

LAPIS LAZULI LIGHT
Total Health Care Collection (1)

PREVENTION
IS
BETTER THAN
CURE

For FREE DISTRIBUTION

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Lapis Lazuli Light

Lapis Lazuli Light is a non-profit making, global information service network and support group founded by Chui~Nan Lai Ph.D. It serves as a contact point in Malaysia and is run by volunteers to minimize expenses.

Our objective is to promote awareness and action among people to live a happier, healthier and fuller life through training and educational activities. By providing proper information and references for the total natural health approach, they cover not just the physical but also the spiritual aspect of life, and attitudes towards a meaningful life-style. By doing so, we hope to play our part in reducing suffering and improving positive energy and harmony in the world.

Our environment and our mind are key factors affecting our health and so are our country, our family and our career. Every one of us is

essential and important enough to generate a conducive environment and a constructive lifestyle for the world.

To do so, it is important to have an open mind. We as an individual and as a society can then constantly learn new things objectively. For example, the Western medical model, the Chinese medical model and many natural health concepts each has its contribution to health. We need to take the strengths of all models, to improve continuously our ways of solving problems faced by mankind.

Mental health, physical health, environmental health and many other issues that affect the harmony and peace of our world can only be approach and resolves from the roots of the problems. The roots are in our mind and our values that affect our attitudes towards people around us. Therefore, promoting open mindedness, compassion, awareness of cause and affect and constructive action to improve others and us, are our mission and objective.

We sincerely hope that it is also everybody's mission and objective. For more information, please contact our centre.

Our center in Malaysia is dedicated to the promoting of physical, mental and spiritual health and the cultivation of compassion. Our center now provides the following facilities:

- Library
- Quarterly magazines
- Organizing health talks, blood donation, medical courses, health camp and etc.
- Providing organic farming; chemical free products and recycling information.

If you like to understand more about the center, we welcome you to join our library or you may visit our center in Klang.

10 Tips for total health of Physical , Mental and Spiritual

- **Have a good heart. Refrain from all forms of harming, in particular killing.**

The most important cause of health is to avoid killing, both directly and indirectly through eating of meat, chicken, fish, etc. The nature of thing is "You reap what you sow". Once this is followed, then all other health practices would be effective. Otherwise one could spend endless effort in seeking cures and doctors without enjoying good health.

- **Adopt a diet based on whole grains, vegetables, fruits, seeds, nuts, legumes and sea Vegetables.**

If one avoids harmful foods, then naturally the body will be healthy. A diet based on plants is consistent with modern medical recommendations, and with the first health tip.

- **Let go of old wounds, anger and grief. Contemplate on the true nature of all phenomena: illusory, dreamlike, impermanent and lading in self-nature.**

To be happy is an important factor in health. If we do not forgive, holding grudges, then regardless how well we eat, we cannot be healthy. On the other hand, if we are happy, even we eat very simple, we will be healthy. Visualizing a sky blue color can help one heal past wounds. Also reciting the 'OM MANI PADME HUM" mantra or 'ALAH" or 'AMITABHA" or 'AMEN" etc., for compassion can further help. Whenever possible, observe all things as lacking in self-nature, whether enemy or friends, or bad. This will protect one from becoming trapped in a self-created hell.

- **Engage in meaningful work that benefits others.**

If one lives for oneself, life becomes very boring. If what one does benefits the society, naturally life becomes meaningful. Most people spend eight hours a day at work, if that has no meaning, then one has wasted the main part of the day.

- **Surround oneself with loving and supportive people.**

Everyone needs love and warmth. If we are around families and friends, then it is easy to be healthy. If one is lonely or living in hostile conditions, then one gets ill easily. In order to receive love, we have to give love. Sometimes when a sick person cannot change the environment, the best thing to do is to move to a more loving environment during recovery.

- **Save lives according to ones capacity, releasing animals such as insects, fish, shrimps, etc., that will otherwise be killed.**
Those who are very ill can extend their lives by actively protecting lives. It is not sufficient that one does not kill oneself but also encourage others not to kill. For example, ask friends do not eat fish or shrimp or meat for certain day in a month and dedicate the positive energies to the ill person. By not eating one meal of shrimps, one save lives and money. Why not?
- **To purify past negative actions, perform rituals of repentance such as Confession to**

the 'ALAH', "AMITABHA" "AMEN" or any other purification methods.

- **Seek protection from the enlightened ones, their teachings and their helpers (also know as the Triple Gem)**

One possible cause of disease is the presence of 'entities', or beings from a different realm. More and more reports of such are now available in the West, while the East had always known about them. If one can send the 'entities" away, often the health will improve immediately. One of the best ways to ask them to leave is to seek protection from the enlightened ones. Visualize one self filled with golden light, illuminating every single cell of the body. Think that 'we" are receiving the blessings of the enlightened ones. Through thinking like this, The entities are liberated.

- **Recite the compassion mantra "OM MANI PADME HUM" or "ALAH" or 'AMITABHA" or "AMEN" etc., as much as possible or our loud.**

- **Rejoice in the virtues of oneself, others and the enlightened beings.**

The power of rejoicing is remarkable. It is the best method to accumulate positive energies. Reflect on the virtuous deeds one has done in the past, present and future and feel great happiness. If one rejoice in the activities of the enlightened ones, that brings the most positive energy. Having a great store of positive energies will allow one to make one's wishes come true effortlessly.

Cancer is not an Incurable Disease

Chiu-Nan Lai, Ph.D

“In my research, I have shown that if cancer cells are grown in high-potassium medium, they revert to normal cells. Cancer is reversible.”

Cancer is a disease, which can be prevented and cured. If the medical fraternity and the public has proper knowledge of this disease, then cancer will no longer create fear in the people and a lot of unnecessary pain and expenses can be prevented.

Using the Total Energy Concept to Understand Health and Disease

The scientific knowledge of mankind has progressed from Newton physics to Atomic Theory; Nuclear Theory, Quantum Theory and Newton physics has two basic differences:

1. Quantum Theory is based on the theory of the energy of atomic and subatomic particles to explain all the phenomena in nature (including diseases).
2. Quantum Theory believes that everything is the total combination of the atomic and subatomic particles. Consequently any disturbance in any part of this system will cause the entire body to change.

Hence Quantum Theory is the concept of totality whereas Newton physics is a study and analysis of the parts and sections.

Western medicine is traditionally incorporated as a branch of the study of biology. It particularly emphasizes on dissection and surgical analysis and neglects to incorporate the discoveries of chemistry and Quantum Theory in the study of medicine. The results in the mode of treatment of the head for headache, treatment of the leg for leg ailments being firmly rooted as the model of study and analysis on a part by part basis.

As early as in 1940, Dr. Albert Szent-Gyorgyi, the discoverer of Vitamin C

had already urged that the study of biology and medicine must incorporate Quantum Theory so as to achieve a breakthrough.

The body and soul in Quantum Theory is looked upon as a single entity, but under Newton physics it is separated into its different parts. (Hence physical illnesses are treated by a medical doctor, mental disorders by the psychologist, spiritual disturbance by the religious practitioner, and the ignorant even consulted the spirits and the ghosts.) As doctors treat the illness and not the person, so they only look at the cancer and not the person although cancer is actually grown on the human body.

From the viewpoint of the body as a single entity, health cannot be considered on an individual basis, but on the basis of health of the planet and society as a whole in this way we shall not suffer from the consequence of inadequate knowledge and understanding the natural environment as a source for tapping of the natural resources and wealth only while neglecting the importance of maintaining the balance relationship between the organisms and the environment. As a result of this unbalanced and selfish attitude of mankind, the earth, which we inhabit, has suffered unprecedented damage; the natural environment is equivalent to damaging mankind and ourselves.

Looking at sickness from the energy viewpoint, there are three basic principles:

1. When you are healthy you are in a state of high energy.
2. When you are weak or sick you are in a state of low energy.
3. When a living creature dies, it is lowest Energy State.

Bacteria and viruses are always present in the atmosphere, but they can only affect your health when you are weak (low energy states); hence to avoid falling sick you have to raise your energy level. To cure illnesses you will need to discover the type of lifestyle, diet and activities to uplift the spirit that can raise the energy level, conversely

any food, drinks and activity that lower the energy must be eliminated. For example alcohol can harm the brain and damage the toxin disposal function of the liver. Alcohol is also a good solvent for the cancerous cells. Therefore we must not drink alcohol. Eating too much meat which are deficient in fiber will result in constipation and other slow developing diseases like cancer, thinking of unhappy events or if your spirit is low can also immediately lower the energy state.

From the energy viewpoint, eat natural, casually digestible and simple health food. For those working in air-conditioned rooms, try as much as possible to find opportunities to expose themselves to the morning sun, eat

mainly the simple five grains and fruits and vegetables which are free or least polluted by agricultural chemicals. Do not only indulge in pleasure that pander to your senses and taste and disregard the waste and damage to your energy level that they caused. It is best to wear clothing made of cotton, hemp or other fibrous material. The law of the universe is based on the principle of “you reap what you sow” if you have committed evil, you will now suffer from its bad consequence. Every religion has their own mode of repentance. Sincerely repent, make a resolution not to repeat the mistake and then forget the sin and forgive yourself can also help to raise your spiritual energy. Doing charity is good energy. It is a spirit uplifting activity. Helping

others is charity. As the universe is a big circle, whatever good or bad you generate will be returned to you with the same type of energy. After giving out unconditional love and care you will naturally receive happy energy in return.

