

The Key to All Health and Healing

By: Wayne Garland - FOUNDER OF WAYNE GARLAND'S MASTER FORMULAS



Contagious Health



This book is written in the memory of my late wife, Christine Idris Smith-Garland and is dedicated to my two wonderful daughters, Bianca Kotabalavu-Garland and Justine Rose Garland who provided the inspiration for this work to be done.

And to my Deb who stood by me at all times during the storm.

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Contagious Health



Wayne Garland was diagnosed with terminal cancer nearly 20 years ago. Advised he had less than three months to live and that he should “get his affairs in order”, Wayne refused to accept this prognosis. Instead, he traveled the globe seeking healers who understood the mysteries of healing the human body.

Today, Wayne Garland is cancer free and is the Founder and Head of Research and Development of Master Formulas, Inc., a cutting-edge biotech nutritional products company specializing in natural, non-drug therapies for all degenerative disease. He has studied extensively in Tibet, India, China and Korea and at the

famous National College of Naturopathic Medicine in Portland as well as being a final-year student at the Clayton College of Natural Health. Dr. Garland graduated with a PhD at the Magna Cum Laude level in Nutritional Science in 2001.

His philosophy of triggering “Contagious Health” within the body has led to breakthroughs in the natural treatment of Cancer, Cholesterol, Diabetes, AIDS, Leukemia, Lupus, Menopause and Arthritis.

His mission? To heal the world, one person at a time.

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Caveat Emptor—These therapies have not undergone standardized scientific testing. There is no conclusive evidence whether they work or do not work. Until such testing is done, be cautious.

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CHAPTER 1: OVERFED AND UNDERNOURISHED

A casual glance around any shopping mall, main street or hospital waiting room will tell you a frightening story. Our population is grossly overweight and chronically ill. Whether it is Arthritis, Cancer, Diabetes, Heart Disease or just plain obesity, the most advanced nation on Earth has the greatest incidence of disease in human history.

We are starving to death on a full stomach in the midst of what we think is “plenty”.

This book is written to suggest means by which we can improve our health and while doing so, resort to the resources of the great source of all life—the oceans, to “bridge the gap to health”.

The ocean is the greatest repository of health and wealth. Every mineral known to man is found in the ocean. Even Gold in seawater exceeds many times the present currency of the world. The minerals are essential to the life of plants, animals and humans. In their natural state they are in an “ionized” form, readily assimilated by the body and the cells and also, able to conduct electricity throughout the body—the “life force” itself.

Our diets today are full of over-processed materials, preservative chemicals, coloring agents and flavor-enhancers, driven by a mad scheme perpetrated by food manufacturers to make eating a “fun” and “exciting” experience. Seemingly at all cost.

The vital elements required for the body to operate and to fight disease are woefully deficient or missing altogether, particularly in fad junk foods from corporations like McDonalds, Kentucky Fried Chicken, Wendy’s and Burger King.

And our medical profession is based on a philosophy that “looks the other way” in the treatment of disease. American medicine exists for the treatment and care of the sick.

It has nothing to do with health.

Socially minded persons in all parts of our country are spending altogether too much time and energy in planning how to take better care of more and more diseases. They have come to speak of sickness as though it were health. Our medical profession is even called “Health Care”! Even the sickness insurance is incorrectly called “Health Insurance.”

These things have nothing to do with health, but do in fact, offer an indemnity of a kind for those who are sick at the expense of those who stay well. All such activity is attacking the problem from the wrong end. We must stop sickness and generate and protect our health.

We can do more toward keeping our people healthy by using our energy to improve their living conditions and to teach them how to take proper care of their bodies than we could ever possibly hope to do by attempting to provide an increasing amount of medical care to ease the damage of their bodies after it has been done by disease and the drugs that are prescribed to treat these diseases.



In this land of plenty, researchers say that we starve on a full stomach.

Health is something much greater than being able to keep out of a physician's office or a dentist's chair or being able to get up in the morning and get to one's work. Health should be a very positive thing. It makes for a much longer and happier life. Once lost however, robust health with all of its joys and buoyancy can never be completely regained.

Organic disease processes may be stopped, but they can never be reversed. Disease leaves its scars on the body. The tissues can be healed, but they cannot be restored to "new" again.

In this land of plenty, researchers say that we starve on a full stomach. This does not seem possible. What they mean is that we have an abundance of food, but not the quality that keeps us healthy.

It is rapidly becoming evident that degenerative diseases are due largely to malnutrition from denatured and inadequate foods.

A degenerative disease is defined as; **A deterioration of tissues or an organ which has lost its vitality.**

High blood pressure, diabetes, cancer, arthritis, heart disease – the big "killers" that every second person seems to have - are all deficiency diseases.

Scientists can induce practically every human disease in laboratory rats by feeding them the food of healthy people. It is just that simple.

So what is the crucial missing element in the food supply chain?

Minerals, minerals, minerals!

You have the answer - you are holding it right now in the form of this book and its contents.

Can it be as bad as I am painting this picture, you ask? Good question. Just go to the Selective Service records for our Armed Services and see what these tell you about our nation's health. It will shock you - I certainly was.

As the head of the Medical Division of the Selective Service System himself said;

"We are just completing the creation of the greatest fighting force that the nation has ever seen. Instead of finding a rugged, virile manhood, we have found a great many of what we call the five D's – defects, deficiencies, disabilities, diseases and disorders. And the number of these has been appalling..." Then he added, "The country is ailing. It should have urgent medical attention."

He was not exaggerating.

Nearly 50% of those examined were unfit to serve. Men between the ages of eighteen and thirty-eight should be fairly healthy – healthier, at least, than other sections of the population. Yet about 40% of them were in such poor shape that they could not fulfill one of the primary duties of citizenship.

The older we move up the chain, the worse it gets until in the 70-80 year old group, nearly 75% of those examined were in deplorable health.

What were the defects and diseases which caused this kind of statistics to be uncovered?

