



# Ohio Buckeye Dowsers

of the American Society of Dowsers, Inc.

Volume 11, Issue 3

This month's topics: Dowsing diabetes; Spontaneous healing of belief ; Bach flower

May 2008

May 25, Sunday—meeting at Fry's farm

## Notes from the April meeting:

Adene from the Weston Price Foundation visited our meeting. The Weston Price Foundation promotes natural ways of preparing food, supports sustainable farming, and herd shares. They may move their meetings to Jim's farm.

Roger reported that he was following the inner guidance. It is available to everyone. There is always plenty of help if we take the time.

Art and Carolyn said they didn't feel the last earthquake. Someone said that water was coming into caverns such as Seneca Caverns. Wonder if the earthquake caused that.

Dave asked if others were experiencing 11/11 and 12/12 phenomenon. He said he would frequently find those numbers. He would look at the clock or read in the paper and those numbers would appear. Betty remarked that she has had the "11/11" experience. Jim Fry said that in a book that he read the Mayan Prophecy predicts sudden change on 11/23/2012 at 11:11 AM.

Some of the predictions made last year: Roger predicted gas going up to \$3.50. Most people thought gas would be less than \$4.00. Winter: most thought it would be a mild winter. John W said the 2nd and 3rd week of January would be rough. Scott said mild but really cold in February. No major attack was predicted.

Steve was at the meeting. We had dowsed his land for him. He has the foundation in. He has talked to the spirits. John W met Caleb there. Another is Anna who watches the pear trees. Steve met with Harvey.

David talked about the serpent mound being a scalar energy device. A piece of the mound is missing.

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**NOTE from Patricia Hedrick:** The newsletter is top shelf—great topics & info! I loved the one on the teeth. Possibly, could you do an article on help with diabetes!

I was saddened to hear of Bud B's passing.

In January I had minor foot surgery again—4 pins removed and a bone reshaping. Recovery went well and I'm doing good.

Best wishes, love, and healing,

Patt Hedrick

## Dowsing Diabetes

**"White flour contains diabetes-causing contaminant alloxan.** You may want to think twice before eating your next sandwich on white bread. Studies show that alloxan, the chemical that makes white flour look "clean" and "beautiful," destroys the beta cells of the pancreas." [Dowse: *Does alloxan cause diabetes?* - NO]

**"Studies show that you can reverse the effects of alloxan by supplementing your diet with vitamin E."** [Dowse: *Is this true?* - YES]

"Even if you are already diabetic, some simple changes to your diet can help treat your diabetes. First of all, stop eating foods made with white flour. [Dowse: *Will avoiding white flour help what percentage of people who have diabetes?* - 95%] Even though you already have diabetes, vitamin E supplements can still help you, as [What % of people with diabetes would vitamin E supplements help? 85%] can many common foods. Garlic, for example, does wonders for diabetes. [What % of people with diabetes could lower their elevated blood sugar readings by eating garlic? - 100%] As Dr. Benjamin Lau states in his book *Garlic for Health*, "When fed garlic, the rabbits' elevated blood sugar dropped almost as much as it did when they were given the antidiabetic drug tolbutamide. Researchers postulated that garlic may improve the insulin effect."

<http://www.organicconsumers.org/foodsafety/alloxan061605.cfm>

## Dr. McDougall's Comments:

"I lived the first 28 years of my life with faulty information and a closed mind. I was raised in the mid-west USA, where we ate meat [Does eating too much meat cause diabetes? - NO], dairy [Does eating too much dairy cause diabetes? - NO], junk-food [Does eating too much junk-food cause diabetes? - YES], and everything fried [Does eating too much fried food cause diabetes? - YES]. During my medical school years I maintained the belief that the American diet was good, in fact, the best nutrition. I once thought vegetarians were malnourished

and ate horrible tasting foods. I was fat at 228 pounds, had suffered a debilitating stroke and undergone major abdominal surgery by the age 25. My guess is I would have never seen my 40<sup>th</sup> birthday if I had not had my eyes opened to the truth.

