

THE D. J. LETTERS: Health & Wellness For Smarties

DOING EARS: Auto-Reflexology is OK where you live, D.J.; but get informed before you touch ANYONE ELSE besides your mom & dad, auntBoo, my b'scotty, Pop-Pop, DrMimi, or UncaSam, (& the same goes for sisterT, sisterM, Mander, Sandwich, Loo, Boo, & b'scotty too!)

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Dearest DJ

Here's another letter you didn't ask for, that I'm compelled to write based upon the instructions given to grandparents in Proverbs 13:22. I don't have actual "treasure" to leave in a pile for you somewhere, so I'm leaving you with enough information and education to equip you for total control of your own health & wellness. This time we're going to discuss Colds & Allergies so that you're not fooled into thinking you have one (or more) like most of your fellow Americans. In my opinion, Lil'Man, most of what we've been taught regarding "the common cold" and the symptoms called "allergies" is largely misinformation. Perhaps I don't need to remind you that knowledge is NOT power unless you figure out a way to apply it. Knowledge in and of itself is only potential power. All the letters I'm writing you will be completely meaningless if you choose to ignore the information rather than apply it somewhere in your life and healthstyle™ choices.

I'm well aware that "The Common Cold" has baffled the medical community for decades (or if they know a prevention or cure they're not telling us, and that wouldn't surprise me either). In light of the things I've learned since I began my journey into *Alternative Healthstyles™* I cannot help but wonder if there even is such a thing as a common cold germ. Is it possible that "the common cold" is nothing more than a reaction to food? I'm certain of it, and have the same opinion about so-called Allergies, D.J.: conditioning us to believe that these symptoms have an external cause rather than internal appears to have been a very effective tactic for keeping the medicine machine fed and ever-fattening.

This is not something people really want to hear! It's much less threatening if we can blame our sinus congestion, drainage, pressure, and "sinus headaches" on something else such as pollen or trees or pets than it is to learn and admit that

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we alone have complete and total control of these symptoms by virtue of whatever we're putting into our mouths. It may also be difficult to understand or admit that the symptoms we may be noticing "at the other end" are also reactions to the things we're eating and drinking. Americans are, as a society, in a state of chronic constipation most of the time, and I'm not sure why the state of chronic diarrhea has been given so many other labels (crohn's, ibs, colitis, etc.) but it's so rare in my line of work to meet people who have a healthy elimination three times daily; the operative words being "healthy" and "three". It seems like people are at one far end of the spectrum or the other, and also seems as though the doctors or allergists are not telling the whole story about our gut when they discuss so-called allergies. It's tragic every single time one of my clients who spent a great deal of money on allergy testing, and were told this or that, cleans out their body and finds out that the things they were pronounced "allergic to" no longer cause reactions (with the exception of foods on their list to Avoid; see The D.J. Letter® titled "We May Be The Same Type, Lil'Man" for more on that topic.

Sinus headaches are probably the most often misidentified of all. My experience convinces me that what is commonly called a Sinus Headache is almost always coming from Mrs Spleen or Mrs Liver or Mr Gallbladder and not in the sinuses at all, which would be the area directly behind the center of our eyebrows. Isn't it easier and more profitable for papafarma to persuade us to undergo thousands of dollars of expensive and painful "allergy testing" and then eagerly convince people they're allergic to this and that? What follows are prescriptions, supporting the business of prolonged illness with dangerous "side-effects" that eradicate future health by damaging internal organs and progressively making us more allergic than ever. I'm here to tell my Lil'Man that learning to make healthier food choices is the key to your long-term health and wellness. Health

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starts in the gut! There was a saying that became popular many years ago: "You Are What You Eat" and then after a short time we just didn't hear that slogan anymore but it is still Truth.

The main reason there are no Rules or Requirements for participation in DoingEars® or Ears 2 R Health *Alternative Healthstyles™* is because, as your mamaLoo may have mentioned or perhaps you already noticed, I am probably the most self-indulgent spoiled brat I've ever met, and not a day goes by except I'm eating something that I know I'll pay for later on, in some way or another. Does that stop me from being self-indulgent or from making unhealthy choices? Occasionally... There are certain foods I no longer afford myself because my love for these foods (ice cream, oranges) is far outweighed by the price I must pay every time I eat them. I cannot, however, deny that I continue to eat others and pay dearly every time I do (tomatoes, corn chips, and all types of cow's milk cheese other than mozzarella or provolone). Consequently, I am the last person to lecture someone on their food choices or point an accusing finger at anyone else when something they've eaten is causing uncomfortable symptoms.