- obesity
- lack of basic fitness
- high blood sugar and early onset diabetes
- heart irregularities
- hernias
- tuberculosis

- lung problems
- nicotine damage
- urinary tract and kidney problems
- blood disorders
- mouth and gum disease
- chronic infections and parasites
- teeth
- abdominal organs
- ears
- eyes

As bad as all this sounds (and it is bad), 90% of these conditions are easily rectified with a good basic nutrition plan and daily exercise along with elimination of excess amounts of sugar, saturated fats from too much meat and hamburgers and no milk, cheese, ice cream or butter and the use instead, of olive oil, soy milk or rice milk or almond and cashew milk.

And the introduction of a Mineral and Trace Mineral supplementation program so that the essential triggering elements of life, health and healing are provided to the body.

And none of this requires a rocket scientist's degree or a hefty insurance policy to make it work!

This is starkly put into perspective by a Senate subcommittee hearing on a hospital construction bill.

Five orphanages in North Carolina made an investigation to determine how many of the young men whose childhood had been spent growing up in an orphanage were rejected by the Armed Services. They discovered that out of a total of 1,138 former students called up, not more than sixteen failed to qualify for military duty. This is approximately 1.4% – yet the rejection rate for all registrants in the state of North Carolina was 56.8%.

In the 70-80 year old group, nearly 75% of those examined were in deplorable health.

Dr Clarence Poe, a member of the commission, explained it as follows:

“These orphanages are supported by poor people and the boys in the orphanages are not coddled, are not given luxuries. They are given sound nutrition, exercise on a daily basis and adequate medical and hospital care.”

There we have the answer! Sound nutrition and adequate and timely medical and hospital care in conjunction with daily exercise.

There was one important difference, however, between the orphanages' examinations and those given in most schools. When the orphanage doctors found remediable defects in the children, they corrected them. The child was not sent home with a card advising his parents to take him to see a doctor or dentist.

Compared to the orphan children, the rest of the young men in North Carolina were a sorry lot. Not even half

of them could pass inspection. Many of them had known advantages that the children from the orphanages had never enjoyed. And the orphanages' did not have unlimited access to sweets, candy, soda pop by the gallon and junk food cheeseburgers.

Those in a position to know, tell us that if our overall national death rate were reduced to the lowest rate prevailing in one of our states, 3 million lives could be saved during the next ten years. There is no reason to believe that this is an unattainable goal.

Year after year, however, degenerative diseases take a heavier toll in lives and it has now spread to our youth. Diseases that were once the domain of the middle-aged are now being found in near-epidemic proportions amongst our young. The twin problems of Diabetes and Obesity are two that require urgent government attention.

The inescapable conclusion is that in a very large number of diseases today, **faulty food is the primary cause.** The suspicion is that foods saturated in fats, sugar, hydrogenated oils and trans-fatty acids that clog our arteries are the primary cause of the epidemic diseases facing us now.

“Our daily work brings us repeatedly to the same point,” says Dr. Lionel James Picton, MD, author of the Medical Testament and Nutrition: **“Illnesses result from a lifetime of wrong nutrition.”**

The following statement was made by Dr. C.W. Cavanagh of Cornell University:

“The fact is, there is only one major disease and that is malnutrition or “bad” nutrition. All ailments and afflictions to which we may become heir are directly traceable to this major disease.”

He went on to maintain that vitamins do nothing for us without the proper supply of minerals. He says,

“We know that vitamins are complex substances which are indispensable to nutrition and each one of them is important for the normal function of some part of the body.” He goes on with this important medical fact: **“The lack of just one essential mineral may create a sickly and even fatal condition.”**

The most pressing problem facing our nation right now in regard to fitness, diet and nutrition, is the **chronic epidemic of obesity and diabetes in our children.** Our children are now the fattest on the planet. Only a small percentage of these childhood

obesity and diabetes is associated with a hormonal or genetic defect.

Our children should be evaluated for associated morbidity. This includes an assessment of cardiac risk factors, weight-related orthopedic problems, attention deficit, skin disorders and potential psychiatric disorders such as violence, depression and suicide.

- Cardiac risk factors include a family history of early cardiovascular disease, high cholesterol and blood pressure, cigarette smoking, diabetes and decreased physical activity.
- The National Cholesterol Education Program recently recommended that doctors screen ALL obese children over two years of age for elevated cholesterol levels! Obese children also have increased average blood pressure, heart rate and cardiac output when compared to their peers.
- Tobacco use is another insidious disease-creator that is a ticking time-bomb and also contributes to cardiovascular disease and is associated with all forms of cancer.
- The presence of Diabetes in our young is the worst indictment of our failure to nourish and exercise our young. Once the disease of the middle-ages, it is now found in one in two children!

What is the common denominator in addressing this frightening scenario?

- A good sound diet based on fruits, vegetables and a severe limit on sugar and saturated fat foods like hamburgers, fried chicken and pizzas.
- Exercise is vital, it needs to be done very day.
- And the final thing is to ensure that these young bodies receive an essential supply of Minerals and Trace Minerals, the triggering elements that create all life.

The most pressing problem facing our nation right now... is the chronic epidemic of obesity and diabetes in our children.

How deficient are we as a nation? **The FDA estimates that 95% of the population is deficient in minerals of some kind.**

The most important triggering element for health creation and disease elimination is woefully missing in our nation's diet, yet cereal packets and nutritional supplements scream that they contain "12 ESSENTIAL MINERALS".

- Why are 12 minerals not enough?
- What is the form that your body requires to operate?
- Are all minerals the same?
- Why do people who do consume a lot of minerals and the right kind of minerals live long, long lives into their 100s without suffering any epidemic diseases like we do?

The answers to these questions and more are all here, read on.



CHAPTER 1: OCEAN-SOURCED MINERALS – THE KEY TO ALL HEALTH AND HEALING

Dr. Fritz Kahn, MD, the famous German researcher and author of “Man in Structure and Function” and based upon his research and experiments over his lifetime, made a statement very apropos to the subject of this book. He said,

“If a human being of average weight were squeezed out like a lemon, no less than eleven gallons of water would be obtained. In other words, approximately 70% of the weight of the body is water. This is no ordinary water. It is not distilled water, tap water or spring water. It is sea water, containing the same mineral salts that are dissolved in the oceans and in exactly the same proportions. The liquid in our bodies is the same as that of purified seawater.”

