

# Health Quarters Monthly

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3620 West Colorado Avenue † Colorado Springs, Colorado 80904

## From Dave's Heart...



I cry every Sunday night. I mean I actually weep big, salty tears. And not always because my Denver Broncos lost earlier in the day. On Sunday nights I watch Extreme Makeover: Home Edition...a show on network TV where they give help and hope to a family living in poor conditions, by building them a new home, completely furnished, ready to meet their specific needs.

Recently as I watched I found myself thinking..."I wish I could be part of giving hope to hurtin' folks, just like those folks are doing." Today, as I was going through some piles on my desk, I ran across the following note from a recent Lodge program participant. God said to me..."Dave, you're already doing just that, and you're right where I want you."

This is what the note said: *"Yesterday I needed to go to the grocery, and I was really dragging my feet. Two hours after I said I was going to go, I finally went. I was gabbing on the cell phone throughout the store, ending up with a cart full of stuff. I went to the shortest checkout line, but ended up standing there for a long time while I watched two women—one the clerk, the other in an electric cart—talk to each other. I thought about leaving, but I had all my stuff piled up on the counter already. So when they finally stopped talking, and the lady in the cart left, I asked the clerk what had happened to her. She said that she has been battling colon cancer for 7 years. She has had chemotherapy, but it just keeps coming back. So I asked if she talked to this lady often. She said daily. So I wrote down your website address, told the clerk about HealthQuarters Ministries and what you do, and asked her to pass it on to the lady. She sprinted right out of the store to give her the information in the parking lot. They sobbed together at the chance of some hope. Returning with tears in her eyes, the clerk said that this young mother of two is desperate to beat the cancer, but chemo has been the only option she's been aware of."*

Have I told you that I love what we do here at HealthQuarters Ministries? I do. I really, really do. Is there hope for this young mother? Absolutely...but she must necessarily begin to address the underlying pattern of deficiencies and toxic overloads that is the cause of the colon cancer, and not just attack the symptoms (the cancerous cells). That does have some value in a cancer battle plan, but only as a temporizing agenda. In other words, it slows down the symptoms. But as she's experiencing, if the cause is not dealt with it'll be back. And is there an underlying pattern of cause common to all who suffer from colon cancer? Yup.

**Notice:** Due to the rising cost of fuel, there will be an increase in our shipping costs. The increased shipping costs will take effect on April 1, 2008.

## Indigestion, "Heartburn", and Esophageal Cancer

Wall Street Journal (Aug 24, 2004): "An epidemic of heartburn has triggered an alarming rise in deadly cancer, but many people at risk still aren't being screened for the disease. Esophageal adeno-carcinoma, the most common form of cancer of the esophagus, is strongly linked to chronic heartburn and acid reflux. And it is now the fastest-growing cancer in the country. While the overall number of cases is small, the incidence of the disease has surged fivefold in three decades."

**HQM Response:** In our experience of working with folks who've developed esophageal cancer, the pattern of deficiencies and overloads that fosters its development has always been the same: weak thyroid, weak adrenals, weak liver, weak colon, and lack of stomach acid production.

When the adrenals are weak, the stomach (governed by the adrenals) won't produce enough digestive acids. Insufficient stomach acid means poor digestion of the stomach's contents, which leads to all the symptoms we usually associate with too much acid production: gas, bloating, belching, etc. The contents of the stomach ferment rather than digest, plus the bottom valve of the stomach doesn't open properly. Reflux can happen, the backing up into the esophagus of this poorly digested material; tissues are irritated. Ongoing irritation sets the stage for the development of cancerous mutation of cells.

## Symptoms of insufficient production of hydrochloric acid (HCL)

### Digestion-Elimination problems:

- ✓ Bloating, belching, and gas immediately after meals
- ✓ Burning sensation in stomach
- ✓ Constipation (or diarrhea)
- ✓ Food allergies ("leaky gut")
- ✓ General poor nutritional health
- ✓ Heartburn and indigestion
- ✓ Intestinal parasites
- ✓ Iron deficiency
- ✓ Itching around the rectum
- ✓ Nausea after taking supplements
- ✓ Protein deficiency
- ✓ Undigested food in stool
- ✓ Yeast infections (Candida)...and abnormal intestinal flora

## Fingernail problems:

- ✓ Cracked
- ✓ Peeling
- ✓ Vertical lines or ridges
- ✓ Weak

## Skin problems:

- ✓ Acne
- ✓ Dilated blood vessels in cheeks and nose of non-alcoholics

## What hinders the production of hydrochloric acid?

Your adrenal glands govern your stomach, and thus the production of stomach acid for digestion. Your adrenals also take the brunt of all forms of stress: emotional, environmental, dietary, etc. Whatever taxes your adrenals will impact your digestion.

