

## Chapter 37

# The Magic Bullet

December 2006

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*Now I know how Dorothy felt in The Wizard of Oz. I, too, travel down a road trying to find my way back (to perfect health). Along the way, I gain much knowledge, and with the help of my friends, finally make it to the end of the road, only to come up empty handed. Then, just when I'm ready to give up, I learn that I've had the answer all along. It was always just a "click" away.*

Just then, I got a flashback. I began recalling a story Patrick, a friend, had told me back in September. Patrick knew I was into "health" and told me I might be interested in his story. He had met a woman, who gave foot baths. Patrick said at first he didn't believe what the woman claimed the foot baths could do, so he decided to try it out for himself. Patrick said he couldn't believe his eyes. Sitting in a chair with his bare feet in a tub of warm water, she put a small electrical device in the tub of water. Patrick said, "Linda, you wouldn't believe all this "black stuff" that came out of my feet into the water in just 30 minutes!"

Patrick then said, "Linda, you might be interested in this." I then asked Patrick for the lady's phone number, but he didn't have it on him, so I asked if he would e-mail it to me. When I got Patrick's e-mail, I was very busy, and without even thinking, I filed it away in my e-mail folders. After that, I never gave it another thought, because Dale and I were getting ready to leave the next day for a vacation in Williamsburg. Then, no sooner had we returned from that trip, then one week later we left for a two-week vacation in Florida. Finally, by the first of November, we had gotten back from Florida, but now I was all "wrapped up" in the Rife machine. Unfortunately, I had long forgotten about the woman who gave the mysterious foot baths.

As I sat there, I got the feeling that maybe this could be the answer I was looking for, but I couldn't remember if I had saved Patrick's e-mail. Even if I had, I couldn't remember where I had filed it. So, one by one, I opened each of my e-mail folders and, lo and behold, there it was. I had never even opened it. When I clicked on it, there it was—the

lady's phone number. I immediately got on the phone and dialed her number. It was in the middle of the day, and, surprisingly, she answered. I introduced myself and asked her if she was the lady who gave the foot baths. She said she was, and then I told her that I got her name through a friend of mine by the name of Patrick. She then introduced herself as Donna. Dying of curiosity, I asked her how the machine worked and what it did. She then began by telling me how it had affected her own life.

Donna, over the years, had developed osteoarthritis. She had aches and pains in her joints. She had heard about a "miraculous" foot bath machine at a spa in Dallas and decided to try it out. Within two months of treatments, her painful arthritis had magically disappeared.

Six months ago she had moved to St. Louis and had started experiencing pain from her osteoarthritis all over again. However, this time she couldn't find anyone in St. Louis who had the foot bath machine, so she bought one from a Dallas distributor and started giving herself the treatment. Once again, her painful arthritis disappeared. The following is Donna's description of what the (foot bath) machine does:

The ion cleanse machine is a holistic way of approaching disease through saturation of the blood, tissues, cells and organs with ions. These treatments are based on ionization of water and osmosis to draw toxins from the body. The ion cleanse machine produces negative hydrogen ions in the water and these act as both an energy carrier and as an antioxidant in the human body. Many users claim it:

- Enhances body detoxification and helps lose weight
- Inactivates viruses, bacteria, yeast, and fungus
- Reduces pain and inflammation and relieves tension
- Slows down many conditions associated with old age
- Purifies blood and lymph and chelates heavy metals
- Increases energy
- Stimulates the immune system

After learning what the ion cleanse machine did, I was convinced it could help me. I asked her how soon I could come over and get a foot bath, and she said she had an opening the very next day. I asked if I could bring my boyfriend along, and she said it was okay.

That night when I told Dale about the ion cleanse machine, he wasn't impressed. I was just the opposite. I could hardly wait until the next day. (Note: Even though he didn't show any enthusiasm about going with me, I still think he was curious.)

The ion cleanse machine was exactly as Patrick had described. I sat on her kitchen chair and put my feet in a rectangular tub of warm tap water. Donna then added one-fourth teaspoon of sea salt to the water and turned the machine on. As I sat there watching the tiny bubbles coming up off of the plates, my water slowly began to change color.

Within ten minutes, the water had turned a light brown. As the minutes passed by, the water started getting darker and darker, until the water went from dark brown to black. By the end of the session, the tub's water was filled with a dark brownish black scum-like sludge.

Even more amazing, while I was sitting there, I swear I could feel the pain in my knees lessening. When the foot bath was over, I was able to get up from the chair without experiencing too much pain. I also had a feeling of "lightness." I told Donna I felt "euphoric." Knowingly, she just smiled and nodded her head in agreement.

As Dale and I drove home, he surprisingly commented that he had actually seen the swelling in my knees go down! And Dale would never have admitted that or made it up. In fact, he was a skeptic and had watched my session closely. He would have liked to have been able to scream, "Fraud!"

On the other hand, from that moment on, I was a believer in what this ion cleanse machine could do, and I could hardly wait until my next session.

