanced degrees (like M.S., M.P.H., or Ph.D.) in nutrition or a related subject from a college or university that offers training in nutrition, says Dian Dooley, Ph.D. in Nutrition and Anatomy.

Facts

Digestibility refers to the proportion of a food that becomes available to the body as absorbed nutrients. Beef is highly digestible. In fact, 97 percent of beef is digestible, in comparison to 89 percent of flour and 65 percent of most vegetables.

Wireless Capsule Endoscopy "The Camera in a Pill"

Take this small pill
and we'll see
what's going on in there.



Yes, the technology to test the speed and condition of a person's GI tract is available. The average adult GI tract length is approximately 30 feet. Top 4 feet is the UGI Tract, which includes the esophagus, stomach, and first portion of the small intestine (duodenum). The bottom 6 feet make up the colon and rectum. In between, lies the rest of the 20 feet of Small Intestine --where digestion actually occurs.

However, many people equate digestibility with the length of time a food remains in the stomach. Beef and other protein foods remain in the stomach longer than fruits and vegetables- and consequently provide a feeling of fullness for a longer period of time.

The surface area of the small intestine (with thousands of villi and microvilli projections) is approximately 300 square yards.

The contents of the stomach enter the small intestine at different rates--carbohydrates first, then proteins, and then fats.

There are more nerve cells in the digestive system than in the peripheral nervous system.

Eating too much cooked or processed foods over time effects the pancreas and inhibits enzyme production. The lack of naturally produced enzymes from the pancreas will effect the ability to properly digest food.

Cooked or processed foods is the majority of foods consumed by the average person. This includes, so called, healthy diets.

Eating such foods also causes an increase in WBC (white blood cell) production (protecting the body from what you've eaten) each time you eat. Over time, this reaction can impair your immune system and render it insufficient to effectively fight disease.

Meat is not really the issue. It is the dietary habits of the person as a whole and the condition of the person's health at the time. Dietary history is important as well as the quality of the meat, amount per serving, and frequency of eating meat.

Most people have a dietary history that impairs the digestive system to function optimally.

I hope this helps resolve some of the myths about meat. In context, this article is to place meat in a proper perspective in ones diet rather than to be for or against meat in the diet. 🍌

HOW THE DIGESTIVE SYSTEM WORKS

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

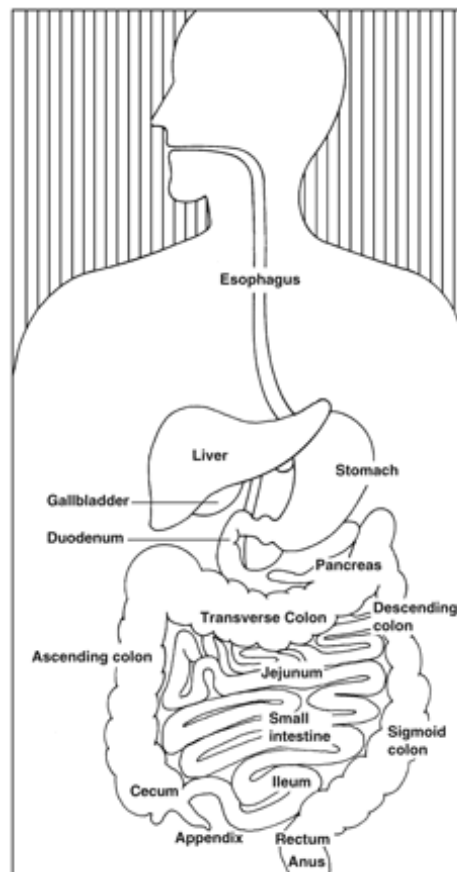
The digestive system consists of the digestive tract (a series of "hollow" organs joined in a long and twisting tube from the mouth to the anus) and other organs that help the body break down and absorb food.

Organs involved are the mouth, esophagus, stomach, small intestine, large intestine (also called the colon), rectum, and the anus. Inside these hollow organs is a lining called the mucosa. In the mouth, stomach, and small intestine, the mucosa contains tiny glands that produce juices to help digest food. The digestive tract also contains a layer of smooth muscle that helps break down food and move it along the tract.

The two "solid" digestive organs are the liver and pancreas, which produce digestive juices that reach the intestine through small tubes or ducts. The gallbladder stores the liver's digestive juices until needed in the intestine. Parts of the nervous and circulatory systems play major roles in the digestive system.

Digestion is very important?

When you eat foods, they're not in a nourishment form that the body can use. The food and liquids must be broken down into smaller molecules of nutrients absorption into the blood



Provided by Wikipedia

and transported to cells throughout the body. Digestion is this very process of breaking down substances into their smallest parts for the body to build and nourish cells and provide energy.

How is food digested?

Digestion involves mixing food with digestive juices and moving it through the digestive tract. It breaks down large molecules of food into smaller molecules. Digestion begins in the mouth, when chewing and swallowing, and completes in the small intestine.

Food Movement Through the System

The large, hollow organs of the GI (gastrointestinal) tract contain a layer of muscle that enables the walls to move. The movement propels food and liquid through the system and mixes the contents within each organ.

Food moves from one organ to the next through muscle action called peristalsis. Peristalsis looks like an ocean wave traveling through the muscle. The muscle of the organ contracts to create a narrowing and then propels the narrowed portion slowly down the length of the organ. These waves of narrowing push the food and fluid in front of them through each hollow organ.

The first major muscle movement occurs when food or liquid is swallowed. Although you start swallowing by choice, once the swallow begins, it becomes involuntary and proceeds under the control of the nerves.

Swallowed food is pushed into the esophagus, which connects the throat to the stomach. At the junction of the esophagus and stomach, a ring-like valve (pyloric valve) closes the passage between the two organs. As food approaches the closed valve's muscles relax and allow the food to pass into the stomach.

The stomach has three mechanical tasks. First, it stores food and liquid by the muscle of the upper part of the stomach, relaxing to accept large volumes of swallowed substances. Second, it mixes (by lower stomach muscle action) the food, liquid, and digestive juices produced by the stomach. Third, the stomach slowly empties into the small intestine.

Several factors affect the emptying of the stomach, including the kind of food and the degree of muscle action to empty the stomach and small intestine. Carbohydrates, for example, spend the least amount of time in the stomach, while protein stays in the stomach longer, and fats the longest. As the food dissolves into the juices from the pancreas, liver, and intestine, the contents of the intestine are mixed and pushed forward to allow further digestion.