Cancer as with other types of slow developing diseases, are caused and formed by the cumulative action of the numerous types of low energy factors: including internal and external factors, and is also related to the rules of the natural environment (the law of cause and result of the natural environment is one of them). It requires the total energy concept of Quantum Theory to understand and use as a total treatment. Hence the prevention and treatment of

cancer must be carried out together with consideration of aspects of psychology and physiology, internal and external factors, as well as an understanding of the rules of the natural environment.

Let us start with prevention. The National Academy of Sciences recently published a report on cancer prevention. The conclusion is that aside from alcohol and smoking, food and cancer have the strongest link. For example, one study found that if smokers regularly eat carrots, the incidence of cancer is lower than for smokers who do not eat carrots. Carrots are rich in vitamin A, a cancer-inhibiting nutrient. Dark leafy greens are also protective against cancer.

There are several recommendations for prevention of cancer: reduce oil, fat, salt and sugar consumption; increase consumption of fresh vegetables, fruits, and whole grains. These recommendations are based on numerous scientific studies. The details will not be given here.

Of course, environmental and physiological factors are important in the onset of cancer. However there are also psychological factors. This observation is at least 1000 years old. Chinese medicine has for thousands of years understood the relationship between emotions and diseases. To have little desire is a way to keep healthy. This includes moderation in food and simplicity of life style. In the

Western medical tradition there is also literature on the relation between cancer and emotions. Dr. Galen wrote in 200 BC. that women of melancholy disposition are more prone to breast cancer. This was based on his medical experience. There are a lot of modern day studies showing this. Long term depression combined with lack of a warm childhood can put one at high risk for cancer. Often one to two years before the onset of cancer, the patients have lost interest in living or hope for the future, or have experienced major stress and change in life. This can be loss of a spouse or other major changes. Unhappiness can impair many body functions, especially immune function. Because cancer can be caused by many

factors, one should be aware of all these different factors in prevention.

The treatments discussed here are "folk" medicine. The main difference from hospital treatment is that the method is mild, with no side effects. Those without sickness or with other chronic illnesses can all benefit. The result? There are many successful cases, and the news spreads by word of mouth. No treatment is going to be 100% successful, but at least it will improve the sick person's constitution. Each of the three treatments listed below have their strengths, and can be practiced together: food therapy; Qi Gong and herbal medicine.

I. Food therapy

In the discussion on cancer prevention, the importance of food was already mentioned. The most basic for those with cancer is that the food should at least be consistent with the principal of prevention: that is low fat, high fiber, ample fresh fruits and vegetables, and reduction of salt and sugar.

In recent years food therapy is becoming better known in the U.S.. The first involves the use of raw food: carrots, sprouts, cucumber, celery, spinach, parsley, etc. and seasonal fruits. Other recommended foods are nuts, sesame seeds, sunflower seeds and wheat sprouts. This school of thought is mainly from the Hippocrates

Health Institute. It has been established for twenty years. Dr. Ann Wigmore, the founder and director has written many books on the subject. The most detailed is "Be Your Own Doctor." Her story is described in Chapter twelve "Let Your Body Be Your Own Doctor." Another book entitled, "How I Conquered Cancer Naturally," was written by Edie Mae, based on her experiences at H.H.I.. She had breast cancer, but controlled it entirely through a change of diet. This food therapy avoids meat, fish, seas food, white rice, white flour products, white sugar, and canned goods. Steamed and quickly stir-fried food can be used.

The second food therapy is called "Macrobiotics," introduced to the U.S.

through Michio Kushi. This food therapy is based on Eastern tradition, with over twenty years of history in the U.S. The diet emphasizes balance of yin and yang. Extreme yang food such as meat and extreme yin food such as sugar can easily throw the body out of balance. Sickness is the result of the body being out of balance. Grains are neutral, so are vegetables.

One can eat a lot without going out of balance. Macrobiotic ways of eating emphasize eating of seasonal food and food grown locally. People living in temperate zones should not eat food grown in the tropical zone, and in winter one should not eat summer food.

Macrobiotic food has benefited people with cancer. One music professor from the Midwest had a cancerous tumor of the pancreas the size of a fist. The tumor dissolved after adoption of the diet and did not recur in seven years. Later he died of hepatitis, and the doctor obtained proof that the cancer had disappeared. The cause of his death was related to the biopsy he first had.

Another book based on the experience of Anthony J. Sattilaro, M.D., President of Methodist Hospital, entitled "Recalled by Life," was written with Tom Monte. The book is based on the author's being diagnosed as having cancer and by chance learning of food therapy, from May 1978 to the summer

of 1981. Dr. Sattilaro was diagnosed as having prostate cancer in 1978. The X-rays showed that the cancer had spread to the bones in the head, shoulder, chest, and spine. He was forty-seven, at the peak of his career, and just promoted to be president of the Hospital. The illness changed everything. The survival rate for people getting this cancer before fifty is very low, the most optimistic prediction is that he would live three years, maybe not even eighteen months. Both surgery and hormone treatment did not halt the spread of cancer.

Just as he was preparing for his end, his father died of cancer. On the way back from the funeral, he was discouraged, to say the least. He picked up two

hitchhikers, a rather out of character gesture for him. In the car one fell asleep and the other talked about studying natural food therapy in Boston. When the young man found out Sattilaro had cancer, his said: "Cancer is not difficult to treat." To a doctor this is merely the enthusiastic ignorance of the youth. The young man continued sincerely that proper food can reverse cancer, and promised to send him some literature. A few weeks later he received a book documenting the reversal of cancer with diet: *A Macrobiotic Approach to Cancer*. From this beginning, with the attitude that nothing would be lost by trying, he overcame cancer completely in five years. For a doctor steeped in the Western medical training to accept, the

whole theory of yin-yang and disease is very difficult. Only his own personal experience convinced him.

The Macrobiotic diet is completely different from Dr. Sattilarao's former diet. He was a single medical doctor who ate three meals a day at restaurants. He would have meat at every meal and deserts at dinner sometimes even a second helping. Although he had stomach problem for over twenty years, he ignored them and took medications. According to the guidelines of the Macrobiotic diet, he was to avoid meat, fish, all animal products, oil, sugar, and flour products. His diet was 50% brown rice, 25-30% vegetables, 15% beans and sea vegetables, and some miso soup. Also

he was not to overeat, and not to go to bed with a full stomach. Every mouthful had to be well chewed. After one month, his health started to improve. The back pain of over twenty years stopped. After fifteen months he went back for X-rays; all the cancerous growth had vanished. His digestive problems of over twenty years also vanished. He hoped others can benefit from his experience, and ordered the hospital to offer brown rice and vegetables. He also began a study to observe other cancer patients' response to the Macrobiotic diet. Additional note: vegetables can be steamed or boiled. Those without cancer can use a small amount of oil for stir-frying.

II. Chi Gong:

In the eyes of many Chinese, there is an aura of mystery surrounding Chi Gong. Some think of it in the same terms as Kung Fu and aerobics. In fact, Chi Gong is an ancient Chinese medical art, mentioned in the classic on Chinese medicine "The Yellow Emperor's Text on Internal Medicine," and placed in the top place, above acupuncture and herbal medicine. Using Chi Gong to treat illnesses has many advantages, it is inexpensive, painless and beneficial regardless of whether there is illness. Chi Gong was still very popular in the Han dynasty. In the 1000 years old Han tomb discovered in Hunan, many medical texts were found. Among these were found extensive drawings on

Chi Gong. Later in history, Chi Gong lost its place in medicine and became more associated with Kung Fu and Taoist practice.

In recent years, Chi Gong has been enjoying a revival of interest in China, mainly for medical purpose. This "new" Chi Gong is beneficial for all kinds of illnesses. The main one is a walking form. The mind is relaxed and made optimistic first. To help the mind become still, one can choose a theme to focus on, such as a nearby flower or tree. Whenever distracting thoughts come, return the thought to the theme. For most chronic illnesses, one hour a day is sufficient for improvement of health. Cancer patients need to practice four hours. The best environment for

practice is morning in the forest, particularly a pine forest. The walking form is like that of a walk, with the heel touching the ground first and then the whole foot. Both arms swing easily back and forth. For cancer patients, it is most important to breathe in lots of oxygen. The breath is two inhalations and one exhalation. One usually starts with the left foot. The whole body should lie relaxed and "rounded." The eyes look straight ahead. Besides the walking form, there is preparation, and closing. In accordance to one's physical condition, there are over twenty different types of Chi Gong. There are now over 7000 cases of cancer patients recovering from their illnesses. These include lung cancer patients and those with advanced stages

of cancer. I met two lung cancer patients who recovered through Chi Gong.

