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108 questions posed to mh in 2010.. 1-9

Back in 2010 I posed to MH a series of 108 questions on a wide variety of topics. His answers were a wonderful schooling for a lot of people who were seeking to restore the human temple of their soul. (their body) ... and so I am going to repost the questions and answers for the benefit of all newcomers and as a review for the old folks still hanging with us. Many thanks to MH and Brenda for their continued sharing of their knowledge about the weeding and feeding of the body. I hope you enjoy them. Here is #1... QUESTIONS 1-9

Re: 108 Questions for MH from Mr 108

Prayervoice: It has been my very great pleasure to have read every single word that MH has ever written on this forum. In my humble estimation, the knowledge he shares here about the human temple of the soul (the body) has turned this forum (Ask Barefoot Herbalist) into what has become the greatest university in the world....

MH: "Thanks, the forum started because I was pretty naïve and some years pasted before things came to light. It has been a learning experience for sure. **The 108 page booklet** started it; the booklet came and then the forum came in that order. Then several people asked to make a website and that backfired because we were so naïve at the time and was easy targets by the scammers. We have been learning ever since how to deal with computers and all their oddities and the making of a website and things will never be fancy like the pros do." There has been more knowledge about the care and operation of the human body imparted here, than anywhere else on the entire Internet. "Probably just as much wasted space as there was good space, **but all done in fun.**"

Prayervoice: So often when MH answers a question for someone, I find myself not only thrilled to learn a little bit more, but also asking myself a question about the gem of an idea I have just been introduced to.

MH: "More often than not, the question has been asked and answered many times; so to keep it interesting, I may get off the subject, etc., etc...and that has plenty of times upset a few folks; but it is all free and not obligated to satisfy anyone in the process" **Everything should be done as "fun".**

Prayervoice: I have therefore chosen to start asking questions of MH that will help me better understand some of the gem-like ideas that he has forced me to ask myself, just by reading his comments to other questioners.

So as not to take up too much of your time MH, I will be asking a total of 108 questions in a series of 11 different posts here. There will be 9 questions in each of the 11 posts on your forum.

By the way... if any of the folks on this forum are wondering why 108 questions are being asked, I have a very reasonable answer. This is the Internet, and my IP address for my computer is 24.108.23.222 and my Internet account number with Islandnet.com is #62108. 108 has been a part of my life for a very long time. I first recognized this 35 years ago when I was managing a radio station here in Canada that was called **FM 108**.

“So before this forum you already were wondering about the number 108, or as a result of this forum; you have noticed how 108 had been playing a part in your life?”

Enough chatter. On with the first 9 question for MH. Just keep in mind that the questions are random and may jump all over the place.

01. When I get to live on a south sea island and am able to get sun all over my naked body every day, I intend to get the sun "up the place where the sun doesn't shine too", so that its rays of light may enter my body. Should one "moon" the sun or should one lay on their back in a squat position, and for how long? (and I guess you sort of have to "hold the door open" as they say, to let the sun penetrate?)...

“Dr. Christopher suggested bending over and mooning the sun! This also strengthens your intestinal muscles as well as stimulating the colon and massages the heart/lungs all in one simple exercise and as well will give the natives something to gander at”.

02. I intend to get my skin as black as I can using the power of the sun before 10 AM and after 4 PM, so as not to cook my skin. The darker my skin gets will initially dictate the amount of time I can then start spending in the sun during the hours of 11 AM to 4 PM. Will I need to use any manner of natural sunscreen, such as a very thin coating of coconut oil?...

“Only if your intending on “feeding” your skin coconut oil. Otherwise your skin needs the sun and your skin will make vitamins from it and your skin knows all it needs to do to protect its self. Not sure I would go for black, but I have not read if a person lives in the nude in the full sun everyday will turn black or not? I would just accept what ever color your skin ends up at and not worry about color. A very expensive movie star trainer was from Cuba and he and his wife upon the return to Cuba would lay nude in the sand and burn their skin, believing that they could not really burn their skin, but all the trash that comes to the skin was just the waste they accumulated while up in the USA. Us Americans have so much trash in our skin, that we actually suffer burns when we are exposed too long to the sun, our cleanse was too fast and our skin can actually die/burn from so much being cleansed by the sun....but in no way is the sun harmful to a healthy human...key word is healthy; because there are no known healthy humans left on earth”.

03. I have been doing a daily sitz bath for about 2 years now. 103 degrees (or more) hot water until sweating like a pig. Then laying on my back in the tub, with my feet up on the shower wall, and using a hand held device to spray the cold water from the tap on my crown jewels for 15 minutes. I am at the point where I can get a good sweat going in 15-20 minutes by using 105 to 110 hot water in the tub. I know that the sweating is a sign that the mucus in my body has turned into a liquid form. Is it better for me to do the full hour at 103 degrees or is it OK to use the hotter water for only 15-20 minutes?...

“ I sweat in 102-03 water in about 2-3 minutes. My hair is soaking wet in 5 minutes. If I drink **Longevity Spices** while in the hot tub, within 15 minutes the filter turns red from the **Longevity Spices** exiting my skin and being trapped in the filter. That pretty much tells me that our stomach is not what medical has told us at all and if they lie to us about our stomach, pretty much everything those over educated zombies have been trained to believe is misleading to say the least. I would not use 105-

110 degree water at all. **The key is the 1 hour bath more than the degree of the water**"

04. Somewhere you mentioned that the organs of the body begin to shut down beyond 103 degrees. Is this the reason you say to stay in the tub at 103 for an hour?...

"I don't ever remember saying that. The old cancer doctors used 105+ degree baths to raise the blood temperature to try to kill cancer cells, etc. I personally can only tolerate 5-10 minutes max at 103 degrees, while **102 is very comfortable to me**. I think anything past 102 degrees would be hard on the body to cope with."

05. I usually do my sitz bath sometime between 10 AM and 2 PM. Is there a "best" time to do it?...

"For my lifestyle it would be, while for some it may excite their blood so they may not sleep well; but for me I sleep well after a long hot bath".

06. I have been using the **Barefoot Anointing Oils**. For some reason, if I put a drop directly on the soft spot at the back of the head, I get a bit of an itchy rash in that area. So I have taken to putting a single drop on a Kleenex and then rubbing it all around that spot to spread it out a bit. I still get the rash, but not near as much. Any ideas why the rash?... or how to solve it?...

"A rash could be a cleansing result or as a result of great irritation. I have never gotten a rash and use it most every night to some degree as a spray. I don't use hair shampoo, if you use any soaps on your head, it could be a result from soap being in your skin. Otherwise the anointing oil are extremely powerful; powerful enough to use when a person is near dead and once applied you can tell them mentally that they are free to return home and they might take their last breathe within a minute of two. If it bothers you even at a small dose, there must be a reason".

07. When using **ear candles** you have suggested as many as 5 for each ear. Are they done back and forth or all 5 one side and then 5 more on the other ear?...

"Do 5 in a row on 1 ear, turn over and do 5 in a row on the other ear. NEVER EVER only do 1 ear; always do both ears "equally" Do this every 6 months. Always put **6 drops of garlic oil** or at least olive oil in each ear after your done".

08. I want to help a friend do a juice fast. You recommend Epsom salt flush for 1st time fasting. 1 tbs in 16 oz's of distilled water each morning on each of the first three days. Do I remember correctly that you also said 2 tea spoons of Redmond's Real Salt could just as easily be used each day?...

"Epsom's Salts is a salt purge because the body will expel all the magnesium and by doing so, surround it with water causing diarrhea. If you take a large amount of earth salts, odds are your going to PUKE or otherwise feel very bad. I personally believe salt consumption is a sign of ill health. People should throw their salt shakers away, never buy salt. You get way too much salt in purchased foods and if you consume fruit only, then you need no extra salt. The 3 mornings of Epsom's Salts strips the mucus from the stomach / intestines and gets the first time fasting experiment past the bad days and makes fasting much easier. Once experienced and once you have a healthy stomach, you can skip the salt flush".

09. Plant Fats should do what to the stools.. Allow them to float or to sink? Should your stools float or sink if one is taking a table spoon of lecithin/olive oil each night for many months(and of course eating properly according to what MH teaches)?...

"All bowel movements should **sink like a torpedo!** If they float, your food was not digested well, liver not working well. Even if you have a bowel movement 6 hours after all foods, it should still sink. If your food stays in you more than 12 hours I suggest a person is constipated. **ALL food should be out of your colon every morning by 10 am in my theory.**"

Post #2 of 12. Questions 10-18

10. Please tell me how tuning forks can work as a medical aid?....

" Music can be healing or tormenting to the human soul. **We are vibrational creatures; "all" is in a state of vibration.** Those into vibrational healing probably believe they can help "tune" the human body. No doubt it would sound/feel good at the time the human ear/skin feels the vibrations; but,,,,,,,,,,,,, we are tormented 24/7 from conception to death with scientific frequencies known as radio waves, radar, microwave and a host of others that penetrate our body / brain non stop. I can not imagine that tuning forks can help anyone once the noise from the forks has stopped, because the forks can only over power the frequencies as long as the forks are vibrating; so their effects I believe can be no better than the length of the treatment. I don't think they do any harm and I believe if they are doing any good, it may be the "will" of the human soul conducting the tuning fork treatment that is actually helping with the sickness. The human that is willing that another human become well would be far more powerful than the effects of the forks which are man made and stops as soon as they don't vibrate anymore; while the person doing the treatment can wish the sick person well for years to come.....Desiring another human well is very powerful. In the same, evil people, such as witches, etc...that set around chanting to make others sickly are spiritually attacking those that are weaker, such as children , the elderly and sickly. Listening to music that makes you feel better surrounds your body. Those that practice chanting are using vibrations plus their strong will and desire for better."

11. One can now buy light bulbs coated with Titanium Dioxide. They claim it cleans the stink from your room because it creates a form of "O3" which of course is Ozone. How sick is this MH?...

"Those that did read what I call BOOK II years ago got an example of how this world uses **Titanium Dioxides since 1992** to slow down the HIV deaths world wide; but in the same manner, created the new plague of thyroid disease. The suggested results are estimated that **all children born after 1992 will not live to see their 40th birthday.** Our air is loaded with titanium dioxides, the same evil people put it in our snack foods, our soaps, our lotions, etc..and anyone with mercury in their body are suggested to have a chemical reaction that harms their thyroid. This poisoning took human extermination to new level. First it was aluminum in our air, water and foods that created the HIV disaster world wide and then Titanium Dioxide was used to slow it down and as a result created a deadlier monster. This monster insured slow death; making lots of \$\$\$\$ for medical and fulfilling government desire for depopulation".

