

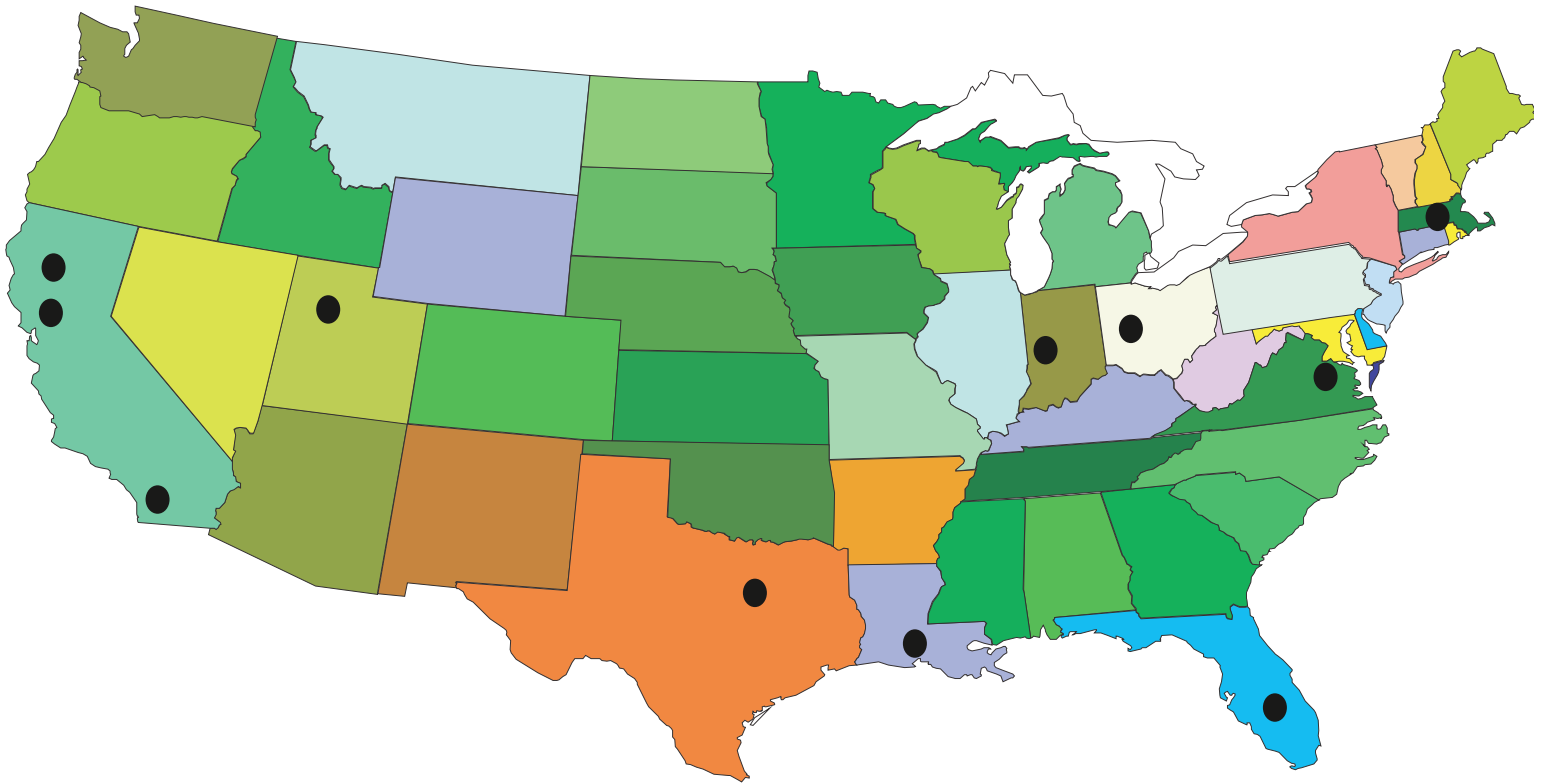
# The Shocking Truth About The #1 Cause Of Death In The USA

# KIMA

*The Journal of*  
The King Institute Method® Association  
A Publication of the King Institute, Inc.

Issue 2

## Certified TKM® Instructors Across The USA



Delicious Recipes Just In Time For The Holidays

Children's Jewelry Causing Brain Damage

**Borrelia Bacteria Suspect In Causing An Epidemic Of Severe Illnesses**

Most Genetic Disease Arfe Actually Mutations Induced By Biological Contamination

A Tea To Fight Disease Causing Microbes And Other Foreign Invaders

Extraordinary Alternative Medicine for Extraordinary Results

## KIMA Journal

The King Institute Method® Association  
Journal

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*As long as you settle for good,  
you'll never get great!*



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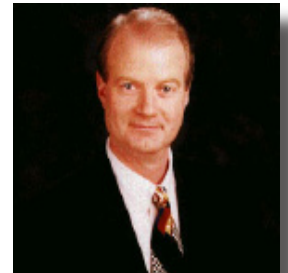
### Notes from the Director

*We want to wish everyone a very Merry Christmas  
and a Blessed New Year!*

*May the holidays be joyful and reflective on blessings.  
May the new Year bring strong health, positive thoughts, successful ac-  
complishments, shelter in our Lord and leading from His merciful hand  
in all you do.*

*Be blessed in all you do and a blessing to all whom you encounter!*

God Bless each of you!  
Glenn King, Director



# Latest Study Reveals Leading Cause of Death Is

## **MEDICAL ERRORS!**

---

For the first time in history, cardiovascular disease is no longer the leading cause of death in the USA, and cancer is no longer ranked at number two. The latest reports from the National Institutes of Health and the World Health Organization reveal that the leading cause of death in the United States, over disease, murders, car accidents, war casualties and all other sources world wide for Americans citizens is Iatrogenic Causes.

Iatrogenic Causes are medical errors caused by treatment diagnostic procedures. Mosby's Medical Nursing, & Allied Health Dictionary states, "An iatrogenic disorder is a condition caused by medical personnel or procedures or through exposures to the environment of a health care facility." Iatrogenic Causes include unnecessary medical or surgical procedures, doctor mistakes, unnecessary hospitalizations, adverse drug reactions, fatal infections incurred in hospitals, general fatal hospital errors, so on.

The CDC and the NIH reported in 2003 Iatrogenic Causes were last reported to cause 783,936 fatalities annually. That's close to three-quarters of a million people per year in this country! And no one seems to be really doing anything about it. Deaths from Iatrogenic Causes increase each year, and those who are directly affected don't seem to make a stand. There's no media involved in demanding a change, no demonstrations, no protests, no strikes, no boycotts, no commercials, no awareness advertising, and no real conversation about this insane degree of death induced by those who society trusts to take care of our health. It looks similar to blind and happy sheep being led to slaughter. I'm not saying it is intentional, but it's certainly the result according to confirmed statistics. Continued on next page.

**Since 2001, the leading causes of death in the U.S. come from the medical system that the public depend on for help!**

The second leading cause of death is cardiovascular disease with 699,697 deaths per year, followed by cancer with 553,251 deaths per year. These two issues receive much exposure and media attention. We read about the research, watch the advertisements on television, hear about fund raisers on the radio, and see postings for seminars on community boards. It's everywhere!

But we hardly hear about Iatrogenic Causes, which ironically cause about 230,000 more deaths than cancer. That's twice the amount reported in 1998 of properly prescribed medication deaths. That report was based solely on hospitalized patients revealing over 100,000 deaths annually and over 2.2 million severe injuries. Most people who seek medical treatment and prescribed medications are at home, not in the hospital.

If these numbers hold true, then almost 20 million people per year are injured by the medical system. Many suffer severe injuries and near death incidents, some of which cause permanent damage.

There are more than 84,239 deaths caused annually over all types of heart disease. We're bombarded about cancer and heart disease, which in the end means more revenue for the medical system. To do what?

Supporters of the medical community justify this by saying that the U.S. has the best results in health-care verses any country in the world.

But according the World Health Organizations, the U.S. ranks number one in expensive health care in the world (14% of the GNP or \$1.4 trillion in was spent on health care in 2003). These figures make medical health care the largest revenue

industry in the U.S. by a large margin, and it's expected to double in 10 years.

One would think that being the largest industry in the wealthiest country in the world would get the best care one could possibly get. The WHO also reports the U.S. ranks 15th among 25 industrialized countries.

Nicholas Regush, editor for the health news website RedFlagsWeekly.com, wrote in his column "The Death of Medicine": **"Medicine as we know it, is dying. It's entering the terminal phase."**

They are guilty of failing to inform their patients about the truth of health.

About 76,000 to 137,000 deaths annually; that's equal to about 3 full jumbo jets crashes every 2 days with all fatalities. And that's only properly prescribed drugs.

Since 9/11, there has been a triple digit increase in neuro-tropic drugs. And the fastest growing segment of U.S. population taking powerful psychoactive drugs such as Ritalin, adderall, Prozac, Zoloft and other mood altering drugs are the children who have the least choice. They are the ones who will some day run this country. And some of these drugs can have side effects of "suicide or mass homicide."