All minerals known to science are to be found in sea water. Our bodies not only require these minerals, our bodies DEMAND these minerals. While our nation's overall health is in a pitiful state, health can be vastly improved however, among all ages, by the use of products from the ocean and the harvest of good soils.

Faulty foods, fad foods, lacking in minerals and vitamins and other essential nutrients, will produce many conceivable ailments. This, of course, is not a supposition; it is a fact verified by the statistics.

The use of minerals from sea water is a radical suggestion to many. Yet, as will be proven in the following few chapters, the ocean is the birthplace of all life and our body fluids, even our plasma is identical to that of the purified ocean of our birth. All animals on this planet share this genetic heritage to a time, billions of years ago,

when the first form of life was created in the genetic “soup of all life”, in the primeval oceans of old.

Of course, this is not where God intended us to go to for our minerals on a daily basis. They were to come from the fruits and vegetables that would through Mother Nature's powers, suck up the rock-source minerals from the earth and through the combination of chlorophyll and sunlight in an act of photosynthesis, transform the rock into a food to create life and fight all diseases.

Sadly however, through the generations, little attention has been focused on the basic source of our existence. Hundreds of thousands of acres of land have been allowed to become so run down and devoid of available nutrients that the minerals and vitamins essential to health are absent in the food grown in such soil.

Exhausted soil results in exhausted produce leading to an exhausted body.

Each of the fad diets of today, even if followed religiously, can be a very empty and futile thing unless they contain the essential minerals, vitamins and other health-sustaining elements. Only when we are assured that the proper processes have been followed in producing vital foods, and when we can find these products readily available, will we step up the program to better health.

Regardless of the diet you are on at the present time, if you are interested in a sustained supply of minerals and vitamins in a natural form, readily assimilated by your body, you will find the assurance and means to this with minerals from the ocean as prescribed by this book.

All minerals known to science are to be found in sea water.

Two great complementary sources, the land and the sea, are provided to us by our Maker for robust health:

- The land is exhaustible if not properly treated.
- The sea is totally inexhaustible.

The land and the sea both provide, or can be developed to provide, all the minerals and vitamins which we require in our food for the building and maintenance of health and the prevention of degenerative diseases.

The fastest way to **regenerate the soil and peoples' health** is to provide our soils and our bodies with a constant supply of minerals from the ocean. These ionic minerals can be either liquid or dry form – they both work wonders.

- For depleted soil, the minerals will instantly provide the links to the catalytic processes that Mother Nature uses in the world's greatest food factories – the plants, trees and crops that grow every split second to sustain us.
- For us humans who populate this planet, the minerals provide the most essential of all functions – keeping our heart beating every split second. Magnesium and its “sister” mineral, Potassium, are vital to generate an electrical heart beat, regardless of our cardiovascular health condition.

From this most basic of all life-sustaining actions, minerals work with every single organ in the body to recruit and supervise the “workers” of our bodily factories and generate robust health, free from disease. True, the vitamins, enzymes, carbohydrates and proteins are important. But not one of these elements can work

without minerals supervising them and triggering them into action.

Each tiny cell in our body, of which there are some 20 trillion by estimation, requires its minerals to operate. Each second, no less than 100,000 electrical transmissions of intelligence occur within each cell. The minerals make this happen. And minerals from the ocean are the most powerful, most easily assimilated of all.

They are truly, essential to life and the Essence of all Life.



90% of all food manufacturers ignore the facts and use low-grade, low-potency and near-zero assimilation forms of minerals in their manufacturing processes.

Yet, as vital as they are to keeping us alive, free of disease, 90% of all food manufacturers ignore the facts and use low-grade, low-potency and near-zero assimilation forms of minerals in their manufacturing processes. For cost and fat profit incentives, they use low-grade “rock” or “colloidal” minerals that cannot be readily assimilated by the body and the cells. Nor can these type of minerals conduct electricity from one cell to another and within each cell as part of the life process.

The recent Coral Calcium phenomenon which was unveiled to be a ridiculous fraud and shut down by the FTC despite the outlandish claims made by the slick promoters, Coral Calcium is nothing but low-grade rock, and basic rock will do little or have no good for the body.

Minerals from the ocean are identical to blood plasma, able to conduct life electricity and readily available for us all.



It has always intrigued me that our planet is called “Earth”, when in reality it should be called “Oceania”.

72% of the planet is ocean, it is the most predominant element. As if by some curious coincidence, we too are 72% water – seawater itself in a near perfect duplication of the planet on which we were born.

From the earliest times, the great ocean has intrigued mankind. Its vast expanse has fascinated us for eons. In its awesome depths lies the mystery of life. Its beginnings, carefully concealed from us on the land, are yet a part of us.

Each drop of ocean water is a miniature ocean in itself, with all the chemical properties and all the elements of the glistening sea. The ocean, whose composition is fairly constant, contains on average:

- 78% Sodium Chloride
(common table salt)
- 16% Magnesium
- 4% Calcium
- 2.5% Potassium
- 0.5% Trace amounts of 72 additional,
but very important minerals

The minerals of the sea were washed from the shores and surface of the ancient earth. It is supposed by researchers that the tempestuous and violent events connected with our planet's birth occurred four or five billion years ago. The earth then was a molten mass. The gradually cooling earth was enveloped in heavy layers of cloud, which contained much of the waters of the new planet. For a long time, its surface was so hot that no moisture could fall without immediately being reconverted to steam. This dense, perpetually renewed cloud covering must have been thick enough that no rays of sunlight could penetrate it.

As soon as the earth's crust cooled enough, the rains began to fall. Never since have

there been such rains as must have occurred at that time. They fell continuously, day and night, days passing into months, into years and into centuries. The water drained from the continental masses into these huge depression or basins to form the seas that we know today.

At this stage of our planet's birth, the ancient ocean, growing slowly but inexorably as the constant rains fell, must have been only faintly salty. But the constant rains were the first signs of the inexorable dissolution of the continental land mass. From the moment the rains began to fall, the lands began to be worn away and carried to the sea. This endless and inexorable process has never stopped. The dissolving of the rocks and the fragments and dissolved minerals have flowed from the beginnings of time, into the oceans.