12. POTASSIUM IS KEY to salt balance. What signs are prominent when a person is out of balance and one of the causes is a lack of potassium?...

" The scientist like Hulda Clark wanted all humans to swallow chemical potassium to counter salt in the blood stream; which is like adding gas to a fire. Pretty much all humans are maxed with salt and have little potassium. When I tried the data labs hair sample testing 12+ years ago, I was maxed with salt and had no potassium and had 120x more lead than the average man in 50+ countries. I did many of these test as I experimented with fasting and herbs and in no time was normal with salt and extra potassium. Those with the salt issues create cancers; so we see scientific made foods loaded to

the max with salt. People today are salt aholics. Dr. John R. Christopher was anti-salt. A good heart attack doctor will forbid his patients all salt." Dr. Christopher told a group of doctors that he could cure any cancer with potassium. The De-Wormer is a potassium formula more than anything else". The Natural Tree Iodine is a strong potassium formula. Mixed with wild crafted Elderberry bush would make it the world's superior potassium formula and my theory would be to blend in a little mulberry just for good measure; because I believe that bush/tree maybe the best kept secret in nature".

13. You once made a very profound statement that I immediately took to heart. You said "My only game is called Survival....we adapt or we die...and I am one that likes living." Why do you think it is that so few end up adapting, even when they are introduced to a life saving, life extending, solution to their physical problems?...

"Medical authors have suggested all humans desire to die, they feel like they are doing prison time on earth and who knows? Medical has supplied assisted / acceptable suicide for all humans that desire it. That and we are living in end times, when all humans will be of evil. William Branham said that we have 2 types of humans; 1 related to Eve's first son of the devil and the other related to the second son, related to Adam. This is a parable of the 2 types of good or evil humans. In the end times, the theory is that it will end up with only 1 family of good people on the entire earth....some would say those times are approaching fast. Today evil controls all government, every corporation, all banking and the creation of colleges and the mason money system has fueled the fire for those that are evil seeking to spread greed and destruction of the human race as they seek to destroy this earth. If your wanting to live, to be a witness of the chaos, then you are bucking the system of evil".

14. You say that the tooth and gum formula is a very powerful herbal mineral formula with the ability to tighten human tissues.

"The oak bark tightens human tissues"

Can it be used on other parts of the body?...

"Sure, such as varicose veins, loose skin, wounds etc."

And you also say that the tooth and gum powder is an ancient method for us,

"Ancient? As far as I know Dr. Christopher created the formula or one of his teachers, etc...making it more Traditional, not ancient".

the sprays make it about 100x easier/better. Are you serious when you say it is 100 times better?

"Easily, we have not used tooth & gum powder or tincture since the first day I made the Spray. We go forward when able and keep in that direction always. That is why each year or so we phase out the old as we make the new."

15. Soybean lecithin is used commonly in baked goods, candies, etc....because it is like a seduction agent. The body knows it is good for it and thus without even thinking about it, you are drawn to buy more because the amount in the junk food that you are buying is so little that you would have to eat a dozen servings to get the amount that the body can actually use. I phoned over a dozen bakery type stores and asked if they used lecithin in any of their products. Two places said yes and ten said they would have to check. In the end all 12 did indeed use lecithin. So I asked each one what lecithin was used for. Nine places said they did not know, but they used it because that is what the recipe called for. The other 3 places said it was listed in the recipe as an emulsifying agent, but none of them knew what a so called emulsifying was supposed to do. What kind of a world do we live in MH? It seems like the majority of people are more like "sheeple" and don't even know that they don't really know their A\$\$ from hole in the ground....

"A local lady says she sells "Organic" soaps. I checked her out, all her soaps have Titanium Dioxides

in them. I asked her why she put it in and does she know what it does? She had no clue, she is college educated and uses a soap base from a commercial source she was trained in college to put in all soaps...in fact, she was a brain dead college grad, just another perfect brain dead student in America. **The blind leading the blind right over the cliff into the ocean.** You want to buy a product from an internet web store? Do you think the person on the other end of that computer or phone even has a clue what they are selling or how it was really made? The more they were college educated the odds are the more toxic their product; because of this, humans today are seeking "HOME MADE" old fashioned products and the Amish people make a pretty good living anymore from selling their crude products. Crude being less manufactured, more natural!"

16. Chunky Monkey ice cream is the favorite (smile) "sin food" of a friend of yours. Do you also have a little something that calls your name from time to time MH?...

"Da, remember I milked cows as a teen. I got up before school and milked 100 cows by myself for \$5. That \$5 filled my **1969 428 Super Cobra Jet Fairlane** with a full tank of gas! I drank milk until I married Brenda. She was raised by her medical dad to know milk was the food of death to humans. She broke me of milk, but for years I would still enjoy ice cream. After watching the milk video, I stopped maybe 90% of my ice cream desires and seldom have it anymore. Keep in mind, when I was a kid, we went to the city once a year and when McDonalds appeared and had those 15 cent hamburgers, we felt rich when we could eat them once a year! Otherwise there were creameries locally through out the country sides that processed the farmers milk and they all sold ice cream. When dad was rich enough to buy us a ice cream cone in the hot of summer, the act of eating ice cream is probably the greatest memory most of us older people have in life. I remember when Dad wanted to treat us, sometimes on his payday he would bring home a Babe Ruth candy bar that was a foot long that cost 10 cents and mom would cut that thing up and give the entire family a piece as a treat! Those were the days we lived off the garden and commercial foods was a very rare treat. Today pineapple juice or orange juice taste better than the best ice cream; I am slowly adapting towards the light of life as I shed off the past sins".

17. How is it possible that anyone could ever, ever, believe there is any truth in pow-wow-ing? What kind of a person in this day and age would actually "roast some chicken-feet and rub their warts with them; then bury them under the eaves?" And yet I know people who swear by such things....

"This is common with the older order religions such as Amish / Minnights and probably the Indians. It works like this: You do something bazaar / stupid associated with your health problem. This makes your MIND not stop thinking about your problem and your MIND healed you. It is that simple. The Power of the MIND will make it so you live or how you die. You are what you think you should be. This is why false education comes from the devil".

18. I have a friend who is doing the Richard Schulze version of the "Incurables" program with her 76 year old father who has a huge cancer that has grown from the top of his hand and then wrapped itself around to the palm of the hand. The procedure is apparently helping to reverse the cancer, to the point where he can now move his fingers again. What might be added to that kind of routine (from your perspective) to assist this gentleman who has also given up all meat, dairy and processed food?...

" I think our products are by far superior in that they are home made with the very finest plant minerals and so bazaar as far as herbs go that even Richard Schulze would have to smile if his lips ever tasted them. I think ours would make it "easier" to do and our Sprays takes the healing into a whole new light. When you spray a human in pain and they experience relief or things they can explain in just 2 minutes or less, it is like POW WOW to them, in that their brain has experienced

something new and that alone is healing them. Otherwise the sprays are supplying herbs in a way few have ever done and no book exist on the formulas or methods of making that I am aware of."

To close out this session MH, I want you to know that contrary to what you think, there are a few of us who know that God has given you your gift of knowledge as a seed to plant today for mankind's use, well into the future. It only takes a few of us "seeds" to recognize your light to ensure that your efforts will be shared by millions in the future. You see MH, you can't shut us up. We know what you are on this earth to do. A few of us get it. We see it. I see it. Please know that one day, that which you are doing today for the future well being of mankind, will be as obvious to everyone as the noon day sun. You just can not shut me up. Just yesterday I spent 4 hours MH'ing with a new friend (Ken Stuart) who is the husband of the lady referenced above whose father has the cancer on the hand. Among other things he is doing the sitz bath (MH style)and is eager to hear what I pass on to him from your forum.

Create a nice day MH and my compliments to Brenda and Jody.

"One thing I know is that shyness or the ability to never open your mouth in public is a signal of a type of disorder / disease. Once living or feeling good, the once shy person can't shut up because they know how it was when they never said anything and how good it feels to be alive now."

Many Blessings

The "Barefoot" Herbalist, M.H. 108

1/24/2010

Ps

Do you feel like your milking the cow?

Re: 108 Questions for MH from Mr. 108

Post #3 of 12. Questions 19-27

19. Your silver cord kit is a 4 bottle kit..spray 7..spray 21 ..spray 40 and spray 108. I understand that they are to be used progressively and with proper good judgment. That each should be emptied before moving on to the next. The desired effect is to be a form of vibration from one side of the brain to the other, which is in itself an indicator of superior blood circulation in the brain. When one achieves this level in a proper fashion is it possible that some of the dormant glands in the body might also start to regenerate, and if yes, do you have any idea what any of the 100 or so glands that are dormant in most humans might just start doing?

"I am still on Spray Bottle 40 and have used it almost nightly since the day I made it.. The number 40 bottle could easily be 40x hotter with spices than Spray Bottle 7. Since I have used it daily, I don't feel anything "hot" from the additional spices and this was the theory. I am hoping Spray number 108 will also be painless!

Everyone that has experimented with Sun gazing should be experienced in pituitary gland vibrations. My experience has been a "shuttering" experience between the eyes deep into the brain. Almost scary at first, you're wondering if your doing damage or doing good. When I first started with herbs / oils direct on the skull, I would often get these same vibrations at bedtime or sometimes when I got near or picked up a baby. I told my chiropractor about it and he said it was a "good" thing.

I have not had those vibrations for sometime now; I want to believe I crossed over that point and have moved on down the path. The 100+ dormant human glands that only the Breath-air-ian people have?

I would suggest increase in circulation would activate these glands if they are not too far shrank. All the herbal sprays adult strength would be one theory of jump starting them., especially when used on the spine, skull and entire body. The lower spine is said to be able to be manipulated in a way to start the powers that are available to all humans that seek them. I have read that when you go to sleep and you hear a shotgun noise in your head that scares you about to death, then you have been awakened and ready to advance onward. I would assume those that have mastered out of body sleep / travel are well advanced folks. Many books dating back 150+ years to current books available on this subject and most of what is written today does not agree with what the old authors wrote, so it is a subject where the reader must be aware that the author may be pushing their own religions. Reading about sun gazing is the best starting point I believe. The greatest eye doctor author was the one that when I read his book, gave me the confidence to look at the sun properly and I lost my fear of the Sun that first day. I then started experiencing the power of the sun and learned we humans are nothing more than compressed sun radiation with the Spirit of God within so that we can stand, walk, talk, etc..."