Finally, the digested nutrients are absorbed through the intestinal walls and transported throughout the body. The waste products of this process include undigested parts of the food, known as fiber, and older cells shed from the mucosa. These materials are pushed into the colon and remain until the feces are expelled by a bowel movement.

Production of Digestive Juices

The digestive glands in the mouth are vital to begin digestion. The salivary glands produce saliva, which contains

enzymes to start digesting starches into smaller molecules. Enzymes speed up chemical reactions in the body.

The stomach lining contains the next set of digestive glands that produce stomach acid and enzymes to digest protein. A thick mucus layer coats the mucosa and helps keep the acidic digestive juices from dissolving the tissue of

between meals in the gallbladder. At mealtime, it is squeezed from the gallbladder, through the bile ducts, and into the intestine to mix with the fat in food. The bile acids dissolve fat into the watery contents of the intestine, much like detergents that dissolve grease from a frying pan. After fat is dissolved, it is digested by enzymes from the pancreas and lining of the intestine.

Absorption and Transport of Nutrients

Most digested food molecules, as well as water and minerals, are absorbed through the small intestine's mucosa, which contain many folds that are covered with tiny finger-like projections called villi. The villi are covered with microscopic projections called microvilli. These structures create a vast surface area through which nutrients can be absorbed. Specialized cells allow nutrients to cross the mucosa into the bloodstream to other parts of the body for storage or further chemical change. This process varies with different types of nutrients.

Fiber is not digestible and moves through the digestive tract without being broken down by enzymes. The digestive tract is populated by about 10,000 different kinds of microbes, which manufacture enzymes, vitamins and other substances that aid the digestive process.

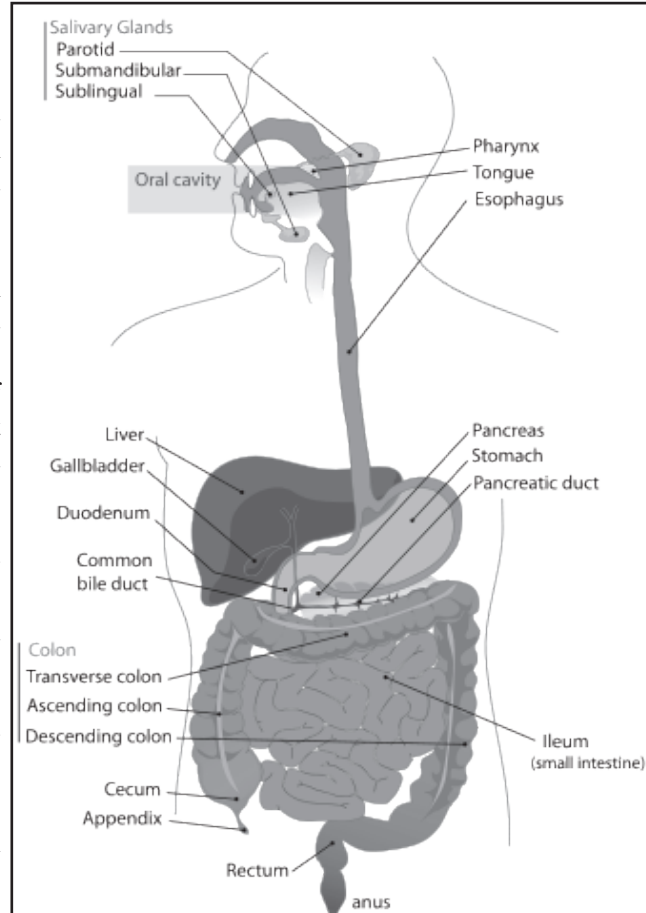


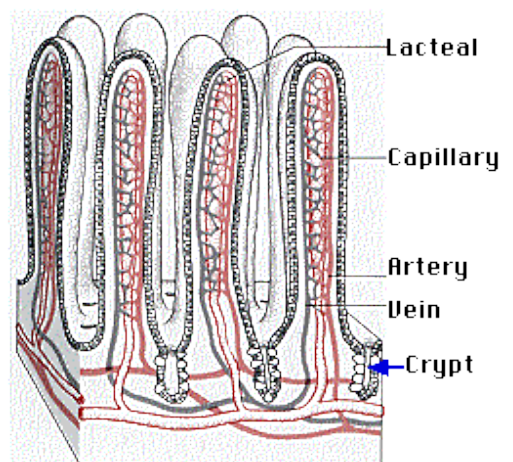
Image by SmartDraw

the stomach. In most people, the stomach mucosa is able to resist the juices, although food and other tissues of the body cannot.

(Note: Thoroughly chewing a mouth full of raw cabbage before eating your meal can increase this protection. This is excellent advice for those with ulcers or a sensitive stomach.)

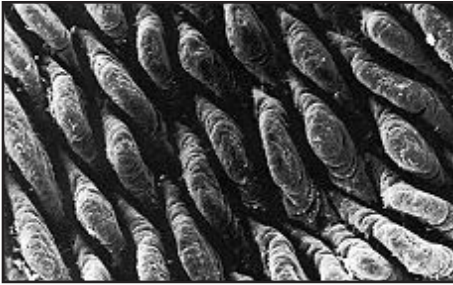
Once the stomach empties into the small intestine, the pancreas produces a juice that contains a wide array of vital enzymes to break down carbohydrates, fat, and protein in food. Other enzymes are added from glands in the wall of the small intestine.

The liver produces another digestive juice called bile. Bile is stored



courtesy of Dr. Sam L. Clark

Villi and microvilli



courtesy of Keith R. Porter

Hormone Control

The major hormones controlling the digestive system are produced and released by cells in the mucosa of the stomach and small intestine. These hormones are released into the blood of the digestive tract, travel back to the heart and through the arteries, then return to the digestive system where they stimulate digestive juices and cause organ movement.

The main hormones that control digestion are gastrin, secretin, and cholecystokinin (CCK):

Gastrin causes the stomach to produce an acid for dissolving and digesting certain foods. Gastrin is necessary for normal cell growth in the lining of the stomach, small intestine, and colon.

Secretin causes the pancreas to produce a digestive juice rich in bicarbonate. Bicarbonate helps neutralize the acidic stomach contents as they enter the small intestine. It also helps the stomach produce pepsin, a protein-digesting enzyme, and the liver to produce bile.

