

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

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

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Dearest D. J. !

I am so blessed that you're my grandson! I've been writing these letters to you, based on Proverbs 13:22, and this one is in order to tell you everything I know about Bojenmi Tea (™Egret River Brand, Fujian Provincial Medicines & Health Products). Your mamaLoo, auntBoo, and I have been drinking it since 1996 so I know that you've all heard me go on and on about it. The Chinese pronounce it BOW(rhymes with cow)-JENN-MAY but in the deep south they've called it bo-jimmie and bo-jiminy and what does it matter, as long as you drink it!? Keep this letter in your "toolbox" (for whatever it's worth). I won't be insulted if you choose to ignore it, but I can save my breath later by reminding you to refer back to the information & education herein.

I've heard stories about people trying it for so many different things! I don't know what, if any, proof or scientific data exists but my own results lead me to make it my First Choice for virtually every-little-thing that comes up and overall wellness. Our family, my friends and clients will continue to be in unanimous agreement!

Participants of the N.A.D.A. program in Jim's clinic were required to drink it; he said if we didn't want to drink it, we could go somewhere else to get clean & sober. Being an OMD allows him to require anyone in his clinic to take his prescription or find a different doctor. I cannot do that; I can, however, tell you and the rest of our family everything I know and encourage anyone to do their own research and homework if they're not convinced by the reports that have come back to me over the years, a couple of which I will share with my LilMan in this letter.

This phenomenal tea comes from China and if the purity hadn't been consistent all these years, I wouldn't dream of asking you to use it internally or externally. (I've had zero reports of dissatisfaction, other than general detox...) Bro Jim routinely prescribed this tea to his patients as an affordable alternative before mixing one of his customized (and always nasty-tasting) tinctures or decoctions, and to everyone getting drug or alcohol treatment in his clinic, which is when I first tried it. He told me it was developed by a doctor in China to treat mouth cancer from chewing tobacco. As I recall, the man was supposed to use the tea leaves instead of his Chaw, which he did; however, he swallowed the juice instead of spitting it out as usual. Evidently the mouth cancer disappeared and so did the man's hemorrhoids! I couldn't care less if this story is true because my former clients have proved it too many times, and my own curiosity allows no limitations on potential uses for this tea. I can certainly find something more expensive if it doesn't help but we rarely need to try anything else!

From what I've gathered over the years, it's made from a rare strain of white tea that only grows in one particular mountainous region in China, and the entire tea field is owned by that company. The tea leaves are sprayed with tinctures of other herbs (and fyi NO reports of allergic reactions

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in nearly sixteen years, either). "The Other Kate" knows more about herbs than I do, and she painstakingly looked up each one, which are listed by their Latin names on the box (and further research conducted by our dear friend Kathy which is on the last page of this letter). It appears to be a remarkable combination of herbs which all appear to catalyze each other, resulting in the amazing formula we know and love. When tested, Jim reported to me the result came back with a "negligible trace of caffeine; immeasurable". People have asked about a pick-me-up effect, which must be a sense of vitality from alkalizing their body.

Trust me, LilMan: it's better than any other beverage and I know the benefits will be obvious when you drink it. The box says 2-3 cups per day but I've heard Jim tell people to sip on it throughout the day. I know people who drink much less than that or much more. My viewpoint is: once a week is better than none at all, even one cup per month is a step in the right direction!

FYI: You can drink it hot, cold, or room temp (which Jim says the Chinese recommend for all beverages), and mix it according to your own tastes. Cold-steeping is too time-consuming for me but others don't mind waiting most of the day for it to brew. You know I don't recommend using a microwave for anything under any circumstances (rated most important appliance in a recent poll but were outlawed in Finland and Russia, possibly elsewhere); however, if you're going to be stubbornly convenience-minded, add the tea AFTER you kill the water in the microwave, okay? You'll still get the acid/alkaline balancing effect but must watch for signs of dehydration (abundant in this country) because microwaved water isn't H<sub>2</sub>O anymore. It may look like water and act like water, but the molecules change shape once the microwaves hit them.