20. A side effect of applying your sprays to the skin is the expelling of lymph fluid to the colon and the removal of mucus from the lungs and the sinuses. It seems we are bypassing the stomach by directly applying herbs to our skin and that the skin seems to see the herbs as foods and not a toxic invader. Is this the reason why you use a lot less herbs, because they do not have to go through the elimination process where most of them are neutralized?

"The stomach and liver basically destroy the herbs into usable minerals / chemicals. The liquids may be absorbed by the stomach, circulate in the blood and be expelled as urine or out the lungs or sweat through the skin. The minerals will be broken down by stomach acids, pancreas, liver, intestines, etc. Dr. John R. Christopher was a large dose herbal doctor, he often said after the patient through up, that he now had an empty stomach to fill up with more herbs. These large doses work, our children have grown up taking large doses and to them, the herbs are just simplistic foods. On the other hand, there are authors that believe in small doses of 1-3 drops of herbal tinctures and in their books they have great claims of "cures".....I think they are wrong. I have never seen anyone get better on 1-3 drops of a plain herbal tincture taken by mouth.

The herbal sprays? No book exist on such theories that I am aware of. I have never read of anything herbal that can have such a "fast" result or for that matter; never have I read of anything herbal or medical that can have such traumatic effects for some people. We have seen about a dozen people the first year that had pains dating back upwards of 30 years from car accidents, operations, etc. and be pain free in less than 2 minutes for the first time since their problems started. I still personally believe the sprays should be applied daily for life and the best results show up after 6+ months use. I could write 100+ pages on the stories/theories, etc...and I doubt anyone really truly knows for 100% sure why they work and no one has a clue of all the effects that may result from their use. The nice thing is they are no more invasive than what people would call perfume. I would consider all perfumes toxic, while the herbal sprays are very mild herbs and minerals that could be taken internal in large doses and NEVER EVER would the human body get the effects that it can when the same herbs / minerals are absorbed through the skin or inhaled in the air. Actually I believe the herbs entering the lungs from just breathing in the same room where the herbs were sprayed is the most powerful results I have seen and experienced myself".

21. I understand that when you spray the spray number 1 into your armpits, behind the knees, and onto the tops of the feet, that these areas target the lymph system. How much and how often should one do this?

"Spray morning and night, that way you can keep the bottle at your bedside. Many have tried the stronger more spicy sprays and adapt to them in short time".

22. If the human body can not dissolve plant oils (or any other kinds of oils for that matter), then why do people put the stuff on their salad, and based upon the theory of lesser evils, what might be better to use on a salad if one is going to eat it?

"Oils do not break down easily, that is why the liver works so hard to dissolve them and causes it to "flush". The natural plant oils would break down the easiest. Medical always chose the soybean fat, while history chose the olive oil. If you need to put a flavoring on the food your eating, it proves the food was not a human food....it is that simple and no way on this earth did it ever make any sense to put oil on vegetables. Vegetables are already a non-human food to begin with and oils just made it worse. Make your salad a fruit salad"

23. Why are the first pressed tree oils like olive and coconut oil superior to vegetable and grain oils?

"From the tree is always superior, real human foods always come from the tree. Vegetable oils often are mixed with used refined automotive oils or have added silicon to take the heat of frying". Grain oils are said to spoil quickly, etc....if we eat raw fruits, we should need no oils. One great medical author used the cow as an example; it never consumes fat and yet is able to make plenty of fat. Humans tend to believe they must eat something or the body can make its own ."

24. Please tell me what uses you have for RAW apple cider vinegar and how does one find the RAW stuff?

"I use it in the De-Wormer formula, Maximum Restore Formula, in all Herbal Spray formulas, etc. To buy it, you need to find an apple orchard owner that still makes it. In America is basically an illegal product o some degree. Most orchards were told to quit making it 40 years ago. It had great fame in the horse racing business and the orchards supplied it by the barrels to be applied to the legs before an after a race. YET, the amish people still make it and one health department about 30 miles to the north of us, actually allows an amish apple orchard to make all he wants, so often he may have 3,000.00 in stock! That was until I started buying it and telling others, now the locals keep him brought out and hard to get the 3 year old stuff. It takes 3 years to make right. You can not buy it in a store or from a website that sells commercial made, it does not exist in the commercial market".

25. It is not possible to easily turn a plastic portable steam bath inside-out to clean it. Can you suggest an appropriate way to clean these units?

"I have one and used it once and I pondered the same thing, how could you ever clean it properly. My guess is you really can't. You might mist it with pure grain alcohol and then set a fan inside it, etc....otherwise I prefer taking the 1 gallon steamer that comes with such units and piping it into a bathtub that has a door on it and allowing the steam to fill the area and that is also hard on your bathroom unless your set up for it, so I just don't use the one I have. I never suggest the use of any of the electronic saunas, etc.....steam is the only way".

26. I believe that God has given all human beings a measure of free-will, in order to enable them to know and love God authentically and to be responsible for their own decisions and actions. Every soul is given God's grace in a pre-ordained measure and is expected to do their very best with the blessings, talents, opportunities, and trials that God has given them. Each person's spiritual development and potential in life can only be realized through consistent effort to follow God's

teachings. So why is it then MH, that next to no one ever recognizes that "Nature" is a law of God and that the more we obey it, the better our lives are?

"Nature is God's Perfect Science / laws that can be repeated over and over and yet; many Christian religions are anti-nature. Nature proves GOD , while man seeks to disprove God. Humans have choice, this is true and their choices can harm them for 40+ years or for life if they do not learn. Often more than not, we humans get exactly what we didn't want in life; it is as though demons are taunting us all our days. Evil is everywhere, just waiting to screw with your life and YET and this is the most important part; no matter what decision you made, it was known before you were ever born, you can no more change your life's path than you can change the direction of this earth....it is all predestined to every moment in the universe history. WHY? No earth bound man really knows.....if we had freedom to really choose, all mankind would have been dead along time ago. God is in control, total control. God is in every living thing...think about that next time you kill something. Life on earth is nothing that we are educated in the pope's government controlled schools to believe. All the good people were slaughtered 2,000 years ago, we the living are the stragglers in the end times when evil rules the day/night. Everything cycles, everything! Do not fight life, thank God for everyday and no matter what happens, you know it was under God's control and you my friend are only along for the ride in that earthly vessel...when it dies, your ticket is up and you're out of here."

27. Is there a good way to use garlic externally on the body as a cleanser, and is there anything better than garlic that the skin (which is the largest organ of the body) would appreciate?

"Dr. Christopher preferred diluted raw apple cider vinegar as a skin wash. I prefer just sweating in hot water at the end of each day. I have not tried applying raw garlic juice to my skin; I would think it would burn my eyes if nothing else or even the skin; yet a famous medical author made a booth that his patient walked into and was sprayed with high pressure garlic juice as a treatment for cancer. I know the skin likes dirt; so clay would be an option. Wash in clay and rinse with diluted apple cider vinegar water. I am lazy so I just sweat out the dirt daily"

Just before sending this post to the "Ask Barefoot [Forum](#)"
I wish to share a little something from the past....

Back in 2005 I asked you, MH, to speak about circulation, which you properly point out to be the "KING" when it comes to a long and happy life. Your response was one of them gems that I review often and I would like to share it with the forum again....

The circulation increase will turn an area red, such as putting your leg in ice cold water, yet the red does not burn like cayenne does.

So what does make us feel "Burn"? Everything with a pH of -7 will feel as a burn. Yet, cayenne is not an acid!!!

According to Dr John Christopher, our skin has the ability or actually our entire body has the ability to create acid, (like hydrochloric stomach acid) in a split second as a defense method to repel all that the body detects as harmful. This acid then must be rushed away by the blood stream or it would eat our own skin, so the entire defense Immune System is activated.

The cayenne pepper being nothing but a "DEAD" plant with zero ability to do anything.

"IF" we believe the human body has "NEVER" used anything but air to create the cells, then "ALL" else would be harmful to the body and the body will repel everything that enters it or touches it. So

the heat and the healing/added circulation is all 100% the effects of our body getting rid of the cayenne pepper.

Humans have the ill habit of attempting to absorb radiation from dead food, this in effect forces the human cells to "burn" up and their release of radiation gives us the "FAKE" feeling of energy, so animal meat "BURNS" up more human cells than other foods and makes people feel they are better, while all along the meat has decreased their life by the burning of the cells.

Humans need zero food other than air. The habit of eating creates a roller coaster effect, one food demands the minerals from another food, etc., etc. and the body seeks more and more foods to help eliminate the last food. This is why fasting for 21 days BREAKS all habits, no longer is a food needed to detox the last food.

The ill body not supplied enough sunlight needs radiation from food, so the live fruits needing no digestion when chewed to a liquid supplies the needs and burns up the least amount of human cells and we live to max lifespan.

The human that lives on air alone will not know normal death, they will only die when their spirit is done with the body.

So the art of using herbs is knowing how each one is rejected by the human body, I prefer to use the orange juice fasting as the cure all and use herbs in a shotgun mixture that allows the liver to have an assortment of natural minerals to work with and avoid using herbs as medicines like a Naturopath would or MD.

You can use herbs as drugs, but the oranges are cheaper and more natural. I have some really cool things for 2006 and if one does not believe we live on air alone, then my things will not make much sense at all. My goal is less food each year! Those that live to eat will have no use for my methods. Blessings,
MH

"A little scary knowing there actually are a few people worldwide that reads what ya write via e-mails or forums.....and even more scary knowing they collect or share with others what I said. Why? Because with each new light the worldly view is subject to "change". Keep in mind for 20 years I was taken for a ride by all these current authors and their worthless books; heck, for 2 years I even tried to believe Dr. Hulda Clark knew what she was writing about vitamins, electronics, cancers, etc....and I found my self wasting many years trying to believe the false teachers. So based on this truth, what I believe today, may be something totally different this time next year. I will drop anything and everything I believed in the past and replace it with what I believe is a better way. Those that have watched the herbal formulas have seen them in a state of constant change from day one. When the day comes that I am no longer changing the herbal formulas for the better, then you know the day has come that I have gotten old and given up."

Many Blessings, The "Barefoot" Herbalist, M.H. 108
1/25/2010

Post #4 of 12. Questions 28-36.

28. Jock itch. What causes it and is there anything that can be applied externally to assist in its

removal while one is detoxing?...

"Itch is caused by various germs or bacteria trying to clean the body through the pores of the skin (instead of through the kidneys and the bowels) resulting in formation of pustules or rashes accompanied by intense itching. I would suggest bathing 1 hour each night along with using Spray I or II as needed day and night. If it were a bad case, then I would take the Liver Itch tonic 1 tablespoon morning and night for up to a total of 4 bottles if need be."