Even the government has attempted to reduce the availability of harmful drugs. The FDA has warned doctors to stop using popular antibiotics like Trovan, except in emergencies, because it damages the patient's liver. In an attempt to insure compliance, the drug is restricted from being sold in general pharmacies. Trovan should be used only for patients in hospitals or nursing homes who have certain life-threatening infections for which the need for the antibiotic outweighs the liver risk.

It's shocking that in the U.S. ranked a low 15 and that Cuba, a third world country, is ranked 14th. There's something seriously wrong here!

I praise God that he led me to understand TKM®, natural foods and healthy eating, natural supplementation and trusting all to Him to lead me in knowledge and understanding in all things in my life.

This includes the responsibility of those who come seeking help and knowledge.

In God's eyes, silence is often as bad as being in agreement what's wrong. Remember Adam and Eve? Adam was right there with Eve and never said a word. Look at what happened.

I hope each of you take from this an unquenchable thirst for learning how to properly take care of your health and life and to reach out to help those who God leads you to. Look for opportunities to do the right thing in God's eyes because he sees our responses.

Correct knowledge is the beginning!

Be blessed and a blessing!

Glenn King, PhD, CDN, CN 

## **Body Biography Corner**

**Lines on the face are not aging lines but possibly badges of honor in some cases.**

**Examples:** Horizontal forehead lines are nicknamed "Einstein lines". If a person has 3 or more lines that run all the way across the forehead, it indicates hard mental work which develops natural mental abilities.

The deeper and longer the lines, the more this is true. Some say that genius lines are deep and parallel and run all the way across the forehead.

A TKM perspective, teaches that this person is in their mind a lot. The #20, #20,21,22 and Bladder Sequences will be helpful.

**Support:** The #21 and Stomach Sequences directly support, allowing the energy to descend from the #20s.

The King Institute, Inc. Introduces

# Rhus Tea

**A Natural Tea To Fight Disease  
Causing Microbes And Other  
Foreign Invaders**

By Glenn King, PhD, RD, CN

Many have heard of the original Essiac Tea from Canada and all the facsimile that have developed over the years plus the latest articles from studies on the Samento herb. But few have heard about the brush family plant that produces a tea that some Mexican Indians claim has amazing restorative properties? Further research is required, but I can confidently say that it has greatly surpassed all other teas and herbs I've seen in all my years as a Clinical Nutritionist for a multitude of health disorders.

My first exposure was from Cleo Carlile in Big Spring, TX (An advisory board member of the King Institute, Inc.) who has a unique health food on the main street in Big Spring. If you are in that part of the state, I would check out all he has to offer. You'll find some rarities that probably won't be at many, if any, other health food stores.

One night, he and his wife Thelma invited us to dinner at their house and as a special treat we had some natural tea that she had made. I drank a small glass of this chilled tea, which had a different but enjoyable flavor. The next day, I noticed a little different color in my face. The next day, I felt even better and attributed it to the clean air of west Texas, the higher elevation, the good healthy food and good company.

When I returned home, the improvement remained. I had brought some of the tea back home and prepared it as directed and drank some each day. I noticed that some dry skin that I had was completely gone and my color and blood circulation had dramatically improved. I knew it had to be the tea that

Cleo had told me about.

Before I finished that bottle, I talked several times to the man who discovered the tea and developed the product, Ron. He had many amazing stories about the reversal of cancers, kidney disease, blood circulation problems, bacterial and fungal infections and broken bones healing faster. Wow! No other single herb or tea I know of could possibly have these kind of results.

He went on to say that cases of impotence were reversed and prostate problems, including cancer, were eliminated. He said that this was nature's gift to better health and that the tea has helped the body heal from many problems. He explained that his son has drunk the tea for years and was never burdened with even cold or flu symptoms. He highly recommended it as a preventative medicine.

He first found out about it in a small town in Mexico in 1989.

He'd never been in the area before and, being fluent in Spanish, decided to join in the conversation of a group of men talking in the town center. They had a wonderful talk about the animals native to the area and the long history of their town. They even told him about some secret fishing spots.

As they talked, he noticed that everyone of the men in the town were chain cigarette smokers. In fact, almost everyone he met in the town smoked. He asked if there was a large number of town-folk who died of cancer each year. They didn't answer. He repeated the question, which again met with a long and uncomfortable pause. Then one of them asked, "Why should anyone die from lung cancer?" That got Ron's attention.

The men told him very little about how their ancestors had taught them how to harvest a bush that grew around their village. The tea brewed from bush, they said, would stop the effects of cancer on the human body. When Ron asked them to show him the bush, they refused. They said the bush had been

harvested to near extinction and were admonished by three ancestors to tell only family members about the bush.

This experience peaked his interest, so he continued asking people about the bush during his travels. Many people in small towns of Mexico knew about the tea; all of them said it worked. But no one provided enough information for him to feel confident in beginning a search for the bush.

Years passed and finally in 1994, his curiosity was put to rest until a longtime family friend related this story to him. The brother of the friend was diagnosed by biopsy with prostate cancer. Doctors suggested that he have it removed surgically. He was talking to his neighbor, a Mexican national, about his upcoming surgery. His neighbor asked him why he should have his prostate removed, when he could be cured by drinking a tea? The neighbor took the man on a trip and showed him a bush. He taught him how to harvest it and brew it into a tea.

The man with prostate cancer drank the tea for about six weeks before he went in for his final biopsy. The day of the biopsy, he received a phone call from the doctor telling him that he needed to return to the hospital for more tests, saying there was a mistake in the previous test. He returned and was given another biopsy. The next call he received from his doctor was telling him that they were going to cancel the scheduled operation, which was about a week away, because they could find no trace of cancer at all.

Ron's friend, relieved from cancer, continues to drink the tea today as does his family and several friends. They all remain cancer free. After finding out about the tea from his friend and drinking it himself, Ron had no more prostate pain himself, nor did he have to make frequent trips to the bathroom during the night anymore. Additionally, he had a large skin cancer on his nose that shrunk and eventually disappeared. He also claimed that he felt an elevation of his overall energy level.

Ron said he enthusiastically shared the tea with relatives and friends. He reported that he has only heard positive stories and that the tea really works! How do you know if it really works? The only way you will really know if it works is to try it, right?

Let's talk about herbs for a moment.

### Herb's, Man's First Medicine

Herbs have been used as healing agents since the beginning by every race on the earth. I have had many herbal muds, or the bark, leaves, seeds, roots, etc. that get cooked down to a Chinese muddy tea that would gag most people, but Rhus Tea is very different.

Most of our modern wonder drugs were first discovered in the leaves or inner bark of plants and trees. After the healing compounds were isolated, they were synthesized and are now produced in chemical laboratories. Unfortunately, these man-made synthetics called medicine usually have side effects and sometimes serious or deadly effects. Experts in herbal medicine believe that the secrets to preventing and curing disease lie in the plant world. Teams of scientists from around the world are searching the jungles and forests throughout the world in search of plants that may hold the secrets to preventing and curing our most deadly diseases.

Praise God we've found a creation of His that can help so many things NOW! This man has called his production "Bush of Life" and has agreed to supply us with as much as we need, bottled specially for the King Institute, Inc. We now offer it to you!

Other problems resolved by this tea is chronic back pain, vision improved, urination problems, infections, bone cancer, internal bleeding, diabetes, Crohn's disease, bladder problems, tinnitus, and colon cancer. The list goes on.

I believe this tea successfully addresses the bacterial infections that are linked to causing problems such as Multiple Sclerosis, Bi-Polar disorder, Lyme's disease, arthritis, joint pain, neurological pain, migraines, seizures, and more.

Perhaps this Rhus Tea could be an answer for many common and uncommon maladies. And there are no noted side effects.

There is some differences noticed upon taking regular doses of Rhus Tea. Discolored urine and different odors for some people are common and expected while detoxifying the body.

But the most amazing effect happens in cancer cases. Some patients have usually been relieved in weeks or a few months, and remained cancer free.

Something like this is priceless if you have serious ailments. With the help of Ron, who has been cultivating a crop for several years now, we are able to keep you supplied with Rhus Tea at a low cost. As of January, 2005 we're offering 3 bottles (1 cup ea.) for \$74.95 or \$29.95 ea. One bottle will last about a month.

Preparation: Bring water (non-chlorinated, spring water or Fiji water is best) to a boil, then remove

from heat and add the Rhus tea (appropriate amounts per water ratio on container) and let steep for 10 to 12 hours. Do not allow aluminum to contaminate water. Use glass or stainless steel. After steeping, strain and drink 8oz. to 24 oz. (about 1-3 glasses) daily. For serious conditions, more tea can be consumed daily. Some prefer to refrigerate. If you're not going to drink the entire brewed tea container within a week, I would refrigerate it.

We're going to continue to conduct our own empirical studies and would like your feedback. We ask that you would journal from the start and provide us monthly, weekly, or even daily updates.

This is very exciting for some complex projects we are working with currently, and we hope it will provide new discoveries for you soon. We'll have the tea available on-line soon. Until then, you may phone your order in at 800-640-7998. 📞

## Rhus Tea

bottled by "Bush of Life"

for distribution by

King Institute, Inc.

See the inside of the back cover of this issue for ordering details.



# LYME DISEASE

## Part II

(The New Epidemic Masquerading as Severe Illnesses)

Continued from KIMAJ issue 1.  
By William Lee Cowden, M.D.