The basis for Chi Gong's therapeutic benefit is related to the fact that Chi Gong stimulates the blood and Chi circulation. This comes through relaxation of the body and mind and physical movement combined with breathing. Making sound is another aspect of Chi Gong. Depending on the physical condition, one can make different sounds. At the minimum, Chi Gong can improve one's emotional state, sleep and digestion. If cancer patients are taking chemotherapy or radiation, then Chi Gong can reduce the effects from these treatments.

One needs a good teacher to learn Chi Gong. However there is a simple exercise, a kind of Chi Gong. It is called the hand swing exercise. According to legend, this came from Bodhidharma, the first Zen patriarch. Stand with both feet parallel to the shoulder. Tighten the lower body, with the toes gripping the floor. Tighten also the rectal muscles. Relax the upper body, with the tongue touching the upper palate. Allow the arms to relax and push backwards, about thirty degree, then let go. Count each push as one. Beginners can do 100 to 200 times, increasing to 1000 times. In Taiwan there are also cases of cancer patients recovering from this exercise. My aunt is one of them.

III. Herbal Medicine

The use of herbs in medicine has thousands of years of history in China. The legendary first doctor in Chinese history, Shen-Nung tasted 100 different plants to identify different herbal medicines. That herbs are effective in cancer is not a new discovery. Chinese doctors find the appropriate medicine for each person. The general approach is to strengthen the body and expel the wastes. For example, although there is one disease called cancer, the causes can be many; therefore the herbal medicines are many too. Some are particularly beneficial: there are scientific studies which show that white fungus, Angelic root, and Neu tsen tse increase the immune function It is best

to consult an experienced Chinese medical doctor for the specific uses of these herbs.

The use of herbs in other countries has also enjoyed a long history. The better known ones for treating cancer are: Chaparral among American Indians, and Red Clover Blossom among Gypsies, The use of these herbs by themselves is sometimes enough. One 86 year old man in Utah had a cancerous growth on his face. He refused surgery. After drinking Chaparral tea for eight months, he recovered. His doctor tried it on himself with good results and also used it on other patients with good result. Jethro Kloss in "Back to Eden" talks about the use of Red Clover Blossom in

the treatment of cancer. One can simmer it for 15 minutes. Mr. Kloss, in the chapter on cancer treatment, mentioned, besides herbal medicine, the need for simple natural food, fresh air, sunshine, water and skin massages.

The above-mentioned herbs although beneficial when used alone, sometimes produce amazing results when used together. Jason Winter wrote of his battle with cancer in the book "Killing Cancer." He discovered by chance the combination of three herbs (two of which are Chaparral and Red Clover Blossom; the third is unidentified) which cured him of throat cancer. The story is as follows: four years ago Mr. Winters discovered that he had cancer of the throat. Just the initial biopsy

took six hours on the operating table. The doctor told him he had three months to live. He accepted radiation but refused surgery. The doctors were going to remove his tongue and throat muscles but did not guarantee extending his life. In order to find an ancient Oriental herb, he went to Singapore. From an old lady in a village he found the Asian herb. He took it every day. Although the growth stopped, it did not regress. Next he went to England and learned of Red Clover Blossom. He added that to this daily drink. But his body continued to weaken everyday. After he used up his savings he went home and kept up with the daily intake of Asian and European herb and added Chaparral. He boiled them separately but did not improve

much. One day when he was at the lowest point, he mixed all three and drank them together. A miracle happened. He could feel that this was exactly what he needed. He drank 16 cups. After that his health started to improve. Within three weeks, the cancer had completely disappeared. He returned to work after nine weeks. When the news got out, hundreds of people would line up to seek out the herbs. One minister drank it with good result, curing himself of hemorrhoids of twenty years duration. There are over 30,000 people who have tried the herbal mixture. In the world there are over one million that have tried. Thousands of letters testify to the benefit.

Cancer is caused by many factors. In the treatment one should also approach it from different angles. The most important is to help the person regain the body's defense system. The methods mentioned here are all gentle without side effects.

"Sickness comes through the mouth" is particularly appropriate in the case of cancer. The prevention and treatment of cancer should begin with food. Food can improve the body, while herbs and Chi Gong can further strengthen the recovery. If the three can be combined, the result is best.

To overcome cancer, the patient must make the determination to fight the illness. If one is unsure and half-

hearted, one will not achieve the desired result. One's lifestyle should be changed, too. Smokers should quit and take time to exercise. "Arm swinging" or Qi Gong is suited for those who have a weak constitution. The last point is to have a positive outlook on life.

Food Can Be Hazardous to Your Health

Food originally is the most natural thing, not needing much thought. But in modern society, as our eating habits move further away from the natural balance, one needs to spend some time studying it; one cannot simply just eat without thinking. Because of pesticide problems, and food processing, what

appears to be better food, is actually food without many nutrients. Every one of you present should understand: Just what are we eating? What effect it has on our body? Only then can we hope to have healthy body.

In 1930 a dentist traveled around the world studying the relation between dietary habits and health. He went to Europe, Switzerland, Asia, the Eskimo, and Africa. 1930 was a transition time, where the old meets the new. Some societies still maintained the habits of an agricultural society. He found that in those that switched to the industrialized society, people's health deteriorated. How did he measure health? Because he was a dentist, he looked into people's mouths and

checked on their cavities and dental condition. In the traditional society, he found one cavity per three people. If the diet is changed to so call "modern food," such as canned goods, white rice, white flour and white sugar, on the average each person have nine cavities. From one cavity per three people to nine per person, think of the big difference! The teeth reflect the health condition of the person, because they are part of the whole bone structure.

Those with weaker bones will have more cavities. So having cavities is not matter of course, but due to a weakened state of health. Once in Scotland he met two brothers in the same family, who because of differences in diet, also had different number of cavities. The older

brother ate the traditional diet and had no cavities. The younger brother was fond of sugary foods and canned goods. He lost many teeth. They came from the same family with the same hereditary factors, so why the difference? The root cause is the difference in diet. This was his discovery.

The change of diet from traditional to modern also produced arthritis, deformations in bone, and increases in tuberculosis. TB was a serious problem in the 1930's. For example those living in the central part of Switzerland and eating a traditional diet, such as coarse bread and goat's milk did not have TB. Those living in the cities had many cases of TB. This dentist found that

cavities, TB, and arthritis commonly affected those who used processed food.

Fifty years later our diet has changed significantly. During the past few years I have been to India, China, The U.S., Thailand, etc. I have found it difficult to find one truly healthy individual. Every country has different sicknesses. The main cause is the unnaturalness of our modern diet. Why do refined foods increase the number of cavities? The refining procedure removes the minerals. For example, compare brown rice with white rice; what are the differences. Brown rice and rice polishing contain minerals and vitamins, especially vitamin B. After removal of the bran, the resulting white

rice contains very little mineral. It is the same with brown sugar and white sugar; the former contains mineral, while the latter does not. One of the common problems these days is high blood cholesterol level. It is the same with Taiwan. Most people think the high level is related to high intake. This is only partially true. The body produces cholesterol as well. When the metabolism is out of balance, then the level will become high. One of the simple remedies is to take molasses, the by-product from white sugar. Molasses is rich in minerals, especially vanadium, which helps the breakup of cholesterol. Sugar cane itself is a healthy food. In our "cleverness," we extract the sweetness and discard the nutritious part.

As a matter of fact, the natural foods such as fruits are sweet and high in nutrition. The sweetness of food is related to the fertility of the soil. Corn from rich soil is sweeter than corn from poor soil. This is based on scientific data. c The sweeter the corn, the more nutritious. This is the way nature guides us. We, however, not only remove the minerals in the food processing procedure, but also destroy the health of the soil in agriculture practice.

We all believe in science these days. Science has become the real religion of the modern West. if one is over confident in science, and then it becomes a blind faith, trusting machines but not people. Westerners

have such a tendency. I remember a study investigating the nutritional value of mother's milk. After much the expense, the result was reported in a paper: Mother's milk is the best for the baby. This is a fact that hardly needs to be researched. But because of over-dependence, science has become blind faith.

Protecting the soil is actually an ancient tradition. Older cultures have their way of looking after the soil. The Chinese farmers treasured the dirt as gold. After thousands of years, the soil is still fertile; it largely due to the farmers knows when to let the soil rest, and when to add manure. This is putting back what one takes out. Modern agriculture practices wish to harvest

much in a short time. This is due to simple greed, wanting to earn much money. The use of large quantities of chemical fertilizers is for fast growth, for beautiful products and high yields.

However, only the major nutrients are replaced, while trace minerals are not. Over time the soil becomes poorer, and poorer. The products are good to look at but poor in taste. When I was young, I remember the taste of mountain apple to be very fragrant. I still remember the taste. Now when I visit Taiwan and eat the same fruit, the taste is no longer there. This is due to lowered levels of trace minerals. So, even if one continues to eat this kind of food, one's health will decline.

I will illustrate with another example: a comparison of tissue mineral contents of Americans compared to Africans found it to be only one fifth. The tissue mineral contents of wild animals of the two continents are similar. Thus this is not due to the difference in soil, but to the practice of eating "modern food." Too much refined food will reduce the body's mineral content.