(Also important to recognize that the thyroid impacts the adrenals. A low thyroid will weaken adrenal function, which in turn weakens stomach acid production.)

## What helps?

- ✓ Support your adrenals....ADHS or ADB-5 Plus. Take supplemental HCL...Metagest after food in stomach
- ✓ If you drink water with a meal, always add lemon...a natural form of HCL

(Drinking plain water or other fluids will dilute what little stomach acid is being produced.)

- ✓ Support your thyroid, liver and colon (Thyrostim, Livotrit, and Perfect 7 respectively)

## Sulfur...the “Beauty Mineral”

When I write or teach about getting more sulfur into the system, a concern sometimes raised is “but what if I’m allergic to sulfur.” Truth is, nobody is allergic to sulfur. What some folks *are* allergic to is sulfa drugs...but those are different from the mineral, itself. Sulfa drugs are made out of stuff called sulfonamides (which do actually contain sulfur), but the sulfur itself is not the allergenic agent. When sulfonamides are metabolized in the body, they are capable of binding with proteins which then form larger molecules that can serve as allergens. Sulfur, by itself, does not do this. Confused? Hope not. Sulfur is a vital mineral to your health.

## What is it?

- ✓ A mineral essential to human life
- ✓ The 8<sup>th</sup> most prevalent element in the human body
- ✓ Found in all body tissues and cells

## What does it do?

- ✓ Disinfects the blood
- ✓ Helps the body resist bacteria
- ✓ Protects the protoplasm of cells
- ✓ Aids in necessary oxidation reactions in the body (oxidizes the blood)
- ✓ Stimulates bile secretion
- ✓ Protects against toxic substances (radiation, pollution, etc.)
- ✓ Slows the aging process
- ✓ Needed for the synthesis of collagen (a protein that gives the skin its structural integrity)
- ✓ Vital for health of skin, hair and nails
- ✓ Helps dissolve acids in the system
- ✓ Improves circulation
- ✓ Normalizes heart function
- ✓ Helps metabolize fat, and prevent a fat allergy

## Potential symptoms of sulfur deficiency

- ✓ Constipation
- ✓ Fat allergy (described as follows)...

Congestion in throat area where the Adam’s apple is located.

Feelings of heaviness in the chest, as if someone were sitting on it. Inflamed tonsils (they are a bag of sulfur through which the blood is purified...tonsil inflammation is a sign of lack of sulfur.)

Phlegm in throat (especially upon waking up and after meals containing any kind of fat).

Clearing the throat after meals.

Drop in the pitch of one’s voice.

Potential fever, flu-like symptoms, exhaustion.

- ✓ Poor growth of hair and nails
- ✓ Skin problems: dermatitis, eczema

**SPECIAL NOTE:** It’s an American custom to remove inflamed tonsils from a child’s throat, then give him ice cream...the very thing that helped to inflame his tonsils in the first place. How misguided is that?

## What depletes the body of sulfur?

- ✓ Air pollution
- ✓ High fat diet: too much of the following....

Dairy products  
Meats and animal fats  
Vegetable fats and oils (olives, olive oil, avocados, canola oil, etc...)  
Nut fats and oils (peanuts, peanut oil, peanut butter, almond butter, etc...)

- ✓ Smoking

## Food sources of sulfur:

Apples, asparagus, Brussels sprouts, cabbage, cauliflower, carrots, chestnuts, coconut, cranberries, cucumbers, cherries, eggs, figs, grapes, horseradish, kale, mustard greens, nuts, onions, oranges, peaches, potatoes, radishes, raspberries, spinach, turnip greens, turnips, watercress.

## Key supplements from HQM that supply sulfur:

MSM	Echinacea
Garlic	Alpha-lipoic Acid

## Lithium...the “Misunderstood Mineral”

“The biggest problem with lithium,” writes Jonathan V. Wright, M.D., well known author in the field of nutritional health, and Medical Director of the Tahoma Clinic in Renton, WA, “is people’s perception of it.” Its best known as an effective treatment of manic-depressive disorder—a mental illness.

“Lithium sometimes encounters the same stigma as mental illness itself,” he observes. “I’ve been taking a lithium supplement every day for several years. When I tell people about it, they sometimes get funny looks on their faces and start eyeing the corners of the room for straight jackets.”

Truth is, lithium has some key health-promoting properties that can help anyone.

### What is it?

- ✓ A mineral...in same family with sodium and potassium
- ✓ Can be mined from the ground
- ✓ Is also found in many vegetables we eat

### What does it do?

- ✓ At high doses (900-1800 mgs of lithium carbonate/day)...used only by prescription, with close monitoring to guard against toxic overdose.