### There Is Hope For Advanced Lyme's Disease

In September of 2002, a 17 year old boy was brought to me for evaluation by his grandmother, Joan Vandergriff, N.D. She was a patient herself since 1990 with two potentially fatal, "irreversible" conditions. This young man experienced a severe emotional trauma a few months earlier, followed by a severe viral illness, and became profoundly fatigued and lost the ability to remember, focus and concentrate. Over a couple months time, he dropped from an "A" student to an "F" student.

After evaluation by a local neurologist who found advanced, stage-3 Lyme disease with extensive neurological involvement, the neurologist prescribed antibiotics. But, he became progressively worse. His grandmother had him on multiple herbs and vitamins. I made a few changes in his basic nutrient program and recommended Samento (a naturally-occurring tetracyclic oxindole-alkaloid-free *uncaria tomentosa*). He previously stopped taking the antibiotics on his own before adding Samento (without telling me or his neurologist).

In less than two weeks after starting the Samento, he dramatic improved. His grades returned to A's and B's, and his energy was restored. The neurologist became so impressed that he started referring his other treatment failures with Lyme disease to the boy's grandmother. Over three month's time, 58 patients, who hadn't improved significantly on antibiotic therapy, were referred; all with stage-3 Lyme disease with significant neurological involvement. These patients all improved by 25% to 50% in symptoms while on the natural treatment regimen, even though about half of them stopped taking prescription antibiotics. A few of them stopped taking Samento in the first three months

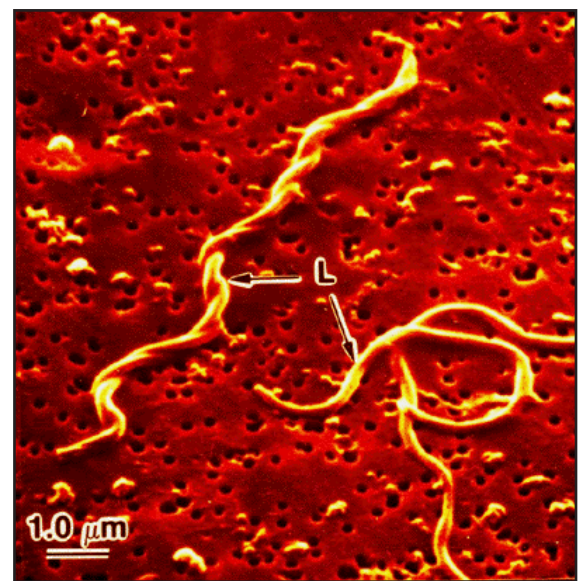
of treatment without making any other changes in their treatment program, and their symptoms subsequently got much worse. Dr. Vandergriff and I spoke about these results and decided that a pilot study would be in order to see about accomplishing a greater degree of improvement with a uniform, comprehensive, natural program. The question we wanted to answer with the pilot study was: "Can we make a difference in patients with advanced Lyme disease who are given no hope by conventional medicine?"

The neurologist kindly referred 14 additional Lyme disease patients to enter the "treatment" arm of the pilot study. He also provided 14 more Lyme disease patients with a comparable degree of illness, age, sex, blood type, etc., to function as the "control" group. All 28 of these patients in the pilot study (14 for "treatment" and 14 in the "control" group) were asked to quantitate, on a scale of 1 to 10, the degree of severity of their ten most problematic symptoms. Fatigue was present in all of the patients. Muscle aches, joint aches, digestive disorders, brain fog and impaired memory were present in almost all of them.

On each following visit by each patient, these initial ten symptoms were requantitated in severity, on the 1 to 10 scale, including filling out an SF8 form (which is a validated, historical questionnaire developed by the Medical Outcomes Trust of Boston). Each patient had blood work ran for Lyme antibodies at the beginning of the study, and repeated at the end of the study. Lyme antibodies had become negative in some of the original 58 patients by their third month of treatment. The 14 "control" patients continued to receive standard medical care with no other intervention. The 14 "treatment" patients were originally evaluated by autonomic reflex analysis, a form of kinesiology, and their nutrient program was designed in a

somewhat individualized fashion based on the kinesiological findings. On the first evaluation, one of the patients in the "treatment" group was found to have ovarian cancer, which she did not know that she had. She subsequently was advised to get the 8 centimeter ovarian tumor removed surgically. Due to the length of time she was in the hospital, she was removed from the study. The other 13 "treatment" group patients each had dietary and nutritional supplement changes made to balance their saliva and urine pH, balance their urine mineral content, and balance their urine sugar, determined by refractometry. Each "treatment" patient had dark-field microscopy of their blood, before and during the study, evaluating for red cell clumping, excessive fibrin production, excessive microbes in the blood, etc. These issues were each addressed by specific nutritional supplements. In addition to their supplements, the 13 "treatment" patients did dry-skin brushing, mechanical and manual lymph drainage, TKM® therapy for pain, laughter therapy, prayer therapy, and emotional release therapy.

During the first 14 days of the study



This scanning electron micrograph shows spirochete *Borrelia burgdorferi*, causative agent of Lyme disease. While only 0.2-0.3 micrometers wide, the cell length may exceed 15 to 20 micrometers.

the 13 “treatment” patients who continued in the study received dietary changes compatible with their blood type and metabolic type, tissue pH balancing with green drinks and other supplements, enzymes in-between meals, enzymes with meals, lymph drainage, kidney drainage, liver supporting natural remedies, eico-sapetaenoic acid, antioxidants, minerals, vitamins, homeopathies, and a few select organ-balancing herbs, but no Samento.

All prescription antibiotics were stopped in the 13 “treatment” patients before the study started. Each of the 13 “treatment” patients improved somewhat in their symptoms during this first 14 days. Previous experience with the other 58 patients had taught us that due to Samento being such a powerful antimicrobial, patients would get a severe herxheimer reaction if they were not detoxified and prepared to receive the Samento before starting the first dose. The Samento dose was started on the 15th day of the study at one capsule three times a day in most patients, and built up to three capsules three times a day over a six to nine day period.

These 13 “treatment” patients were kept on nine capsules of Samento per day, plus the other vitamins, minerals, herbal and homeopathic support until the end of the tenth week. By that time, all 13 of the “treatment” patients improved at least 50% in their symptoms; some of the patients improved 80% in their symptoms. (Only a couple of the “control” patients had a slight improvement over the study period while on the prescription antibiotics, a few worsened, and most remained unchanged.) After the tenth week, the Samento was continued at six to nine capsules per day in the “treatment” patients, and most of the other supportive remedies were discontinued. “Treatment” patients were followed for an additional eight weeks and continued to improve. Dark-field microscopy of the blood of “treatment” patients showed many *Borrelia spirochetes* at the beginning of

the study, and none after the tenth week of the study. One 18 year old girl in the “treatment” group had been gravely ill since age 3, and, until the beginning of the study, was unable to get out of bed by herself, unable to dress herself, and unable to walk without tremendous assistance. She had anaphylactic and asthmatic episodes requiring frequent hospital visits before the study. By the sixth week of the study, she was able to get out of bed by herself, dress herself, walk unassisted, and all life-threatening reactions ceased. She was able to go out of her house on her first date without assistance.

Another “treatment” patient was a middle-age woman who was on massive amounts of methadone and other narcotics for the attempted control of the 8-to-10-out-of-10 continuous pain in both of her legs before the study started. The pain was secondary to advanced peripheral neuropathy, myalgias and joint involvement. By the tenth week of the study, her pain rarely rated a 2 out of 10, and rarely required any medication.

Another patient was a middle-age man who was evaluated by more than fifty other physicians, including Mayo Clinic twice, and was told that there was no help for him. He was on disability because of extreme fatigue, brain fog, digestive disorders and various aches and pains. All these symptoms improved more than 80% by the tenth week of the study.

The pilot study has shown that we can make a significant improvement in patients with advanced Lyme disease who are given no hope by conventional medicine. If funding allows it, we would next like to determine what the most critical components are of this comprehensive program we used to make a difference in the lives of these patients. We know from our observations in the 58 patients before the study that the Samento is a critical component in the treatment of these advanced

Lyme disease patients.

Note from the TKI director: Historically TKM has also resolved Lyme’s disease. In this study, TKM was only used for pain relief and comfort. The #20 release was the main application. Further development in these treatments have revealed a more concentrated approach by Dr. Cowden as well as myself.

I invite anyone suffering from Lyme’s to contact Dr. Cowden or our office for care. I also want to mention that the Rhus Tea (pg. 3) has shown to be highly effective in fighting such bacterial infestations and enhancing the immune system without the inherit side effects of Samento. Therefore, I feel it is an excellent way to prepare the body for the introduction of Samento while reducing the side effects from such a powerful antimicrobial not unlike Rhus Tea.

There is further information on microbial infestations (reference article by Dr. Cowden and Dr. Romero in this issue) which are very important to compare with many current ailments which we’re finding to be treatable in a similar fashion, and achieving extraordinary results.



*Borrelia burgdorferi*, the spirochetal bacteria that cause Lyme disease, seen at 400x magnification. 📷

# The Role of Under-Recognized Microbes in Chronic Illness

By William Lee Cowden, M.D. and Luis Romero, M.D.