Over this massive amount of time, the sea water has grown more and more bitter with the salts of the continents and the submerged lands. In what extraordinary manner the oceans produced the vital life force known as “protoplasm”, we will never know.

In its warm, soupy water, the unknown conditions of temperature and saltiness must have been critical for the creation of life from non-life. It seems highly likely that within the warm saltiness of the primeval ocean, certain organic substances were fashioned from carbon dioxide, sulphur, phosphorus, potassium and calcium. Perhaps these were the basic transition steps from which the complex molecules of protoplasm arose – molecules that somehow acquired the ability to reproduce themselves and begin the endless stream of life.

It is doubtful that this first primitive life possessed the substance we know as Chlorophyll, with which plants in sunlight transform lifeless chemicals into living stuff of their tissues. Little sunshine could enter

On land and sea, the furious stream of life rushed on. New forms evolved; some old ones declined and disappeared.

the cloud covered world. Perhaps the sea's first children lived on the organic substances then present in the ocean water, or, like the iron and sulphur bacteria that exist today, lived directly on inorganic food.

All this time, the cloud cover was thinning, the darkness of the nights alternating with dim, palely lit days, and finally, the bright, fierce sun burst through upon the oceans and the earth. Some of the life forms that floated in the sea had developed the magic of Chlorophyll. Now life could truly begin to evolve. They were now able to take carbon dioxide out of the air and the water and in sunlight build the organic substances they needed for life. This was the creation of our very first plants.

Another group of organisms, lacking the Chlorophyll, but needing food, found that they could make a way of life for themselves by devouring the plants. So the first animals arose, and from that day to this, every animal on this planet has followed the first habits it learnt in the ancient seas and depends, directly or through complex food chains, on the plants for food and life.

During all this time, the land mass had no life. There was little to induce living things to come ashore, forsaking their all-providing, all-embracing mother sea. The lands must have been bleak and hostile beyond the power of our imagination. Massive continents without soil, for there were no plants to aid in its formation and bind it to the rocks with their roots. Imagine a land of harsh stone, totally silent except for the sound of the rains and the winds. There was no living voice and nothing moved over the surface except for the shadows of the massive clouds. As millions of years passed, the

sea periodically inundated the weathering and crumbling mass, receding only to storm the earth again and again.

Eventually however, plants – and later, animals – began to colonize the land. The first animals alone would not have succeeded in coming ashore, for only the plants had the power to bring about the first amelioration of the harsh conditions. They helped make soil of the crumbling rocks and they held back the soil from the rains that would have swept it away. Little by little they softened and subdued the bare rock and the lifeless deserts. The first plants closely resembled some of the larger seaweeds that had learned to live in the coastal shallows, developing strengthened stems and grasping, root-like hold fasts to resist the drag and pull of the waves.

Perhaps it was on some coastal lowland, periodically drained and flooded that some such plants found it possible to survive, though separated from the mother sea. On land and sea, the furious stream of life rushed on. New forms evolved; some old ones declined and disappeared.

On land the mosses, ferns and seed plants took hold. Reptiles for a time dominated the earth, gigantic, grotesque and terrifying. Birds learned to now live and move in another ocean, that of the air. The first small mammals lurked inconspicuously in hidden crannies of the earth, waiting for their time to come forth.

When they went ashore, the animals that took up a land life carried with them a vital part of the sea in their bodies. This was their genetic heritage that they

The Ocean has precisely the same chemical composition as healthy blood plasma. This is the fuel of entire life - the essential fuel for the electric body!

passed on to their children and which even right now, today, links each land animal with its first origins in the ancient seas.

Fish, amphibian, and reptile, warm-blooded bird and mammal – each of us carries in our veins a salty stream in which the elements of Sodium, Potassium, Magnesium and Calcium are combined in almost the same proportions as in sea water.

This is our inheritance from that ancient day untold millions of years ago when a remote ancestor, having progressed from the one-celled to the many-celled stage, first developed a circulatory system in which the fluid was merely the water of the ocean it was born in. Even the protoplasm that streams within each cell of our bodies has the chemical structure impressed upon all living matter when the first simple creatures were brought forth in the ancient seas.

And, as life itself began in the ocean, so too each of us begins his or her individual life in a miniature ocean, and that is in our mother's womb, and in the stages of our embryonic development, we repeat the steps by which our entire race has evolved, from a primitive, gill-breathing inhabitant of a water world to a creature able to walk and talk, laugh and cry, think and dream upon the land.

No where in the ocean does life exist in such bewildering abundance as in the upper, surface waters. The activities of the microscopic vegetables of the sea - of which the diatoms, unicellular algae, are the most important - make up the mineral wealth of the water available to the animals.

In the summer of 1947, Thor Heyerdahl, the Norwegian ethnologist, and five companions drifted 4,300 miles across the Pacific on a raft of balsa logs, to test a theory that the original inhabitants of Polynesia might have come from South America by raft.

For 101 days and nights these men lived all this time practically on the surface of the sea. Besides consuming the plankton of the sea – sea life – their liquids consisted of 20% sea water and 80% fresh water. This proportion quenched their thirst by replacing the mineral salts lost through perspiration under the blazing sun along the equator.

The ocean is the earth's greatest storehouse of minerals. And has precisely the same chemical composition as healthy blood plasma. This is the fuel of entire life - the essential fuel for the electric body!



CHAPTER 6: ORGANS ARE FACTORIES

A wonderful associate of mine and possibly the world's greatest exponent of the power of electrically charged, ocean-sourced minerals, Dr. George W. Crane (MD), once told me,

“If everyone would just drink one large glass of purified ocean water per day with carrot juice and crushed organic garlic, the degenerative diseases we know today would literally disappear.”

The reason for these degenerative diseases he went on to say, were the result of deficiencies - deficiencies of vital minerals and trace minerals, all of which are supposed to be found in our food supply, but are sadly lacking.

Our body is a fabulous “factory” of organs. In each case, the “foreman” who orchestrates each factory is a mineral!

Our Heart for instance, is run by two foremen; Magnesium and Potassium

- Could a lack of these two vital minerals be the reason for so much heart disease?

