

Health Quarters Monthly

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From **D**ave's Heart...

So here's the deal, we here at HQM are in a unique place of service in the field of helping folks with the stewardship of their health. Many of the clients we see have already visited with a medical doctor who has put a label on their *symptoms* (ie, fibromyalgia, chronic fatigue syndrome, cancer, gastritis, osteoporosis, diabetes, depression, irritable bowel syndrome, etc, etc, etc)...and begun to treat these. Our focus, however, is not the symptoms and the labels, but the *pattern of compromises* in their *system's* that has weakened it to the point of allowing the symptoms. Where is the system weak? What are the nutrient deficiencies and related toxic overloads?

And guess what? I've observed that where there is a shared medical diagnosis, the underlying pattern of compromises is always the same. Is that cool, or what? Way cool, I'd say!

Why way cool? Here's the thing: That pattern speaks to the cause. It speaks to the predictability of chronic and degenerative conditions. It speaks to what needs to be the central focus of a battle plan that has any hope of winning back long term health.

There is a pattern that underlies breast cancer, for instance. There is a pattern that underlies ovarian cancer. There is a pattern that underlies fibromyalgia and chronic fatigue syndrome and osteoporosis...and on and on and on.

Priority #1 in any effective battle plan to regain health from a chronic or degenerative condition is to address the underlying pattern of compromises that has allowed it to develop in the first place. In other words, get the body back into balance. Get it to where it's no longer hospitable, and in fact stimulatory, to the disease process it has allowed to develop.

The other day someone said to me, "I'm so glad that your ministry is able to teach us the natural way to win back health." Truth is, *natural* is not our focus....*effective* is. We work at helping folks be effective stewards. An effective strategy of beating a health problem always begins with addressing cause, not just treating symptoms.

Most of the chronic and degenerative problems that Americans suffer today flow out of a pattern of just common compromises in their systems. Because I see this pattern of compromise so often, I use it to give guidance to my personal program of daily supplementation:

- ✓ Weak thyroid...I take Thyrostim
- ✓ Weak adrenals...I take ADHS and Vit C with Bioflavonoids...
- ✓ Weak liver...I take Livotrit Plus
- ✓ Weak colon...I take Perfect 7
- ✓ Weak stomach/digestion...I take Metagest
- ✓ Hormonal imbalance...I use Prostate Care progesterone cream or for Women I suggest Restored Balance progesterone cream
- ✓ Depleted zinc...I take NSP's zinc formula
- ✓ Depleted essential fatty acids...I take Bio-Omega 3 Fish Oil

This is what I do, then as "system upkeep" on a daily basis. And like I said, most of the health problems people have flow from this pattern. Other targeted supplements and essential oils are added as needed, to address specific issues as they show themselves--parasite infections, yeast overgrowth, heavy metal accumulations, viral infections, etc.

One might ask: "But couldn't I just take a "multi" and be done with it? Why so much of so many products?" *Dr. Frahm's Rule of Targeted Supplementation: A multi is a little of a lot, and a lot of nothing.* There's not enough in a multi to give sufficient support to the handful of areas where compromise usually shows itself.

If you've been looking for a basic program, you might try mine.



??QUESTIONS OFTEN ASKED??

The Prostate Cancer Pattern

(...and the need for targeted supplementation)

Question: *I have prostate cancer. For the last three months I've been following a more raw foods diet, and also doing liver/colon cleansings via water and coffee enemas. My recent PSA test shows it's risen 2 more points. I was disappointed. Shouldn't the diet changes and enemas have brought the numbers down? -Joseph*

Answer: Joseph, when fighting a degenerative condition like cancer, priority #1 is to begin to effectively address the underlying pattern of compromises in the system that have allowed the cancerous cells to develop. It's been my experience in testing men who've developed prostate cancer that the underlying pattern of compromises (along with the targeted supplements that test well in addressing each) is always as follows:

- ✓ Weak thyroid...Thyrostim
- ✓ Weak adrenals...ADHS and Vitamin C
- ✓ Weak colon...Perfect 7
- ✓ Weak liver...Livotrit Plus
- ✓ Weak digestion...Metagest
- ✓ Weak prostate...Prostate Care progesterone cream and Damiana (herb w/ testosterone-like impact)
- ✓ Depleted zinc...NSP's zinc formula
- ✓ Depleted essential fatty acids...Bio-Omega 3 Fish Oil