The number one killer (disease) in the USA has been atherosclerotic disease. In the past, it was thought that atherosclerosis was caused primarily by heredity, hypercholesterolemia and smoking. Newer research shows that atherosclerosis is more likely an inflammatory disease as evidenced by elevated C-reactive protein being such a good predictor of strokes and heart attacks. Published pathology studies have also found various microbes such as chlamydia, helicobacter pylori, herpes simplex, gingival streptococci and nanobacteria in the human atherosclerotic plaques. We also know that elevated serum ferritin is a good predictor of atherosclerotic events and that the ferritin iron stimulates microbial growth. Some practitioners are even observing progressive reversal of atherosclerotic plaque using certain anti-microbials.

The second largest killer in the USA is reported to be cancer. There are several convincing books about the causative relationship between certain microbes and certain cancers. Virginia Livingston Wheeler, MD, in 1984, described the cancer-causing microbe "progenitor cryptocides." Gaston Naessens described the life cycle of a similar (or the same) microbe in a book written about him by Christopher Bird. Alan Cantwell, MD, wrote the book "The Cancer Microbe" in 1990 which summarizes these researchers as well as the original research done by Dr. Antoine Bechamp in France between 1860 and 1908.

Many articles published in the peer-reviewed medical literature in the last few years link the spirochete *Borrelia burgdorferi* not only to Lyme disease but to more than 300 other chronic illnesses. These include chronic fatigue syndrome, fibromyalgia, osteoarthritis, trigeminal neuralgia, cardiac arrhythmias, Parkinson's disease, multiple sclerosis, amyotrophic lateral sclerosis, schizophrenia, major depression, mania, obsessive-compulsive disorder, attention deficit disorder, etc. Mounting evidence from research suggests that *Borrelia*, as well as many other microbes, cause the specific symptoms associated with various diseases by producing microbial toxins that poison enzymes, bind hormone and/or neurotransmitter receptors or other structural elements of cells. Resolving the disease symptoms therefore requires not only eliminating the toxin-producing microbe but also eliminating these microbial toxins from the tissues.

Recently an herbal extract of a special type of Peruvian Cat's Claw (*uncaria tomentosa*) which is completely free of TOA's (tetracyclic oxindole alkaloids) has been developed which appears to be able to rapidly reverse several of these *Borrelia*-related illnesses as well as certain other microbial illnesses. It's known that this TOA-free Cat's Claw has pow-

erful immune-enhancing properties as well as some direct anti-microbial properties. Anecdotally it also appears that it's helping to reverse some cancer conditions possibly also through an anti-microbial effect.

Notes from TKI director: This article reveals the vital importance of effectively treating these microbial infestations that plague this country. This makes treating these multiple ailments a more simple and much more effective process. Of course TKM® has a history of treating diseases related to these microbial invaders with profound results. Although, this knowledge is helpful in focusing tests and identifying certain culprits biologically, and include very effective treatments with TKM®. The Samento mentioned in the two articles within this issue is available in a more effective tincture verses the capsule form which were used in the studies.

**Important note:** The tincture can be obtained from TKI, Dr. Cowden or directly from the supplier if you are licensed. Although, I strongly advise that no one place themselves on this product or a similar protocol mentioned in this issue without consulting an experienced licensed health professional. This is not something to experiment with. A final note in reference to these two articles. It was mentioned that certain microbial infestations have a causative relation to cancer. The Rhus Tea (pg.3) has shown to be effective in treatment of microbes and has reversed several types of cancer in as little as a few months with no noted side effects. There have been no controlled studies on Rhus Tea to date, but this new discovery has tremendous potential.

## Pulse Puzzle

Pulse Puzzle is a regular part of each KIMA Journal for graduates of Level 2 and above, to help learn more of pulses. Some abbreviated examples below are used in pulse puzzles, similar to demonstrations in class.

The numbers (1st -5th) represent the stratum texture. S = Silent, L = Loud, W = very weak pulse, FWT = Fluff with Tone.

The study example is below (observation and suggestions on page 11).

S	Lg. Int.	Sm. Int.	5th L
4th	Lung	Heart	5th L
4th	ST	GB	FWT
S	SP	LV	S
S	DIA	BL	4th W
S	UMB	KD	5th

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

## WHO'S IN CHARGE OF YOUR HEALTH?

By Cleo Carlile,  
Member of the King Institute Board  
of Advisors. Part II continued from  
KIMAJ issue #1.

### To Improve Your Nutrition:

1. Grow an organic garden.
2. Eat foods "in season" from the USA
3. Buy organically grown foods that you can't grow yourself.
4. Prepare your own food.
5. Drink water you purify yourself, 6-8 glasses per day.
6. Eat for your blood or body type-read Peter D'Adamo's book Eat Right 4 Your Type.
7. Consume at least one (1) tbsp. of high quality olive or flax oil daily.
8. Eat (3) meals a day. Eat the smallest meal in the evening.
9. Exercise often and laugh a lot.
10. Developed close bonds with family and friends.
11. Do something for someone else without expecting something in return.
12. Don't expect life to be fair, discount your problems, and focus on your blessings.
13. Look for a truth and meaning in all aspects of life.
14. Never stop learning and being inquisitive about life.

The last six points are needed for whole body health. Food and water is not the only nutrition we need. We need to love and be loved. We need to forgive and be forgiven. We need to have a purpose in living.

### What is pollution?

It's anything that's not harmonious to our cells and nature as humans. Any substance or vibration either helps nurture or destroy our body and mind. What makes pollution such a problem is that it affects different people in different ways, so it's difficult identifying some things as pollution. Some types of pollution are difficult to identify while others are not. Example: margarine is a pollutant and olive oil is a highly beneficial nutrient for everyone,

so they're easy to classify. But cow dairy, for example, is more tolerable for certain blood type people but harmful or a pollutant to blood type O people. Some of the most harmful pollutants to humans are:

1. **Radiation**
2. **Synthetics**
3. **Benzene**
4. **Mercury filings**

I've learned from people who study these relationships that some or all of the above pollutants are found in all cancer patients. Of course, there are many more that are harmful. Many are found in or around our homes, such as fiberglass, asbestos, roach killers, detergents, and cleaners. As most of you know, amalgam fillings have ruined the health of millions of people. I've seen people overcome health problems after removing their silver (Mercury) or amalgam (Mercury) fillings.

### Isn't it obvious why we get sick?

We live in a polluted environment, we're fed poor nutrition, and the world is full of parasites of all types that are stronger than ever and needing a "host" for their survival. I personally believe some people are genetically born with stronger body's than others, so their cells fight off the parasites better and longer than other people, even if they pollute their body more.

I feel this causes some people to doubt things related to preventative health initiatives. We've all heard someone say, "My uncle lived to be 90 and he smoked every day!" I've always asked, what were his last 15 years like? How long might he have lived if his body was less polluted?

The chemicals placed in the ground to raise tobacco and chemicals sprayed on the leaves to keep insects away probably cause the most damage from smoking tobacco. However, formaldehyde is a major by-product of tobacco, and it's absolutely not good for the human body. Why pollute the body on pur-

pose? We get more than enough pollutants to kill us already.

### What about parasites?

Are they really out there? Can they be avoided? Can we get rid of them? Sure, they're out there. Why do we get colds and flu? Why do many people get staff infections in hospitals? Why do people get diabetes, cancer, HIV, MS, heart disease, TB, ulcers, pneumonia, etc.? The answer, I believe, is bacterial parasites! When a tree gets too infected with parasites within or on its branches, such as the moss in Louisiana, the tree finally gets weak, then dies. It's the same with people, but somehow most people see death as a mystery when it comes to them and their family.

A way bacteria, fungus and virus can enter the bloodstream is through our teeth and gums. I don't believe anyone should have a root canal, because it, at least, provides a direct path into the bloodstream for bacterial parasites.

Bacterial parasites also accumulate under plaque. The common way to remove plaque is by a dental hygienist who'll scrape the teeth and gums periodically. I prefer doing this with a sonic (electric) brush and a special toothpaste (non-fluoride). I mix the natural toothpaste with an essential oil blend called Thieves and this helps keep teeth sparkling clean without plaque build-up. To make sure plaque doesn't build up, I use a special antibacterial, plaque tooth soap from Australia, twice a week. I've seen this even regrow gums around teeth where they'd shrunk. In my opinion, medicine primarily today is for the purpose of making a profit from ill people by managing their illnesses in such a way as to mask the symptoms so they don't feel their illness as much. No wonder it's illegal to use the word "cure" in medicine, conventional or natural.

Of all parasitic forms known to man, I think the most difficult to get rid of once entrenched seems to be fungus. Athlete's foot is an example. Large

parasites such as flukes, tape worms, hook worms, etc., can really do a lot of damage, but are not nearly as difficult to eradicate as some fungus. Much scientific research is needed in parasitology, in my opinion. It seems obvious that we should hold off spending on exotic research like cloning, genetic engineering, etc. and get to the basics of killing the enemy that is killing us - parasites! When was the last time you went to the medical doctor and he said, "Let's run some tests to see what parasites are causing your illness." It seems to be a forgotten enemy! Why?