“Working as a plantation doctor between 1973 and 1976 on the Big Island of Hawaii gave me insights that saved my life and the lives of many others. My first generation Filipino, Japanese, and Chinese patients lived on rice and vegetables (foods they learned to love before they moved to Hawaii) – no dairy and little meat [*What % of people with diabetes could eliminate their diabetes if they switched to this type of diet? - 70%*]- and they were my trimmest and healthiest patients – no diabetes, high blood pressure, heart disease, or prostate, colon or breast cancer. Their children and grandchildren, who were raised from birth in Hawaii, learned the American diet, and as a result became fat and sick. These observations forced me to re-evaluate what I knew about good nutrition and the causes of diseases. Not long afterwards, I learned that if you stop doing the things that make people sick they heal and regain their lost health. More specifically, if you correct malnutrition from the Western diet, people will soon be cured of obesity, type-2 diabetes, hypertension, hypercholesterolemia, hypertriglyceridemia, gout, inflammatory arthritis, multiple sclerosis, and most kinds of abdominal distress – to name a few diseases caused by rich foods (often residual damage is left). **Logan is cured of his obesity, hypercholesterolemia, and type-2 diabetes** – just as I cured the diseases that I suffered from as a young man. You can do the same.”

<http://www.drmeddougall.com/misc/2005star/050308starlogan.htm>

<http://www.diabetes-breakthroughs.com/>

**Diabetes is not a Disease About Not Having Enough "Insulin" ... but a Disease of the Organ that Produces Insulin: The Pancreas.**

In reality, **Diabetes is not the "disease" at all.**

It's actually a "symptom" - an outward "signal" - of a damaged pancreas that simply is **too damaged** to produce the insulin your body needs! [*Is this true? - NO ....Is this partly true? - YES*]

**It Has to Absorb and Neutralize All the Excess Acids Our Modern Diets Dump Into it.**

“After reading my book, you'll understand that Diabetes is not something you "have"... but that you actively "do" - and keep doing - as long as you keep feeding the disease with your diet.

**"Excess acid can cause blood sugar imbalances!"** [*Is this true? - YES!*]

Source: **True Health**, P.O. Box 3703, Hueytown, Alabama 35023, 1-800-746-4513

"At Arizona State University, a nutrition researcher gave a group of people two tablespoons of vinegar just before

a meal, then took their blood sugar levels an hour later. She did the same test when they hadn't been given vinegar. The diabetics in the group had an average drop of 25% in blood sugar levels after taking their vinegar "appetizer." but another group had even more impressive results. These were people with what's called 'prediabetes,' meaning that tests had shown them highly prone to becoming diabetic. This group saw their blood sugar spikes blunted by nearly 50%! ...A change of this magnitude is more than a nudge in the right direction. In her report, published in a well-known medical journal devoted to diabetes care, the nutrition researcher noted that the decrease in blood sugar rise was comparable to what might be expected from a widely used diabetes drug!" [*Would taking 2 Tablespoons of old fashioned apple cider vinegar before each meal be beneficial to diabetics? - YES*]

Source: **Rodale Books**, 33 E Minor Street, Emmaus, PA 18098 - **Beat Diabetes Naturally** by Michael Murray, ND and Michael Lyon, MD

"Diabetes damage healed in days with **white sugar**?! ...His **diabetic ulcer** was huge and oozing. Deadly gangrene was advancing. His doctor understandably told him he'd die unless they amputated...But before Jerome let them do it, he tried an outrageous-sounding secret from Dr. Whitaker...White refined sugar. Yes, the kind in your sugar bowl! Believe it or not, Dr. Whitaker's team simply poured sugar into Jerome's open wound, wrapped it up, and it healed like a dream. ...He'll explain how to use sugar to heal everything from serious diabetic wounds, to burns, cuts and scrapes. He'll also detail the science that makes it work so beautifully. (Some doctors claim this treatment could raise your blood sugar. Nonsense! ...*Sugar must not be used for certain wounds...*" [*Dowse: Would using sugar or honey in wounds help them heal faster? - NO Would using white sugar in open leg wounds in a diabetic patient help heal the wound? - YES*]

Source: **Health & Healing**, One Executive Way, Forrester Center, WV 25438, Dr. Whitaker, 1-800-211-7657

"...Yes, a **strict diet of veggies** would keep you free from diabetes. But you don't have to go to that extreme. Unknown to the public and most doctors, there are proven plant nutrients you can take in pill form that maintain blood sugar at levels close to the ideal - even if you sometimes fall off the sugar 'wagon'. ...**4 herbal and plant extracts that does the impossible.** It not only keeps your blood sugar in check (as drugs do), *it actually helps your body rebuild the organs that control your blood sugar....* **fenureek, gymnema sylvestre, konjac mannan, and the nopal cactus.** In the right proportions, they work together like a dream. As one physician reported to me, this mix produced results that doctors have not seen before, even with hardcore drugs. ...and got off insulin for the first time in 10 years." [*Would taking these plant extracts help what % of people who have diabetes get off insulin? - 50%*]