29. I realize that products claiming they KILL TAPEWORMS, in fact products claiming they KILL anything are TOXIC DRUG LIKE products or they are simply BS-ing to make a sale. What then do these dead herbs assist with, so that the body can start to get back on track properly?...

"Dead herbs supply plant chemicals and minerals that the liver /blood makes use of for bodily functions....almost always in a cleansing fashion; because the human body will expel all the plant material once it has used it. While man made toxic chemicals may be accumulated and stored as a method to stop the chemicals from poisoning the body...often being stored in the liver and the lymph glands and basically all fat storage. Some herbs may come in contact with worms / bacteria and be absorbed by them and cause their death...but the real action is when the liver / blood breaks down these herbal minerals and the blood makes direct use and then the enhanced blood is more capable of protecting the human body. ALL parasites that can hide form our blood; are the bad ones! These can hind in tumors, lymph glands, outside the skin and the ones that can hind in the pancreas and brain seem to be really bad; but the king of badness are the worms & bacteria that live inside dead teeth, dead bone and between all dental materials and as well inside scar tissue. The unreachable parasites have freedom to breed and fill the human body with billions of their eggs and the day the Immune System can't defend the body these eggs will enter and hatch in hours and start consuming the flesh. This is why all dental work must be done properly and all humans need to take a daily anti-parasite herbal aid".

30. We humans are judged with every thought and action and receive our punishment instantly every day. In the same manner, we are rewarded with every step forward to accepting God. Why is this step so hard for so many?...

"Possession is 95% the law. The thieves all know once they have broken and entered and made off, there is a 95% chance they will never be caught. The same goes with humans, with every anti-God act they do in life, they have invited evil spirits to enter and take control of the Body.....the bible type monks tried to explain you can have 6666 such demons or just floating human spirits that wonder this earth seeking to enter a warm body. The old medical authors suggested these demons flow in the wind like hungry Lions just waiting their turn to enter and possess you! Once in, they don't want to leave and they will torment you all your days...they are the voices that prompt humans to do evil acts against Nature. They are forever seeking total control. They gain control when people consume any poisonous substance.....authors suggest they fill your bedrooms waiting for you to sleep, etc.....just like parasites, they are there, always waiting... all humans have such problems....

William Branham, Paul and just about every faith healer in history seen all disease, all afflictions as demon possessions.....and they had the faith to remove these demons at will and the people would receive new eyes, new bones, new flesh, could be brought back to life once dead, etc., etc....Branham would heal entire cities when he was feeling the best or was known to heal the worse 200 cases in each town, etc....Paul was treated like a God when he traveled city to city healing the masses....some of the best authors believe the Pope stole some of Paul's history to create his Jesus stories. Pastor Hotema believed Jesus / Paul was the same man in history. Every book has been altered and hard to known the total truth.

God needs no book, God is in all living things, with out God all matter would simply decompose and return to space...all matter is nothing more than compressed SUN RADIATION with the spirit of God within it so it can "LIVE"... Thus God has it all under 100% his total control and that is why William Branham believed 100% in predestination.

31. Why do you say that any use of a needle on the human body is wrong?...

"A needle penetrates the skin. The skin is the only protection for all invaders. By passing the skin allows direct poison to enter the blood stream and shock the human body. An IV for example is a HUGE amount of direct poison that forces the blood stream to defend its self". Most of my life I had zero problems with a needle; once I started living better; all needles made be sick instantly. This was usually always from giving a blood sample, because I quit getting shots over 30 years ago. When the needle entered by blood vessels I would turn white and feel like passing out. I assume this was a defense against the invading needle taking out my blood. My blood was trying to repair the hole made by the toxic metal needle."

32. Can a human ever say they are unjustly ill?...

" NO, not if they understand how their relatives created their less than normal body. Not if they realize how their kind has polluted this earth. Not if they understand the life cycles of the earth. Nature is just. Every action requires a reaction. We are the results of the past 1,000's years or some may say, we are at the end of school and when school is out, this earth surface will be cleansed of all human life in preparedness for the next class to enter a new pollution free earth. We must accept what we are dealt. If a human trust God, then they know all is well and find peace in this adventure".

33. You used to indicate that the pancreas of most people is loaded with **stones and flukes** that are almost impossible to eradicate. With you new sprays MH is there a better chance to get the stones and the flukes out of the pancreas?...

"The only herbal possibility Christopher alluded to was the accidental use of **Cedar Tree berries**. He believed they cleansed the pancreas and this would mean the stones dissolved and the body was able to kill the fist full of liver flukes that hide there. Otherwise the **Russian made sputnik zapper will remove them all** on the third consecutive pass if all goes well. These devices have been made for probably as long as I have been alive, but not available in the USA and to try to buy them direct from Russia seems to be one huge hassle....for some really strange reason trying to buy anything from Russia is taking a 80% chance your going to be ripped off and receive nothing in return for your money. And even more weird, if the Russian company believes you really want their products, they may double the price or see how much more they can get you to pay....I just don't understand this and I assume this is why it is so hard to get Russian made products. Because of this, I only use herbs now. The syrup/tincture formula or just tincture formula. I did make the formula as a spray but I don't remember if anyone has ever said much about it. It is in the adult parasite kit and maybe a dozen people have tried that kit".

34. What does a **Russian zapper** do on its journey through the human body, and what is the proper

method of use?...

“Shocks every 3 seconds, that is all it does. Provides electric from a hearing aid type battery through 1 resistor that makes it pulse every 3 seconds. Scares the crap out of most adult humans. **The late Dr. Hulda Clark was scared to death to swallow them even though she was given them for free**. They can make you wish you never seen them, but in the end, most people would do them every year for life if they could afford them.

Fasting is best. Get all the food out of the colon. Swallow with a large glass of water. I often would use one in my mouth for 20+ hours before swallowing. Once in the stomach you don't feel anything until it enters the intestines and comes in contact with a few nerves. You do not feel the organs purging their toxins/stones, they are pain free. It does not bother the heart. What it does do is pound your right groin, right hip socket and may pound you any place you have metal, scars or past damage. For some men they might believe their right testical is going to explode! The best way to stop this is to drink water and try to push it off the nerve. If need be, start eating to push it along the way. When it is ready to come out it comes in contact with the left leg nerve and will make your left leg jump, then you know the next bowel movement will have it. Then take a new one or wash the old one and swallow again. They often will last 500 hours and I have had them still be good after 3 years.

I believe they should be swallowed until the colon functions at the rate of all food removed by 10 am of each day. If your colon can't do that, then the zapper will help exercise it and make it strong enough that it can in my opinion. The zapper is the only electronic device I recommend and all whips do not even think about it, because the little pill size device can literally beat you up! Put you down on the ground and be so funny even your great grandma would laugh for an hour at you. The probably cost less than \$1 to make. The Russians now ask \$35 American and the only website I have ever seen the sputnik sold sells them for about \$70. the real problem with that guy is that he has sold “used” zappers as new and that is a sick person and I would never ever buy anything from him ever again. We did have a direct contact with an employee from the factory that use to send them direct to us, but we quit selling them some years back and have long lost that contact, so I have not taken one now for about 3 years. I suggest we all take one every 6 months if we had access to them.”

35. You have stated that "if your stomach is alive, you are alive." Can you please explain?...

“The stomach saves our life, it is our blood cleansing organ. Once corrupted, it **makes acids that kills us**. Heal thy stomach” The retards that have their stomachs stapled or otherwise operated on is suicidal”.

36. You once mentioned a test a woman could to do find out if there was any lead in her lipstick. Can you please tell me again what that test is?

“I do not know where so many people come up with I said this or I said that and this is another example. Just because someone makes a post on the forum doesn't mean I said it or if it says it n one of the books on our website does not mean I said it and I have zero memory of ever knowing how a human can test their lipstick, because I would be one to say never use lipstick. Women (men) that use makeup get what they get. Same goes for all jewelry.”

Create a nice day,

Post #5 of 12. Questions 37-45

37. What causes ridges on people's fingernails? They appear to be a combination of straight lines (IIII) that run up and down the nails, and straight lines that look like elongated rain drops ((())) which also run straight up and down.

"I know there are books on this subject, but I have never read one. In general there should be no white spots, the tops should be rounded and not u shaped. Lines in Nature often mean "Strength", with finger nails I do not know....I do know that when I started using natural tree Iodine Minerals, my finger nails have continued to become stronger with each coming year. I figure this is a sign that my bones should be stronger as well".

38. What is the proper procedure to follow to work on eliminating toe-nail fungus?

"From what I have seen, this often is coming from inside the body and with some people, the fungus will appear under the arm pits, finger nails and elsewhere on the body as well. I know one man that had the worse case I have seen and he cured it by drinking 35% peroxide....his hands were cracked and loaded with fungus and he would pour the pure peroxide on his hands and it would burn and foam up and I asked him if that really hurt and he said; "yes, but it felt so good to not have the itch"...I gave him a book on using peroxide properly and in about a month his body was free of fungus. I didn't recommend he do it, but he wanted to. I believe oregano, olive leaf, cayenne, etc...would be better and by far, much safer. I would never consume peroxide internally. I would also spray the fungus with Spray III many times per day as needed. I would choose the Liver Itch Formula and take 1 tablespoon morning and night for as long as it took until symptom free; that would be the formula of my choice".

39. When using ear candles you indicate that one should use what ever number of candles they are going to put to use (1-2-3-4 ect) on one ear, and then go ahead and use the same number of candles on the other ear. That is easy enough to understand. But you also indicate that one should only burn the candles down 50%. What is the reason behind this please?

"The candles will clog....so always burn them 50%; cut the top off as a method to put out the fire. Turn the candle upside down and flick it with your finger nail until all the powder / wax has come out. The powder is from the candle, while the yellow is ear wax". Re-light the candle and burn down to about 2 inches long. Do not wait between candles. Clean the ear with a cotton swab and then insert the next candle...adults should do 5 per ear and can be repeated every 6 months."

40. When doing a cold bath first thing in the morning, you indicate that there should be about 2 inches of cold water in the tub. That perhaps one should start with the head and face if they are new to this sort of cold start in the morning. Why should one start with the head please?

"I don't remember reading that the face comes first. I assume it would be to bring the blood up to the face and naturally the face is going to be the hardest to do, so if you do the face first, the rest of the body would be easy".

41. If a person does not have access to your sprays, is there still a way to get any form of the herbs into the blood stream without their having to go through the stomach and intestines, where up to 80%+ are either neutralized or destroyed?

"Father Neip was famous for the hay bath. Take common hay and make a tea and fill the bathtub. He also was a cold water expert. So bathing in herbal tea would work to nourish the skin with plant minerals". Otherwise the herbal sprays are extracts and concentrates".