I see a huge connection between parasites and pollution which I hope you'll also see. Pollution does two things that aid the growth of parasites in larger animals and humans. First, it interferes or weakens the immune system, which is the primary defense system to rid the body of parasites. Second, it forms barriers or walls in the cells and prohibits T-cells from being able to get to the parasites to kill them. Pollution acts as a shield for parasites and against our immune system.

What can be done about this problem of poor nutrition, strong parasites, and lots of pollution around us? I've already listed several things in this article, but the list could be endless. I do want to provide a few more ideas.

**1.** Individualize a daily nutritional guide for your body. This includes the foods for your blood type, foods in season, organic foods and the organic whole supplements which should be taken according to age, occupation, gender, weaknesses, etc. Please remember that probably 90% or more of all vitamins and mineral supplements or cloned, synthetic parts of their original and molecular structure and react similar to drugs in your body. Make sure herbs are pure, not gassed, and still have some life in them and are truly organically grown.

Don't use medicinal herbs over a long period of time. Use only nutritional

herbs over long periods. Keep physically fit as much as possible according to age. Walk a lot. Drink 6-8 glasses of pure water daily. Make sure you're structurally in-line so that energy can flow without barriers throughout your body. You may need to get a TKM treatment, chiropractor treatment or a massage two or three times per month, at a minimum, to get energy flowing. Realize that your body is a living organism that reacts to all types of stimulation, both internal and external, in either a positive or negative way. Be careful what and who you allow to touch your body.

**2.** Be flexible in the efforts of taking care of yourself. Don't always believe the hype of nutritional ads. Find some good research on the products you use. Let good quality food be your medicine as much as possible. When learning about something that works for you, that's great, but continue to be open and look for ways to fine-tune your body's needs. Researchers are working daily to learn more about how we live and function. New, exciting discoveries are changing our lives faster than ever before in history. If we could eliminate the need and power of money in bringing these new discoveries to market, we wouldn't go down so many "false hope" trails. I don't see that that will happen, so we must study and do research ourselves to find the truth. One rule I do my best to follow is to use only products derived from natural substances as much as possible.

**3.** Be preventative! Don't wait until you're sick, have pain, are overweight, short on energy and breath to start taking care of the body. Even a car, which has no living cells, needs the right fuel for its engine and needs cleaning inside and out. It also needs preventative maintenance such as tire rotation, oil change, joint lubricating, etc. Anything that moves must have preventative upkeep or it'll stop moving well, then finally stop moving at all. Also, anything that's built to move must move on a regular basis or it gets stiff.

It's the same case with the human body. Keep moving!

**4.** Have a comprehensive plan of action. Having good health is like having good financial success. Most people will never make a lot of money unless they actually plan to. A plan is a must, then focus and work the plan. When you make a conscious decision to avoid illness as much and as long as possible and to live a vibrant life, it is necessary to develop a plan to help achieve the goal. We simply cannot take our health for granted and expect good results. Society offers too little nutrition, too much pollution and too many parasites for this to happen. Sure, you might be OK for a few years if you're lucky, but not age 70-80-90 or more. I believe humans do have the biological capacity to live 120 years. I just visited a long time friend on her birthday. She seemed to have a great time and she's 100 years old.

A comprehensive or complete health plan includes a lot of things. It means taking care of the whole body. This means the spirit, also. Being comprehensive could be overwhelming at first, so just start and then add as you learn. Put the plan on paper and tell others about it. By doing this, you'll become a believer in the plan.

Continued in the next issue. 



This happy group of students is from a recent Level 4 & 5 class at the Institute's office.

It was a great time with this wonderful group. We had several TKM Instructors attending the class. Plus students from as far as Greece, like Rodiani. It's like a reunion when veteran students get together whether they've met each other or not.

## E-MAIL CORNER

**Q:** What's the best sequences to support a healthy pregnancy? Is it best to focus on the stratum that corresponds to the month of pregnancy? The mother has 9's & 10's needs.

**A:** The handout in some classes that charts correlations to months of pregnancy is very important to use. Sequences that help the stratum that correlate to each month of pregnancy. This is especially true if there is any problem whatsoever in any month of pregnancy. I would apply the organ energy sequences (Chpt. 9), R&R stratum (chpt. 8), SBF (chapter 12), and stratum related energy sphere sequences (chapter 2, and include related combination sequences in chapter 3).

The top priority would be to apply the #13 sequence (preferred daily), followed in priority by the Median sequence, spleen sequence, umbilicus sequence, 23,25 sequence. This also helps carry the baby for the full term.

For labor pain: hold #16 and same of body #8. If there are two people, one on each side is better.

All breast feeding issues: R&R 1st stratum on page 107.

Turn a breech baby around: Right to Right #9 on scapula and thumb into the #26, and Left to left #2 (Special variation of R&R 1st stratum on page 107.)

**Note:** Page 107 (old textbook) can help prevent malformations in newborns.



Recent Self-help class in Dayton, OH (Nov. 2004) began three days after the Presidential election in this intense battleground state. Although stress was previously high, we really had a great class and a full turnout.

## Surgery with TKM®

### Follow through story

Something that wasn't mentioned in the last issue on Surgery with TKM® is the excellent video coverage of two operations, while using TKM. During the first shoulder surgery there was an arterial bleed which was stopped by use of TKM (no compression or cauterizing). This was professionally filmed and is available to view at TKI or by request in some classes. It is not for public purchase. A summary of KIMAJ #1 issue is below.

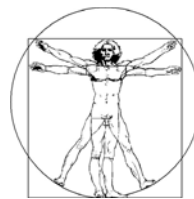
I've used TKM® for bleeding in herniorrhaphies, cholecystectomies, breast biopsies and many other major and minor procedures. While there are factors such as metal surgical instrumentation and scar tissue that can interfere with the results, the outcome still remains phenomenal.

My first use of TKM was during a laparoscopic cholecystectomy (removal of gallbladder with use of a scope). The liver bed was lacerated during the procedure, but before the surgeon used the cautery to stop the bleeding, TKM was applied. The bleeding stopped and the laceration actually closed. This incredible feat took about 3 minutes and was witnessed by an astounded surgical team.

Most laparoscopic cholecystectomy patients recover much faster after use of TKM during surgery. With extensive cauterization to the liver bed, patients experience more pain than usual. However, by using TKM to control bleeding, the liver bed is spared additional trauma. The surgeon who has been practicing for 47 years has observed numerous TKM successes and is now an educated believer.

Although surgery at times is necessary, it continues to pose other health risks. Healing and recovery without conventional medicine or surgery is a new and exciting arena that must be explored. Skepticism must be put aside as we learn a holistic approach to total patient care.

By Jana Carswell



## TESTIMONIAL CORNER

I provided TKM sessions for a young girl who was diagnosed with Connexin 26, which I never heard of before. It's a genetic disorder where someone hears fine when they're born, but as they begin growing-up, they lose their hearing. (A "Connexin 26" mutation causes a syndrome of sensorineural hearing loss and palmoplantar hyperkeratosis (MIM 148350) Medical Genetics Unit, St. George's Hospital Medical School, Tooting, London, UK. / A mutation in the connexin 26 gene (GJB2) in a family with an autosomal dominant syndrome of hearing loss and hyperkeratosis. The affected family members have high frequency, slowly progressive, bilateral, sensorineural hearing loss and palmoplantar hyperkeratosis. The mutation causes an amino acid substitution (G59A), which may disrupt a reverse turn in the first extracellular loop of connexin 26. Connexin 26 mutations have been reported in syndromes of deafness and palmoplantar keratoderma. {J Med Genet 2000;37:50-51}).

I worked on the girl for five weeks as follows: Everyday for two weeks, then three times a week for two weeks, then once a week. At that time she had a hearing test, and the results were that her hearing had dramatically improved! The doctor said that this NEVER happens! The only thing the mother did different was to add TKM®. I worked a lot on the #23, #23,25, 4th Stratum and Small Intestine Sequences.



By, Derenda Pitzele,

TKM® has had a tremendous impact on my clients and family. The Emergency Integrative Medicine Techniques (EMT) were used successfully on my 95 year old mother-in-law who was choking. It has also served well on incidents with anaphylactic shock, breathing dif-

iculties, bleeding, and heart arrhythmia. I use TKM® regularly on my clients ranging from pain to brain trauma episodes. My clients, family, and I are truly blessed and grateful for TKM®. Dr. Glenn King and his wife Hillary have unselfishly shared their wisdom and healing gifts with the whole of humanity. God's blessings to all who hear and share this knowledge with their loved ones.

By, Ralph Tomita



Praise God for His healing mercies and the gift of TKM®. I recently got a message from Brianna's father. Brianna is an 11 year old girl who had 6 open heart surgeries and had a collapsed lung a few weeks ago.

She was released from the hospital on Saturday and went to church with her parents Sunday morning. There is still a lot of work to do, but the crisis has been met, dealt with and overcome.

While I am excited about Brianna's improvement, I am equally excited at the opportunity God provided for the Sunday School Class that Melanie and I work with to experience his loving response to their prayers. We explained TKM® to them and how we had taught Matt and Kerrie to do the sequences and that TKM® was God's gift to those who would receive it.

A prayer chain was organized to pray consistently, asking God to work a miracle in Brianna. I might add that the doctors fully expected to perform another surgery to get her lungs functioning correctly.