Our Thyroid gland is run by Iodine

- Is the current epidemic of thyroidism because of a lack of essential Iodine?

Our Immune System is run by Zinc

- Did AIDS and Lupus get their first starts because of Zinc deficiencies?

The Pancreas, its blood-sugar factory, is run by the Chromium mineral

- Could a lack of vitally important Chromium be the cause of so much Diabetes and obesity?

The Brain is run by Potassium

- Could this be a clue as to the basic cause of the ADD epidemic in children?

A lack of any of these “foremen” means the body's basic factories do not operate properly, just as any factory cannot operate efficiently without someone “running the show”. If however, an abundance of minerals and trace minerals are an everyday part of your nutritional program, boundless health, energy and well-being occurs - a life free of disease.

That is why so many nutritional scientists believe that seawater mineral and trace minerals are the long-fabled “Fountain of Youth” because of the effects these compounds have on the body in preventing disease and promoting longevity. Voluminous research has proven the belief that our body is a magnificent electrical machine. Every muscle, thought process, each organ, every minute cell is perfectly orchestrated, electrically. Ionic, electrically charged minerals from the ocean, powerfully conduct this electrical activity. Vitamins can't do it. Nor can enzymes, fats, carbohydrates or proteins.

Only ionic minerals can conduct the electricity of life in our body!

(Coral Calcium by the way is a total fraud as it is “rock” coral and cannot conduct electricity. One reason the FTC shut down the fraudulent marketing company behind this terrible product.)

These ionic, seawater minerals work like “Nature's Sparkplugs”, much the same way a sparkplug works in an engine. Every second, each cell in our body conducts no less than 100,000 electrical exchanges of intelligence.

What do you think conducts this electricity of life? The minerals, of course!

Only ionic minerals can conduct the electricity of life in our body!

These minerals comprise the basis for all life, plants as well as animals. According to the recorded statements of the XXIII International Congress of the renowned seawater Thalasso Therapy in Venice,

“One should not be surprised by the curative powers existing in Marine elements. Sea water should be called “marine plasma”. It contains all minerals as found in pure blood.

There are thousands of case histories of heart patients, others with chronic polio, arthritis, partial paralysis, eczema, liver ailments, Alzheimer’s Disease, epilepsy, cancer, rheumatism, stress and nervous tension, loss of appetite and many other conditions treated with specially prepared sea water by a panel of doctors under direct medical control who showed recoveries ranging from 72% to 90%.”



MAJOR MINERALS AND THEIR ROLE IN THE BODY

Boron builds strong bones and boosts fertility

Calcium is known as the bone, ligament and cartilage mineral, but it also is necessary for heart action and to lose weight

Cesium delivers amazing anti-cancer action

Chloride makes essential stomach acid

Chromium is essential for blood sugar control, diabetes and lowering cholesterol

Copper controls Iron and also helps skin formation

Germanium is a dramatic immune system interferon producer to fight diseases such as leukemia and cancer

Gold is a natural anti-inflammatory for Arthritis

Iodine is the Thyroid mineral

Iron stops anemia

Lithium is not a drug, it's a natural anti-depressant

Magnesium is essential for converting Calcium into strong bones, dissolving

Arthritis, making the heart beat, lowering blood pressure, helping to relieve chronic fatigue and easing asthma attacks

Manganese is a bone mineral - not just Calcium is needed for strong bones!

Phosphorus builds strong bones and supports brain function

Potassium makes your heart beat each split second, helps relieve chronic fatigue and supports mental energy

Selenium is the miracle mineral that fights all cancers!

Silicon is nature's building block for strong bones, teeth, glowing skin and hair

Silver is a natural antibiotic

Sodium is essential for energy production

Strontium makes strong bones

Vanadium mimics insulin and is great for diabetes

Zinc makes immune system T-cells to fight disease and boosts fertility

MINERALS AS FOUND IN BLOOD PLASMA AND SEAWATER



76 natural trace minerals in their approximate descending order:

Chloride, Magnesium, Sulfate, Potassium, Sodium, Bromide, Lithium, Boron, Carbonate, Calcium, Fluoride, Silicon, Nitrogen, Selenium, Phosphorus, Iodide, Chromium, Iron, Manganese, Titanium, Rubidium, Cobalt, Copper, Antimony, Arsenic, Molybdenum, Strontium, Zinc, Nickel, Tungsten, Germanium, Aluminum, Scandium, Vanadium, Tellurium, Barium, Tin, Lanthanum, Lead, Yttrium, Silver, Cadmium, Uranium, Gallium, Bismuth, Zirconium, Cerium, Cesium, Gold, Beryllium, Hafnium, Samarium, Terbium, Europium, Gadolinium, Mercury, Dysprosium, Thorium, Holmium, Lutetium, Thulium, Erbium, Ytterbium, Neodymium, Praseodymium, Niobium, Tantalum, Thallium, Rhenium, Indium, Palladium, Platinum, Osmium, Ruthenium, Rhodium and Iridium.

CHAPTER 7: OCEAN WATER – MARINE PLASMA

The idea of using seawater's properties to restore man's health is as old as medicine itself.

References abound. Nevertheless, the works of a famous French biologist, Professor Rene Quinton are by far the most exhaustive and accepted in all scientific circles. Professor Quinton (1866-1925) has in time, become the true "father" of the marine plasma concept, or seawater as blood.

In studying the evolution of zoological lineage, Professor Quinton laid down a fundamental hypothesis:

There is a physiological identity between the marine environment and the internal environment of the human organism.

This hypothesis led Quinton to set up a medical team and to use marine plasma in isotonic solution on a large scale. Millions of injections and oral administrations proved the cogency of his hypothesis as well as its therapeutic efficacy.

He saved tens of thousands of human lives. The diseases mainly treated were typhus, cholera and diarrhea in children. He also successfully treated tuberculosis, seriously premature birth, anorexia, skin diseases and severe malnutrition.

Professor Quinton's first experiments were controversial at the time – in Paris in the 1920s. He would take animals – dogs, cats and cattle who were severely afflicted with chronic arthritis to the point of being unable to walk – and inject them with his marine plasma solutions. In some instances, he would actually slowly drain the body of the animal of its existing plasma and by intravenous injection, replace the blood plasma with marine plasma.