CCK causes the pancreas to produce pancreatic enzyme juice, and causes the gallbladder to empty. And it promotes normal pancreas cell growth.

Additional hormones in the digestive system regulate appetite:

Ghrelin is produced in the stomach and upper intestine in the absence of food in the digestive system and stimulates appetite.

Peptide YY is produced in response to a meal in the system and inhibits appetite.

Both of these hormones work on

the brain to regulate the intake of food for energy. Researchers are studying other hormones that may play a part in inhibiting appetite, including glucagon-like peptide-1 (GPL-1), oxyntomodulin (OXM), and pancreatic polypeptide.

Nerve Regulators

Two types of nerves help control the action of the digestive system.

Extrinsic, or outside, nerves come to the digestive organs from the brain or the spinal cord. They release two chemicals, acetylcholine and adrenaline. Acetylcholine causes the muscle layer of the digestive organs to squeeze with more force and increase the “push” of substances through the digestive tract. It also activates the stomach and pancreas to increase digestive juices. Adrenaline has the opposite effect. It relaxes the muscle of the stomach and intestine and decreases the flow of blood to these organs, slowing or stopping digestion.

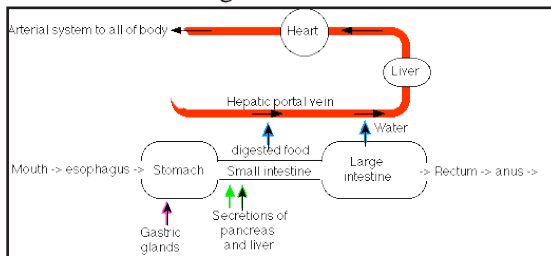


Image by SmartDraw

The intrinsic, or inside, nerves

make up a very dense network embedded in the walls of the esophagus, stomach, small intestine, and colon. Intrinsic nerves are triggered to act when the walls of the hollow organs are stretched by food. They release many different substances that speed up or delay the movement of food and the production of juices by the digestive organs.

Together, nerves, hormones, the blood, and the organs of the digestive system conduct the complex tasks of digesting and absorbing nutrients from the foods and liquids you consume each day.

Ref. American Dietetic Association, Dr. Sam L. Clark, Keith R. Porter, University of Western Australia - School of Anatomy and Biology. 🐾

Testimonial Corner

Shortly after I heard about TKM®, my son came home from surfing and he had been stung by a jelly fish. His ankle was bright red, swollen and had white blisters on it. It was quite painful. I convinced my son to let me try TKM®. I did the drawing technique for about 45 minutes. During that time, my hand that was over the sting would begin to tingle and eventually burn. When I noticed that, I would go to the sink and wash my hands, then go back to the TKM® technique. After the 45 minutes, his ankle was no longer red and the swelling and blisters were gone. His ankle looked normal except for three little red dots. The pain was greatly reduced. I was really impressed.

V.H.

I heard a story today that you might want to know about. A junior high student of my school was visiting a friend. Her dog had a seizure and my student grabbed the little dog's paws. The seizure immediately stopped. She let go and the seizure began again, so she held his paws again. Hmm... dogs have thumbs.

TKM® is fabulous!!!

J.

I use to get hives everyday when I was a young adult. Because the hives were more severe during different times in my menstrual cycle, doctors thought I was reacting to my own hormones. The actual cause of hives could be anything, even emotional trouble! Well, that was 30 years ago. Last summer, I started breaking out again, but this time the rash was “pattern-like” on my inner arms and legs. I did the Spleen Sequence a couple of times and I never saw them again! That was GREAT!

C.

Digestive Tract Medicine Chest

By Glenn King, Ph.D., C.D.N., C.N.

1. Aloe Vera has soothing, anti-inflammatory effects on the digestive system and is a source of proteolytic enzymes. It is best if it is whole leaf and cold pressed.

2. Artichoke powder had traditionally been used to treat IBS (irritable bowel syndrome), liver, gallbladder, and pancreatic problems. Herbalists classify artichoke as a “cholagogue,” a substance that can help these organs make and release bile, which assists in fat metabolism. It is also good for constipation. Some formulations of bitters contain extract of artichoke.

3. Bitters are tinctures of a combination of bitter herbs and are excellent digestive aids, especially for those who have trouble digesting fats. It also helps the liver and gallbladder.

4. Cabbage Juice is extremely effective in treating peptic ulcers. The juice of fermented cabbage is recommended, like sauerkraut juice. Raw cabbage may depress thyroid function, especially if you have thyroid issues.

5. Digestive Enzymes are highly recommended to be taken with meals for those who have digestive problems or are over age 50.

6. Flaxseed ground to a powder and mixed with food or water is a good remedy for constipation.

7. Ginger has a calming effect on the digestive system and also helps increase peristaltic action, to help move food through the intestine.

8. Mint Tea or Peppermint oil is suggested for indigestion or stomach aches.

9. Ox Bile tablets can help in digesting proteins or in any case of insufficient hydrochloric acid, including the removal of the gallbladder, which is too common.

10. Slippery Elm provides mucilage, which soothes the digestive tract and fights inflammation. Slippery elm is an herb for gastritis, ulcers, inflammation, lack of appetite, and especially diarrhea.

Anger and the Stomach

One of the beginnings of our better understanding of the digestive system goes to a French-Canadian named Alexis St. Martin who was reportedly shot in the stomach on June 6, 1822, leaving a hole that never healed. When he ate,

when St. Martin was

angry. It also moved about with anger.

Years later, a woman in St. Louis had a stomach that could also be inspected. When she became angry, her stomach grew pale and motionless.

According to TKM®, these two examples clearly show that emotions affect digestion. Perhaps in different ways but the effect is definitely physiological.