The surgery became unnecessary, and Brianna made progress much more rapidly than the doctors expected. Thanks to all who prayed, offered suggestions and support on KIMA-Talk. Thanks to Lisa Heath who gave of her time to go to the hospital and support Kerrie to do TKM® sequences. I am overcome with the experience of God's love I've felt from all of you.

I actually saw Brianna at church

yesterday. She truly looks great, is perky and energetic., and has good color. Her mother says she's eating like a football player. She's never had a good appetite before. She is gaining weight steadily. Her mother continues to do TKM® on her daily, focusing on the Median, 15's and Diaphragm Sequences. This child was very close to death a few weeks ago by all accounts from the doctors. God is Awesome.

By, Dr. Jim Robertson



## Pulse Puzzle Suggestions

(From page 7)

**Observation:** It appears that 5th stratum messed up 4th Stratum (especially Kd, and Kd affected 23, and 23 affected Bl and the waist-level.).

The culprit looks like 5th S. for DC & AC. Although, the majority of pulse disturbance or imbalance is due to 4th, especially if the silent ones are also due to 4th Stratum.

**Suggestion:** 23,25 seq. helps Kd, Bl, and is a Quicky for Umb & Dia, and all waist-level issues (waist-level: Lv, St, Sp & 9). And 9's help 4th Stratum AC & DC, Kd & Bl, and all waist-level functions. Clearing the waist-level helps the chest energy descend (esp. Sm. Int.), then work Heart seq., which helps the Ht. pathway and both Kidneys. This will reinforce what was just applied. This process should help everything!

**Summary:** Apply the 23, 25, then heart Sequences. It should help everything.

I hope these examples are helpful. Be blessed!

# HELP FOR THE HOLIDAYS!



*Since this is the holiday season, this will help with the digestive abuse most will gladly be repeating.*

This Procedure is in from the Textbook and Self-help Book, and is extraordinary for most digestive issues. It is appropriately named the Stomach sequence. The first step of the sequence is also a helpful step when needing help when applying the whole sequence is not a feasible at the time.

This sequence is very effective for over eating during the holidays or at any time. It helps when we've eaten food or drank beverages that upset our digestion, like carbonated drinks, coffee, hot chocolate, etc. It's great for that bloated feeling after eating too much food.

This is not to justify abuse to our digestion and the health of our body, but many will enjoy the holidays in excess and with foods not normally consumed, especially when visiting family and friends. I really suggest doing this at the time of recognizing any discomfort; don't wait until it gets worse. The wiser action is to apply this sequence very soon after eating those heavy or unhealthy meals. Avoiding the bloat and discomfort is better than waiting until it happens. This would be a great sequence to share with people over the holidays. I'm sure you'll find some very grateful people after using the stomach sequence. Let us know how it improves your holiday experience. I know your body will really appreciate it!

This application can usually be applied on one's self easily. For best results:

**Preparation:** Comfortably lay or sit and simply relax, or go to sleep if someone else is applying. Be comfortable applying the sequence. For best results remove all metallic objects from the body and clothing. 100% cotton clothing is best suited.

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

**Application:** Use fingerpads (palm side) of the index, middle, & ring fingers to apply contact. Or, you may use all fingerpads if you wish.

**Always** hold two locations when applying a sequence, one with each hand. **Important:** Pressure is not necessary to achieve results, in fact, it may inhibit the process. Contact is all that is needed to stimulate energy circulation.

**When to apply:** Once after meals is suggested, unless more is needed. Sequence usually takes 30 - 45 minutes for suggested results.

## Sequence for Revitalizing Stomach Energy.

The diagram illustrates Left Sequence energy spheres only.

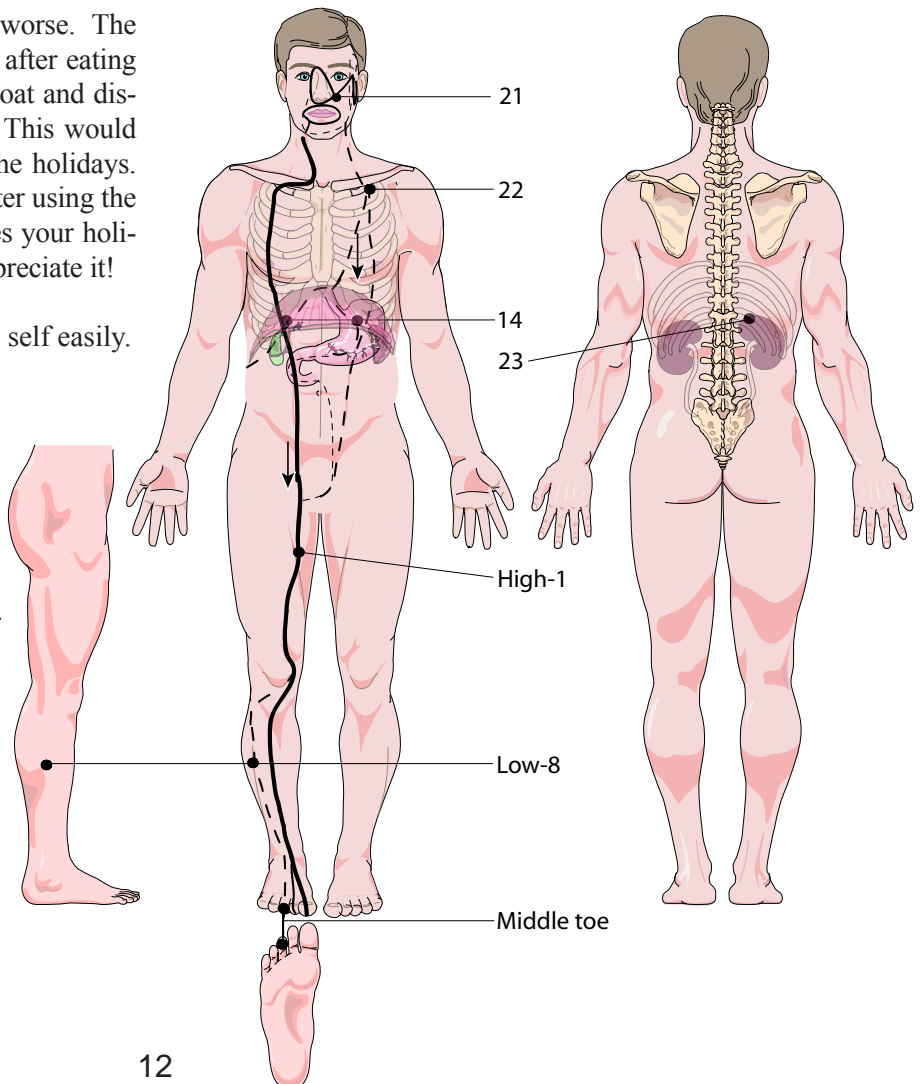
**LEFT Sequence**, sit on the **Left side** of their body.

Note: This can also be easily applied on one's self.

Procedures For Hands	(to)	Position On Body	E.S.'s
step 1 right and left	to	left	21
step 2 left	to	left	22
step 3 left	to	right	14
step 4 left	to	right	23
step 5 left	to	left	14
step 6 left	to	right	high 1
step 7 left	to	right	low 8
			toe (middle)

### Additional Related Symptoms

All digestive issues, weight balance, constipation, diarrhea, colon, enzymes production, pH balance, calming affect, mental stress or emotional stress, central nervous system, all epidermis functions, nausea, worry, great for ulcers, abdominal bloat, menses, stomach cramps, gastritis, food not descending, acidity, and helps promote mental clarity. Very good for the waistline.



## **CHILDREN'S JEWELRY CAUSING BRAIN DAMAGE!**

By Glenn King, PhD, CDN, CN

### **Some Jewelry Your Children Get From The Nation's Largest Retailers Could Cause Brain Damage!**

This is according to a study at the University of North Carolina in Asheville, which will be published next month in the Bulletin of Environmental Contamination and Toxicology, and can even lower points on their IQ, researchers discovered.

A majority of bracelets, rings, necklaces and earrings bought from big chain stores leached enough lead to cause minor neurological damage with just 20 seconds of daily contact. Most jewelry tested was for children. One ring leached lead at 250 times the federal limit of daily exposure in children younger than 3. Sellers are not required to disclose the content of jewelry, but at least two chains have taken steps to reduce or eliminate lead items. Some in the industry say the findings are alarmist. I say we should be alarmed!

Consumers have no way of telling which jewelry pieces could have dangerous lead levels. The biggest potential for high lead content is in items with a dull, antique looking finish. The pieces are sold at all types of stores, not just large chains. UNC-Asheville researchers recommend not buying lead jewelry - typically, items not advertised as being made of gold, silver or platinum - until manufacturers reduce the lead.

"We hate to suggest a ban, but a lot of this jewelry is bad," said Rick Maas, a UNC-Asheville environmental sciences professor who co-authored the study. Excessive amounts of lead in the bloodstream causes brain and nerve damage, particularly in small children.

This summer, the Consumer Product Safety Commission recalled 150 million pieces of toy jewelry sold in vending machines between 2002-2004 because of dangerous lead levels. Four major importers halted

shipments while talking with regulators on reducing the amount of lead in jewelry. The recall stemmed from the lead poisoning of a 4-year-old from Oregon who swallowed a piece of jewelry bought in a vending machine, the CPSC said.