42. If one's stool looks like a coiled snake in the toilet-bowl, what can you tell about a person from this?

"In Nature you see this with many mammals, it would seem to be the most "natural".

43. Why did the old MD's, during the civil war, put purified sea water into the blood stream of a soldier who had lost a lot of blood? Any idea how they did it or how much they used?

" I know they did this on navy hospital ships because of the lack of blood. I know they experimented with this in the late 1800's with dogs and then humans and one M.D. cured hundreds of babies, adults and elderly using injected ocean water. He collected his ocean water from about 40 feet beneath the surface. His early experiment he took a stray dog and hung it and emptied all its blood and filled the dog with ocean water, which put it into a deadly shock...soon he was using a needle and on all ages of humans for every sickness. He took photo graphs of before and after pictures and most healings took place within 30 days.....the most amazing pictures in all of medical history and he took photos up to 40 years of the same people he saved as babies....a real documentary... Dr. Christopher on the other hand was anti-salt in the diet. I personally use no salt, I tried a pinch of salt while orange juice fasting and within seconds I could feel the salt racing through my body, up in my head and felt like I could almost have a stroke.....I can only imagine that when ocean water is injected into the blood stream, the blood does all it possible can to normalize the salt/mineral content so it does not go into shock and this doctor giving daily injections for a month forced the body to heal its self". Salt is basically a poison...consume it and the body wants rid of it or surrounds it with protective water that we commonly call "FAT".

44. If I put pineapple juice in a glass and let it sit, a silt forms on the bottom of the glass. Give it a stir and it reconstitutes. However; If one wishes to use the pineapple juice for fasting purposes should they pour off the un-constituted liquid and just use that? How much of a difference is there between the 2 methods?

"My favorite of all medical doctors never mentions straining the juice and he was personal buddies with the orange juice doctor that wrote what I call BOOK I. filtering the juice is a method for the clinic, under medical care; seeking the fastest route back to stomach health. **I prefer the whole juice, I never filter it, while my wife always filters it....so it is personal reference....I can't imagine it makes much difference other than time.**"

45. The condition of the human temple of the soul is unique to each individual in accordance with the degree to which they follow the laws of nature, which are in fact a decree from God. If someone is just starting their journey back to health, please tell me the first few things that you would suggest a person start to do, so as not to become overwhelmed?

" I believe if a person is obeying nature to some degree, they should receive "gifts" such as mentioned in the Bible....In that God rewards anyone that stops obeying the world and starts seeking God....trusting God is like being showered with gifts from a happy dad. We humans find it very hard to trust God....if we only had as much faith as an ant, we probably could command mountains to move...we are the children of God, God is within everyone, everything.....all humans should go to bed pondering where they came from and what God has in store for them with the coming day...Ponder...that is my suggestion...allow your mind to day dream about GOD! Seek answers from God and just go with the FLOW of things....accept that all is your own personal lesson from God".

46. If a person is always clearing their throat, what might this be an indication of?

"Mucus created by an acidic system. The lungs are not draining properly and fluid is being pumped up into the sinus cavity or literally being oozed up out of the lungs into the throat. Lung congestion is literally peeing out the lungs. First and foremost, seek a great chiropractor for this. He should put you on your back with his fist under your lowest ribs attached to your spine and "BREAK" you over his fist and hear a large "CRUNCH" as your bone spurs break-snap and you feel like he literally broke your back.....this should relax the muscles that have your lower lungs in a spasm and allow the fluids to drain down into the colon properly. If your taking great herbs and you don't see signs of infection and you don't get better, etc....then I will bet it was your spine / ribs causing this problem, It is a fact, some people live their entire life this way. Many chiropractic issues seem to be permanent until a man literally takes our spine and manipulates it for is and sets us FREE!

"If" the problem is not solved by correct chiropractic adjustments, then it is infection / acid producing diet / habits. Do not live life this way, it can be corrected"

47. Here is a quote from you MH from January 13 of 2007 in which you were talking about your hot and cold shower. I have heard you speak of this only once since then. Do you still use it...and if not or not as much..how come. Here is the quote: " In video part 2 if I can, I want to show off a system I made that will make you sweat in 2 minutes using high volume hot water and in the same time, 50 degree high volume water. You turn around and around receiving 100 degree water on one side and 50 degree water on the other side, this makes the blood go super nova to protect the skin and in the process cleanses it."

"Hot / Cold water therapy....makes a man out of anyone able to do it. It is a state of mind as well...you have to want to do it. You probably saw the pictures of us playing in the ice covered pond. We could only do this because we had a hot tub with 103 degree water in it. If you go from sweating hot to ice cold water, that ice cold water will feel really shocking....so you jump back into the hot...then jump in the ice water again and the ice water is not so bad....back to hot and the third time in the ice water, your skin is ok with it and we can swim or lay on the ice for maybe 10 minutes. Then time for the hot tub again. I can get really muddy working when it is just above freezing out and need to wash my feet. I can use an out door hydrant for this that always has 50 degree water coming out and that water can feel warm to my cold feet. The one thing I tried and did not like was the high pressure 1 inch water line I installed in the bathtub your referring to. I can do it, but I don't want to do it; it takes an enormous amount of will power to take 50 pounds of high pressure direct well water in your face....more than I was willing to do, so it never got used a second time. Such a method would make a man out of anyone...cold water therapy excites the muscles and strength building. Show offs jump in ice water, we have not been showing off for a couple of years now."

48. I have not heard you speak of the chi machine in a very long time. Do you still recommend them, or is there something new that can be used?

" I have a mat that has a chi machine at both ends, I use it on my neck and my feet at the same time...they are the greatest exercise machines ever built....always buy an adjustable one....so you can use it real slow or speed it up if you desire. We should make our own model; like Jack LaLane juicers.....sell millions of them as Mr. 108 does his weekly tv show!"

49. You once mentioned an extremely old long bearded little man who could pick up a 5 gallon glass jar filled with pennies with nothing but the palm of his hand and extended his arm and walked around

the stage with zero effort. You said this old man KNEW ABOUT THE POWER OF BEING GOD'S CHILD. Could you explain what you think the reason for his ability was?

“ He was an Asian man in a Chinese show of extreme balance. This was on wide world of sports when I was a little kid. I know a 5 gallon jar of pennies weighs over 200 pounds. I filled such a jar once and could barely pick it up with all my strength and both hands. This little man walked around stage with ease, no effort at all. He was doing a kind of kung foo thing or meditation just prior to picking it up. Mind over matter type of deal I suppose. The Bible Monks made it real clear, if we humans only had faith we could do anything.

The other amazing thing I remember is an old PBS special where they tracked down the last real voo doo doctor on earth. He was a child slave trained in the art of VOO DOO. He **learned control of his solar plexus** and he could control the fire from his prostrate area and direct it through his hands. He could set things on fire with out touching them and he told the reporters he could kill any man with his touch and explained that is how voo doo doctors kept all the slaves in fear of running away. He said he was the last of his kind on earth. He actually could heal humans and was running a health office at the time...such powers are explains in the Chinese type of exercises that take a lifetime to perfect.” The books warn that if you self-experiment with such exercises that more often that not, the person accidentally kills them self.”

50. I know that our food must be alive to be perfect. Is it then possible to take foods that maybe were too processed, etc. and reverses that damage and makes the food once again a very eatable food that the body responds well to?

“If you read the No Crash info on the website, it currently is in the Sports Folder. It explains how to take dead foods and ferment them for 1 day and then drink the millions of bacteria than ate the liquid food and this is the super man food or live food! We humans are 85% bacteria, bacteria keeps us in balance. Friendly bacteria is essential. The No Crash method takes a few minutes per day to do, we never had more than 5-6 people ever try it and none of them continue, so once again, we are phasing the product out.”

51. Since you say we are electrical beings, I have a rather strange question for you. Do you think it is **it possible to be able to build an electrical device that could feed the body?**

“Sure, but why try to build a fake sun. Sun is all we need and depend upon. Barefoot and naked relaxing in the Sun; what could be better. Our skin makes real vitamins when exposed to the sun, health is that simple.”

52. Is it true that there is a way for toxin from the brain to be dumped into the intestine?

“It has to or we go into a coma. A drainage tube from the brain to the intestines. For many, their spine is out of place and a muscle tugs on this tube and interferes with the drainage...if we do not have a good chiropractor, then we are going to have a hard time...you would think some chiropractic college would hire me for a spokes person!!!” Spray III or the Topknot Spray would be an herbal answer to speed circulation up to the brain. Spray the scalp daily!”

53. If milk is actually the blood from an animal (minus the red blood cells) how come no one has ever challenged the dairy folks about this being a toxic substance? Would people really want to drink it if this was proven to them that it was cows blood?

“All milk is blood of the mammal. How could a cow produce 100+ pounds of milk daily if it was not her

own blood? Dr. Christopher investigated powder milk and in his seminars states it is made from slaughtered cows blood and you know that was really dirty blood with poop and urine in it to boot! BIG FOOD is protected by the government and colleges. Colleges teach big government. Every dairy farmer is stolen from by the American dairy counsel. They take (steal) money from every paycheck so the counsel exists. They are the mafia, the government...the too educated thugs that rule via crooked lawyers/judges and senseless laws that should not exist to harm those seeking to make humans healthier, watch the; UTTERLY AMAZING video”.

54. Can you please explain why you say you can only digest when you sleep?

“In book I, when we take big deep breaths, we are burning the foods we stuffed in our mouth. All foods take allot of energy to digest. 80% of our blood / strength is used to eliminate what we ate.”

We have now completed one half of the 108 questions for MH. I will take a break and give the good man a rest. Thank you so much MH for all you do for us and share with us.

“So your thinking about the fact you only get to ask 108 questions per year? Otherwise, bring them on while it is cold and nothing better to do.”

Create a nice day,

prayervoice (Mr 108)

Many Blessings,
The “Barefoot” Herbalist, M.H. 108
2/04/2010

Post #7 of 12. Questions 55-63

55. What are the main kidney and pancreas herbs and why are they so important in opening the elimination channels?...

“ I have read that the kidneys must be almost 85% non functional before we experience a disease or symptoms of kidney failure; such as spurs, gout, stones, etc... The Master Herbalist Schooling suggested that the kidney herbs are the best / strongest herbs. They work very well to aid the kidneys in dissolving of stones. It seems kidney stones can be created in many different combinations of acidic crystals that we mostly get from ground water, non natural drinks and even vegetables. If you look in the 108 pages I give a sample of kidney stone pictures. Many times when first taking kidney herbs, a person ma feel like their urine is burning; this burning effect is a result of gravel dissolving and irritating while eliminating.