The results were astounding. Crippled animals walked again without restriction, energy levels were restored to unbridled capacities and the overall well-being of the animals was dramatic enough for all to see.

From a zoological viewpoint, Quinton believed this represented the link connecting the human body to its marine origins, which is its primary heredity. Without becoming too technical, we can consider the internal environment of the body as being composed of a set of liquids which circulate around the cells, forming the extra-cellular compartment. The internal environment represents 33% of the organism's total water, amounting to 20% of the body weight.

It is broken down as follows:

- the interstitial liquid found in the inter-cellular spaces; 20% of the total water.
- the plasmatic liquid; 6% of the total water.
- the lymphatic liquid resulting from the interstitial liquid draining itself into the venous system; approximately 2% of all the water.
- the trans-cellular liquid produced by active transport processes taking place in the epithelial membranes; approximately 3% of the total water.

The internal environment is where exchanges of metabolites, energy and information occur. It is the foundation on which the activity of the total organism is built, the crossroads of exchanges where it is regulated, as well as being the end point of different systems' activity.

The composition, structure and balance of the internal environment (its homeostasis), is totally dependant on cellular activity. The result of intense effort, they represent one of

Every single one of the myriad of actions that occur in this environment, in our body, takes place because of the existence of marine plasma – mineral rich seawater.

the main activities of the metabolism of the body and act in reciprocal fashion, and the quality of all cellular function depends on the integrity of the internal fluid environment – what the mineral and trace mineral content is and in the correct ratio of one to the other.

The internal environment holds a unique position in physiology and medicine. The concept of homeostasis is more linked to it than to any other system. It is passive, producing nothing by itself, it does not constitute an organ, but the organism can't do without it since all functions work through and are built on this environment. This water environment, the major constituent of the body, has an innate intelligence factor that regulates all actions and all thought, according to a massively complicated master-design and exact coordination.

Again, every single one of the myriad of actions that occur in this environment, in our body, takes place because of the existence of marine plasma – mineral rich seawater. Homeostasis is only achieved through a

correctly regulated outflow of water, ions, energy and information exchanged with the environment, this balance being achieved through the intermediary of exchanges. Thus, a cellular layer is always interposed between the main body and the environment: the endothelium and the pulmonary exchanges; the epithelial cells of the cutaneous, digestive, renal exchanges.

In simplistic, layman terms, our body is a hydro-electric plant of massive sophistication.

The fuel of this water/electrical machine is nothing more than the very thing that we were created with — minerals and trace minerals from the ocean.

One can say in conclusion, that man lives in water and IS water – electrified water, able to create life, maintain life and defend itself from disease. That is why I call marine plasma or purified seawater, “Life Transfusion”.

There is nothing more compelling than the desire to slow down and stop the aging process, and to live a long, full and healthy life, full of energy and independence.

Does this describe America today? Or the rest of the Western world? I think not.

Most of us don't care about staying healthy and preventing disease. We are being overcome with epidemics on a daily basis. Old scourges and plagues are returning with even more vengeance than before. Our children are fat, obese and riddled with diabetes way before their time. Drug companies come up with solutions that do nothing but line the pockets of their shareholders, often at the expense of the poor patient's life because of dangerous side effects. Even the basic flu shot can't be trusted any longer. The latest version was completely useless in even "recognizing" the Fujian strain it was designed to fight.

There is evidence of an alternative to all this. And this evidence is dramatic. A team of preeminent medical and scientific experts spent over ten years studying the lifestyle, spiritual, diet and exercise habits of the world's healthiest, longest-lived people. These people live in the Okinawan Islands near Japan, where the occurrence of heart disease, our number one killer, is one fifth that of America. One fifth!

The rate of breast, ovarian and prostate cancers is less than a quarter of American levels. And the number of centenarians (people aged 100 or more) per hundred thousand, is six times that of the United States. Most importantly, Okinawans have the world's longest disability-free life expectancy.

What are the reasons for this remarkably successful aging phenomenon?

They have discovered the "Essentials of Life" and have made them the central, consuming

passion of their civilization. In particular however, they consume large quantities each and every day, of marine plasma, purified ocean water with soy beans as "tofu" and have done so for centuries, genetically it's now "in their blood".

Along with their rigorous, daily exercise programs (often from walking or biking), a strong family value that honors everyone, but the eldest most of all (there are so many old people, they have to!) along with a distinct spiritual commitment that honors our Maker, they have truly become the most successful of people defying the aging process.

No cosmetics! No human growth hormone treatment! No Botox! No drugs! No plastic surgeons, or stomach stapling!

Imagine if someone came out tomorrow and said they could reduce breast cancer rates by 300%. There would be a stampede beyond our comprehension. In America, someone is diagnosed with breast cancer every 24 seconds. But not in Okinawa.

It is not for me to tell you what your spiritual diet should be. (But you should have one.) What I can tell you, is what your exercise "diet" should be, and what your "food" diet should be.

Every single person alive should get out and walk or bike for a minimum of 45 minutes every single day of their life. Every single day! And not a single second less than 45 minutes. That is the magic threshold.

And your diet should minimize or hopefully, eliminate all animal sourced protein like Mad Cow Milk, Cheese, Ice Cream and Beef. Be like the Okinawans and switch to the all-conquering soy bean for your source of milk, cheese and ice cream and have it concentrated as "tofu" instead of highly

The Okinawans, like many long-lived people throughout the world, shun animals as a source of food and protein.

dangerous, saturated-fat, antibiotic-crammed, hormone-poisoned beef, chicken, veal or pork.

The Okinawans, like many long-lived people throughout the world, shun animals as a source of food and protein. Instead they use the humble soy bean. This they eat, grind into paste for soups and milk. And also turn into an alternative to red meat or chicken and pork by coagulating or solidifying it into a solid form called “tofu” or “tempeh”.

What do they use to solidify it or coagulate it? Seawater minerals, rich in essential Magnesium Chloride. The combination is truly magical in its life-generating powers. The soy bean has dramatic effect on the body and its organs while delivering essential, muscle-building protein.