Retailers are now the targets. Federal regulators said they're studying lead in costume jewelry sold by mass retailers, report is due next year.

Jewelry industry officials are concerned that studies like this one will panic shoppers. I hope it makes them wisely active.

"I'd have a hard time believing that too much lead content in a pair of earrings or costume bracelet would destroy a life," said Laurie Hudson, chief executive officer of Jewelry.com

UNC-Asheville researchers tested jewelry bought at 15 major retailers in California - including Wal-Mart, Target, Nordstrom and Claire's. They wiped the pieces of jewelry for 20 seconds, estimating that was an average length of time a child would fiddle with a bracelet, necklace or ring each day. More lead enters the blood stream when children put their hands in their mouths - or the pieces of jewelry.

A child's IQ could be reduced by 2 points, if the child were to rub jewelry that the government deems minimally hazardous for just 20 seconds a day for a month. Among the 311 pieces of jewelry researchers tested, 54 percent contained more than 3 percent lead. Previous studies found dangerous levels of leeching in keys and plumbing parts containing as little as 1.5 percent lead.

After looking closer at jewelry with dull gray plating that gave pieces antique pewter appearance because the plating itself is made of lead. Among that select group of 62 pieces, which contained 3 percent or more of lead, almost two-thirds leached enough lead to cause brain damage in children under 7.

But the bigger concern is that the jewelry will raise a child's blood lead level, already bolstered by lead found in drinking water, household dust and playground soil. "It's a cumulative effect," said UNC-Asheville mathematics professor Steven Patch, who co-authored the study. "There are some things you can't control and some you can in limiting lead exposure."

Nordstrom began working on making all jewelry sold in the children's department lead-free last month, a spokeswoman said. Target said it has asked manufacturers not to use uncoated lead in jewelry. "We're surprised and disappointed to learn of the findings in UNC's report," a company statement said. Wal-Mart and Claire's officials did not return calls before publication.

In addition to jewelry, high lead levels can be found in other household items - especially those made with PVC plastic. Lead dust is a byproduct of deteriorating PVC. Artificial Christmas trees - especially those about 10 years and older - can pose a health hazard from lead, the UNC-Asheville researchers said.

Amy Sutton, a Charlotte, N.C., mother of three, bought her 8-year-old daughter earrings at a shop last week - saying she had no idea that some costume jewelry contained dangerous levels of lead. Sutton is concerned enough about the issue that she said she recently returned a new vacuum cleaner after learning she had to wash her hands every time she

touched the power cord because of potential lead exposure. "I don't think many people know about this," Sutton said.

This may change your holiday shopping decisions, I hope.

### WHAT TO LOOK FOR:

- Avoid jewelry not labeled as being made from a precious metal.
- Be wary of jewelry with a dull gray finish.
- Shiny plated jewelry can provide some protection, but coating wears off. 📌

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## Healthy Eating

**Mealtimes & Memories** (ref. ISBN 0-9644579-0-3)

A recipe from Thelma L. Carlile

### Apricot Glazed Cornish Game Hens

She wrote, I think the first time I ate Cornish hens was our first trip to Hawaii in 1970's. The "first" of everything is always special. I'll never forget hearing my first Hawaiian music, seeing my first hula, taking my first walk on a black sand beach, experiencing the awe of the volcanoes for the first time, or viewing my first Hawaiian sunset. Cleo, my husband, and I ate in a cozy little restaurant in Kona during that trip. I've always had an adventurous spirit where food is concerned, so I tried the Cornish hens. They were baked with rice in a cute little clay pot that we got to take with us. These Cornish hens will not be baked in a clay pot, but they make a spectacular presentation. No one will ever guess just how simple they are to prepare! Arrange them on a large platter surrounded with Cashew Rice Pilaf and canned apricot halves, and accept the compliments with humility!

### For preparation you will need:

- 4 (1 to 1 1/4 pound) Cornish hens, prefer no preservatives.
- 3/4 cup of apricot preserves
- 2 teaspoons grated orange rind (organic)
- 2 tablespoons orange juice (fresh)
- 1/4 teaspoon paprika

To prepare, combine apricot preserves, orange rind, and orange juice. Set aside. Remove giblets from hens; discard or reserve for other use. Rinse hens with cold water and pat dry. Cut in half. (Your kitchen shears are perfect for this job.) Season as desired (I often use Greek seasoning) and sprinkle with paprika. Place hens, skin side up, in a lightly greased, shallow roasting pan. Bake at 350 degrees for 30 minutes. Remove from oven and baste with apricot mixture. Continue basting, about every 10 minutes, while the hens roast another 30 minutes. Remove from oven. Brush again with apricot mixture after you have arranged the hens on a serving platter.

**TLC Tip:** Since there isn't a great deal of meat on a Cornish hen, you may have to allow more than 1/2 hen per person.

This amount should serve 4 to 8 depending on appetites.

An option is:

### Citrus Glazed Rock Cornish Game Hens

- 1 sm. lemon, juiced (should have 1 1/2 to 2 tablespoons)
- 1/4 cup orange marmalade
- 2 teaspoons soy sauce

Combine the ingredients in a small saucepan. Warm over low heat until marmalade is melted, stirring occasionally. Follow the recipe for Apricot Glazed Game Hens, substituting this glaze. Wonderful taste! **Happy Holidays!**

## HEALTH TIPS

Vioxx and other new-generation painkillers such as Bextra and Celebrex have all come under fire for their tendency to cause an increase of heart attacks.

Statin Drugs, such as Lipitor, Zocor, Pravachol, Lesocol and Mevacor which are promoted as lowering the risk of heart disease, have their own side effect profile, which includes liver and kidney damage as well as muscle pains and damage. One statin, Bayer's Baycol, was removed from the market over the prevalence of such side effects.

### Cholesterol + Statins = Muscle Pain + Pain Killers = Heart Attacks!

### Greatest discovery, or weapon?

The human mind and the nervous system! 2+2, Mind controlling blood O2 level.

The body has master control systems: energy, organs, muscles, mental, chemical, and emotional. The average human body has over 100 trillion cells all communicating - every cell eavesdropping in on our mind. We are constantly out living our cells/molecules, which are dying and being replaced in your body all the time. Every cell that was there one year ago is gone! Everything physical that you consist of is completely replaced within a year.

Think of the body not as a machine but as a river. Filter the flow through your life. Clean up what flows into your life before it can contaminate your river. That is what you do with your mind, which is connected to every cell in the body. Since you replicate each year anyway, why not create a better body, better health, mind and emotions. You choose! Or not!

The human potential is too valuable to waste! The power that God made in the body you have can heal the body you have!

Drink plenty of clean water over the holidays to clean and hydrate your body. This will help avoid some of the misery and damage that comes with holiday eating habits. It is also a great way to start a habit of drinking clean water on an ongoing basis. *Continued*

When doing something that shows fruitful for your health, why stop?

- Selenium depletes from the body as you go further North!
- Junk food contains high levels of aluminum!
- Those with Autism usually have high DHA. People suffering from seizures also often have high DHA.
- Proper levels of Zinc is vital (especially for healing), it interacts with over 200 enzymes for your health.
- Canned food has no viable frequency. Eat canned food and it lowers your body's frequency level, and can take a long time to recover its previous frequency level.
- Some agree that the body's average frequency is 67-68 Hz. Drink coffee and it brings it down in 3 seconds! It takes an average of 3 days to go back upon its own.
- Fresh grapefruit is a "magnesium rich," anti-epileptic, laxative, antioxidant, and diuretic. Never use concentrate juice.
- Diet has shown to prevent cancer in 70% of all cases. Keep a clean and healthy body. Lots of raw veggies and low in fat.
- Plasticity is vital! Cancer is the lack of plasticity. Stress causes loss of plasticity.
- High aluminum in the diet can decrease average life span to 50's. Aluminum is a favored food preservative and is in all antiperspirants.
- The link between vaccination and Autism is also a link to changes in lipid action in the blood and brain due to reactions from vaccinations (preserved with mercury poison).
- Copper, NOT good for those with seizures, may provoke a seizure.

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- For Epilepsy and Autism, do not use any trans fatty acids. Don't use peanut oil, canola or olive oil. They are long chain fatty acids. You can use catalase to burn and use fat. For epilepsy and autism, it is highly suggested to get a fatty acid profile. Trans fatty acids cause the brain to malfunction and the body's systems to clog and shut down. It would be wise to never eat margarine, French fries, etc. Half the brain is lipids; we must take care of the core of our central nervous system which governs other functions.

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**Want a real health tip?** Find time for quiet reflection on how you treat people and family, not how they treat you or how you react to them (justifying yourself). Is patience, love and kindness prevailing in your heart and actions to others? If not, take the opportunity this season to show kindness, patience and love in your voice, words, eyes, actions and expressions. It'll do your heart and health a great deal of good! It'll also help spread it to others. If they don't receive it at first, just keep your focus on the purpose and keep doing the right thing! Good health and God bless!