Heart disease and hardening of arteries all are related to lack of trace minerals. As I mentioned previously, arthritis and heart diseases are caused by imbalance in food and soil. Let me mention an additional point as to why processed food cannot maintain health. In food processing, whether it is canned or frozen foods, salt is added. Potato

chips and roasted almonds, for example, contain salt. Salt is actually a preservative. Traditionally it was used to preserve fish and meat. By consuming processed food, we would naturally take in more salt.

Both sodium and potassium are required by the body, with potassium twice that of sodium. However in modern days our consumption is just the reverse, taking in twice as much sodium as potassium. Our ancestors of 10,000 years ago consumed 16 times more potassium than sodium. From 16 to 0.5, imagine the drastic change! This accounts for many sicknesses. One may think that diabetes results from taking in too much sugar. Although a factor, the main reason is

insufficient secretion of insulin. The secretion of insulin can be stimulated by potassium. When we take in too much sodium compared to potassium that can adversely affect the secretion of insulin, resulting in diabetes. High blood pressure can also be lowered by increased intake of potassium as demonstrated in animal studies.

In normal cells there are specific ratios of potassium and sodium, from 5 to 6. Dividing cells as well as cancer cells contain a lower ratio of potassium to sodium. The ratio of potassium to sodium can actually regulate growth. The long terms over-consumption of salt, combined with air and environmental pollution, all contribute to cancer. According to international

studies, countries consuming the most salt also have the highest incidences of cancer. The more potassium is consumed, the lower the incidence. Potassium is water-soluble. Vegetables and soybeans lose potassium in the canning process and in the making of tofu. What is left is mostly protein.

Plants are the best source for potassium, because they concentrate potassium. Most people do not eat enough vegetables. With affluence people can afford to eat a lot of meat, chicken and fish. Animal products are not good sources of potassium and even before seasoning, all animal products (meat, eggs, or milk), have a ratio of potassium to sodium of 3 to 5. Slight salting changes the ratio to 0. 1 (sodium

is ten times that of potassium). Among plant foods, the ratio of potassium to sodium is much higher, usually 200 to 300: banana 200, pumpkin and squashes 200 to 300, watermelon 100, orange above 200, and apple above 200. Fruits and vegetables as well as legumes and grains are the best sources of potassium.

As we mentioned before, food habits in industrialized countries are hazardous to health. Next we will discuss what concerns us most: the question of protein. Most people think that fish and meat are the best sources of protein. Protein is formed by amino acids, eight of which are essential and must be present at the same time to form protein. Two of the essential amino

acids are heat-sensitive. In eating cooked meat or fish, much of the protein is destroyed by heat. These two heat sensitive amino acids are important for memory and energy level. A lack of them can result in tiredness. Plant protein can be eaten raw, such as peanuts, sesame seeds, and sprouts. One needs much less raw protein. Taking protein in the unheated state helps energy and memory. Our requirement for protein is much less than we think. In the past people held the mistaken view that only meat can supply protein. If taken in the uncooked form, we need only one third as much protein. In the U.S. those who are not taking in any animal products still get twice as much protein as needed.

Over consumption of protein also causes the loss of calcium from the bones. Osteoporosis is unknown among African women who consume much lower levels of protein and calcium than American women. American women by the age of sixty-five have bone loss of 35%. American female vegetarians have only 18% measurable bone loss at the same age. Calcium is lost in a high protein diet to neutralize the acid residue of protein digestion, regardless of calcium intake. This is one of the negative effects of excess protein.

In summary, the closer the food is to nature and not processed, the better. If you have a small plot of land, grow your own vegetables without

chemicals. If the soil is fertile, the result will be nutritious. As an alternative, you can grow sprouts. This is a suggestion for those living in apartments.

The Mind Body Link

Now let us look at the role the mind plays in health. We human beings are complex of two individuals eating the same food, one may get sick and not the other. Take the example of Linxian County in Henan province (China). The incidence of esophagus cancer there is the highest in the world. It is generally considered to be due to the eating of pickled vegetables (pickled without salt for about three months until they are covered with mold), and

moldy corn bread. They all eat the same kinds of foods but not everyone develops cancer. When questioned, the local residents believe the difficulty in swallowing, an early symptom of the cancer; comes after a particular unhappy incident. This is one example of how emotions can influence the onset of illnesses.

In the discussion on Vipassana meditation I have described how every thought elicits a response from the body. What kinds of emotions are negative to the body? If one is repressed in whatever way, maybe in one's personality or talents, one will be unhappy. In the East, especially, the parents have great expectations of the children. Some children are forced to

study to become doctors, not because of interest but because it is a good profession. On the surface one may be successful but there can be an inner void. In everyday life not being able to express oneself is an important influence on health. It can be seen in the following example.

In the U.S. a psychologist, Lawrence LeShan works on the psychological aspects of cancer. One of his clients was a very successful lawyer. He had a beautiful wife and three children. He appeared to have it all. He was diagnosed with an inoperable brain tumor. He sought out LeShan for help. After some conversation it became clear that his mother picked his wife. He became a lawyer under pressure

from his father. His real interest was music; he always wanted to be a musician. Even though he appeared to be successful, this was not his life. LeShan suggested to him that since he was about to die from the brain tumor, he might as well live his life. He quit his law practice and started studying music. A few years later he joined a symphony because he had a natural talent in music. His tumor also disappeared. Of course this is only one example.

Another factor that affects the body is not being able to forgive. In life one is likely to be hurt by others. If one cannot forgive, then as soon as one think of others one becomes unhappy. If one forgives, then whenever one

thinks of others one's heart will not tighten. This is the better course for our mind and body.

Also if our hearts are full of gratitude, we will not be critical and negative towards life and those around us. One of the common mistakes is do not know when we are in grace. We forget what we have and think of only what we do not have. If we are in this state of mind, our body will be under a lot of stress. If we are thankful, then we are happy. The common saying, "Contentment is happiness" is actually a health practice. If we are full of thanks, can forgive and have the courage to express who we are, life will be rich and satisfying for us.

To forgive others is easily said but not easily done. Aside from the ordinary methods to neutralize an emotional wound, one can use color visualization. To love our enemy and those who have harmed us takes special skill. The color sky blue has the energy of unconditional love. If there is an emotional knot in your heart, think of the person who caused the knot and send blue light to the person. Do this everyday for five to ten minutes. After one month or even less your dislike and hatred toward this person will change. Because sky blue light is unconditional love, it can dissolve knots and create a feeling of love. This can be used with those with whom you have difficulties.

Another method of changing one's mind is deep breathing. Mental stress is no more than not being able to let go of this and that, or stop worrying about this and that. Deep breathing can help us let go and relax. When we are angry or worried, our breathing immediately speeds up. Slowing down the breathing has the effect of calming one down. Let us try breathing deeply. Place one hand over the chest and one over the abdomen and breathe naturally. Watch which hand moves as you breath. Many will find the upper hand is moving, indicating upper chest breathing, a rather shallow breathing. This form of breathing makes one easily tense. If the lower hand moves then one is breathing deeply and is more easily relaxed, In the beginning

practice while still in bed. Place a book on the abdomen. When inhaling, push the book up. When exhaling tuck in the abdomen. It is easier to breath deeply while lying down. Repeat 10 cycles initially and extend to 20 or more times. One will find oneself to be more relaxed and detached. Deep breathing is a simple way to change our mental state.

Open Heartedness **--Not Harming Others**

There is a Chinese saying: "If you do not commit regrettable deeds, there is no fear of ghosts knocking at your door at midnight." If one does not harm others, then one will have peace of mind. This is the basic cause of

happiness. There are five guidelines for not harming others: not killing, not stealing, not engaging in sexual misconduct, and abstaining from alcohol and intoxicants. The following are brief explanation for each.

Do Not Kill: All life forms, whether human, animals and insects desire life and fear death. We celebrate the birth of new life and run away from dead bodies. People look forward to spring and when autumn comes with leaves falling, there is a sense of melancholy. If we wish for health, happiness, peace and longevity, we need to protect life. We need to avoid killing, directly or indirectly. In Chinese, there is a saying: "If you wish to know the cause of wars and conflicts in the world,

listen to the midnight cries at the slaughter house." If we kill, we naturally plant the seeds of short life and much sickness. Remember that the universe is a big circle; what goes around comes around. There are other folk sayings in China: "Eating vegetables and tofu will keep you in peace." In this simple phrase is profound wisdom. There is now much medical evidence that vegetables and whole grains can help prevent many chronic illnesses, such as cancer, heart diseases, diabetes, etc. An additional benefit of not killing is that one will have a fine demeanor, kind and loving, and will be liked by others. Think of the murderers in prison. Each one of them looks mean and frightening. To have happiness one must not kill.

Do Not Steal: Everyone cherishes his or her own personal belongings. If they are lost, stolen or robbed, one would be quite upset "Do unto others what one wishes oneself" "Do not steal" includes not generating wealth unethically. The benefit of not stealing is that one will not be lacking in material wealth.

