

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!)

The following is nothing more than a letter to my grandson (see Proverbs 13:22) and daughters. None of this information has been scientifically or medically evaluated or documented and mustn't be viewed as diagnostic, prescriptive, curative or even therapeutic; rather as gossip, rumors, myths, provided to educate my daughters. My family's experiences and methods may not be similar to others' and cannot be regarded as a model or protocol. No one can claim, promise, guarantee, predict or even compare results. Or Any individual choosing this information for self-care accepts all results or lack thereof with forethought. If copies are made to educate others, be sure this is included! For details, pastoral counseling, a complimentary preview, or private consultation, please visit www.DoingEars.com, call 503.421.1227 or email help@doingears.com

Dearest DJ!

Now that you've completed the first half of DoingEars®: Family Self-Care Course in Auto-Reflexology™, you have equipped yourself with a toolbox chock-full of tools to help you control your own health and wellness if you choose to use them, and armed yourself with quite an impressive arsenal of weapons against illness if you don't. Either way, you are much more informed about *Alternative Healthstyles™* and educated enough to know what you can eat without producing any type of negative reaction in your body, and what you cannot eat without seeing those reactions. Every day, every hour we're faced with new choices and unlimited variables to consider. And if we make an unhealthy choice, we pay the consequences and tomorrow's a whole new day and another set of choices. > sigh <

Once we're on the road to recovery of Ideal Weight & Digestion we must, at some point, admit that we are in total and complete control of how we feel from day to day, because we've learned by now that health starts in the gut and We Are What We Eat. We're even in control when we choose to eat something that we know is unhealthy. We're still empowered by having that much control, Lil'Man, and much less likely to panic and rush to Urgent Care, or look for some kind of label whereby we wind up with chemo-therapy that may or may not eradicate a symptom but will surely eradicate future health because of the negative effects of the drugs on our internal organs.

I'm writing this particular letter to tell you in greater detail about what my sisterT does, and how that particular tool will actually provide a means for you to track or chart your progress toward Ideal Weight & Digestion. It's called Educational and Nutritional Microscopy which is a fancy way of saying that she's Certified to look at our blood under a high-powered microscope and has learned to "read" what our blood is telling us. It's a great mile-marker for your recovery.

She trained with Dr. Robert Young, who wrote a best-seller called *The Ph Miracle* and several companion titles, which discuss the importance of alkalizing our system to prevent disease. It's all good; read the books if you want more information. My purpose is to tell you what she can do for you, DJ. I'll do my best to explain it in terms you can understand, and trust me when I tell you that she's really good at what she does. She's been doing her blood analysis since 2003, when she spent a great deal of money to complete her training and purchase the microscope and accompanying software. It's truly amazing what our blood will tell us about our digestion and consequently, why we feel the way we feel. Don't worry about my generalizations; sisterT has heard me explain this often enough that if there were any aspects of my explanation that needed correcting, she already has.

So our blood plays the role of messenger, taking "the life" to all of the cells in the body. The DNA is what I call the code, or formula, or equation of creation, if you will, the combination of information that caused the body to grow in the first place. The DNA message is carried by the blood to the rest of the body, and keeps everything in order so that we don't grow a nose on our knee or a toe on our shoulder. The RNA is the memory, or imprint, that until now has been regarded as permanent, which would then amend that

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message to say, "yes, you're a knee cell, you go here, but don't forget that knee was injured..." and every single cell in our body only has the capacity to become an exact duplicate of the one it's replacing (that's how they discovered cloning, Lil'Man), which is why our body doesn't just spontaneously grow a "new and improved" body part over time.

Experts estimate there to be somewhere between five and ten million blood cells in one drop. That's a pretty big variance, isn't it? When I asked her about it she responded by wryly pointing out this is clear evidence of the difficulty science has faced in trying to count cells that small. We know that every cell in our body has a documented life-cycle pattern; i.e., scientists have determined that skin cells die and are replaced by brand-new ones every 21 days. All the cells in our body have a documented pattern of regeneration, and the blood cells are among the fastest to reproduce themselves. The rapidity of regeneration only adds to the challenge presented by modern medicine's inability to distinguish between a red-blood cell that's alive and one that's dead. This isn't a crucial detail, Lil'Man so let's move on!

My sisterT's microscope has several magnifiers, and can enlarge one drop of blood to the point where we can see 40-50 red blood cells under the scope. She has a digital camera attached to the scope that runs directly into her laptop and thanks to Dr. Young's technology, we can actually see what a drop of blood looks like when it's magnified that much. There are two types of blood analysis available from someone with her credentials: live blood and dry blood. The live analysis is what I call an up-to-the-minute assessment of every single thing we're putting in our mouths. She can show us how efficiently and effectively we're metabolizing proteins, fats, sugars, vitamins, etc. or not, as the case may often be. We don't attach a value judgment to the condition of our blood the first time we have a session with her; we are exactly where we're at and it's counter-productive to judge how or why our blood looks the way it does, when we initially see it and begin to have an understanding about it is we're looking at and looking for.

The test I call "dry-blood analysis" is quite a bit different. We're no longer looking at or for parasites, bacteria, yeast and metabolic garbage floating amidst the red and white blood cells swimming around in the scope. The sample is divided into eight drops and then allowed to dry. Once dried, sisterT or any qualified Microscopist can look at those drops and super-impose the map or microsystem upon the drop of dried blood to provide a remarkably detailed history of traumas to the body. She can see indicators (called markers) of cancer, broken bones, removal of parts, etc.; things that would affect the cellular memory to become long-term or chronic issues. This allows us to track progress with the EarBeads because we can see if and how the placement of the EarBead is affecting the blood's memory of that particular trauma or imbalance in the body. Once we set the EarBead in the exact precise location, it appears to alter or even erase the memory of injury, illness and stress to that particular body part, causing a knee to replace itself, or a torn rotator cup to repair itself. Jim told me years ago "if the body grew one healthy knee, it knows how..."

This is an excellent way for us to see what our body is doing with whatever we eat, as well as a way to track the progress of our EarBeads. Talk to my sisterT if you need a more scientific explanation, or call me anytime because your Gami loves her some DJ!