In my neck of the woods we have wild Gravel Rt. Having such a name, you can figure this plant has been used traditionally for kidney gravel. **We have wild Marshmallow, Wild Cherry Bark, Golden Rod, Cedar berries, Juniper berries, we can grow Parsley and Cilantro. Apple Cider Vinegar can be made and Lobelia seeds can be obtained.** These are some of the common herbs known to aid the kidneys and no doubt many of the cleansing herbs all help to some degree. I would suggest all citrus and berries would also help. In all situations, all forms of water should be first distilled. Those that drink coffee, black teas and commercial acidic preserved drinks will all have problems eventually.

We have nurse that works in a large hospital with kidney patients on dialysis and she states that the treatments are designed for non functional kidneys and there are no concerns what so ever to revive the over worked / clogged kidneys.

In theory, if your kidneys are functioning well, it would be very hard if not almost impossible to die from a disease. The kidneys should be cared for with extreme care. Those that drop dead of a heart attack often have exploded one of the adrenal glands....connected to each kidney and highly neglected and abused with stimulants. This is why you don't see me encouraging people that seek "energy" formulas.....for the most part, those types have already clogged their kidneys and exhausted the adrenal glands with caffeine products. **My theory is we need the kidney herbs every day of our lives if we are not consuming an all raw fruit diet;** this is just one of the reasons behind the All "N" One kit theory."

56. If a person looks at your list of sprays and wants to specifically go after the critters in the brain and stones in the pancreas, then which ones might they be best off using?...

"All of the sprays use a common "base formula". This formula helps dissolve the uric acid crystals in the flesh and aid the kidneys and elimination. All of the sprays are anti-parasite. The Topknot, Adult Parasite and Spray III applied direct to the scalp as well as the Silver Cord Kit would be powerful brain worms.

I did make a Kidney / Pancreas Spray; but I don't think we ever poured the first bottle. I have many such Spray Formulas made, but never took the time to pour the first bottle."

57. What kinds of places in the body do critters find to hide that make them difficult to eliminate and what are some of the things that people can do to eradicate them? Along with proper human foods of course?...

"Dead teeth, dead bone/joints, tumors/lumps, between dental materials and tooth material, inside the pancreas where stones accumulate, inside stones of all kinds. **Where ever the blood does not flow, worms will live freely.**

Herbal wise the parasite formulas and parasite spray would be our choices. All good herbs will have some anti-parasite value. Removing all dental materials if possible is wise. **Always remove all dead teeth.** See your chiropractor once a month."

58. Each person's spiritual development and potential in life can only be realized through consistent effort to follow God's teachings. Why do you think it is MH, that we so often fail in this regard?...

"We are born into the "world". World being a name for the civilized over educated humans that have no nature common sense. The old bible monks tried to tell us that when we deny the world and seek God, we will be blessed spiritually. Those that take this to the extreme find enlightenment and awesome powers.... Paul had several teachings; give away your wealth, never marry / have sex.

Seek God in all you do and most of all, trust God for all. After all, **God is in you,** how could have fear? **Yet fear is the greatest killer of all,** we humans are fearful creatures. We are probably fearful; because we all know that we sin and do not follow Nature's laws. Nature's Laws is God's perfect science. All humans sin, none is pure and obeying Nature, not one. Dr. John R. Christopher called us lazy geese. Geese will take the path of least resistance, even if that path leads to the hunter. We humans like luxury! Today many of us live better than the richest kings of just 100 years ago. We are living in wonderful times, but modern science has polluted our earth/air/water and our

environment makes it hard for us to survive well.”

59. Some things are subject to the free will of man, such as justice, equity, tyranny and injustice, in other words, good and evil actions. To me it is evident and clear that these actions are, for the most part, left to the will of each of us. But then there are certain things to which we are forced and compelled, such as sleep, death, injuries and misfortunes. These are not subject to the will of man, and I do not think that we are responsible for them, because we are compelled to endure them. But in the choice of good and bad actions I believe we are free, and we commit them according to our own will. For example, if we wish, we can pass our time in praising God, or we can be occupied with other unsavory thoughts. We can be an en-kindled light through the fire of the love of God, and a philanthropist loving the world, or we can be a hater of mankind, and engrossed with material things. We can be just or cruel. These actions and these deeds are subject to the control of the will of every person; consequently, we are thus responsible for them. By YOUR example MH, many of us on this forum have been able to draw closer to God's Will little by little, by learning about the laws of nature and how they effect the human temple of the soul. So here's the question.... how come there are so very few people who want to do better in looking after their body, especially with the wonderful plain truth's that are being laid bare before them through your investigation of the old medical books?...

“Long before I was born, some medical authors suggested people were seeking to commit suicide that was socially acceptable and medicine fit the bill and that is why medicine is popular around this earth. Subconsciously maybe humans see their stay on earth as a “living hell” and they seek to die or be set free of their body.

Our path; More often than not, we get what we didn't want. We get the job we didn't want in life, we get the mate we dreaded, etc.....in other words; the things we think about as teens and want in our lives, we end up getting the opposite. It is almost like demons are playing with the human race, tormenting us....etc..... and naturally there are the chosen ones, born with a silver spoon in their mouths that can do no wrong and all they do is perfect and works out great for them.....We literally can waste much of our life living the opposite of what we wanted so desperately to live. It seems like we beat our heads against the wall as our life falls apart around us all our days.....

WHY

We are students. Is life on earth the true living hell? Many would believe so. They believe they are prisoners on earth. There is one thing we know, we are born alone with God and we die alone with God. Some authors have suggested all on earth is for us, for our education and every human, every event, every thing is for our education alone and only we exist as far as our education goes. All others, all things, this earth, etc....all belong to God....our teacher and he has it all in his 100% control at all times...

We can be compelled, we can watch people become possessed, we can set back and watch this daily life unfold like a drama on the stage...the stage of life.....

Can we actually think of something that God does not already know? I seriously doubt it.

Can we ever surprise God? I seriously doubt it.

Can we make other humans or things do something that God is not in control of? I seriously doubt it.

Can we change another human? NO WE CAN NOT...

Are we being tested? YES WE ARE.

Can our path change? YES IT CAN.

I think it all depends on the human MIND. It is the MIND that shares this body with GOD. The MIND works separate of our WILL. The mind creates our body from 2 parent cells. The mind keeps the body working, even while we sleep, etc....yet our will goes to sleep. Our will can change like the wind...but what power does our will have? We can want fame, riches, beautiful mates, etc...but it is as worthless as the next wind....our will is dam near worthless...that is, for as long as our will is against GOD!

This is why so many pray that God have his will with us. Because our will sucks, we are greedy bastards in general. We are evil in general....so maybe we are being punished by being on earth; because we are stubborn brats....who knows? I do not. There is evil & good....but both must be in 100% control of GOD! If God is not in control, then there is zero hope of anything.

One thing we do know;

To really appreciate life, often we need to have spent years in hell first. Example being the drunk...a person may have been a drunk for 30 years and they turn around and start to live....a more classic example; those that made the best health healers, often became deathly sick them selves first. The author of BOOK I was deathly ill and when he sought Nature, he was rewarded with health. So all our bad decisions lead to a life that we must have lived so we could appreciate our new lease on life. If a person is honest, they will look at their life and admit they would not have changed a thing.....even if they watched their family die in their arms, and lived through every kind of hell on earth. They won't want to change a thing, because there life changed their soul for the better. Their problems lead them to seeking God for help.

The one lesson to be learned on earth; seek God in all you do. Trust God with your every breath. It seems life on earth is as simple as loving God as a bride and thus the greatest secret within the common bibles....being a bride to God. Loving God as a bride loves....that is the secret of life; learn that truly and you're ready to leave earth in peace and joy.

Believe as you may, we all have choice till our dieing breath, but for me; I believe as William Branham did, in 100% predestination. God knowing all, all in God's control. I would not change anything in my life...no one has such powers other than God. Please God and your ship will come in....life will become a joy when you please your father, as it should."

60. Can you explain a bit about why your sprays seem to have such a fast effect upon the lymph system in exiting toxins from the body?...

"The speed seems amazing, so amazing that it seems impossible. I asked 2 brain doctors and they told me that the base spray is entering our lungs in the most minute amount and freely entering the brain. Circulating in the brain and relaxing the part of the brain that controls pain and this accounts for some people becoming pain free after 30+ years of pain, etc..... For the lymph glands? The spray is applied to the skin, this forces blood to come and remove it, once in the blood, the herbs / minerals are also a food and blood enhancing circulation. The key is a formula that does not seem as an enemy to the defenses of the skin / lungs-blood. I will spend the rest of my life perfecting the herbal sprays".

61. The water in my town is very strange. When filling the tub for a sitz bath the water looks like there is a cloud of something moving through it, which then dissipates and leaves the water with a bit of a dark color to it. There is zero smell of chlorine in it. Any ideas on this?...

“Nasty city water. Often made acidic from all the chemicals added and these chemicals eat away at the city water pipes. The chemicals have chemical reactions with the metals in the rusty pipes. This makes the water do weird things and can be any color. All cities have old metal pipes...”

62. Is there anything I can put in this water that might be helpful?...

“NO, adding more is not a solution. Distilling it is the only good solution. Filtering an option. Bad water is one of the great plagues in human life. When your ship sail in, move far away, to a land that you can control your own water supply. Water is the largest trap humans fall victim to, second to dental work.”

63. Aside from finding a way to rig up a steam bath, is it better to go ahead and continue doing the sitz bath, knowing that the water is sour, or is one doing more harm than good? (and the sitz bath has done wonders for me as you know) But then again am I robbing Peter to pay paul?...

“ NEVER use bad water for a steam bath, you will breathe in all the nasty chemicals from the sour water. First distill the water and use distilled water in the steam bath. Sitz bath can use bad water, but don't breathe it end thinking the steam is clean, it is not. Taking a shower in city water is a true living hell. City people have no clue how toxic their cubical world really is...if you can't get control of your water, you are stuck at step 1. Your body has more water than anything else. I have 3 wells on this property seeking better water and no way would we drink any of this water before it was distilled. We have 5 water distillers with a capacity of storing 60 gallons at all times. If people can't take their water supply seriously, then they are just spinning their wheels.

We stopped trying to sell water distillers at least 8 years ago, because few to none would buy them and if they would buy one, they would buy it from the cheapest possible source on earth and never respect the source that educated them. A local old man has a saying for such unfaithful customers. While I know they have worked hard for their money and thanks to the internet they can search the world over for the best deals, I would do the same and do not blame anyone for doing so.”