Do Not Lie: "Trouble comes out of the mouth, sickness comes through the mouth." In speech we can easily say something that we regret later. If we are honest, we can have the trust of others. This will help in long lasting friendship and harmony at home. Those who habitually lie become so confused themselves that they cannot distinguish reality from imagination. Lying harms oneself and others. How

can one be happy, then? "Do not lie" includes not telling little white lies and giving insincere flattery. They are not harmless.

Do Not Engage in Sexual Misconduct: Simply put, do not engage in relations outside of a normal relation between a man and a woman. Traditionally sexual misconduct denotes any relationship other than that between husband and wife. These days many people have relations before marriage and therefore the modification of the definition. The intimate relationship between a man and a woman is the most complex in the world. It can be heaven or hell, a happy story or a tragedy. Because the impulse for possessiveness is very

strong in an intimate relationship, monogamy is important to happiness. If a third person gets involved in this intimate relationship, it is bound to bring sadness. It may cause one to lie or to commit drastic actions such as killing. How could one be happy under such circumstances?

Abstain from Alcohol and Intoxicants: Alcohol can alter our mind. Under the influence of alcohol one can lose good judgement. A person may normally be rational, but because of alcohol, they can kill, steal, lie, and engage in sexual misconduct. If one wishes to be openhearted (happy), it is best not to drink.

Removing the Obstruction to Open-heartedness

After mastering the basic course to open-heartedness, then one can work on removing the obstructions to open-heartedness. First, one must REPENT PAST HARMFUL ACTIONS TO OTHERS AND ONESELF: The analogy is like being bitten by a poisonous snake; one must suck out the poison, then apply medication. In addition to repenting wrong-doing, one should make the determination not to repeat the wrongful action. The most effective way to repent is to do so in front of elders or the victim. If that is not possible, visualizes them in front of you or in front of Bodhisattvas and Jesus etc., then repents.

FORGIVE ONESELF AND OTHERS: After repentance, then we should let go of the burden, forgive oneself and others. There is no need to dwell on it. If others have harmed us, by not forgiving, each time we think of the person, we are harmed again.

TRANSFORM ANGER AND HATRED WITH PATIENCE: Anger and hatred are the major obstructions to open-heartedness. To transform them with patience does not mean repressing the emotions, but with mind transformation, to change the blind reaction. From the perspective of the law of the universe, hatred can only harm us. Whatever is sent out comes back to us eventually. Patience does not mean that we allow others to chop

us up like vegetables or let others take advantage of us. Most importantly it is not to be upset, and angry, but calmly think about the best way to handle the situation. When we are filled with anger, our ability to think is significantly decreased. Blind reaction is like adding fuel to the fire; it will merely worsen the situation. When we are faced with people who are child-like and unreasonable, we can treat them like sick children running a high fever. There no need for anger.

TRANSFORM MISERLINESS WITH GENEROSFLY: Generous people have many friends. A miser is sure to be lonely. To be happy and openhearted, one has to give, especially to those that need us. "Helping others

is the source of happiness," when we are generously helping others, we will be very happy.

TRANSFORM ARROGANCE WITH GRATITUDE: There is a common saying: "Contentment keeps one happy." But when arrogance dominates, then one is dissatisfied and blames God and others. Discontentment brings unhappiness. Gratitude can change arrogance and discontentment. Often when one is in good graces, one does not realize it. Everyday the sun rises, and the rain comes at the right time; we do not notice. If we have too little or too much rain, then we appreciate the times when the weather was good. If one day the sun were gone, we would all die for

sure. We should have this feeling of gratitude all the time, happily thanking Heaven and Earth. We have much to be thankful in our life: friends and relatives, father and mother, children, health. As long as we are alive we have the opportunity to create our lives. Just as the saying goes: "As long as the green mountain is there, no need to worry for fire wood."

TRANSFORM JEALOUSY WITH REJOICING: To get the red eye when we see the success of others makes us most unhappy. The best treatment for "red-eye disease" is rejoicing, feeling happy for others success and good deeds. When we rejoice, not only we are happy but also plant the seeds of our success.

TRANSFORM ATTACHMENT WITH EQUANIMITY: "Equanimity" means to eliminate strong feelings of like and dislike. Ordinarily we are loving and happy with our own family and good friends. If we are separated from them then we become very unhappy. Actually with an open heart we meet "families" everywhere, then we are happy all the time. To meet is to have connection.

The above are several methods to remove obstructions to open-heartedness. If one can do it, then one can be happy.

Vegetarian Food Is Your Best Medicine

"Vegetarian food is good medicine" can be discussed from the perspective of individual health and planetary health. (It is undeniable that our survival depends on planetary health.)

Vegetarian Food and Individual Health

We begin by looking at individual health. The concept that "food is better than medicine" is present both in the East and the West. That food can affect our health is not a new concept. Why can vegetarian food keep us in health? In Chinese villages, there is a saying- "Vegetables and tofu will keep you in

peace." For thousands of years, Chinese peasants ate a simple diet of rice and vegetables, with the exception of special celebrations, and thus were mostly vegetarians. Unless there were famines or epidemics, most people were in good health.

When an agricultural society becomes an industrial society, not only lifestyle changes, but food habits also change drastically. In the past, meat and fish were available only during special occasions; now they are eaten everyday. White sugar used to be a luxury food; now it can be bought anytime. Brown rice and whole wheat are replaced with white rice and white flour. In a short twenty to thirty years, these diet changes have affected health

conditions in general. Heart diseases, diabetes, cancer, excess weight, and premature aging are now common. On the surface life expectancy has increased, but it is due to a lowered infant mortality rate. At least in the U.S., the life expectancy for those over forty has not increased 'in the last fifty years. It is doubtful that progress in science and medicine has actually increased life expectancy.

It has now been proven that proper vegetarian food can not only prevent disease but can also cure disease. Books and articles published in this area are too numerous to mention. One will find these books in any bookstores in the U.S. There might be differences among nutritionists on specifics. For

example, some insist on raw food, where others insist on cooked food. Still others emphasize brown rice, or wheat grass. But all of them provide evidence that vegetarian food can treat diseases.

Let us use the example of a book written by Henry Bieler, M.D. In "Food is Your Best Medicine" Dr. Bieler wrote: "Allopathic medicine invariably has side effects. Food, on the other hand does not have this problem." In his fifty years as a practicing physician, he has used food to help people with various illnesses. His patients included Hollywood stars, such as Gloria Swanson, who has been his devoted student since 1927. She not only lived a long time but also stayed young. In

the book, vegetables were used as medicine. One chapter is titled: Vegetables As do-it-yourself Therapy. There were many examples of using vegetables to treat sickness. He used fresh alfalfa (it was difficult to obtain fresh greens in late fall), fresh milk and whole wheat bread to cure a farmer's gangrene of long standing. After that, the farmer stayed away from pork, white sugar, and white flour.

Dr. Bieler's way of treating diabetes was to let the patient rest for two or three days, taking only broth made from celery, parsley, green beans, and zucchini. The patient then returned to a normal diet based on vegetables. When urine sugar level rose, the person was to return to the vegetable broth diet for

two or three days. Through this trial and error, a diet was found that keeps the blood sugar level normal. His theory is that the main constituent of the pancreas is potassium. Only when its function is below normal, one has diabetes. Increased potassium intake can stimulate the pancreas to return to normal function. Vegetables and fruits are the richest sources of potassium, containing hundreds of times that of meat and fish. Dr. Bieler reported a case of a Hollywood movie star dissolving a uterus tumor the size of grapefruit by going on a vegetarian diet.

Dr. Bieler himself was a vegetarian. When the book came out in 1965, he was already approaching eighty years

of age. He only died recently. His recommendation for food is to eat more fresh vegetables and whole grains, and to avoid refined foods and meat.

There are mainly two schools of thought on using vegetarian food as medicine. One theory espouses eating only raw food, particularly sprouts. Of course there are many successful cases. This way of eating may not suit the Chinese taste. The other theory uses mainly brown rice, millet, buckwheat, and cooked vegetables. It is known as a Macrobiotic diet. Food choices are recommended to tailor to the environment, and the season. The variety of food includes seeds (sesame, etc.), sea vegetables, vegetables and roots (carrots, etc.), dried fruits, fresh

fruits, grains, and beans. Oil and salt are used sparingly in cooking, with boiling or steaming considered the best. Miso is used for seasoning. The macrobiotic way of eating is widely known in the U.S.; most cities have a macrobiotic food center. Many cancer patients have found recovery through this diet.

To understand further the role of vegetarian food in preventing and treating illnesses, one must consider potassium and sodium. It has been mentioned already that plants contain the highest levels of potassium. Using the ratio of potassium to sodium as an indicator, pumpkin is 360, soy bean 331, banana 380, orange 221. On the contrary the ratios for meat, chicken

and fish never exceed three to five. Ham is 0.3, lobster 0.9. The above information was taken from the U.S. Department of Agriculture. In summary, most of the fruits and vegetables have a potassium to sodium ratio of over 200. Refined and processed food such as cookies and cakes and canned goods have ratios less than 1. There are not too many discussions of potassium and sodium ratios in the scientific journals, as yet. It is a relatively new field of study.