I heard Jim tell one of my clients if they didn't add anything to the tea, and didn't use a microwave on the water, the mixture of one teabag per gallon would "hydrate the body much like water". If that's the case, wouldn't the tea actually be better than water when mixed at that strength, DJ? It seems to have a more alkalizing effect than plain water. I'm willing to admit that effect may be due to rampant overall acidity of American bodies. This tea goes everywhere with me.

Experiment with it! If you like it really cold, fill your glass or stainless steel water bottles 2/3 full, freeze them, and take it with you to sip on. Take a couple teabags to work if you prefer it hot (or want to share). I've made it in a cup, my coffeemaker, on the stovetop in larger quantities, and even tried cold-steeping (which left me feeling like I didn't get as much "good stuff" from each teabag).

If my LilMan prefers to mix it ***BY THE CUP***: and wants to drink it strong, he will have to make sure he is also drinking half his weight in ounces of water every day. This seems preferable for people who don't want to carry the tea with them everywhere they go.

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If my DJ wants to make it **IN THE COFFEEMAKER**: I usually use two bags for a full pot. A couple of ways to do it: run the water through and put the tea bags in the pot to steep, or tear them open, pour them into a (brown) filter and run the water through. Obviously it won't steep as much but it's fast & easy (you know me; I won't bother if it's too inconvenient). It will be super-weak if you put the teabags in the filter basket. When the tea cools I pour it in a pitcher and put it in the refrigerator, and then make another pot to cool & add to it (I drink what's left after the pitcher is full). NOTE because I love you so much: hot tea and plastic are a dangerous combination! Humor your Gami and remember to keep it cold because it starts to ferment if you leave it at room temp all day (one whiff will let you know).

If my grandson wants to brew his tea **ON THE STOVETOP**: I suggest you use 4 bags per gallon (or less). Don't boil the tea, DJ, and cover the pot to reduce airborne contamination while it steeps. Mix another type of unsweetened herbal tea for added benefits. If it's loose tea, make a teabag with a brown coffee filter and a plastic twist-tie or a clean piece of string.

If my D.J. wants to **TAKE A BATH** in the tea: First, you know I don't like baths personally (body soup?) but if you've got a widespread skin condition of some kind, this may be the easiest and most effective way to deal with it. Use the biggest pot you can find to heat water on the stove or use more than one pot, and add all 20 tea bags (the whole box) to the water. Steep it for 30 minutes with the lid on and low heat so it stays just below boiling, and then add it to a hot bath. I've seen people covered with hives one day and clear skin the next! If you're just wanting to treat a smaller area, my darling DJ, just use the tea bags like a "sponge-bath" on the affected area. Don't wash it off! In fact, don't even rinse it off, until the next time you shower as usual.

Jim told people not to sweeten it. (If they objected he would say, "change your mind".) I say if it's sweetened it's gotta be better than a sodapop even if it didn't have the same effect. It took me awhile to get used to it but if you've convinced yourself you can't stand the taste, add more water! If you absolutely must be rebellious (not your nature, but many grandsons can be) and refuse to "drink it straight", you can add fresh lemon. Don't worry about it because I already know you drink it daily- anyone will get to where they love it all by itself. I tell them to just keep trying until you find a way. My b'scotty drinks it so strong it looks like coffee, but even if it's so weak that it looks like watered-down apple juice, the way your mamaLoo drinks it, it's still Good Stuff!

I've heard some amazing stories, DJ! I believe them all; there's no reason for anyone to lie about it. The truth is, I haven't done any follow-up or documentation. I wouldn't dream of saying anyone's health is directly because of it but I also know it sure won't hurt anyone's efforts toward health and wellness. If you share it with your friends, encourage them to read this letter!

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If reflexologists who are DoingEars want to share this tea with anyone else, they must mention at least one other brand of tea so as to offer each individual The Choice To Self-Treat.

When you're able to read it, Lil'Man, you'll see that the box says this amazing tea corrects hypertension and arthero sclerosis (sic); In other words, high blood pressure and unhealthy cholesterol. I'm pretty sure they aren't allowed to print it if they didn't prove it. As long as we're on the subject, I'm compelled to give you information about the box itself so that you get "the good stuff" and not "the imposter" (as we've become accustomed to calling it). Depending upon when you bought your tea, or when the store bought it, you may see a subtitle on the side of the box, next to the picture of the Chinese individual which has changed over the years. It has been captioned as "Chinese Tea" or "Dieters Tea" or "Herbal Tea" or "Slimming Tea" and the last batch I saw had a blank spot there with no caption or subtitle whatsoever.