Post #8 of 12. Questions 64-72

64. You once said "IF" it can be that no one would experience hunger while fasting, then that would have to be one of the greatest of methods and maybe worthy of a little book. You were reading some old books at the time. What ever happened to your investigation into this possible method of fasting without hunger?...

✓

“Hunger for the most part during a 40 day fast is a result of a “sour” stomach...a stomach that is creating acids and possible plenty of scaring from ulcers and burned small intestinal tract. As long as food is in the stomach, the food coats the ulcers and stops the pains temporarily....in some cases, all symptoms of hunger may be symptoms of ulcers.

We knew the local lady that just recently chose to commit suicide by starving herself to death; she went 54 days with little water and no food of any kind. She was a skeleton by the time she died. She was taking morphine in the rectum daily. She was a thin person all her life and being able to live for 54 days with nothing shows allot on how the body functions.

My theory was that if we could take a supplement of maybe 1-2 ounces daily that would satisfy all the needs of the blood system that we would have zero urge to eat. After all, we poop / pee most all we

eat anyway. Some medical authors have suggested that the food that sets weeks or months in our Lymph Glands are our real digested foods and our “real true” stomach....that the stomach we have is **not a holding / mixing pot** that has the capability to break down foods.

I have been making for about 10 years such an experimental solution / formula....I presently have about 30 gallons of base formula. I gave The Adonis a free sample one time and he e-mailed and explained he gave it to a friend that used it and went all day with no food and said it was like a super tonic, etc....and basically I have not taken time to get back with that theory / formula. It makes sense to me that if we had all we really desired there would be no hunger in a healthy stomach.

The No Crash Smoothie was based on such theories and few to none will take the time to try or use it or they simply try their own mixtures, etc...so it never floated and what doesn't float, I don't put allot of work into. So no such formula is in the works at the moment”.

65. In the past you were affected adversely by some kind of chemical desert parsley and by lobelia. Can you explain what happened, and are you still adversely affected by them?...

“One lady on the West Coast Mountains makes a desert parsley product. She is an over educated type that uses machines / chemicals and made an extract that ignored the water soluble properties of the root. I consumed maybe a total of 3-4 droppers and by the third morning I woke up in the middle of the night with a swollen throat. Nothing I had ever experienced before, but recognized it as a very bad reaction to the desert parsley product. I immediately filled the bath tub with warm water, took a GALLON OF DISTILLED WATER and a 2 ounce bottle of LOBELIA and set in the tub for about 3 hours.... I took as much Lobelia as I could and drank as much distilled water as I could... My throat was back to normal within 24 hours and was out of danger by daybreak.

Everyone on earth should have a bottle of Lobelia handy. Key word handy, because when you need it, you need it. With out it, I would have had to enter the hospital and explain I had taken this desert parsley and that it made my throat swell.

I did a large study of Desert Parsley. It was used as a tea or cooked and eaten like a potato. When experimenting with making extracts, I noticed real FAST that it gets very sticky....very very sticky and the 2 sources that makes it, has a very thin, non sticky formula....I discovered both sources use about 175% grain alcohol to avoid the water soluble sticky components of this plant. Otherwise sticky herbs are very difficult to deal with.

Comfrey is another sticky herb. I tried to explain to both sources that their all alcohol formula was extracting only ½ of the plants chemicals and in most cases, the plants are safe, because all the chemicals within the plant make it safe...when only certain chemicals are extracted, your making a toxic drug.” As far as I am aware of, I have the largest collection of wild crafted roots from above 10,000 feet attitude and I am the only one making a usable liquid extract.

Desert Parsley is one of the top 3 rarest herbs in North America because no one collects anymore; as far as I am concerned.” The dose for properly made desert parsley extract is 3-7 drops per day for up to 3 months...a very small dose herb. Possible when desperate, such as in the 1918 flue, more would be used...it is a very self-experimental herb. I get nervous when people seek to buy 8 ounces...to me that is a lifetime supply. It was the greatest herb in the 1918 epidemic germ warfare experiment went bad that killed upwards of 50 million innocent people”.

66. The old MDS have written that a human would have to go with out all food for 100 days to actually

experience true hunger/starvation and the ones that die before this all die from their own fears. Can you expand on this please?...

"A human can die over night when lost or abandoned because of their fears and not from being hungry. A person goes through a great de-tox while not eating. This de-tox can be called most any disease known to man kind as the waste is expelled by the elimination organs. When over worked and dehydrated, these organs can suffocate the body and die...not from the lack of food, but from suffocating in the waste. There have been people in history and current times that have donated their body to science study! For 100 days up to many months where they ate no food of any kind. The greatest of these men **could raise or lower their weight by 10 pounds based on their ability to control their lung capacity. We humans are true oxygen burning machines;** but we are at the end of an earth cycle when all are turning into cannibals in an effort to absorb another animal's radiation." These past 2,000 years have been desperate times as the radiation from the sun is not perfect for human life."

67. Should a person have to wait until fruit ripens or can it be eaten at any stage?...

"Ripe fruits should taste sweet and great, that is a clue that it is good for us. **Medical has used immature fruits as far back as 200 years to purge the body of waste.** Immature fruits often cause diarrhea and this is a cleansing for most. One great doctor suggested a good fruit will not be poisonous at any stage of development and the more immature the more medical value. I have tried immature fruits by blending them and then adding maple syrup to sweeten. I have done this with wild grass as well. I didn't get diarrhea and felt fine. We have many wild apple and pear trees, these would be 2 such fruits. Often if you eat them immature, you get to them before the worms mess them up."

68. Drugs are metals and metals kill the body. How stupid are we that 99% of us don't realize this?...

"The non Sputnik Internal Zappers are used medically in hospitals, they have over 35 such eccomed zappers and they are coated with different metals and designed to dissolve as they pass down the intestines. I didn't know this at first and the very first one I tried, the batteries were exposed and 50% of the metal was dissolved into me! This is medicine, poison by metal. Vitamins often are just metallic waste sludge's....science has been using humans and animals as methods to dispose of toxic waste for many years. A classic example is post war NAPALM from Vietnam war. The bombs were loaded with vanilla so the fire would stick to people as they were burned alive. The USA toasted hundreds of thousands if not millions of people in the Korea / Vietnam era. John Glen got his war fame from dropping bombs on children and is a very rich politician / celebrity for doing so. When micro wave / HARRP took over and bombs no longer needed, these napalm bombs were dismantled and the scientist reclaimed the vanilla and documentaries have claimed the past 30 years of vanilla extracts have probably previously been inside a bomb mixture. Aluminum has to be the largest metal recycled through humans along with used motor oils".

69. The common name for the damage which table salt does to the arteries is hardening of the arteries, and it will ultimately cause a stroke and possible death when an artery eventually becomes too brittle and breaks from the hardening effect that is taking place. Keeping the arteries clean is the key to longevity and good health. Why then is this chemical crap not banned?...

"We have many medical doctors promoting the daily drinking of SALT, sometimes several teaspoons daily, claiming it promotes great health. The salt aholics I have known have all died of cancers. People not all that long ago use to chop their children up and sale by the pound to customers seeking human flesh for its salt content. Some natives yet to this day drink fresh cow blood for the salt. Thankfully I have never been addicted to salt. When you consume salt, make it deep earth salt with

all the natural minerals. This salt comes from dried up oceans that were covered with volcanic ash and today can be over 60 feet below the earth.” Those that eat fruits, need do salt.”

70. Why is it bad for your health to use central air conditioning in your home or place of business?...

“Central anything is a place for mold to live. Thanks to the chem trails we suffer from the lack of sun; they filter the sun in an effort to lower the temperature of this earth. This is killing all our trees, they re rotting from the lack of sunshine that has allowed mold / fungus to grow out of control. Water filters grow mold, dark areas grow mold....in America mold is a leading cause of death. That and the fact central air re-circulates your used air.”

71. You have taught me that the stomach is the largest source of acid, and that the body can make acid at the split of a second anywhere in/on the body as a "defense" against all invaders; example cayenne pepper, the pepper is not hot, but it irritates the body enough that the body develops the acid that causes the burn. The more the irritant, the hotter the burn. After the body creates the acid the blood must come and wash it away, if not we get a blister from the acid. Is this the same principle upon which a heart attack can be ended by the use of cayenne pepper?

“During a heart attack the blood surrounds the heart and suffocates it. When cayenne is put into the mouth of a heart attack victim, it forces the body to send blood to the mouth and this relieves the heart and as well, aids in normalizing blood circulation and also rapidly thins the blood. Some authors have claimed they have taken a man that was grey and lifeless and brought him back to life by putting cayenne in the mouth. Another method is to pinch very hard the center of the upper lip and the pain forces blood to come to the lip and takes the pressure off the heart” Heart attack victims are always dehydrated, always drink allot of water if you feel strange in the chest.

72. What REALLY is high blood pressure all about and how big an issue is it for the average person today?

“First the kidneys clog, then the heart is told to raise the blood pressure. Once the kidneys have failed to a certain point, the blood pressure becomes high enough to be noticeable. Blood pressure medications from what I have been told only stop the heart from receiving the proper signals and do zero to unclog the kidneys. I have been told you can't go cold turkey off of these blood pressure medications in fear that when the drug wears off, the brain signal will be so strong to the heart that when the heart can receive it, it may cause the heart to explode and have a massive heart attack.

“All humans that die have died from lack of kidney function. If a human is not making their own distilled water and taking kidney cleansing herbs are flirting with disaster”.

Post #9 of 12. Questions 73-81

73. You often suggest that people should use herbs from the local area where they live. You are in the continental US. Does this mean that you would be able to go to China or Russia or Hawaii and search out equivalent herbs for those areas?

“Sure, the entire earth is known to have about XXX amount of weeds and always has the ones mammals can use for medicines. Dr. Christopher liked garden weeds; he would pick the weeds from a person's garden in exchange that he could take the weeds with him. He truly believed in living under your own fig tree. His formulas used local weeds. I use a few out of country herbs for Lymes

Disease, simply because people have traveled all over the earth now and using what works in other countries is a privilege of living in these modern times; but in theory, local weeds should be more than enough.”

74. What does vibration have to do with our choices for clothing? I understand silk to be the best choice.

“Natural fibers are said to breathe better and more natural to the skin. For most people pure cotton would be the choice, I have never had a silk shirt. If I remember right, isn’t silk made from worm #####? I think plant would be better.”