Why does potassium play an important role in our health? For cells to perform normally, they need to concentrate potassium and expel sodium. In the cells, potassium to sodium ratio is about 10 times. When cell membranes

are damaged, potassium is leaked and the cells start to divide. Dividing cells and cancer cells have a lower ratio of potassium to sodium compared to normal cells. Intracellular potassium-sodium ratio can control cell growth. That cancer cells grow in an uncontrolled manner is probably related to the lowered potassium-sodium ratio. There are now epidemiological data indicating there is an inverse correlation between potassium intake and incidence of cancer. Potassium may have a protective effect towards cancer. That vegetables are used in the treatment of cancer is related to the high potassium content. Generally high blood pressure is related to high intake of sodium, while potassium can reduce blood pressure. People on a vegetarian

diet usually do not have blood pressure problems, if salt is not over used. According to studies in the U.S., potassium intake should be higher than sodium by at least 2 times. However the actual intake is 0.7. It is no wonder that heart diseases is the number one cause of death in the U.S.

Vegetarian diet and the health of the planet

The above is a brief discussion of why a vegetarian diet is related to individual health. Next we will look at the relation between a vegetarian diet and planetary health.

We are more and more aware that the earth has limited resources, especially

fossil fuel, fertile soil and clean water. We also know that there are many people who do not have enough to eat. Is this due to lack of food or poor distribution? Frances Moore Lappe in "Diet for a Small Planet" pinpointed the problem: the issue is not lack of food but a waste of the planet's resources. Using grains to feed cattle, sheep, and hogs is very wasteful. On the average it takes seven pounds of grains to get one pound of meat. Beef is even more wasteful. One pound of beef requires 16 pounds of soybeans. Fifty percent of agricultural products in the U.S. are used for feeding livestock.

In order to increase crop yields, large quantities of chemical fertilizers and pesticides are used. This not only

pollutes the soil, but also uses fossil fuel (Chemical fertilizers and pesticides are by-products of fossil fuel). At the same time, poisoned fertile soil cannot regenerate. Every year much topsoil is lost. As production decreases every year, more and more chemical fertilizers are used, causing a vicious cycle.

Water is another precious resource. Water for drinking and farming becomes scarcer every year. The underground water level in some parts of the U.S. is lowered six inches to six feet every year. The production of meat uses a lot of water. One pound of beef takes 2500 gallons of water, and one pound of soybean takes only 1/10 to 1/3 of that. Fifty percent of water

consumption in the U.S. is used for meat production. Experts are warning of not enough water. In this situation, we must reexamine our food habits.

Plant food requires far less of the earth's resources to produce than animal food. Here is another example: to produce one calorie of protein from soy bean takes two calories, from other beans or grains 3.5 calories, from pork 35 calories, and beef 78 calories.

In the past, it was often thought that animal sources of protein are higher than plant sources of protein. This is a half-truth. Protein is formed from amino acids, eight of which must be present, called essential amino acids. Grains and beans all contain very high

levels of protein, but not balanced in amino acid distribution. Legumes have higher levels of lysine and lower levels of sulfur containing amino acids. Grains are the opposite. If eaten alone, their protein value is diminished. If eaten together, the protein values are increased tremendously. Usually one would not eat only beans and not grains, or vice versa. Therefore the value of plant protein is not less than meat.

All the traditional foods of the world are balanced in this way. In China tofu and rice are eaten, in Mexico, corn tortillas and beans, in the Middle East, tahini or garbanzo beans with bread, and in India dal and rice or chappati. As long as one is not eating an extreme

diet, plant food can provide all that the body needs, including protein. According to one report, Americans usually consume more than twice as much protein as the body needs. Even if all meats are removed from the diet without any other changes, the intake of protein is still more than what the body needs. Excess protein not only wastes energy, but also harms the body, especially the kidneys.

Our dietary habits on a small scale affect our health, while on the large scale, the health of our life support system, the earth. We should give it serious thought. Furthermore from the Buddhist point of view, eating without killing is connected with liberation. Regardless, a vegetarian diet is the

solution to all of these problems. A vegetarian diet is the best medicine for life.

Case Studies

ULCER: A woman in Hawaii suffered from a stomach ulcer. X-rays showed the ulcerated area to be swollen. She could not eat fruits such as oranges. Following the suggestion of my mother, she started eating natural foods, and taking fresh comfrey leaf (taken on an empty stomach first thing in the morning). Within a few weeks, her condition improved. X-rays no longer showed inflammation and eating fruits did not bring pain.

ALLERGIES: One overseas Chinese in Australia suffered from hay fever for over ten years. Every pollen season she would suffer from difficulty of breathing. Taking Western medication made the condition worse. After taking one leaf of fresh comfrey everyday for one month, her allergy significantly improved. With greater confidence in the healing power of nature, she further changed her diet, increasing fruits and vegetables and decreasing meat. In the last ten years since the change in diet, her hay fever has not recurred and she is enjoying good health at the age of seventy. She even looks younger than before.

GALLSTONES: The cases of people removing gallstones with apple juice,

Epsom salt and olive oil are numerous. I know of seven cases, including myself. The following are a few examples:

Among my co-worker is a fifty years old tissue culturist named Jim. One day he complained of pain in the abdomen. Doctors suspected parasites. Despite taking medication for worms, he still suffered from pain, coupled with dizziness. I suggested it may be gallstones, and not parasites. Jim has been taking anti-cholesterolemic medication for several years. We checked and found one of the side effect of the medication is calcification of the bile duct. He followed the procedure for removing gallstones and

passed many stones. His pain also went away.

Another case involves a secretary who suffered from gallstones. Doctors had recommended surgery, but she refused. She could not eat any greasy foods. She followed the instruction for removal of gallstones: four glasses of apple juice per day for five days. On the sixth day she took no dinner and took one Tbsp. of Epsom salt at 6 p.m. and another at 8 p.m. At 10 p.m. drank half a cup of olive oil mixed with half a cup of fresh lemon juice. Next morning around 7:30 a.m. she called with great excitement. She passed 14 stones, some as big as a thumb and others as fine as sand. From then on she could eat whatever she liked without effects.

A final case is a Chinese lady in her thirties living in Houston. Because of gallstones, she sometimes would be in pain four hours at a time. The doctor also urged surgery. She asked me for advice and I gave her the same remedy. She passed 20 to 30 stones the size of peas. My guess is that everyone has stones; the only difference is in the size and number.

LUNG CANCER: Lung cancer is very difficult to cure in the Western medical tradition. According to the U.S. National Cancer Institute, the five years survival rate is 10 %. There is no difference in survival rate between those receiving treatment and no treatment. In May of this year a Chinese lung cancer patient came with

his family to my office. He wanted to learn Chi Gong. In March he had been diagnosed with lung cancer. The doctors were going to operate immediately, but because he also had cancer of the large intestine, they removed that first. It was confirmed to be malignant. The lung surgery was postponed to June. I suggested that he change his diet, and practice Qi Gong. I gave him a copy of my article "Casual Conversation on Cancer Treatment." I also recommended taking Barley Green, and supplementing mineral intake with Gold stake. He started to practice Qi gong in early June, taking lesson from a graduate of the Taiwan International Instructors' training course. The day before his scheduled surgery in late June he went to M.D.

Anderson for a checkup. They found that the tumor, originally measuring 1.5 cm, was almost gone. Surgery was cancelled. Since the doctors could not explain the reversal, they thought maybe it was a misdiagnosis for inflammation. The patient also did not tell the doctors of his other practices. Rechecking of his medical records showed that all X-rays and blood tests since March had indicated cancer. The only unknown was whether it was original or metastasized cancer. Only the test in June showed changes. I asked him and his family what he did during this period. They said he tried everything, so it is not clear which worked. To shrink lung cancer in less than two months is very remarkable. The integrated approach is most likely

the reason for his quick recovery. Here is what he did: he consulted a Chinese doctor and took Chinese herbal medicine, ate a strict vegetarian diet, took barley green and mineral supplements, and practiced Qi gong.

Appendix:

To put eating healthy food in practice, one must first gather the necessary ingredients. The basic ingredients are grains, legumes, seeds, nuts, sea vegetables, soybean products, fresh vegetables and fruits, sprouts and seasoning such as miso. Legumes are best eaten after sprouting, easier to digest and more nutritious. To cook legumes, soaks them overnight, pour off the water next day, and keep it at room temperature for one day. In the

sprouting process, protein molecules are broken down into amino acids, and are thus easier to digest. Vitamin content also increases. Miso not only seasons but also helps to eliminate radioactive materials from the body. Sea vegetables contain rich sources of mineral, and supplement whatever may be missing in land-produced food.

GRAINS: Oatmeal, rolled oats, millet, buckwheat, barley, rye, wheat, brown rice, corn, etc.

LEGUMES: Adzuki beans, mung beans, lentil, black beans, peas, and chick peas.

SEEDS AND NUTS: Sesame seeds, sunflower seeds, pumpkin seeds,

almond, pine nuts, cashew nuts, walnuts, and peanuts.