Helpful in treating manic-depressive illness (bi-polar)

- ✓ At low doses (10-20 mgs/day)...available as a nutritional supplement, or included with other nutrients in a blend:

- \*Helps address gout
- \*Helps relieve rashes caused by dermatitis
- \*Helps inhibit several viral infections
  - Herpes Simplex viruses (HSV 1, HSV 2)
  - Adenovirus (the “common cold” virus)
  - Cytomegalovirus
  - Epstein-Barr virus
- \*Helps protect the brain
- \*Has the ability to protect brain cells from normal wear and tear
- \*Protects brain against a variety of toxic molecules
- \*Promotes brain cell regeneration, and increases brain mass
- \*Helps calm normal mood responses: depression, anxiety, irritability
- \*Helps chelate aluminum deposits from brain tissues
- \*Slows progression of serious degenerative mental problems (Alzheimer’s, senile dementia, Parkinson’s)

*(Special Note:* The ADHS product we often suggest for adrenal support contains some of this nutrient, amongst a blend of others. Because lithium is best known for its role in the treatment of mental illness, its presence in this product might beg a question. Remember, lithium is not a toxic drug, but a health-promoting mineral...and in the case of ADHS, derived from vegetable sources. Yes, high doses (900-1800 mgs/day) of this mineral are used to help manic-depressive conditions. But the amount in ADHS is just 20 mcgs/per tablet. It takes 1000 mcgs to make just 1 mg. I take 6 tablets of ADHS every day, not just to support my adrenals, but the health of my brain as well.)

## A Little Input About a Few Key Herbs

\***Alfalfa:** Known variously as “The Father of All Foods” and the “Father of All Herbs”. Has eight digestive enzymes that help with nutrient assimilation. One of the best herbs to combat allergies. The most important source of two vital electrolytes—potassium and sodium. The land plant with the most vitamins and minerals, and thus an excellent “multi”. Will enhance muscle strength. The enzymes in alfalfa have been known to neutralize cancerous cells. (Contains rich supply of A, K, D, as well as trace minerals...also high in calcium, and contains phosphorus, iron, and potassium.)

\***Aloe Vera juice:** Known as the “First Aid Plant”. Taken internally, the juice helps to bind with and flush heavy metals from the system. Helps to heal tissues damaged by radiation therapy. Helps to prevent the build up of scar tissues post surgery. Helps to heal and strengthen the digestive tract from



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the mouth to the anus. (Contains calcium, potassium, sodium, manganese, magnesium, iron, lecithin, and zinc.)

**\*Black Cohosh:** Contains phyto- (plant based) estrogen, thus making it helpful in addressing a woman's potential need for bio-identical estrogen replacement when the following symptoms occur: hot flashes, night sweats, vaginal dryness. Helps neutralize toxins in the bloodstream. Helps dispel uric acid, the build up of which can lead to gout. Has a sedative action. Can help to normalize blood pressure. Helps to loosen and expel mucus from bronchial tubes. (Contains calcium, potassium, magnesium, and iron.)

**\*Damiana:** Contains thymol, a substance helpful against fungus, intestinal worms, parasites, jaw and lung tumors, and athlete's foot. Damiana is known as a rejuvenator of sex organs. Helps increase sperm count. Helps balance female hormones, as well as strengthen eggs. A phyto- (plant based) testosterone like impact. Helps to strengthen sexual function in both sexes. In general helps address physical exhaustion.

**\*Echinacea:** Known as the "King of the Blood Purifiers". Helps to increase white blood cell

count through stimulation of the lymphatic system. Improves lymphatic filtration and drainage. Helps remove toxins from the blood. Most important herb for strengthening the immune system. (Contains A, E, C, iron, iodine, copper, sulfur, and potassium.)

**\*Garlic:** Known variously as "Nature's Antibiotic" and "Russian Penicillin". Helps kill bacteria that may be resistant to other antibiotics. Stimulates lymph system to throw off waste materials. Does not destroy intestinal flora. Stimulates cell growth and activity. Opens blood vessels and reduces high blood pressure. A health-building and disease-preventing herb. (Contains rich supply of potassium, zinc, A, C, selenium, and also contains sulfur, calcium, manganese, copper, B1, and iron.)

2008 Projected Lodge Session Dates	
Apr 7 - 15	May 5 - 13
June 2 - 10	July 7 - 15
Aug 4 - 12	Sept 8 - 16
Oct 6 - 14	Nov 3 - 11
Dec 8 - 16	

**Please feel free to copy and/or share this newsletter with your family and friends.**

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