The soy bean has other powers as well.

- It lowers dangerous LDL cholesterol so the heart functions easier and arteries stay unclogged. (Hardening of the arteries and blocked arteries is the number one killer in America.)
- The phytoestrogens in the soy bean keep the hor-

monal system brimming with health. As a result, prostate and breast cancer rates are one quarter what they are here!

Then to the soybean, the Okinawans add their pure, ocean water, full of all the minerals and trace minerals needed for health and longevity. In particular, their ocean water is very high in Magnesium. The Magnesium Chloride-rich seawater makes the soybean paste coagulate into a solid form to eat like a meat, but also, the seawater delivers not just the Magnesium, but all other Minerals and Trace Minerals required by the body. (And described in detail in the previous chapters.)

But this last piece of longevity-boosting information about the Okinawans and the two crucial things they consume DAILY is something I hope everyone reading this takes to heart and makes ocean minerals and soy based foods the cornerstone of their diet as soon as possible.

Call me when you hit 120 years of age so we can celebrate!!!

CHAPTER 9: RESOURCES, ANTI-AGING MEALS & ADVICE

At the very beginning of this book, I stated my hypothesis loud and clear about the causes of degenerative diseases like Arthritis, Blocked Arteries, High Cholesterol, Diabetes, Cancer and Alzheimer's Disease.

They are all caused by malnutrition. The "mal" comes from the French, "mal" means "bad".

Today, the great majority of Americans of all ages are overfed, yet undernourished. They are carrying far too many pounds which gives ALL DISEASES a platform to spread from. Skinny people are invariably healthy. Sadly, we are digging our own graves and doing it with our teeth.

Start immediately to follow the rules I have laid for you in this book. The facts are irrefutable. Make minerals a vital part of every meal. And switch to eating as much soy as you can as raw beans or as a soup or instead of red meat as tofu.

If you have a friend or family member with high Cholesterol or clogged arteries, download and read my ebook, Kill Cholesterol Before Cholesterol Kills You from: www.behealthyclub.com.



How to Order

- Phone: 877-975-9080 from 9am - 4pm (Central Time)
 - Web: www.askdrgarland.com
- (Be sure to register as a member to save 15-30% on all purchases)

If you have questions about a health issue or my Master Formulas, call me at the number above or email me at drg@askdrgarland.com.

In the weeks and months to come, other books in this Contagious Health Crusade will be published on all the degenerative disease conditions that plague our society.

- Arthritis
- Diabetes
- Menopause
- Hormone Replacement Therapy
- Alzheimer's Disease
- Cancer

Check my website, www.behealthyclub.com for updates and more information on how you can have Contagious Health!

Sincerely,



Dr. Wayne Garland, ND/TCM

p.s. Over the years, I have made some very special discoveries of healing meals that I want to share with you. Try to have at least one of these meals every day. Your body will love you for it.

“Clean Out the Arteries” Soup from Okinawa

This amazing soup is very high in both Potassium and Magnesium, plus the anti-oxidants and cancer-fighting elements found in cruciferous vegetables and broccoli.

It will not only clean out the arteries (high Potassium and the Calcium-melting action of the Magnesium) but it will boost the immune system and provide a jolt of electrified energy.

Ingredients:

- 4 organic carrots, washed but with skin
- 2 red potatoes with skin
- 1 red onion, quartered
- 2 stalks celery
- 1/2 bunch parsley
- 1/2 head red cabbage, chopped
- 1 clove of organic garlic, crushed
- 1 teaspoon Life Transfusion Liquid Minerals

Directions:

1. Cover the vegetables with pure water in a large soup pot. Have about two inches of water covering the vegetables.
2. Simmer, do not boil for 20 minutes.
3. Cool and then add the Essence of Life liquid minerals and put into a blender and puree.
4. Add a teaspoon Bragg's Liquid Aminos for added taste.

“Special Soup for Strong Bones” from Shimla, India

While living in the far north of India at the base of the Himalayas, I noticed how incredibly strong-boned both the men and women were who worked in the tea plantations each day. Even those who were in their 70s and 80s showed no signs of arthritis, rheumatism or osteoporosis. I asked why and was given a simple, very nourishing soup to try. It is the famous “Strong Bones Soup” from Simla, India.

It is high in all the bone-building minerals like Calcium, Strontium and Boron plus the high Magnesium content from the Life Transfusion Liquid Minerals. (The body needs the Magnesium to convert the Calcium into bones.)

Serves 4

Ingredients:

2 quarts soy milk
1 large bunch watercress or a standard package from the supermarket
1 large red potato with skin
3 small chopped shallot onions
1 tablespoon virgin olive oil
6 vegetarian bouillon cubes
1 clove garlic, crushed
1 teaspoon Essence of Life liquid minerals

Directions:

1. Mince and saute the shallots in the olive oil in a large pot to caramelize.
2. Add the soy milk and bring to a light, gentle simmer.
3. Slice the potato and course-chop the watercress.
4. Add the bouillon cubes, crumble.
5. Add the potato and watercress, simmer for 12-15 minutes.
6. Add the Life Transfusion Liquid Minerals.
7. Puree the mixture through a food processor or blender.

The World's Greatest Cancer Doctor's Finest Meal

Dr Ralph Moss (MD) was once head of the Sloan-Kettering Cancer Clinic in New York. He was “banished” for daring to promote an alternative to chemotherapy and radiation as the mainline treatment for cancer. He now runs a highly-informative Internet website advising people on the way to fight cancer, naturally, drug-free and with changes to their diet.

This is his favorite anti-cancer meal. It includes ocean-sourced liquid minerals, of course.