LEMON: Lemon has many uses in health; one can add a few drops of lemon juice to drinking water. Used externally, lemon juice can draw out pus from boils, pimples, and skin allergies. Used internally, lemon juice can treat constipation, ulcer, fever. To take, add juice of one lemon in one glass of warm water. Sweeten with honey or molasses. For sore throat, one can use lemon water to gargle. Those with kidney stones should use a lot of lemons.

GINGER: Ginger has a warming effect and, stimulates circulation. If added in cooking or in making energy soup, it

will counteract the “coldness” of some foods. In cooking, it is best used by midday. When used externally, it has the same warming effect. To use, grate a handful of ginger, wrap in cheesecloth, and boil in water for ten to fifteen minutes. Dip washing cloth in ginger water and apply on any area of the body that needs a little stimulation. For common colds and sniffles, apply to the chest. For weak kidneys, apply to the lower back. Applying a ginger compress to the kidney area for half an hour can relieve even ringing in the ears.

MOLASSES: It is the by-product of making white sugar. Sugar cane is actually a grass, nutritious if eaten whole. In the making of white sugar, all

the nutritious parts, vitamins and minerals are concentrated in the molasses, including vanadium. Vanadium can help the breakdown of cholesterol. Those with high cholesterol can take one tablespoonful of molasses per day.

MISO: There are many varieties of miso, made of soybeans, barley, buckwheat, or rice. It is rich in vitamin B12, one of the best sources for vegetarians. Miso also contains an enzyme that can help the body eliminate radioactive compounds. During the Second World War, when the atomic bomb was dropped on Hiroshima, the people at the Macrobiotic hospital survived. The director told everyone to take miso

straight, immediately after the bombing. The Catholic hospital next door had many casualties. In order to utilize the enzyme, add miso just before serving. It can replace salt or soy sauce for seasoning.

FIVE-GRAIN PORRIDGE: Choose five types of grains, and then grind coarsely in the blender. Cook with sufficient water to make porridge. This can be sweetened with raisins or molasses, or made salty with miso and sesame oil. One can also add ground sesame or pumpkin seeds.

KIDNEY-TONIC SOUP: Cook equal amounts of black beans, black dates, peanuts, winter melon skin and molasses in water until soft. This is

good for strengthening the kidneys. One can use this several times per week.

MUESLI: This recipe was developed by the famous Swiss nutritionist Dr. Bircher Benner. It can be eaten by adults and children, even three meals a day by those who are sick. One adult serving: two tablespoons of oats soaked in four tablespoons of water overnight. The next morning add one Tbsp. of seeds or nuts, half a lemon, one fruit, grated (banana, apple, papaya, or any seasonal fruit).

BODY CLEANSING - External

The skin is an organ for elimination of poisons. It reflects the energy of lungs. Since lungs and large intestine are paired energetically, the skin also reflects the health and cleanness of the large intestine. A clean colon results in clear skin. Skin eruptions are the body's attempt to eliminate poisons not taken care of by the lungs and the large intestine.

Not only the skin needs cleaning, but also the energy field, or aura. Therefore, different baths and showers are introduced as follows for cleaning the body:

Dry Brushing

A natural fiber skin brush or luffa is used to brush gently the surface of the skin. The brushing removes dead skin and stimulates circulation. This step removes the need to use soap. Brush towards the direction of the colon area.

Hot and Cold Shower

This is an invigorating shower, stimulating the circulation and increasing resistance to cold weather. Turn on first hot shower for two to three minutes followed by thirty seconds of cold shower. Initially slowly turn off the water so the temperature gradually turn from hot to cold. To keep the body heat, keep palms under the armpit and stay in motion to keep warm. Then turn the

water back to hot for another two to three minutes. Repeat the hot and cold cycles a total of three times. Dr. Tom of California taught this. Apparently within one week people were not sensitive to cold.

Aura-cleaning Shower

The "dirt" clinging onto our energy fields is not as noticeable. They are usually negative emotions such as anger, fear, anxiety, etc. Color visualization can be used to clean them. While taking the shower, visualize water as the color turquoise and cleaning the entire dirt from the aura.

Vinegar Bath

The vinegar bath is also good for cleaning the aura. Add one cup of apple

cider vinegar to half a tub of hot water. Soak twenty minutes.

Epsom Salt Bath

Soak in a tub of water where three to four pounds of Epsom Salt has been added. This is very good to pull out the toxins from the skin.

Sea Salt and Baking Soda Bath

This combination has been recommended to remove radiation from the body. Good to do it after the flight or radiation treatments. Soak in a tub of hot water with one pound of sea salt and one pound of baking soda for twenty minutes. For those who had radiation treatment, repeat once a week for several months.

BODY CLEANSING - Internal

Colon is the main organ of elimination. It can become a toxic waste dump if regularity is not maintained. A diet of mostly cooked food causes the colon to accumulate waste product, anywhere from five pounds to twenty-five pounds or even more. Skin and other health problems can result from the re-absorption of waste matter. To keep the colon healthy and clean eating plenty of fresh fruits, vegetables and exercise are essential. The following are some aids in ridding the colon of waste material.

Bentonite Clay

Bentonite Clay is a white powder found in the vicinity of volcanic eruptions. It has extremely absorptive power. Make a solution of it, by adding clay to water

and not the reverse. The proportion is about one ounce to one cup of water. Store in a jar. Mix one Tbsp. of the suspension and mix in a glass of water, and take first thing in the morning. Take another one Tbsp. straight in the evening at dinner. Do this for two to three weeks. This procedure can be repeated every year or every few years.

Colon Irrigation or Colonies

Like a pipe with long term usage, a sluge is often developed along the inside. Cleaning the colon of old sluge takes a procedure known as-colon irrigation. Water is flushed in repeatedly like an enema with the aid of a machine. Dr. Norman Walker recommends a regular cleaning twice a year, like having one's teeth cleaned.

The procedure takes about one hour and is given by a person with colon therapy training.

Liver flush

The following is given by Jack Schwartz to clean out the liver. Mix 1/2 cup of warm water with juice of one lemon, one Tbsp. of molasses, one tsp. of olive oil and dash of cayenne pepper. Take first thing in the morning. Continue for ten days.

Gallstones Flush

The gall bladder and the liver are connected. A weakness in the liver will benefit from gallstone flush. Most people have some gallstone even if they do not have any symptoms. The

following procedure has been tried many times, some claiming to flush out as many as 100 stones. The stones come out in the stool and are green in color.

Start by taking four to five apples or one quart of apple juice per day for five days. Eat a normal healthy diet with little grease. On the sixth day, skip dinner. At 6 PM take one Tsp. of Epsom Salt in a glass of warm water. At 8 PM repeat the same. At 10 PM mix $\frac{1}{2}$ cup of lemon juice with $\frac{1}{2}$ cup of olive oil and drink. On the seventh day, look for stones in the stool.

Many people have tried this with success, passing as many as 100 stones. If many stones were passed the first

time, this procedure can be repeated again in a few months. Generally it can be used once a year.

Raw Vegetables and Fruits as Body Cleansers

Fresh uncooked vegetables and fruits are excellent body cleansers. For example, the natural fiber works like brooms and brushes in keeping the colon clean. The nutrients also keep the intestinal walls healthy and strong. The juices of fruits and vegetables help to dissolve stored toxins in the body.

Lemon: Mix juice of one lemon and take with warm water first thing in the morning. It is a good kidney cleanser as well as natural laxative.

Watermelon: For kidney infection, take a slice every 30 minutes. One can go on a 1-3 days watermelon diet, eating as much watermelon as one likes and taking no other food. This gives the digestive and eliminative organs a good clean out.

Grated apple and carrots are good colon cleansers.

WATER

- - The Ultimate Body Cleanser

From time to time is beneficial to give the digestive system a rest and take only water. This is known as fasting. It allows stagnant waste matters to flush out of the body. One should choose spring, filtered or distilled water for fasting. One to three days of fast can

be done by almost anyone. **For longer fasts, it is best to do so under guidance of someone experienced. Long water fast is not recommended for those in a very weak condition, but alternate with juice fasts.**

Slanting Board Healing Method --Anti-Gravitational Effect

The apple that fell on Newton's head enabled Newton to discover gravity. Before Newton discovered gravity, mankind has long been deeply influenced by it. The morning sun rises in the eastern sky and sets in the evening. The moon's periodic cycle causes the rise of the tide; the pull of gravity brings the tide waters down to its original level. The Universe

possesses a law known as the principle of nature whereby the gravitational pull causes all objects to naturally descend down to earth. Water flows from the higher ground to the lower ground. When birds lose their ability to fly, they will suddenly descend, when grass is deprived of moisture the grass can no longer point upwards but will flatten out on the ground. If we pull the dog up by its forelegs, four hours later it will die due the deprivation of blood from its brain. If both the rabbit's ears are lifted upward, forty-five minutes later it will also die. Animals seems to have realized very early this universal law, and most of them tend to sleep with their head on the ground such that the head is lower than any other part of their body. The eagle while flying

always lower its head so that the head is well supplied with blood enabling its eyes to remain sharp, brain agile and calm, and preys eight to ten miles away are all well within its grasp. Although mankind are specially endowed but because of the long term exposure to gravity, they exhibit numerous adverse reactions. Consequently when they are tired or fall sick they have to succumb to gravitation and lie down.