I will do whatever I can to help you connect the dots with your own so-called allergies, Lil'Man. First of all, if you and your mamaLoo are DoingEars for each other every week, you won't have to lift a finger to adjust your food choices. Based upon all my years of experience, you will gradually and effortlessly find yourself gravitating toward healthier foods and away from the poisons that are causing allergy-like symptoms (more mucus in the sinuses, ears, throat, and lungs, all overflowing from the gut). The effect of the EarBeads is, as you begin to approach the restoration of Ideal Weight & Digestion, your body will begin to object even more noticeably when you eat something it cannot handle or digest. When we make unhealthy choices we're nonetheless empowered by the

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knowledge that when we chose that particular food, we also chose that particular consequence (however slightly or seriously it may present itself).

To illustrate, Lil'Man, your mamaLoo has always been lactose-intolerant. When she was a baby, anything she ate that contained dairy immediately produced projectile vomiting. Pop-pop and TheGami took her to every doctor in the north suburbs of Dallas, and none of them mentioned the possibility that she was allergic to milk. We continued to "force-feed" the dairy products, and eventually her little immune system got strong enough that she could eat dairy products without throwing them back up, but she couldn't breathe through her nose for the first decade of her life until we finally figured it out. We did our best to limit the dairy in her diet but the older she got the more difficult it became to control her food choices. I remember many times she was invited to kick-it with her buddies after church and they almost always went somewhere for pizza and then somewhere else for ice cream. When she came to me to ask permission and I expressed my concern, she would reassure me that she would make sure she carried a box of tissue with her everywhere she went for the next few days. She didn't care how she was going to feel the next day; she wanted to have fun and chose to deal with the consequences rather than forego a night of fun with her friends. I must give her credit for not complaining when her nose was bright red and sore from blowing it so many times; which is the beautiful thing about holding oneself accountable.

But I digress... As you already know, Dearest DJ, I believe any noticeable amount of mucus in the throat, nose, or inner ear canal as well as the lungs is as over flow from the gut, and nothing more than the body's response to something we ingested that doesn't agree with our digestion (over-processed, nutrient-depleted, chemically altered non-food items). I believe if there is such a

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thing as a true "Allergy" (i.e., some unpleasant reaction to anything naturally occurring in our environment or on this planet) it is much less common than we are led to believe, and that chemical pollution in our food, our air, and our water has taxed our immune system to the point where we scarcely notice the copious amounts of mucus it's producing in response to that constant barrage of poisons. It's surprisingly common for people to tell me they're "allergic" to foods on their Highly Beneficial list. However, as we detoxify our digestive systems and begin to eliminate chemicals when it's not too inconvenient, we experience fewer cold-and allergy-like symptoms overall, and those particular medicinal foods stop creating a digestive war.

People tell me they never had allergies until they moved from one state to another. I think it's simply an issue of acclimation, and yet another illustration of how our bodies adapt to repeated or prolonged exposure to "allergens", with symptoms or reactions blending together and overlapping or combining while life goes on and we no longer notice as much. People will undergo expensive and extensive "allergy" testing, which results often don't correspond to the blood-type lists. I've found that when we drink that amazing Tea for any length of time and detoxify and alkalize our system, allergy tests become less and less accurate, amounting to an unfortunate waste of time, money and discomfort for the person who submitted to the testing. The healthier you get, Lil'Man, the more you will be able to eat those medicinal foods and the less you will want the things that are causing so much extra mucus.

I've also been told countless times that someone has been eating something for their whole lives and never noticed a problem, but that food is listed as one to Avoid on their blood-type lists (you know which ones apply to you, Lil'Man). It never fails: the healthier they get, the less they can enjoy those foods despite

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how many years they've been eating it. The way our body reacts to mild food sensitivities is often unnoticed amid the rest of our physical and emotional challenges and pretty soon the reaction is perceived as "normal" for us. I acquired the worst sinus infection of my life when I first relocated to participate in the NADA drug-treatment program shortly after my sisterT started working on Jim's staff. That infection (read: "foreign protein living in my sinus cavities") never went away; it became my "new normal" and it wasn't until years later when the roof of my mouth began to swell and I went to a dentist did I find out that it was "the worst sinus infection he'd ever seen" and when I took massive doses of Olive Leaf Extract it finally went away after all those years.

When my sisterT brings her blood-analysis microscope, the presentation of an "allergy marker" in the dry blood seems to be extremely common, even in individuals who claim they have no allergies. When we set an EarBead on .32 Allergies the marker goes away every single time, regardless of whether we also address .31 Antihistamine, and we don't know yet how that happens but hopefully someday we will and until then we can have the confidence of knowing that the EarBead appears to erase the "allergy marker" immediately, for whatever purpose that serves in our body even though we're clueless as to why.

If you run out of EarBeads or wind up in a situation where DoingEars isn't a practical option, there are a number of other tools which prove to be helpful in dealing with the proliferation of mucus that comes from eating foods that don't agree with our blood type or foods that aren't even Real Food.