75. Is it true that most dandruff turns out to be nothing more than compressed commercial soap?

“According to Dr. Christopher, yes. I had it as a teen and I used commercial soaps. I don’t use soaps anymore and have not had it for a very long time....our kids have never had it. So I am not sure it is all about soaps....maybe it has something to do with worms or lack of plant minerals??? Dogs and other animals can develop such skin diseases and never used a soap product... back in Christopher’s days, the soap would have been very “plain”...what we would all pure soap today. Personally I think it is more than just a result of soap use, probably more of a constipation issue and maybe parasite.”

76. Some people take garlic and stuff it up the place that the sun does not shine just before going to bed. Is there any value in such a procedure or is it just an old wives tale that has no value?

“Yikes, I would think that would burn a hole in their butt; but Richard Schulse videos had women do such a thing for female issues in the womb and garlic enemas are common. I personally would rather drink garlic and let it come out naturally instead of reversing the plumbing.”

77. I am told that green juniper berries are not ripe, that the black ones are the ones to eat because they are 2nd year fruit? I did not know that some berries take 2 years to ripen. Is this why they are such good human foods?

“Our Juniper berries are very small and mostly all seed. The longer a fruit is exposed to the sun, the better it could be. With this fruit I didn’t know anyone ate them.”

78. Doctor Christopher used to use prune juice to empty the stomach. You have suggested Epsom salts. Is one better than the other.

“Sure, fruit is better. Always use fruits over minerals if your seeking a more natural approach. BOOK I author suggest prunes work because they have a little toxicity to them and are acid forming and of no real food value. The body would seem to agree by expelling the prunes rapidly.

Epsom’s Salts was considered one of Medicals greatest creations world wide in the hospitals lets say, 90 years ago. Considered a miracle product. After all, it helped all those meat eating humans have a bowel movement. Dr. Christopher makes mention that nothing feels better than a bowel movement to a constipated baby.”

79. What is the proper way to dry fruits and are they a good choice for winter use?

“Dry them in the shade is normal, yet we here of sun dried raisins? Sun dried tomatoes...I have used an electric dehydrator. Dried foods would be ideal winter foods. You need good teethe to chew them

up. Never buy dried fruits that use sulfur as a preservative.”

80. Is it true that one gets more exercise walking up a few sets of stairs than one gets from a good sexual encounter?

“Never heard that one, but must ponder what the author considered a good encounter.... I would think the statement is wrong; based on the key word “GOOD. Good could last all day.....”

81. Many commercial companies use metal sludge minerals and LIE to the customers. They do this to their products to make the pH high and thus the person is mislead and thinks they are well and can eat all the junk foods they desire with no worries. Where do they procure this sludge from anyway?

“Referring to vitamins, some of the early info suggested from the 3 M company or photo companies that use all the COLORFUL MINERALS...there waste sludge had it all. Metals are all toxic to humans and animals and even plants.

When you distill water, you’re leaving the metals in the distiller to be discarded. Your finish water is a true pH 7.0 even if the testing method you have available says a little acid....because mineral free water is a perfect pH 7.0. The waste in your distiller is all alkaline. Those that consume this alkaline waste will give a fake high alkaline test result. Same for all the salt aholics, their salt will show up high alkaline. Most all products sold for alkalinity are just salt products. All humans that “fast” will show low acid; proving that while fasting, the human elimination organs will expel the acids”

You are a gem MH. Many thanks for doing this.

“Remember, you’re limited to 108 questions per year!”

Create a nice day, prayervoice 2/07/2010

Post #10 of 12. Questions 82-90

82. I very much could have used your wisdom the other day while helping someone I know who had a constipation issue. The possible solution that I could have suggested just did not come to mind until later. You once told us that a small drop of Oil Of Oregano on the tail bone would likely solve the problem with in an hour. Can you expand upon this please, as to why such a reaction might occur?...

“Placing anything that is irritating to the skin causes allot of blood to come to the rescue and remove the invading substance and in the case of oregano or cayenne, they cause allot of circulation fast and in the area of the tailbone, that means the colon will be stimulated into action. **I still prefer the LBB as the true method**, because you need to tone the colon and not just make it expel once. So rubbing something like oregano oil on the lower spine is not something I would choose to do, the oregano would work even better taken internally”.

83. You maintain that it is possible to "slap" away all lumps, bumps and rashes on the skin with cold water. Can you please explain just how to do this. And would this also work for a fibroid tumor just under the skin on the back, such as the one I sent you a picture of?...

“Slapping causes the body to respond, this means circulation and strengthening to the area slapped. Lumps and bumps, rashes, etc. are sources of lack of circulation. I don’t remember suggesting this method for a cure for these issues, but it surely would work if a person did it as often as needed”.

84. To expand even further on question 83. Because the fibroid tumor (about the size of a small squashed date, which has been on the back for 6 years) is not in a position that can be reached by my hand very easily, how best could one approach resolving this issue?...

"If I had such a lump for 6 years and could feel it or see it, I would use a touch of caustic cancer salve and burn a hole down to it and let it ooze out. Another option would be 1 drop of No Pest applied daily. Slapping might work but not in an area you can see and reach it easily. I would use the caustic salves myself and they basically are home made by very rare sources and never sold openly. All open sources I would figure they are the fda searching for those seeking such products that are illegal about world wide. The bazaar south American doctors that take on possession of past surgeons just grasp your tumor and swiftly cut it out and tape the hole shut, takes about 15 seconds when you watch their videos. I still like the old fashioned caustic salves known as cancer salves".

85. Last night I made up a blood cleanser for a friend who has the flu. I used an onion, a ton of garlic, an entire bunch of cilantro and one bunch of parsley. Tossed them into my vitamix machine with a little bit of distilled water, and made a paste out of it. The husband of the lady I gave this to was amazed that there was no garlic after breath. I told him that parsley is the main ingredient in most breath crap that commercial hucksters sell for a 60,000 percent mark up. I took a big spoonful of it and breathed all over him. There was no garlic smell, even though the garlic taste was enough to take your breath away if one was not careful. The guy wanted to try it for himself. WRONG MOVE! He took a big spoonful. I told him not to. But... It took his breath away. It made me realize just how much effort you put into your formulas. You try them out yourself first. I would imagine you have had some pretty hairy experiences testing some formulas???...

"The first drop of pure oregano in the mouth puts the fear in anyone that never tasted oregano before. Cayenne in the mouth when unexpected can make a grown man run for water, etc...but nothing compares to the Russian made sputnik zappers, they can make you pray and wish you never did it, thy also are the most hilarious device made on earth".

86. Why do people with whiter hair look so much healthier than people with salt and pepper hair, even though the white haired folks have less circulation than those on the way to having white hair?...

"Cleaner appearance and not understanding the loss of hair health". Everyone losing their hair or hair color should realize they are losing their longevity."

87. There is a room spray flogged on tv called "Fabreeze". It drives me nuts to see people smelling that artificial crap. Surely they are asking for trouble by inhaling that chemical soup?...

"Perfumes of all kinds make me nauseated. After experiencing miracles after breathing in the herbal sprays for only 1-3 minutes, shows me that these same people are poisoned just that fast. Working 30 years in a toxic hell hole and still alive to tell about it, is amazing in my case. I worked with many chemicals that stole the breathe and seized the lungs, such as nitric acid, acids and alkalis, and the worst of all, all solvents. One paint used the same chemical they use to use to knock you out for operations and after painting you would have a head ache for days....all chemical smells make me ill, just about make my lungs seize up until I leave the area, just because I know they are bad. Walking into the plastic flower shops that use all artificial smells like the ones in scented candles smell deadly to me. If someone lights a candle in their house, I LEAVE!" How I survived 30 years in a toxic hell hole I don't know, after 10 years in my skin was a mess and that is what forced me to alternative. Today I see smells as the deadliest enemies, because what enters our blood easily, is the most dangerous."

88. We have heard very little about an annual fast for yourself this year MH. Is there a reason for this or is it just that no one is asking?...

"The biggest disappointment was the lack of Honey Bell Oranges! I went 3 weeks and was at the weight I was satisfied with and returned to 1 meal per day. I suggest Book I is correct in that 1 meal per day is more than enough for anyone. I am working on 2 external formulas with the theory of "fasting" by cleansing and feeding via the skin. I still believe we can do it all through our skin and that consuming foods via the mouth is something that evolved as humans became damaged from the sun's radiation over the past 30,000+ years and humans have been falling apart over the past 120 years with the introduction of electricity / frequencies. We truly are falling apart at an amazing rate and I believe one author when he stated humans born after 1992 won't live to see their 40th birthday unless they are extremely wise and understand and learn to avoid the enemies and as William Branham and others have taught, the true enemies are the too educated that create toxic substances to reduce the human populations".

89. I have been told that each of the organs in the body is captain of the ship, so to speak, for a 2 hour period each day. Is this correct? If yes do you know what that schedule might be for each hour of the day?...

"There have been authors that have written books on this and divided the body functions by 12 giving each a 2 hour period. I do believe "ALL" life reacts to moon cycles in a manner we can see and experience; so it would not be too far fetched to believe on a lighter scale that we all react to each hour, each minute. One Russian author / space scientist that was selling his e-book 10 years ago for \$300.00 claims every human starts a cycle the second the baby emerges and is exposed to light for the first time. He claims light changes every second, making everyone a little different and light has cycles and each month or dominant cycle causes humans to react and naturally in a very mild way that we don't realize anything is different, etc. Hulda Clark and others from the past believe the human dna is created and eliminated in a 60 second cycle in precise tune with the atomic clock and that every human of every race world wide all react precisely together. I personally have no interest in reading all the theories and guesses about such a subject and prefer to just take it for granite that we all have a inner clock, cycles and are a part of this solar system that is a precise clock. God made all in absolute perfection and it would only make sense that all follow a precise system that is flawless on a grand scale."

90. If one has cold feet is it ok to put some cayenne in their shoes. If so, how much and if not is there anything else one might use to force the blood into that area?...

"Cayenne sprinkled in the sock would work, but might cause some irritation; I prefer using oil or spray and not loose powder. All of the herbal sprays would help as will any herb that increases circulation to the skin. With experience the feet can take 50 degree weather with not much problem. This winter has had allot of snow and cold and I have wore tennis shoes more this winter than I have for the past 5 winters and can't wait for sandals again. My feet feel straggled and suffocated in socks or covered shoes."

There you go MH. Many thanks for doing this.

The Goal of this man asking 108 questions in 2010 apparently the 91-108 questions did not survive The Curezone Archives as I could not locate them.

I always told those asking questions that all my answers are not my suggestions based on my experience as of that day and every answer will change as time goes onward and I would hopefully learn more. Every new book should be an improvement of the earlier book. It is not an easy goal to discover there is “nothing” More to learn about any subject!

Many Blessings,
MH108