Sounds to me, Joseph, like you've skipped **Priority #1** altogether. You made no mention of the use of targeted supplements to address the above pattern of specific compromises in your system. Simply changing one's diet is never enough. Even the best of diets in the US will be missing a key nutrient for the thyroid—iodine—which from my experience is where the degenerative process begins. Your thyroid governs the function of everything else. Then, too, in general terms you'll require 5-7 times more nutrients to regain health than to simply maintain it. So for those two key reasons, targeted supplementation is absolutely foundational. If you were unaware of this, and would enjoy further education and input, either make an appointment to come to my office and see me, or you could also make an appointment with my teammate, Dr. Trisha Anderson, who does all our phone counseling. (719) 593-8694. Better yet

than either of those options, call and reserve a spot in our upcoming 8-day Lodge session. We'd love to have ya.

Priority #2:

Is to work at cleaning out the system that has gotten overloaded and congested with toxicities. That's where juice fasting, water/coffee enemas, liver/gallbladder flushing, etc. can be helpful. By the way, it's in this step that chemo, radiation, and surgery can also be potentially helpful in that they have the potential to help to reduce some of the toxic load of cancerous cells (symptoms of the system in compromise). Chemo and radiation, of course, are tricky tools to use because in helping to kill off some cancer cells, they actually further intoxicate the body and potentially weaken some of its key functions...so care needs to be taken in their use. They are poisons that produce substances known as "free radicals" (wounded molecules) which in turn wound and kill fast growing cells in the body (not only cancerous cells, but other important ones.) Don't get me wrong, I'm not saying you necessarily need to use such tools in your battle plan, but you'd be wise to keep them available in your "toolbox" should their use be warranted.

Priority #3:

Then, is long term diet and lifestyle changes...learning how to work *with* the body rather than against it. So much of what we do and eat as Americans stresses our bodies rather than strengthens them. "Diet and lifestyle," says John A. McDougall, MD, "are the causes of most of the deaths and disabilities that people suffer in the US today."

Services Provided:

- ✓ Lodge/Alternative Detox Program
- ✓ Walk-in muscle response testing (MRT) with Dr Frahm, ND: Call or email our office for an appointment
- ✓ Phone Counseling with Dr Anderson, ND: Call or email our office for details on:
 1. Personalized nutritional health assessment
 2. Blood test analysis
 3. Hair analysis
- ✓ Supplements, Equipment and Publications: See attached order form for a listing of products

L-Carnitine

What is it?

- ✓ An amino acid
- ✓ Made in the liver and kidneys from two other amino acids—lysine and methionine

What does it do?

- ✓ Helps the body burn fat for energy
- ✓ Transports fatty acids into the energy producing center (mitochondria) of cells...without L-carnitine, fatty acids would have a difficult time permeating the walls of the mitochondria.

Why might some folks be deficient?

- ✓ Missing from their diet ...(Food sources are red meat--particularly lamb, dairy products, fish, poultry, tempeh-fermented soybeans, wheat, asparagus, avocados, and peanut butter. Little to none is found in cereals, fruits, and veggies.)
- ✓ Some folks can't properly absorb this nutrient from foods

Supplementation may help....

- ✓ Heart disease
- ✓ Alcohol-related liver disease
- ✓ Congestive heart failure
- ✓ Dementia and memory impairment
- ✓ High cholesterol
- ✓ Down's Syndrome
- ✓ Intermittent claudication (see below)
- ✓ Kidney disease
- ✓ Athletic performance
- ✓ Male infertility
- ✓ Weight loss
- ✓ Chronic Fatigue Syndrome (CFS)
- ✓ Eating disorders
- ✓ Shock
- ✓ Fatty liver

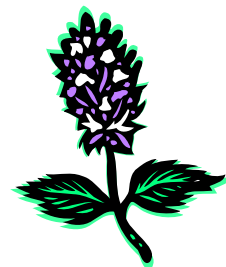
Definition of term: **Intermittent claudication** is a clinical diagnosis given for muscle pain (ache, cramp, numbness or sense of fatigue), classically calf muscle, which occurs during exercise and is relieved by a short period of rest. Most commonly it is due to vascular intermittent claudication caused by peripheral arterial disease. When intermittent claudication is discussed it is measured by the number of "blocks" (e.g. 1 or 2 blocks) one can walk comfortably. It often indicates severe atherosclerosis as it is the most common cause. One

of the hallmarks of this clinical entity is that it occurs intermittently. It disappears after a brief rest and the patient can start walking again until the pain recurs. (*Wikipedia*)

Peppermint Oil

(Not Just Another Pretty Flavor!)