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This is what it looks like (right photo) when a hungry class gathers together at a Vietnamese soup house, or properly called a Pho Restaurant. Many had the traditional soup for the first time. It was a challenge for some learning how to eat soup with chop sticks and a soup scoop, but it was very delicious and a lot of fun. The food was great, but the company was best. Everyone seemed to enjoy the food adventure!

## What's New In TKM® Classes!

There have been additional requests since the class on Pulses and Body Biography in Raleigh, NC. Although the response from the class was great, it created a greater thirst for more information on the subject of Body Biography. Therefore, we will be adding more correlations to *causes* and what applications will help correct the issues.

Thinking on this subject has provided ideas that I've yet to teach in any classes concerning body biography, which is the multitude of facial shapes, ears, mouth, lips, eyebrows, nose, eyes, cheeks, chin, teeth, jaws, forehead, dimples, clefts, lines, and much more that I just have not made the time for in past classes.

Classes at the Institute's office have already begun to include some of these ways to help us understand how the energy is functioning and how we can help correct it.

### If you think learning TKM is difficult - think again!



Irene is 2 1/2 now. And as you can see, she's even having her toys do TKM on each other.

According to all the physicians that have seen her, she was not suppose to survive to age 2.

But she's standing, walking, and doing great despite of her medical diagnosis of SMA (genetic), and prognosis. She's another walking testimony of what can be accomplished when

all experts worldwide say "there's no hope." With God, there's always hope. And this precious girl has overcome the odds. She very well may be the only one who's overcome SMA prognosis.



## What is TKM®

It's a complementary form of natural medicine from a physics understanding of the bioelectromagnetic systems and functions of the human body. This gentle method is a non invasive, light touch approach to help reestablish homeostasis in the body, which even a child could apply. Use of this gentle method restores bioelectromagnetic energy circulation (conductivity) and balance (coherence).

TKM® promotes rapid healing and has shown to be highly effective in helping to reverse critical health issues and chronic diseases, as it activates a resurgence of vibrant health.

The King Institute, Inc. embraces its client as a "whole person." Addressing the cause from a physics point of view rather than symptoms of disease or pain (which is simply bio-energy that is not circulating properly).

This approach produces measurable and remarkable improvement in physical, mental, and emotional health. I believe our greatest handicap is lack of knowledge and the lack of acting on correct knowledge!

### Our Mission Statement

*"Dedicated to serve as Ambassadors bringing Restoration, Healing, Truth, and the Love of Christ to the World, giving all the Glory to God."*

### Your Financial Support Is Appreciated

Although we charge a fee for classes and sessions, high costs accompany operating the organization and helping those who need financial assistance for health recovery expenses. We offer many services from a reduced fees to no charge, which take time and money. We also have a sliding scale fee for special needs on sessions and classes for qualifying situations. We'll always continue to do all we reasonably and sometimes unreasonably can to help those in need.

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There is a place on our web site for contributions [as a 501 (c)(3) non profit organization] created for supporters to easily make a one time contribution or a monthly recurring contribution. This is for a choice of one year or until they choose to discontinue at any time. We truly appreciate those who have responded. Most have chosen the recurring monthly contribution, which helps the most.

We can't simply stand by, while seeing the need for help and do nothing. We are increasingly dependent on your understanding and generous good heart to take action in financially supporting our these outreaches.



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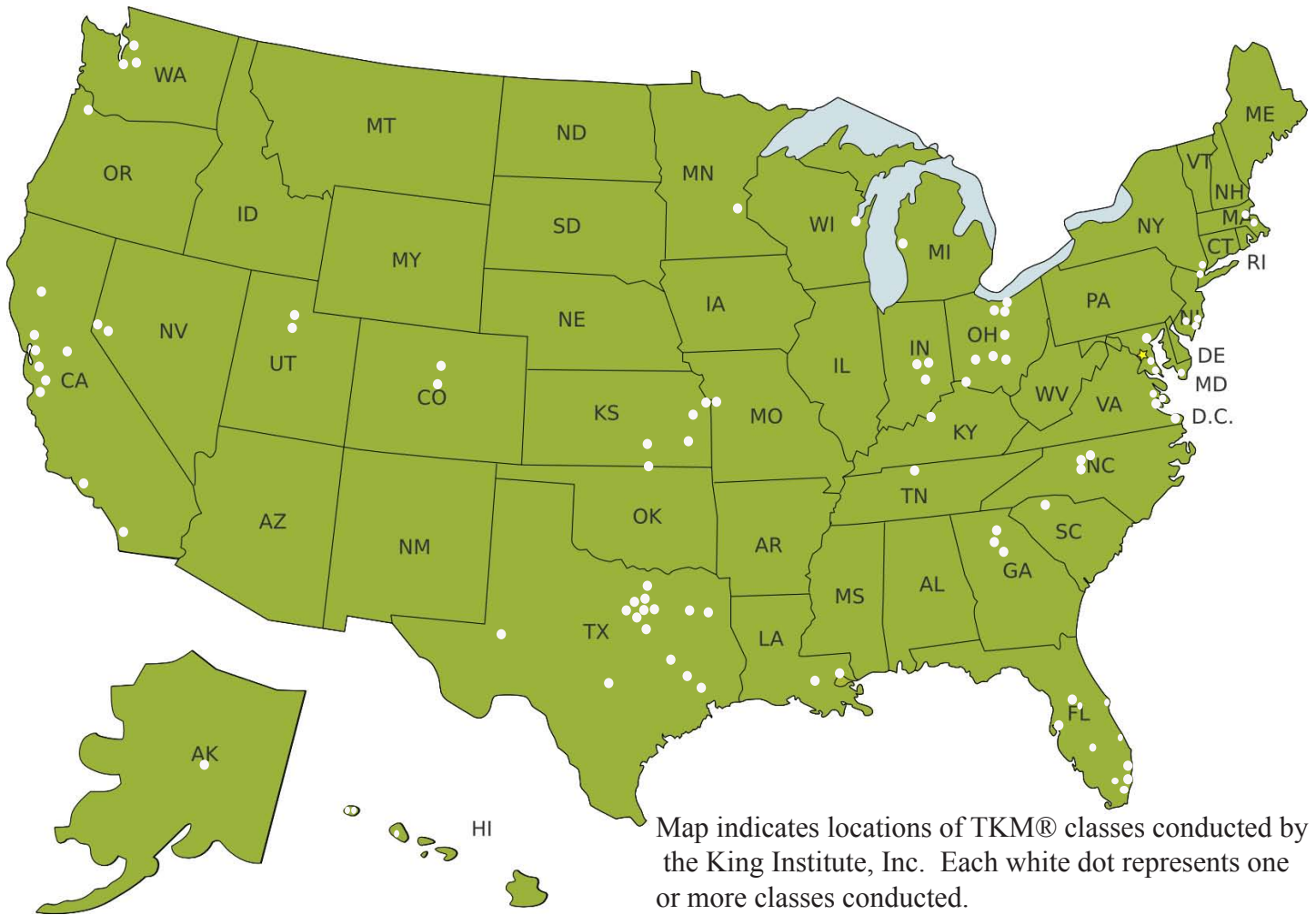
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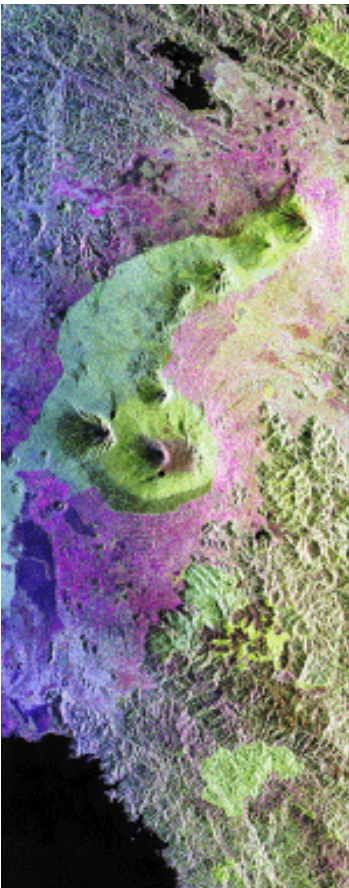
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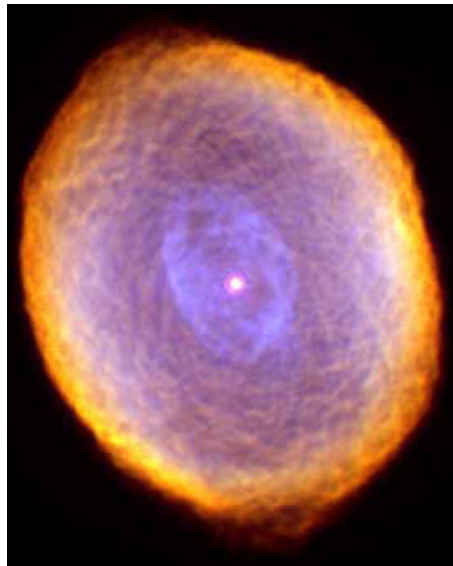


**SPACE VIEW**

**The Hubble Telescope Heritage Team  
brings us spectacular photos.**



Endangered gorilla area - Virungo Volcanoes, Congo  
Photo above



A planetary Nebula (IC 418)



Mars - 2001 Opposition