What your auntBoo calls "the good stuff" is becoming harder and harder to find (although you know you can always get it from TheGami). There are a few Asian groceries in our area that still sell it, and if you happen to find it at a good price, buy as much as you can afford! It doesn't spoil if you keep it in a cool, dry place. However, you need to be able to tell the difference between "the good stuff" and "the imposter" so that you can get the most benefit and best value for your money. The easiest way to tell is to look for the list of ingredients. If that list looks like the lists on every other product you buy in every type of store, it's still good tea but just not the same. If the ingredients are listed in Latin and in percentages on the bottom of the box, it's "the good stuff". I don't want to point fingers, but I think that the most catalytic herb in the formula had to be omitted; the result being an herbal combination that is still way better than a Coke™ but just not the same thing, and this letter would be meaningless or inaccurate or un-informative and un-educational.

Despite the limitations imposed upon the importers and retailers, D.J., we've seen no limitations on its benefits. I've known people to use it for all manner of conditions, including those which have been given the labels of "weight loss", "diabetes", "allergies", "asthma", "lupus", "acid-reflux", "ulcers", "diverticulitis", "polyps", "colon cancer", "spastic colon", "colitis", "irritable or inflammatory bowel", "hemorrhoids" or "fissures", constipation and diarrhea both, and recently a man who told me his chronic esophageal bleeding ulcers went away after he started drinking it every single day. (Many of the above Labels may be trademarked by the people who invented them, my darling D.J., and I acknowledge those trademarks as well as the fact that they are merely labels that have been attached to various groups of symptoms.)

If someone you love suffers from "acid reflux" or "g.e.r.d.", or one of those nasties they call IBS which stands for "irritable" or "inflammatory bowel" (becoming more common, and symptoms that western doctors can't seem to correct or even improve), what they call "crohn's disease" or

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whatever, I promise my DJ! -you can tell them to call me if they don't believe it, but the first day they start drinking this amazing tea will be the last day they experience those symptoms! People consistently report their symptoms lessen, every time they drink the tea. Yes it sounds crazy, and I've talked to people who've said, "I've had this problem for years, and you aren't going to stand there and tell me it's that simple..." If they decide to give it a try, some weeks later I'll get a phone call or see someone who tells me they haven't had any symptoms from day one (and imagine how displeased they must be by their doctor's inability to help them).

It's important for me to share with you a bit more on the topic of symptoms that are labeled "IBS" or such things. My former clients who have suffered from these symptoms have told me that if they skip a day or forget to drink the tea one day during the first thirty days or so, their symptoms show signs of returning, but that after the first 4-6 weeks they can miss a day and the condition does not return. I must tell you that these former clients of mine also tell me they will not miss one day with that tea because it's such an easy way to prevent such horrible symptoms. (My personal opinion, Lil'Man, is that such conditions are the result of an extremely acidic gut, which often comes from taking a number of different medications, often by prescription.)

It works equally well externally!! Your mamaLoo and auntBoo will both verify it works wonders on acne. My sisterT was the first one who used it externally, on a "cold sore" that covered half her face after her wisdom teeth were pulled. The entire sore was gone the next morning; you can ask her yourself (anyone else can ask her too, if they like: send me an email and I will pass it along to her)! People tell me they've used it on symptoms or conditions popularly known as mouth sores, gum disease, abscessed teeth, hives, rashes, burns, cuts & scrapes, stitches, yeast in all forms, gout & other foot problems, even radiation scars. One of them gargled several times and her strep throat went away without chemicals. It makes a great rinse for your eyes, ears, sinuses (use it in a neti pot if you have one) and even serves as a douche (which I don't recommend but would undoubtedly be a healthy alternative to chemicals). The first time I heard of topical use for a subcutaneous (below the skin) condition, the woman had a growth on her neck. She steeped three bags in a half-cup of water for 30 minutes to get it thick, strong and concentrated, and then dabbed it on her skin several times a day until the tangerine-sized lump was gone (she claimed it took 2 weeks). In the eyes, ears, sinuses or lady-parts, use the purest water you can find.