Many people utilize and report relief from a Neti Pot, although I've never been able to overcome my aversion to having the liquid running through my sinuses. I recommend a neti pot to anyone who can/will use one because of the

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countless raves I've heard; however, I also encourage people to also use our amazing Tea in their neti pot or even colloidal silver rather than limit themselves to the traditional sea salt solution.

Spraying MSM into your nose, throat, or inner ear is also very helpful. By way of reminder, MSM isolates and suffocates foreign proteins and encourages healthy cell regeneration. Extra mucus, congestion, and phlegm are full of these toxins, free radicals, bacteria, and other foreign proteins.

Your mamaLoo tapes one of our body magnets in that tender spot just behind her earlobe whenever she gets an earache and the pressure goes away fairly quickly (because, as Jim taught us, no unhealthy cell can live under a north polarity magnet).

Ear Candling is another thing your mamaLoo and auntBoo have both tried, and something DrMimi advocates too. I haven't done it myself but I've candled both my girls' ears and performed it for former clients often enough that I won't discourage it although there are other tools I've found to be more effective than ear candling. I don't know exactly how it works and don't know if anyone can fully explain it but I'll tell you what I know. Jim told me many years ago (when LooLoo was having so much trouble with her own sinuses) that ear candling is a technique that has survived since ancient Egypt, which gives it a great deal of weight as an effective alternative in my mind, for longevity of practice if for no other reason. Anything that stays the same for so many generations must have some merit, wouldn't you agree Lil'Man? You know I keep myself on a need-to-know basis and have never felt compelled to do further research.

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Allegedly, ear candling is the method whereby the discovery was made that the nose and throat are connected to the inner ear. Of course, the ear drum is the barrier that western medicine cannot violate. If I understand it correctly (if it's possible for anyone to understand it), there's some kind of metamorphosis that takes place by the vacuum created when the other end of the hollow candle is lit and somehow the mucus passes from the sinuses and through the ear drum into the candle. Unfortunately, the under-educated consumer doesn't realize that most of what they see in the used candle is melted beeswax and burned linen. The mucus coming into the narrow end of the candle is typically clear or perhaps with some white (yeast) mixed into the melted wax. NOTE: this may be the only time you'll hear TheGami recommend aluminum foil. Make sure you cover a paper plate with foil, cut a hole in the center for the candle, and use the plate as a shield for your hair. I've found it's easiest to put a pillow on a table and lean over, resting your head on the pillow so you're less likely to move during the candling process. Keep a bowl of water handy in which to deposit the remaining candle when it burns down to four inches or so.

Performing simple acu-pressure directly on the sinuses themselves is also very effective. Unfortunately this doesn't work for someone with long fingernails. Since that doesn't apply to you, Dearest DJ, you can place your fingertips in a row on either side of your nose and lightly press. Chances are you will quickly feel the tenderness in your sinus cavities without much exploration. Apply pressure with your fingertips and you may feel your sinuses clear rapidly; you may even be able to breathe through your nose again! There's also a pressure point on your eyebrows: place your index fingertips on the inner corner of each eyebrow and run your fingers along the brow until you get near the middle, almost directly above the pupil, where you will feel a gap in the bone. That's an opening directly into your upper- or forehead-sinus cavities, and the application

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of pressure to that tender area will often prompt your sinuses to drain, may allow you to breathe through your nose again, and may also diminish the pressure that causes sinus headaches.

The hairs in our nose are the only body part(s) that serve as automatic receptors to the negative ions in the air we breathe, which are crucial for healthy immune response. Ideal breathing would be inhaling through the nose, deep into the diaphragm which massages the internal organs, and exhaling through the mouth. Americans tend to be shallow breathers anyway, and if someone cannot breathe through their nose they are not going to get the benefit of the negative ions. I know that a Himalayan Rock Salt lamp will somehow emit those negative ions so that we can inhale them through our mouth, and sisterT measured the effects with a gauge she bought. Consequently, she has a rock salt lamp in every room of her house, and said the emission from the lamp totally counteracted the harmful emissions from the computer monitor. She recommends putting one of these beautiful lamps within three feet of your screen as well as somewhere in your bedroom. (If you're struggling with insomnia, Lil'Man, you may want to also turn off the rock lamp while you're trying to sleep because any glimmer of light reduces our natural production of the sleep hormone melatonin.)