After my second foot bath, I decided I had to get one for myself and bought one through Donna, who was a distributor.

When I received my machine on the 10<sup>th</sup> of December, I immediately gave myself another treatment. Afterwards, I felt so good! There is no greater feeling than cleansing the tissues of toxins and debris! I laughed when I told Dale, "If people used this machine, no one would need alcohol or cigarettes or use *illegal* drugs ever again to feel relaxed." However, no matter how hard I tried, I couldn't persuade Dale to try the machine. He would have nothing to do with it.

I, too, noticed my knees were significantly less swollen. Did this mean my “sed” rate had gone down, too? I would soon find out after my December 11 appointment with my RA specialist.

Within ten days after my doctor’s appointment, the letter with the blood test results arrived. Happy news! My “sed” rate did drop 13 points. It had dropped from 68 to 55. (See Exhibit 10, Medical Records.) And to think it did this just after three treatments! What would it do after several months of treatments?

I am convinced that the ion cleanse machine is the secret to longevity and also the solution to achieving perfect cell “balance!” According to my Rife machine manual (which does not reference the ion cleanse machine) a famous researcher’s experiment proved how important it is to “flush” the tissues to stay healthy and live a longer life:

#### THE CARREL EXPERIMENT

Dr. Alexis Carrel was a Nobel prize winning doctor and medical researcher at the Rockefeller Institute for Medical Research. Dr. Carrel produced one of the most incredible experiments in medical history.

On January 17, 1912, Dr. Carrel took chicken embryo heart tissue and immersed it in a solution containing nutrients. Each day, the solution was changed (flushed), taking away the waste products and leaving behind fresh nutrients. Dr. Carrel predicted these cells could be kept alive forever.

Funny, the chick cells outlived Dr. Carrel. The cells lived for more than 32 years. This is extraordinary, because a normal chicken only lives around seven years. Further, the only reason the cells finally died was when a technician stopped “flushing” the tissues.

Even Dr. Rife in the 1920's had something to say about the correlation between an “unbalanced” cell and disease. The following quote appears in *The Cancer Cure That Worked* written by Barry Lynes:

“In reality, it is not the bacteria themselves that produce the disease, but the chemical constituents of these micro-organisms enacting upon the unbalanced cell metabolism of the human body that in actuality produce the disease. We also believe if the metabolism of the human body is perfectly balanced or poised, it is susceptible to no disease.”

Even Dr. Rife in the 1920's realized how important balance and pH are to the cell's overall good health. Again, a "balanced" cell's pH is alkaline, and organisms cannot thrive in an alkaline environment. This is why the ion cleanse machine is so important. The ion cleanse machine "pulls" toxins and acidic mineral waste out of the tissues through the lymph system, leaving the tissues (cells) "balanced," meaning they have an alkaline pH.

The following are just a few testimonials of how the ion cleanse machine has had a positive effect on a few people's lives (including my own):

#### A Diabetic's Story

A woman who had diabetes started the ion cleanse machine treatments. She also changed her eating habits, giving up soda and eating a balanced diet. After several months of treatments, she went to her doctor who told her that her diabetic symptoms were gone. He told her, "Whatever you're doing, keep doing it!"

#### Jan's Story

Jan has a painful case of fibromyalgia and osteoarthritis. She was in such terrible pain, that to be able to sleep, she had to lie motionless like a mummy flat on her back (no pillow), with her arms straight at her sides. Just after using the ion cleanse machine one time, she felt immediate relief. Now, after receiving more treatments, she claims that the pain in her joints and shoulders is now "bearable."

#### My Story

Ever since my tissues had been "poisoned" by preservatives (sodium nitrites), I have become sensitive to preservatives and chemicals in processed foods. During the entire year of 2006 I would experience painful reactions in my muscles and joints after eating certain processed food.

Out of desperation, I finally went to an allergist in January 2007. I told her that I was allergic to something but didn't know what. She then asked me for examples. I told her when I ate pizza, within two hours I would "blow up" and hurt all over. I told her when I ate pretzels, I would swell up and hurt all over. I then told her that the previous day I had eaten MSG-free Chinese food. I added that it was hot braised chicken which was coated with flour and then fried. She

asked if it was salty, and I told her yes. She then concluded, “It sounds like you are intolerant to salt.” She was right. All of the food I had mentioned was very salty—the pretzels, the preservatives on the pizza meat, and the salty hot braised chicken. She advised me to avoid salty food *and* MSG.

During the office visit, she took my blood pressure. Probably because of the salty hot braised chicken I had eaten the day before, my blood pressure had shot up to 130 over 80, which is very high for me. After the doctor’s appointment, I hurried home and gave my feet and arms an ion cleanse treatment. Within an hour, the pain in my joints and muscles had subsided, and my body felt cleansed and light again. Another miracle—Dale took my blood pressure right after the “cleanse” and it had gone back down to normal—105 over 75!