Nutrients for the Digestive Tract

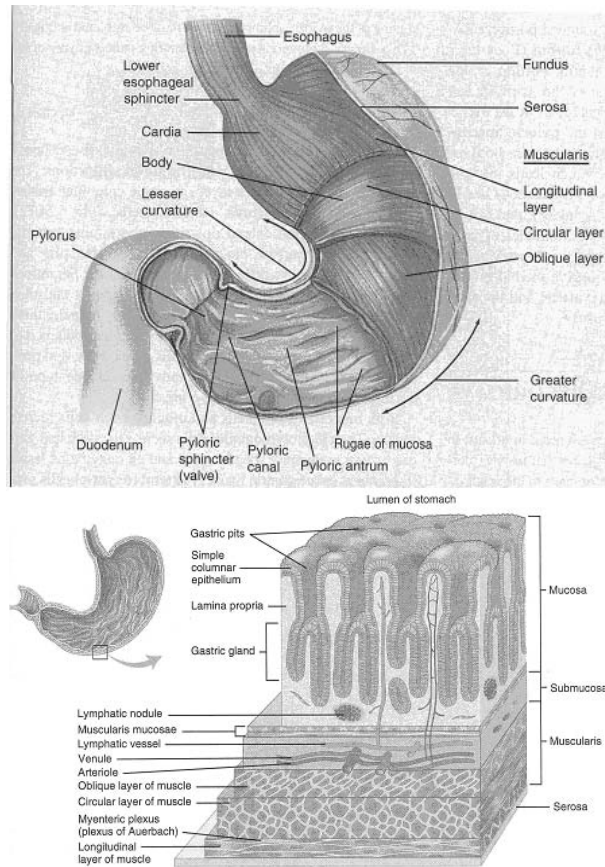
1. Vitamin A is critical to the health of the intestinal mucosa. Without sufficient vitamin A, the mucous membranes become hardened and can lead to “leaky gut,” ulceration and IBS. It is also needed for assimilating minerals and protein and is important in the role of repair. A good source is cod liver oil.

2. Vitamin B Complex is important for fat metabolism and liver health. B vitamins play a role in the production of bile and are necessary to maintain muscle tone, stimulate digestive secretions, support the nervous system and ensure normal carbohydrate metabolism.

3. CoEnzyme Q10 is critical for healthy muscles. The importance of good muscle tone is often overlooked in discussions about digestion. Natural dietary sources are promoted to be grain feed meat, especially heart. Not everyone will choose this source. Although it is expensive, daily supplemental CoEnzyme Q10 is recommended.

4. Vitamin D helps fight inflammation and strengthens the immune system, as well as helping the assimilation of calcium and other important minerals. Crohn’s disease also shows a vitamin D deficiency. The best sources are cod liver oil, oily fish, fish eggs, and egg yolks from grass fed animals.

5. Potassium supports the nervous



it is said that the contents of his stomach spilled out unless he wore a special bandage. A US Army surgeon, William Beaumont, recognized the opportunity that St. Martin’s unfortunate accident presented. He devised a number of experiments that would provide enlightenment on the body’s inner workings.

He weighed morsels of food, tied them with silk and observed what happened when the stomach did its work on them. He took specimens of gastric secretions and identified the major component as hydrochloric acid. He noted that a fasting stomach was empty and contracted.

Most importantly, he observed that the stomach became flushed with blood



system and connective tissue, as well as the maintaining hydration and the production of hydro acid. Sources commonly recommended are meats, whole grains and vegetables.

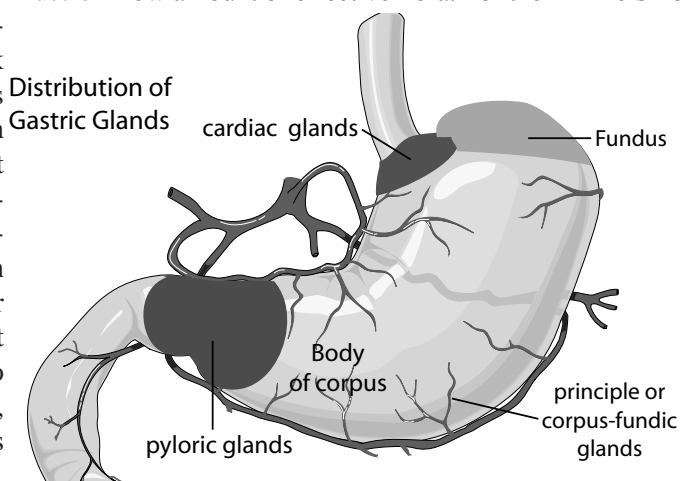
6. Vitamin E is needed for muscle tone and a healthy nervous system. Deficiency has shown a link to digestive problems such as peptic ulcers, colitis, constipation and cancer of the colon. The best sources are small amounts cold-pressed oils (too much polyunsaturated oil can deplete vitamin E), whole grains, butter, other animal fats, and a supplement of wheat germ oil. Caution to those who are gluten intolerant, because some vitamin E contains gluten.

7. Vitamin C complex contributes to the health of all the epithelial cells as well as the integrity of the blood vessels that nourish the intestinal tract. Vitamin C is necessary for biochemical repair. Lemons, limes and other high Vitamin C sources are recommended.

8. Zinc deficiencies are often associated with poor fat metabolism, inflammatory bowel disease (IBD) and Crohn's disease. Red meat contains a natural source of zinc.

9. Beneficial Bacteria are vital for

maintaining a healthy ecosystem in the gut. Yogurt and lacto-fermented condiments have been recommended, but those are ineffective in truly helping the good flora in the gut due to added sugar or a low amount of effective flora. For the



courtesy of Anatomy and Human Biology Lab - UWA

sensitive system, plant source are best, and others under direct testing for the individual.

10. Protein is necessary for the maintenance of the mucous membrane in the stomach, particularly the amino acids cysteine, lysine, and arginine. Deficiency leads to muscular weakness and many other problems. Bone broths are a good source of arginine, and cysteine and lysine occur in meat and eggs.

11. Phosphatidylcholine (PC) has been found to be highly beneficial to the mucosal lining of the digestive tract, preventing or healing lesions and reducing the incidence of stomach ache. Researchers found that PC was more effective than non-steroidal anti-inflammatory (NSAID) drugs in reducing gastric mucosal lesions. PC can be derived from soy, but the best dietary sources may be egg yolks and natural butter.

12. Cholesterol is very important in intestinal health. The cells lining the digestive tract are particularly rich in cholesterol. Cholesterol is also the precursor to bile. It is usually by animal foods, but Avocados are a one of the best sources for good fat and good cholesterol.

13. Salt is crucial to digestion. Salt provides chloride for hydrochloride needed for digesting protein. Salt activates certain enzymes needed for digesting carbohydrates.

14. Calcium prevents cramps and spasms and protects against inflammation and supports both the muscles and the nervous system. A tasty natural source is bone broths. 🐾

Email Response



Q. I have a friend, and her daughter is afflicted with IGM Nephropathy, or Chronic Glomerulonephritis. I promised that I will try to work on her daughter with TKM. I would really appreciate if you advise me. Thank you. Pamela A.