Start the restoration process toward that delicate intestinal balance by mending your leaky gut, Lil'Man! Don't panic; anyone who has ever taken a con-biotic has a leaky gut to some degree. It's not a GoodThing or a BadThing; it's just AThing. We've been misinformed. Refer back to The DJ Letter about the formulas for Ideal Digestion. It is possible to recover from allergies! One of my best friends was so gluten-intolerant that if you ate a sandwich and then shook her hand, she'd be sick for a week. If she used a knife that had touched bread first, or if she used butter that your contaminated knife had touched, she'd be

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sick for a month. She used to have to barricade herself into her room when her teenagers baked at Christmas time or even made pancakes for breakfast. She's had many sessions DoingEars, and taken gut-mending herbs from Health Concerns™ for a period of time, proudly calling me to announce that she spent two hours in a bakery helping her best friend pick out a wedding cake and didn't get sick! She's also able to eat things that she was sure were also allergies for most of her life; as her gut mended she's able to eat healthy foods that her toxic, acidic gut just couldn't tolerate earlier.

Read The DJ Letter I wrote about the various traditional formulas Jim taught me to use as alternatives for the symptoms of "common cold" or "allergies", and for repair and maintenance. And you know we can always react to our food sensitivities and intolerances but health starts in the gut and wouldn't it be more effective to proactively work toward the prevention of such symptoms or reactions? Be forewarned, Lil'Man: the healthier we get, the less toxic we become, the more we notice swift (possibly purgative) reactions to foods and/or chemicals that our body cannot digest. Your mamaLoo and I watched you with fascination when you were a baby and had neither the luxury nor wisdom to choose what you ate; you acted completely upon instinct. The few times we gave you "food" that wasn't really food, you typically threw it up within five minutes! However; when we offered you the Certified Organic variety of those same foods, you consumed them with relish and had no trouble digesting. You've been familiar with the term "Heirloom" since you began learning to identify foods. You've learned to look for the green and white circle labeling foods as Certified Organic. Do you remember, Darling DJ, which foods your baby-digestive system would not tolerate unless they were organic or Heirloom? Bananas, seedless watermelon, and peanuts (foods which have exceeded their

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Hayflick Limit), as well as all dairy products, which have been rendered indigestible to all creatures because of the processing.

Since we're on the topic, Lil'Man, bear with me while I share my opinion. First of all, you don't look like a baby cow to me, and cow's milk is meant for cow babies while mother's milk is meant for human babies. When we're weaned from our mother's milk, we're meant to drink water, tea, juice and coffee (organic & raw is always best). Jim told me that if we fed a baby cow the stuff that's sold in grocery stores, it would be dead within a week, but cow's milk was originally meant to turn that cute little calf into a 2000-pound monster within a relatively short period of time. Finally, if you can name one other animal within the entire animal kingdom that will voluntarily go after another species' milk (unless in captivity and force-fed) and I will completely shut up about it. It's freaky and unnatural to think of a tiger nursing a rhinoceros or a giraffe to nurse an elephant, or even for a domesticated horse to nurse a domesticated dog. It just doesn't happen when things are allowed to progress naturally. In the wild, if a momma dies, the babies will probably die too; it's not common even for the same species to adopt and nurse orphaned animals. Jim said "the best thing to do with dairy is avoid it altogether, with the only possible exception being unsalted sweet cream butter because the alternatives are so unhealthy."

As far as other "foods" that people are commonly told they're "allergic" to, any amount of personal research would show my Lil'Man that such things may not be what they appear. For example, what was referred to as "wheat" in Biblical times wasn't the genetically modified product that later gets changed even more by the processing before it reaches our dinner table; I believe it was spelt. FYI Darling D.J., I don't know of anyone who has been declared "allergic" to spelt!

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The type of corn that filled Joseph's storehouses back in the time of the Pharaohs was probably not the variety we're fed today; more than likely it was either maize or what we know as "Indian Corn". Unfortunately, much of the meat we consume was, at some point, being fed such genetically modified, hormone- and chemical-ridden corn (even salmon is now being "corn-fed") whether the animal has ever been a species that instinctively eats corn.

Peanuts are another common "allergy". However, Jim told me years ago that what we call a peanut is a genetic mutation from outer space, modified by so many generations of broke Southern peanut farmers before genetic modification was even recognized, much less measured. He told one of my former clients that so-called peanuts are now a foreign protein from the perspective of our kidneys, and as such, void of nutrients and indigestible.

It all comes back down to the fact that health and wellness doesn't have to be an all-or-nothing ordeal, Lil'Man; it's a day by day, meal by meal, hour by hour set of choices and countless variables to consider with every choice. Our knowing that when we make the choice, "good" or "bad", we're also buying the consequence, "good" or "bad" and don't always know exactly what the consequence is going to be when we make that choice. We don't even do the best we can; we do the best we will at any given moment in time. And it's not good or bad; right or wrong, it's just our choice in that particular moment.

Feel free to call TheGami anytime you have questions, comments, curiosities, concerns, or especially if you just want to chat. I always love to hear from my Darling DJ!