Don't be surprised if your digestive processes are more noticeable when you first start drinking the tea on a regular basis. Some people have reported gas or rumbling, etc. and while we cannot know for sure without seeing inside their bodies, we can surmise that this would be what is known as a minor "health crisis" (something negative that has a positive outcome) meaning there's a war going on between the toxic, acidic environment most people harbor in their digestive tracts and the alkalizing, healthy effect of the tea. If this happens, DJ, you just Push Through!! Dilute your tea even further; any minor discomfort will pass, and would be a good sign

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that whatever bacteria have been living there won't be able to survive for much longer. If these effects cause too much embarrassment or discomfort, add more water until the discomfort eases and keep right on drinking the tea.

If you happen to notice an increase in your bowel movements, it's for the same reason. From what I understand, the tea strips mucus from the intestines (and sinuses), strips plaque from the arteries and changes the internal environment in such a positive way that candida and other bacteria (free radicals, toxins, foreign proteins, etc) cannot thrive and thereby become manageable. If you experience this particular effect, be grateful that these germs are leaving your body!

You're such a handsome boy, and perfect just the way you are! However, we don't always see our own beauty. If you're ever uncomfortably overweight, or disproportionately bigger around the waist, this tea can help. I already know you can't abuse it, "live on it" or starve yourself. Begin when you wake up. If your body can't convert any more fat into energy and needs new calories, your stomach will feel hot or "funny" or even flip-flop. Just set aside your tea and pick it up an hour after you eat. Go ahead and skip meals; when your body needs food it won't like the tea. Worry Not, LilMan: if you don't need to lose weight, you won't!

You've heard me say a thousand times, "Pets, Plants, and People love this tea!" I know people who give unsweetened tea to all kinds of pets (even reptiles & birds), pouring it on dry food or into their water dish, or by sprinkling dry tea on canned food, and I watched a dog share a cup of tea with its owner. There are nearly as many amazing reports about animals as there are about people! Our b'scotty gives the tea to Freakshow, Weebles, and Suki on a regular basis, and it keeps them out of the kitty hospital.

If one drop is leftover or stale, your plants will love it. Most people save the used teabags in a sealed container in the fridge to re-use externally and then put in their plants. Dry tea will eventually get watered with the plant, and you can watch them flourish.

>sigh< Don't ask me how it works, DJ! It just works. The Chinese would respond to our questions of "why" and "how" with a simple "it's the Tao" (pronounced dow and means "the way it works"). Here's where I get to encourage you to call me. It makes my day each and every time I hear your voice, but for sure call if you have any questions about any ways we can use this wonderful tool to improve our own health and share the tool with the people we care about.

With All My Love,  
Your Gami

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p.s. The ingredient list below was not compiled by me, LilMan! It was painstakingly researched by Kathy W., who so graciously let me work at her store, and I quote it verbatim here. We are ever-so-grateful for her time and effort! The Other Kate looked up the herbs to determine the difference between "the imposter" and the one we prefer. (Isn't it curious that all three of us have the same name..?)

*CRATAIGUS.PINNATIFIDA: Chinese Haw: stomach, antibacterial*

*FRUCTUS HORDEL GERMINATUS: germinated barley: spleen, stomach*

*PORIA COCOS: wolff: diuretic, anti-inflammatory*

*CITRUS CHACHINESIS HORTORUM: weight-loss*

*RHIZOMA ALISMATIS: water pl...tain(sic) tuber: kidney(sic)*

*MASSA MEDICATA FERMENTATA: promotes digestion, strengthens stomach*

*PHARBITIS: morning glory: laxative*

*PHASEOLUS ANGULARIS: adzuki bean: carbohydrate blocker*

*RAPHANUS SATIVUS: radish: liver, stomach, laxative, arthritis, gall bladder*

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*PRUNLLA (sic) VULGARIS: selfheal, heal-all, heart-of-the-earth: antibiotic, diabetes*

*CASSIA TORA: flatulence, nausea*

*POGOSTEMON CABLIN: patchouli: headache, cold, nausea, diarrhea, stomach pain*

*WHITE TEA: uncured, unoxidized: cleansing*