- ✓ Eases inflamed tissues
- ✓ Relieves gas
- ✓ Calms muscle spasms or cramps
- ✓ Boosts flow of bile
- ✓ Inhibits bacteria and microorganisms
- ✓ Respiratory decongestant
- ✓ Relieves pain
- ✓ Increases digestive juices
- ✓ Prevents infections
- ✓ Helps with intestinal function
- ✓ Helps relieve stress
- ✓ Provides: A, C, magnesium, potassium, inositol, niacin, copper, iodine, silicon, iron, and sulfur
- ✓ Increases immune power
- ✓ Nourishes dull skin
- ✓ Reduces spasms of the colon and intestinal tract
- ✓ Removed dandruff and lice
- ✓ Relaxes stomach muscles
- ✓ Improves appetite
- ✓ Stimulates stomach lining
- ✓ Helps heartburn
- ✓ Eases stomach pain
- ✓ Freshens breath
- ✓ Helps motion sickness
- ✓ Reduces fever
- ✓ Improves digestion
- ✓ Soothes respiratory system
- ✓ Protects teeth/gums from germs
- ✓ Helps ease nausea associated with pregnancy
- ✓ Helps to counter post-operative nausea
- ✓ Apply to temple for headache
- ✓ Helps to improve sense of taste and smell
- ✓ Improves concentration and mental acuity



Lodge Alumni Reports

"I've been juice fasting...Here's a weird, but cool phenomenon. Yesterday, I noticed that all of my scar tissue from my lumpectomy and lymph node removal is GONE! All of it! Literally, the day before I left to CO, I was still doing exercises with my arm to try to regain full movement because the scar tissue up and down my right arm and armpit was impairing my rotation. I can't wait to see the physical therapist tomorrow. Also, a 3 inch scar from a childhood car accident has no scar tissue under it anymore. You can still



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see the faint line of the scar, but it used to be raised and a very thick welt. Is that too eerie? I wonder what the fast is doing to my cancer, if it's "eating" scar tissue this effectively. In *Reclaim Your Health*, there were some similar anecdotes, but I still can't believe it! Can't thank you and all those at HealthQuarters enough for your ministry to the Kingdom. It was an honor to be there." -Michelle M. (Feb '08 Lodge....Breast Cancer)

(Special Note: If you're interested, *Reclaim Your Health* can be ordered from our HQM office.)

"Health-wise, Jan and I are doing wonderful with our organic eating, detoxing and muscle response testing. We've shared this lifestyle change with many others, and some have chosen to follow suit and are doing very well. Praise God for the tools that he has given us to reclaim our health." -Stan and Jan C. (Sept '04 Lodge...Arthritis and Breast Cancer, respectively)

"I had my PET and CT scans last week, and we found out that the spots on my liver have dramatically decreased. My bones have even improved. Since I was re-diagnosed almost 2 years ago with metastatic breast cancer, there

has never been an improvement. It has always just slowly gotten worse. Thanks to you and HQM, I am finally on the right track. You can imagine how happy Mike and I were when the doctor told us about the improvement. It just goes to show that prayer and proper nutrition make a HUGE difference." -Kelly M. (Jan '08 Lodge....Breast Cancer)

Letters and E-Mail

"I am so excited about all the information and things that I have learned from your site. I've been looking into natural treatments for at least five years now after attending a seminar on herbs. It just made so much more sense to me than pill-popping for each symptom (*drug therapies*). I started researching while working as a nurse at an elementary school. I found it fascinating and outraging at the same time. I quit nursing about two years ago, as I was disgusted with my findings in today's medicine. It is not what I went to school for. I was referred to your site by a fellow home-schooling mom and friend after finding out that my husband had melanoma....Thanks so much for all you do for God's people. May He greatly bless you. -Terri J.

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