A. IGM is short for Immunoglobulin M, which is one type of antibody produced to fight infection. "Nephropathy" is the medical science term for kidney disease.

What this means, is the kidney organ is not functioning correctly, hence the energy it is dependant on is not functioning correctly. Some basic

things to consider is diet, water intake, and emotions. The kidney acts like a filter and needs to be flushed (daily with the correct amount of water) to perform its job correctly. Diet affects the whole body, but when it comes to the kidney, eating too much hard to digest food impairs kidney function due to the over load demand on the organ. Scarring and inflammation will occur within the kidney.

This greatly impairs proper energy circulation as well as physical functions.

A person normally should drink half their body weight in ounces of water per day.

Fear and related emotional stress can impair 4th Stratum and kidney functions.

Therefore, I suggest drinking plenty

of clean water, eating a light and easy-to-digest healthy and natural diet, and apply R&R 4th Stratum, Kidney, #23, #23, 25, SFE 4th Stratum, Bladder, Regeneration and Mediator Sequences.

You could support these applications with the #1, #9, #14, 3rd MOC and #3 Sequences.

I'm assuming this is a serious case, because this can lead to dialysis, kidney transplant or death.

Often times, I've seen natural recovery methods that are effective directly conflict with medical science's approach to kidney disease.

Check out the statistics on the effectiveness of each and any long term repercussions, then you can make a more wise choice for a health recovery protocol. 🐾

snapshots



A Self-help class in Sebring, Florida in April 2008 at the First Baptist Church taught by Jim Robertson. It was a special class and well received and enjoyed.



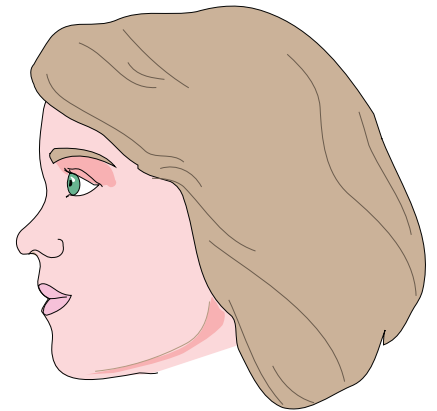
A Level 1 & 2 class in Sebring, Florida in April 2008 taught by James (Jim) O. Robertson. As apparent by the photo, it was a special experience.

BODY BIOGRAPHY - Face features: Nose ridges

How the nose is shaped can identify a variety of things, especially in relation to a person's perspectives on self and life. This affects the energy circulation and the corresponding body areas. The body areas and functions remain altered, unless we alter ourselves. TKM® has been most helpful in accomplishing change through coherence. Look below at some examples.

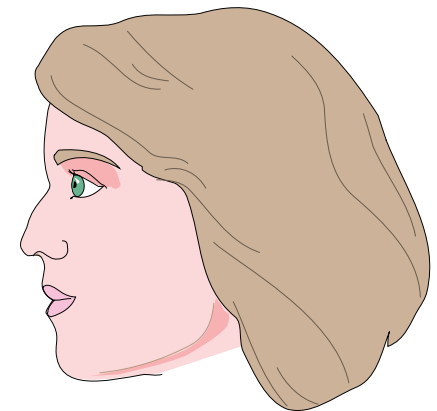
No Ridge (flat space where nose joins the face between the eyes)

Team worker Indicates the person can work well with others. They perform best when working with others. They enjoy working in a group. They like to communicate and share experiences. If forced to work alone, they may feel isolated. It indicates that their talent is in teamwork and the ability to get support from others.



High Ridge (distance from bridge to cheek)

Works best alone Indicates the person prefers to work independently. You usually do best controlling your own work pace. This correlates with a dislike of having someone looking over your shoulder while you work. This is especially true if the ridge is flat down the center.





ENERGY

The word “energy” has many meanings; where did some start?

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

Lets first look at some instruments which measure passive electrical energy.

Electrocardiograph: The electrocardiograph was first developed in 1887 and records the electrical activity emanating from different areas of the heart.

Electroencephalograph: The EEG was developed in 1875 and records the electrical activity emanating from various areas of the brain.

Chinese electric pulse testing: For years, Chinese physicians have used various characteristics of the pulse as diagnostic indicators of disease. In recent years, they have devised an instrument that correlates electrical activity at the radial pulse with the specific pulse characteristic. Pulse diagnosis can now be done electrically.

Chinese gastrointestinal analysis: This instrument, recently developed in China, measures electrical activity of various areas of the gastrointestinal tract in a way similar to electrocardiography. Various patterns of activity have been correlated with various disease states. Developers believe that this is a very safe, non-invasive, accurate alternative to traditional western medical examinations such as endoscopies and barium contrast study X-rays to identify such conditions as peptic ulcers, stomach cancers, achlorhydria, spastic colon, pancreatitis.

Some History

Around 1600, William Gilbert, an English physician, coined the word “electric” and established the difference between electricity and magnetism.

In 1752, Johann Schaeffer pub-

lished the book *Electrical Medicine*. By that time, many physicians were reportedly using electricity in their practices.

In 1830, Carlo Matteucci, an Italian professor of physics showed that electrical current was generated by injured tissues.

In 1858, Dr. J. B. Francis, a Philadelphia physician, was first to describe the relief of dental pain by electricity. After 164 successful tooth extractions using “galvanism,” he received a patent on May 26, 1858. Although his device was denounced by the Pennsylvania Association of Dental Surgeons, the methods used by Francis spread throughout America and Europe.

In that same year, W. G. Oliver of Buffalo, NY claimed the discovery of “electrical anesthesia,” reporting a 98 percent success rate using a vibrating generator for dental pain.

Again in 1858, Dr. J. Harding at the University College Hospital in London confirmed Oliver’s results with studies of 40 tooth extractions.

By the late 1800s, the use of electricity in medicine was wide spread and described in such medical texts as *Osler’s Practice of Medicine*.

Energy of the Heart

The heart beats because a small part of it, called the SA node, has a “pacemaker” function. This means there is a type of electrical cycle that triggers beats roughly once every second, according to Tom Wilson, MD PhD.

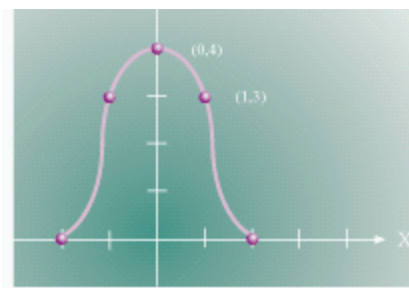
Both the first pacing pulse and the second pacing pulse are delivered to the heart within a period of less than 100 milliseconds and has a voltage from about 2 to 5 volts direct

current. The time between the delivery of the first pacing pulse and the second pacing pulse is at least 1 microsecond.