America's authority of natural cure, Dr. Bernard Jensen, in his publication "Slanting Board" pointed out that the use of the simple slanting board can rectify the ill effects caused by gravitation on man. Spending only ten minutes daily on the board can effectively help brain anaemia, low

blood pressure, the drooping of the heart and intestines, bad eyesight, weak bladder, difficulty in hearing, retarded sense of taste, failing memory, stiffening of the neck, blood circulation and other ailments. It is also a good tool for beautifying and protecting your complexion. Using the slanting board will not only promote the circulation of the blood to the heart, lungs, brain, eyes, ears and face but will also cause our internal organs and intestines to recover to their original position from the ill-effect of long term sagging and hence function effectively. Consequently, his patients are required to undergo this slanting board treatment which is not only cheap but also simple and many ailments are cured without the need of medication. He can be

considered to be the pioneer in the use of the slanting board treatment method.

The Method of Making the Slanting Board

Select a reasonably thick piece of plywood board, six feet long, 18 to 20 inches wide. Tilt the board against the end of the bed, sofa or other objects. Then lie down on the board with the head on the lower end and the legs at the upper end. The best position is when the ends of the legs are about 14 inches to 18 inches above the ground. Attach a strap at the end of the board where the feet are located to strap the feet so that the body will not slide down from the board. If you cannot find a

suitable board, you may use the ironing board as a substitute. Various types of comfortable slanting board are also available for sale in the market.

How to Use the Board

Use the board only when your stomach is empty or 2 hours after meals. Suitable times are when you wake up in the morning, before you retire to bed at night or before you take your meals. Each time exercise on the board for about 15 minutes. A mere 5 minutes session can also bestow considerable benefits to you. You should be dressed in light and loose clothing for the exercise. Beauticians, in particular, recommend this board highly as it helps to reduce wrinkles and makes the

complexion healthy and rosy. Having a casual sleep on the slanting board after a day's work will remove your fatigue, refreshes you mentally and rejuvenates your complexion.

Note: People who have high blood pressure, heart diseases, bleeding womb and cancer are advised not to use the slanting board. For those with other ailments, please obtain the advice of your doctor before using the slanting board.

Wheat Grass **-- The Green Coloured Blood**

Wheat grass is a complete food containing many types of amino acid.

Amino acids influence the human body functions such as digestion and assimilation of food, resistance to diseases, rate of healing of wounds, ability of the liver to maintain the normal mental state, etc. They also assist in the rejuvenation of the cells thereby prolonging the human life span. Wheat grass can also absorb 92 out of the 102 types of minerals present in the soil. It is rich with calcium, phosphorus, sodium, potassium and other minerals. Minerals and the body acids perform the same function of organizing the cells to remove body waste and produce blood. Minerals also play a role in maintaining the normal functioning of the body metabolism and are particularly important in maintaining the blood pH.

Wheat grass is a rich natural source of vitamin A and vitamin C. They also contain abscisic acid (which can reverse the growth of tumors), vitamins and trace elements required by the human body. Wheat grass, also named as the "green colour blood", can favourably maintain the body functions in the most healthy condition.

Fresh wheat grass juice contains 70% of chlorophyll can be drunk as a tonic drink, and do not have any negative effects. Chlorophyll is nature's greatest medicine suited for use inside the body. Chlorophyll (wheat grass) function is to produce an environment that can restrain the growth of bacteria. It does not produce a direct effect on bacteria. Although chlorophyll can be obtained

from many plants, wheat grass is preferred because it contains many elements beneficial to the human body.

The Use and Health Protection Functions of Wheat Grass

Wheat grass juice cleanses the blood, aids digestion and is a good mouth rinsing medicine as it can clean off the toxins present in the mouth, cures toothache, sore-throat and prevents tooth decay. If chewed and applied to a sore tooth or to the gums, it help reduce swelling and pain. Rubbed into the gums on a regular basis, it can help remedy pyorrhea and bleeding.

Wheat grass juice is a good skin cleansing ointment that can be absorbed

by the skin. It can be used for healing eczema, ringworm, cuts, sores and other skin ailments as well as act as a disinfectant with protection and healing effects. One way to enjoy all of the beneficial effects of wheat grass juice is to add some to your warm bath water and settle for a soak of 15 to 20 minutes.

Wheat grass contains a high proportion of amino acids. After drinking wheat grass juice, we will find improvement in our strength, health, mental state, endurance and feeling of wellbeing.

Implanting the intestines with wheat grass juice will help to remove the waste debris encrusted on the walls of the lower bowel as well as heal and cleanse the internal organs. In an

implant, fresh wheat grass is inserted into the rectum and retained for about twenty minutes before being expelled. Then insert a further four ounces of wheat grass juice and hold for twenty minutes.

Wheat grass can remove the scars formed in the liver caused by inhaling acidic gases. This is because chlorophyll increases the red blood cell count resulting in the minimizing of the effect of carbon monoxide.

It also reduces the blood pressure, removes toxins in the blood, increases the iron content in the blood and improves blood circulation.

Wheat grass can strengthen the

performance of the hair organs. Guanidine, which is released from swellings caused by burns, is a type of toxin that causes muscle fatigue, headache, and gastric and other symptoms. Wheat grass juice can neutralize these effects.

Wheat grass juice contains vitamin E, which promotes the procreation of sex hormones.

Wheat grass juice also heals burns, cuts and insect bites and so on.

Wheat grass enhances our resistance to the radiation from X-rays. (It contains laetrile<B-17> that can destroy cancerous cells but do not adversely affect the good cells.). It can minimize

the damage caused by the pollutants in the environment including lead from exhaust, sulphur oxides in industrial waste, and various gasses that tend to accumulate in the body.

Placing a few blades of wheat grass in water for a few minutes can remove dissolved fluorine and clean vegetables and fruits of the pollutants from fertilizers and pesticides.

Wheat grass juice is a good nutrient supplement for pregnant woman because it contains almost all the required nutrients. Wheat grass can treat overactive children and cleanse the poisonous metals like lead, copper and so on in the body of the children.

How Much Wheat Grass Juice Shall We Take

At the beginning, each time drink one tablespoon of concentrated wheat grass juice (can be gradually increased), thoroughly mixed with the saliva before swallowing. Three times daily. To be taken half an hour before meal.

When harvesting wheat grass, try to cut the wheat as close to the roots as possible. Most fruit juicers, in the process of juicing, can cause damage and disintegrate part of the amino acids and nutrients by the speed of the stirring process. Fresh wheat grass juice must be immediately drunk. Do not leave the juice aside for too long (about 30 minutes). After cutting,

wheat grass that has not been juiced can be wrapped in polythene bags and stored in the freezer.

The Method of Growing Wheat Grass

1. Wheat grains must be carefully stored to prevent worm attack and dampness. They can be stored in the refrigerator. Before planting, ensure that sorting out all unwanted material, uses only good grains and removing deca-yed and damaged grains that will not germinate.
2. Soak the selected grains in cold water for 4 to 6 hours. This will quicken the germination of the grains.

3. After soaking for 4 to 6 hours pour out the water, evenly spread the wheat grains on a shallow tray. Cover with a cloth. Change the water and drip dry two to three times a day to maintain the dampness. After about 1 to 2 days, the shoots will sprout out.

4. Plant the sprouts evenly spaced in the earth. Use a spraying can to water the plants to ensure that they are damp but the earth must not be mushy. Tilt the earth container to prevent pounding of wafer causing decay of the shoots. Do not let strong sunlight shine directly on the plants for too long. Shift the plants where it can receive the sunlight indirectly. Water once daily to keep the earth at the right moisture contents.

5. The wheat grass can be harvested when they reach a height of 5 to 6 inches. After harvesting, wash and immediately juice the grass. The juice produced must be drunk within half an hour. Do not wash the remaining wheat grass. They can be stored in polythene bags in the refrigerator for up to 7 days.

The Method of Making Rejuvenating Water

Ingredients: One cup of wheat grains.

Method:

1. Select the wheat grains and washes them. (Stir the grains with the hand and remove those grains that float on the water.) Soak for 4 to 6 hours, drip dry

and put them inside a wide mouth jar. Cover the opening of the jar with a gauze or cloth. Place in a shady place to germinate.

2. Daily add water and drip dry 3 to 4 times. After 1 to 2 days the grains will have sprouted 0.2 cm. long shoots. Wash them with cold boiled water.

3. Pours in three times the volume of cold boiled water and soak 18 to 24 hours. It can then be poured out for drinking. The wheat grass can be soaked a second time. The soaked wheat grass remains is a very good organic fertilizer.

During the process of soaking the wheat grass, it will produce acids and

acidic bacteria that can assist in digestion. Among them, vitamin A and E can improve the health of the body and improve the immunity system of the body. Regular drinking of the "rejuvenating water" can maintain your youthfulness, and is very effective against skin ailments and other diseases that manifest themselves gradually.

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