Serves Four

Ingredients:

3 heads of Bok Choy from an oriental market
1 handful of carefully washed Shiitake mushrooms (may substitute other mushrooms)
2 heads of Broccoli Rabe
1 small bowl of Collard Greens
1 small bowl of Endive, chopped in quarters
1 clove of Garlic, crushed
4 pieces of firm tofu, quartered
1 bowl of steamed brown rice for each guest
Saffron and Sesame Oil for seasoning and flavoring
2 teaspoons Life Transfusion Liquid Minerals

Directions:

1. Chop the Bok Choy into quarters.
2. Delicately slice the Shiitake.
3. Chop the Broccoli Rabe into quarters.
4. Chop the Endive into quarters.
5. Slightly steam the tofu, then quickly brown it in the Sesame Oil.
6. Steam the brown rice, cover and put to one side.
7. Add all the ingredients except for the brown rice into a wok and quickly stir fry with the Saffron Oil.
8. Add the Life Transfusion Liquid Minerals, stir thoroughly.
9. Add to the steamed brown rice.
10. Have this wonderful, healing meal every day. (If every day is too often for you, then have this meal a minimum of three times a week to fight off cancer.)

Paradise Burgers from Okinawa

This is what McDonald's should be serving.
So should Wendy's and Burger King.

Serves 4

Ingredients:

Two 10 ounce pieces of firm tofu, excess
water squeezed with a kitchen towel
1/2 cup minced celery
1/2 cup minced red onion
2 garlic cloves, minced
3 ounce can water-packed tuna
1/4 cup bread crumbs
1 teaspoon Life Transfusion Liquid Min-
erals
2 teaspoons low-sodium soy sauce
Freshly ground black pepper

4 whole wheat burger buns
2 lettuce leaves, halved
1 tomato, sliced
1/2 cup sliced red onion

Directions:

1. Preheat the oven to 350F.
2. Combine the burger ingredients into a large mixing bowl. Knead well until they fold together when compressed. Divide and make up four burgers.
3. Spray nonstick canola spray in a baking pan. Place burgers in the pan and bake for 8 minutes. Turn burgers over, bake for 5 minutes more, or until their surfaces are golden.
4. Serve with buns, lettuce tomato and onion.

Somen Chample (Okinawan Fine Noodles)

Simple, easy to make, totally nourishing.
The Okinawans eat a lot of this every day.

Serves 4

Ingredients:

- 7 ounces dried somen noodles (wheat, white or fine noodles from any good Asian food store)
- 1 1/2 cups julienned green pepper
- 1 1/2 cups julienned carrots
- 1 1/2 cups shredded cabbage
- 3 ounce can water-packed tuna
- Freshly ground black pepper
- 1/2 teaspoon Life Transfusion Liquid Minerals

Directions:

1. Cook the noodles in at least 5 cups of pure water for 2 minutes, making sure not to overcook them. Rinse under cold water for 3 minutes and drain.
2. Coat a large skillet with nonstick canola spray and heat over medium heat. Saute the vegetables for 4 minutes or until tender. Set to one side.
3. Spray some more canola oil in the same skillet and heat over medium-high heat. Saute the somen noodles, stirring continuously.
4. Add the vegetables and turn to the noodles and cook for 1 more minute.
5. Turn off the heat, add the black pepper and liquid minerals and stir thoroughly.
6. Evenly divide the noodles among four plates, serve immediately.

Ryukyu Scrambled Eggs from Okinawa

Serves 4 Asians (or 2 overfed Americans!)

Ingredients:

- 1 cup egg substitute, such as Egg Beaters
- 3 ounce can water-packed tuna
- 1/2 teaspoon Essence of Life liquid minerals
- Freshly ground pepper
- 6 ounces of firm tofu cut into 1/2 inch cubes
- 1/2 cup chopped celery

Directions:

1. Beat the egg substitute in a large mixing bowl; add the tuna, Life Transfusion Liquid Minerals and pepper to taste.
2. Heat a wok or skillet and spray with nonstick canola spray. Cook the tofu until golden, no more than 2 minutes.
3. Add the celery and cook for 2 more minutes.
4. Pour the egg mixture into the wok or skillet and stir continuously until cooked through.
5. Evenly divide onto four plates and serve.

Lentil Stroganoff from Simla, India

Serves 4

Ingredients:

- 1 1/2 cups lentils
- 4 1/2 cups pure, filtered water
- 1 teaspoon Essence of Life liquid minerals
- 1/2 cups sliced button mushrooms
- 1 cup julienned green bell peppers
- 1/2 cup chopped onion
- 3 tablespoons whole-grain wheat flour
- 2 tablespoons prepared mustard
- Freshly ground black pepper
- 8 ounce container plain, low-fat yogurt
- 3 cups cooked buckwheat noodles
- 4 tablespoons sliced green onions

Directions:

1. Combine the lentils, water and Life Transfusion Liquid Minerals in a large saucepan and bring to a boil over high heat. Reduce the heat to medium-low and cover; simmer about 15 minutes or until the lentils are tender.
2. Drain and save the lentil liquid; add water to make 1 1/2 cups. Set lentils to one side and keep warm.
3. Coat a large skillet with nonstick, canola spray and warm over medium heat. Add the mushrooms, peppers and onions and cook for 5 minutes.
4. In a small mixing bowl, mix the flour, mustard, black pepper and 1/2 teaspoon Life Transfusion Liquid Minerals. Stir into the vegetable mixture. Add the lentil liquid to the mixture and stir. Cook over medium heat until mixture is smooth and thickened, about 3 minutes.
5. Add the lentils to the skillet and mix well. Just before serving, stir the yogurt into the lentils.
6. Evenly divide the noodles onto four plates and serve the stroganoff over the noodles. Garnish each serving with 1 tablespoon green onions.

Dr. Wayne's Longevity Cocktail

Try to have this every day.

It cleanses the liver, the kidneys, boosts eyesight and gives the body a jolt of electric energy. The high Omega-3 fatty acids in the flax seed oil helps the heart, the tissues, the cells and brings down dangerous LDL cholesterol levels. And the high Magnesium content helps your heart and converts Calcium into strong bones.

All this from one glass!!!

Serves 1

Ingredients:

- 4 organic carrots, cleaned but with skin
- 2 cloves organic garlic, crushed
- 1 organic beet, quartered
- 1 tablespoon Barlean's Flax Seed Oil
- 1 teaspoon Life Transfusion Liquid Minerals

Directions:

1. Juice the carrots and beet and pour into a large glass.
2. Stir the crushed garlic thoroughly into the juice.
3. Add the flax seed oil and the liquid minerals.
4. Stir once again.
5. Drink and go through the day bursting with electrified energy!!!

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