The first and second pacing pulses are delivered to the heart at a frequency of about 2 kilohertz to about 5 megahertz; and they each have a duration from about 0.1 microseconds to about 500 milliseconds.

A frequency tells you how fast a wave is oscillating—the number of times in one second that a crest, or high part, of the wave passes a fixed point. If a wave has a frequency of 10 hertz, for example, that means that in one second, 10 crests will pass.

A normal heart goes through a regular electrical sequence, which is what initiates its mechanical contrac-



tion (a heart beat). But that sequence is much more complicated than the tiny periodic blips that you see on an electrocardiogram (EKG) machine. **“The energy doesn’t travel in simple pulses, but in a continuous wave,”** says Tim Johnson, associate professor of biomedical engineering, University of North Carolina.

“An EKG is just a composite signal measured in time,” says Bonnie Punske, a former doctoral student at Carolina. Every fraction of a millisecond voltage is measured to create a signal that gives a general picture of heart performance.

Punske made a more complicated measure of the heart. She treated cardiac activity as a wave and tracked it using a tiny sensor. Though it fits into the palm of your hand, the sensor has 144 tiny electrode sites, arranged in a 12-by-12 grid. The electrodes rest on the surface of the heart, and the sensor feeds measurements into a computer program that interprets them by

performing mathematical calculations.

During the time of one beat, the measurements were taken from each electrode location every half millisecond. Then the whole thing was treated as one moving, propagating wave front.

One result was a range of frequencies for each wave. Since some parts of heart waves are oscillating faster than other parts, Punske's result wasn't a single number.

Instead of just one frequency, you'll have some fast and some slow components—a spectrum of values of different frequencies that define the wave and tell you something about each part of the wave.

With these and other measurements Punske, Johnson, and a team hope to be able to predict when the heart's regular electrical sequence is about to be interrupted—an event called fibrillation.

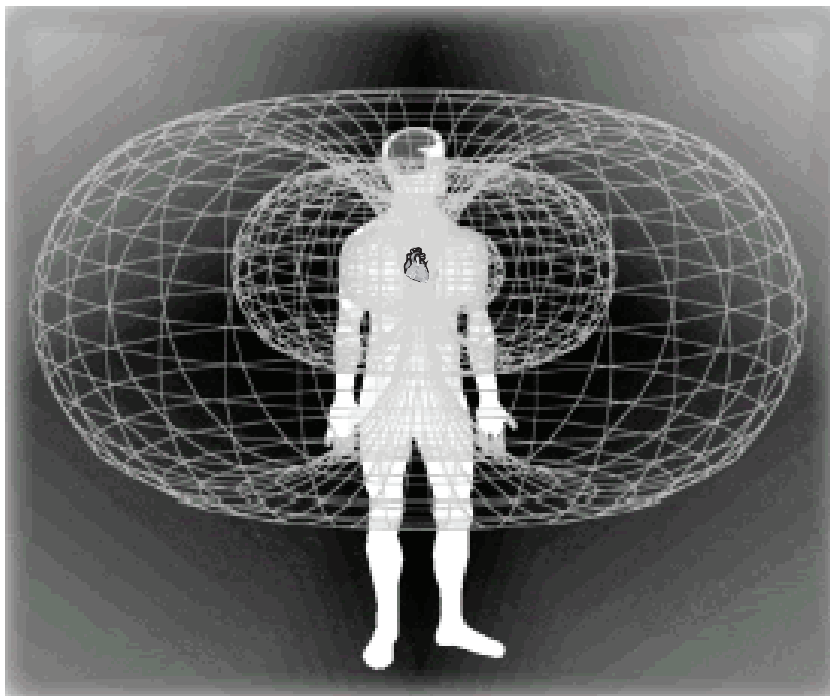
"Fibrillation is the electrical equivalent of the Tower of Babel. It's like the heart's beating has lost all its organization," Johnson says. If fibrillation isn't corrected, then toxic chemicals build up, and the heart soon sustains damage.

The sensor allows the researchers to translate the heart's electrical waves into mathematical quantities that can be compared. The scientists hope to use their comparisons to find patterns, such as changes in direction or speed, that occur when the heart is about to fibrillate.

That's just the kind of information that geologists use when pre-

dicting earthquakes. By measuring electrical activity beneath the earth's surface, they know that, for instance, before an earthquake, the velocity of primary (P) waves decreases and then increases, returning almost to normal just before the earthquake happens.

In each of the sciences, we are discovering the essential importance of energy and that it is far



more vast and intricate than ever imagined.

Whether it's seismic waves or ocean waves, one thing is required to measure them — math.

To a mathematician, waves are functions which satisfy certain differential equations.

The Heart

Two other studies are concerned with energetic communication by the heart, which we also refer to as cardioelectromagnetic communication.

The heart is the most powerful generator of electromagnetic energy in the human body, producing the

largest rhythmic electromagnetic field of any of the body's organs.

The heart's electrical field is about 60 times greater in amplitude than the electrical activity generated by the brain. This field, measured in the form of an electrocardiogram (ECG), can be detected anywhere on the surface of the body. Furthermore, the magnetic field produced by the heart is more than 5,000 times greater in strength than the field generated by the brain, and can be detected a number of feet away from the body, in all directions, using SQUID-based magnetometers.

Prompted by the findings that the cardiac field is modulated by different emotional states, several studies were performed to investigate the possibility that the electromagnetic field generated by the heart may transmit information that can be received by

others.

The Heart's Electromagnetic Field

The heart's electromagnetic field is by far the most powerful rhythmic field produced by the human body. It not only envelops every cell of the body but also extends out in all directions into the space around us. The cardiac field can be measured several feet away from the body by sensitive devices. Research conducted at IHM Health Studies Center suggests that the heart's field is an important carrier of information. ■

New Application for “Heart Rate Regulation.”

The diagram illustrates Left and Right application. Refer to Figure A.

This procedure can be used as an EMT for certain situations.

Slow down a Rapid Heart Rate.

Procedure		Positions
For Hands	(to)	On Body
step 1 right thumb pad	to	left big toe
and left fingers	to	T2 (spinous process)

This application can be applied for self or by another person.

Preparation: Any position that is comfortable, preferably laying down. For best results, remove all metallic objects from body and clothing. Wearing 100 percent cotton clothing is more conducive for results.

Length of time: Hold this step (*location*) until relief is experienced.

Application: Use finger pads (*palm side down*) to place on vertebra and thumb pad to place on big toe.

Always hold two locations when applying any step.

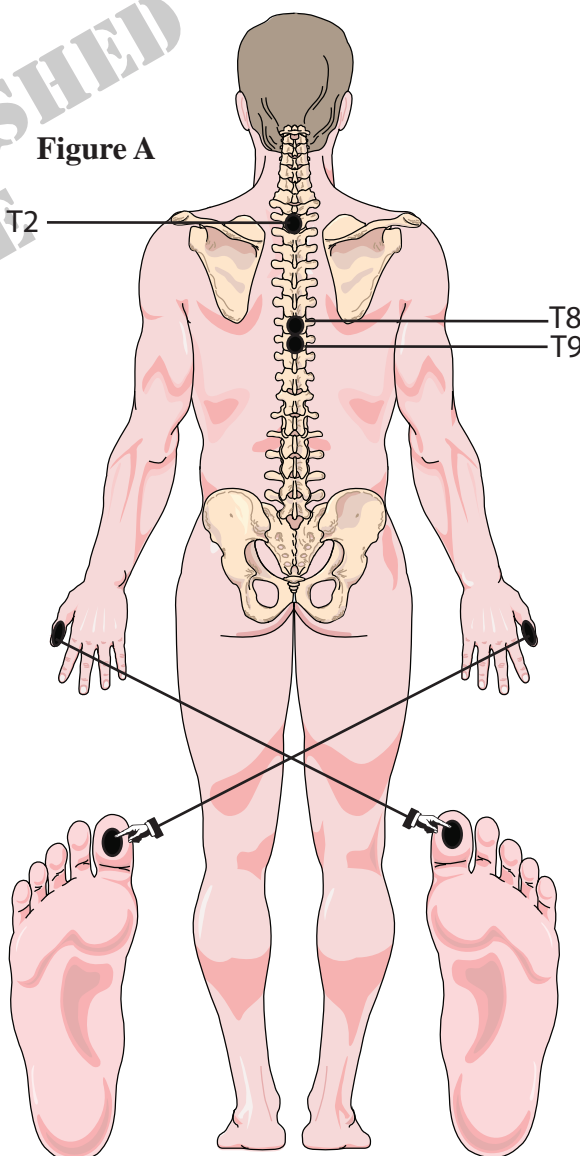
Important: Pressure is not needed to achieve results; in fact, it inhibits the process. Only light contact is needed to stimulate circulation.

When to apply: Anytime needed and as often as needed.

Increase Heart Rate, if slow.

Procedure		Positions
For Hands	(to)	On Body
step 1 left thumb pad	to	right big toe
and right fingers	to	T8 & T9 (spinous process)

Figure A



These two separate procedures are both correlated to the 5th Stratum energy system.

Note: These two applications are good examples to present how a difference in holding a particular place or side of the body not only can have a different effect, but also an opposite effect.

fyi good info to know!

CAN VITAMIN C BECOME DEADLY?

By Glenn King, Ph.D., C.D.N., C.N.

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

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

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

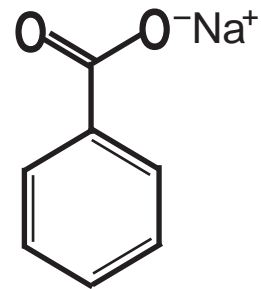
The reason is fairly simple. A common preservative used in foods and beverages called sodium benzoate that can be a deadly cocktail when mixed with vitamin C. Sodium benzoate (SB), also called benzoate of soda or E211, is in juices, pickles, soft drinks, soy sauce, mustard, duck sauce, salad dressings,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

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

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

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

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



Sodium Benzoate, E211

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

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

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

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

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

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

Supplementing your health

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

Trace mineral - Copper

Copper Gluconate is a popular source

Copper gluconate is the copper salt of D-gluconic acid (an organic compound), which occurs naturally from the oxidation of glucose.

Copper gluconate is widely used in supplements to treat deficiencies of this important trace mineral. It is often used to treat acne vulgaris, common cold, hypertension, premature labor, leishmaniasis, visceral postoperative complications and other disorders.

Excess or deficiencies can impair cellular function and eventually cell death. Copper and iron are as closely interdependent as magnesium and calcium, but with greater impact over slight differences in comparison. Systemic copper deficiency results in cellular iron deficiency, which produces diminished work capacity, diminished intellectual capacity, diminished growth, and poor immune response. Copper is vital for the proper function of over 30 proteins and its deficiency can cause many severe ailments. Alzheimer's disease is just one that requires highly regulated maintenance of copper, as well as Wilson's disease and Angiogenesis.

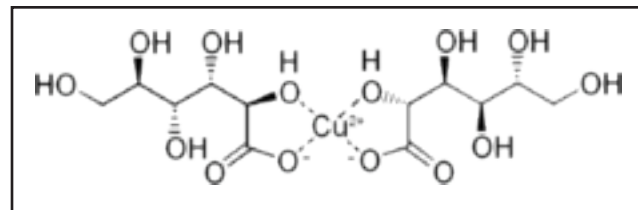
Mining salts and seaweed are the most common sources of copper supplementation. Natural dietary sources are oysters, liver, shellfish, nuts, legumes, some fruits, potatoes and chocolate. City drinking water that travels through copper pipes also contain copper.

RDA: The U.S. daily recommended intake of copper is 0.9 milligrams. It is suggested to never exceed 2 mg of copper daily.

Side effects: Copper can be very toxic in large amounts and can cause breathing problems, chest pain, upset stomach, and rash or hives. Take great precaution when giving copper to someone with a history of seizures. Excess copper could actually aggravate and induce seizure activity. Copper is need for proper nerve function, but it can also agitate nerves in sensitive situations. Always test for allergy and tolerance reactions before ingesting any treatment substances.

Blood copper levels are significantly higher among women with a history of postpartum depression compared to non-depressed women. During pregnancy, a woman's copper levels more than double and normalize after childbirth. There seems to be an issue with some women to normalize copper levels after childbirth. Some doctors believe it to be genetically related. Excess copper can alter the balance of dopamine and norepinephrine (two mood-regulating chemicals).

In China, dumplings (glutinous rice) or "zongzi" are served by the millions, and are wrapped



Copper gluconate

in bamboo or reed leaves, but some manufacturers use copper based chemicals (copper sulfate or copper chloride) to keep the leaves green. These chemicals penetrate into the dumpling and cause harm. Some dumplings may contain 30 times more than the national standard daily allowance.

Copper salts is an important co-factor in enzymes such as the cross-linker lysyl oxidase and the antioxidant enzyme super oxide dismutase (SOD). Copper helps your body use iron and is important for nerve function, bone and body growth and helps the body use sugar. Salts derived from copper are often used for the benefit of having other trace minerals acting together for better health.

It is often used medically used as an anti-inflammatory and for bone growth and health. Lack of copper can lead to osteoarthritis, osteoporosis (weak bones) and anemia. Signs that may indicate a need for copper are burns, diarrhea, intestine disease, leaky gut, kidney disease, stomach removal, arthritis, and stress among others.

Seek professional testing and advice before self-treating with copper. Be wise and be healthy.



Healthy Eating

Waldorf Summer Chicken Salad

By Tom Bridge in *What's cooking Chicken*, adapted by Hillary King

Some ingredients altered for gluten free diet`

Spring is long this year in Texas and Summer is quickly upon us. So, something tasty, light and cool is in order. I often make salads and they vary according to how I feel at the moment and what is available at hand. Even if you don't normally like a Waldorf salad, I think you will like this version.

You'll need:

Dry goods:

1 pound 2 ounces of red apples, diced

1 head of celery

4 shallots, diced

1 romaine lettuce

3/4 cup walnuts, chopped

1 garlic clove, crushed

1 pound 2 ounces cooked chicken, cubed (recommend all natural (no antibiotics) range chicken)

1/4 cup of dried cranberries (organic)

Fresh ground pepper to choice

Some additional thin sliced apple and whole walnuts to garnish the finished dish

Wet goods:

3 tablespoons fresh of lemon juice

2/3 cup of gluten free mayonnaise (organic - prefer Spectrum Naturals brand)

Preparation: Place the apples in a bowl, add the lemon juice, 1 tablespoon of mayonnaise and turn over several times and let sit for 40 minutes. Next, slice the celery very thin. Add the shallots, garlic, walnuts and celery to the diced apples and lightly mix together. Now stir in the remaining mayonnaise and blend thoroughly. Add the cooled and cubed cooked chicken and mix again. If desiring a cooler dish, let sit in refrigerator for 20 minutes.

Serving: Line a glass salad bowl or serving dish with the lettuce leaves. Place the chicken salad in the center, sprinkle with a little pepper, and garnish with some apple slices and whole or halved walnuts.

Tip: Instead of shallots, use scallions for a milder flavor. Trim the scallions and slice finely. Also, soaking the apples in lemon juice prevents discoloration.

This makes about four servings.

Have a blessed, delicious, and cool Summer!

Special Training for Missionaries, Pastors and the General Public

This Special Training is primarily for Christian Missionaries to be equipped with the knowledge of TKM® EMT and Level 1 & 2 for the mission field.

Instructors: Glenn Thomas King, PhD, C.D.N., C.N. and James O. Robertson, N.D.

TKM® was featured on 700 Club Asia in February 2008. The focus was on how pastors, missionaries, and other Christians are reaching out to help the suffering with TKM®. They are bringing TKM® to the hospitals, deserts and jungles of the world. We have reports from the Philippines, Malaysia, Singapore, South America, Dubai, China, and beginning in Thailand. Missionaries are using TKM® to help the ailing and as an evangelizing tool to minister to people. Additional areas are requesting help from TKM® missions and workers are needed.

Five days of information-packed sessions includes a brief TKM® “EMT.” There will be lectures, demonstrations, instructions and four sessions of actual hands-on training. After this training, each participant will be connected to an online service for TKM® advice/assistance available 24/7 worldwide.

We are establishing a support of TKM® materials to pre-qualified missionaries under a committee of accountability. Information will be provided on the last day of the class.

Date: SEPTEMBER 16th – 20th (9am – 6pm)

Final Registration begins at 8:30 am

Location: **N. Dallas area, Texas** (Contact Institute for exact location)

Tuition: TBA (for Pastors and Missionaries), includes Volumes 1 & 2 (reg. Tuition is \$800)

Deposit \$50 due for registration.

Note: General public is regular tuition (There are discounts for repeat students and KIMA 500 members).

Register by calling 800-640-7998 or you may email: info@kinginstitute.org

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

JOIN US AT THIS SPECIAL EVENT!

Register for your seat now!

Prepare To Serve

We do not precisely know what tomorrow or next year will be like. Although, we do know the truth of God's Word and the signs of the times. There could be a time, who knows how soon, when the phone may not work and you're not able to get to a hospital. Don't think it couldn't happen to you. It is happening to many in the world today. Although, with the two hands that God gave us and the knowledge of how to use them, much can be accomplished. Increasing numbers of medical missionaries are learning TKM. Now is the time to get equipped, that God may use you to help your family and many others.

THE CLASS / EVENTS SCHEDULE

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

Please check the up-to-date schedule online at: www.kinginstitute.org

You may register for the Institute's classes / events online at www.kinginstitute.org

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® (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 five 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 and 2 training locations, approximate date and your phone number. If you're already a member, then join in the conversations!

What is TKM®?

It's a complimentary form of natural medicine from a biophysics 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 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!



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

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Read the story on this great product in the February 2005 HNU.

Call 1-800-640-7998, or order online.

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.

TKM®

(THE KING INSTITUTE METHOD)

TEXT BOOK

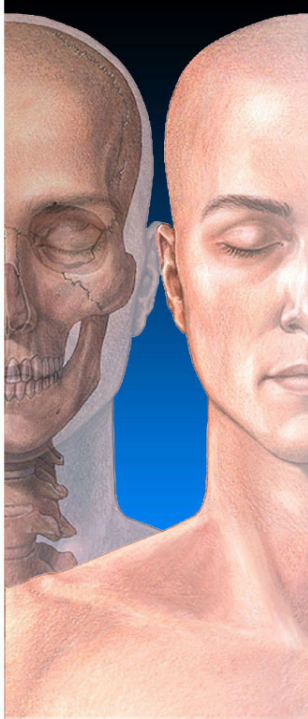
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BY

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Volume one of four volumes

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