Source: **Health Sciences Institute**, P.O. Box 925, Frederick, MD 21705-9913

"'Dead' nerves regenerate, Bill's diabetes had made him numb from his knees to the tips of his toes... he's off diabetes drugs now. And his regular doctor is so impressed by Bill's recovery, that he's giving his other patients **alpha lipoic acid**. They're all doing well! ... magnesium therapy...A recently published study at Harvard University followed 123,000 people for 18 years. They found that those who consumed the most **magnesium** were the least likely to develop Type 2 diabetes..." [Does a magnesium deficiency cause diabetes? - YES]

Source: *Health & Healing*, One Executive Way, Forrester Center, WV 25438, Dr. Whitaker, 1-800-211-7657

"...the shocking truth about mainstream treatments like metformin, diabenese, dymelor. New studies show these drugs will kill you faster than the disease itself. They were making Ken fatter. They were attacking his heart and arteries, rocketing his death-risk. Worst of all, they were unneeded. What saved his life? Let Dr. Whitaker show you how the trace mineral **vanadium** could fix your fasting glucose and other diabetes measures. It's freed thousands of his patients from diabetes drugs and its powers are confirmed in scientific studies. Yet a day's dosage costs under 50 cents! **IMPORTANT:** Your glucose may drop too steeply unless you follow Dr. Whitaker's careful advice. Don't start taking vanadium before seeing your FREE REPORT." ... [What % of people with diabetes would be helped by taking vanadium supplements? - 75%]

Source: *Health & Healing*, One Executive Way, Forrester Center, WV 25438, Dr. Whitaker, 1-800-211-7657

#### Are plastic containers harming our kids?...

"It's called BPA, or bisphenol A, and it's a key ingredient in virtually every plastic bag or container you have ever used. BPA shows up in the bloodstream of 95% of Americans. The plastic industry will tell you that small amounts of BPA are nothing to worry about...when mice are exposed to low levels of BPA for a period of several days they develop insulin resistance." [Is the use of plastic partly responsible for the rise in diabetes? - YES]

Source: *Best choices from the People's Pharmacy, Prevention*, PO Box 378, Emmaus PA 18099-0378

Hulda Clark in her book *Cure for All Diseases* says "All diabetics have a common fluke parasite, *Eurytrema pancreaticum*, the pancreatic fluke of cattle, in their own pancreas. *Eurytrema* will not settle and multiply in our pancreas without the presence of wood alcohol (methanol). Methanol pollution pervades our food supply... I presume wood alcohol is used to wash equipment used in manufacturing.... By killing this parasite and removing wood alcohol from the diet, the need for insulin can be cut in half in three weeks (or sooner!) [Dowse: Do all diabetics have the pancreatic fluke in their pancreases? - YES! Can the fluke be killed using the zapper that she invented? YES! Will zapping the fluke and eliminating wood alcohol totally clear up diabetes in what percentage of the people who have diabetes? 45%]

*Is the underlying cause of diabetes one of the items I have mentioned so far? - NO!*

*Is the true cause of diabetes non-physical? - YES!*

Dr Hamer in his book *Scientific Chart of Germanic New Medicine* says that Diabetes mellitus is cause by "resistance conflict; resistance and defence against someone or something specific. [Is this how diabetes starts, from an emotional conflict? - YES!]

Louise Hay in her book *You Can Heal Your Life* says that diabetes is caused by "Longing for what might have been. A great need to control. Deep sorrow. No sweetness left." [Is this the emotional cause of diabetes? - YES!]

*Can you heal diabetes without addressing the emotional causes? - NO*

#### *The Spontaneous Healing of Belief: Shattering The Paradigm of False Limits,*

This is the one book you *will* want to Read, Ponder, Discuss, Share, Learn, and Live from . . . **Is it possible that we're born with the power to reverse disease, create peace and abundance, and even change reality itself?** [Dowse—TRUE!] As we face the greatest challenges of human history, these new discoveries suggest that we're about to find out!

**Fact:** The universe is made of a shared matrix of energy that underlies our physical world! [Dowse—FALSE]

**Fact:** Heart-based **Belief** is the language that speaks to this matrix! [Dowse—FALSE]

**Implication:** Scientific discoveries now reveal that heart-based belief affects everything from the healing of our bodies to the atoms of our world! [Dowse—TRUE]

In my newest book, *The Spontaneous Healing of Belief: Shattering The Paradigm of False Limits*, I will show you beyond any reasonable doubt that our bodies, our lives, and our reality are based upon a simple code—a **heart-based belief code**—that we may learn and upgrade by choice. [Dowse—TRUE]

To fully embrace the power of this code in our lives we must:

Understand how it works. [Dowse—FALSE]

Speak the language that it recognizes. [Dowse—TRUE]

*The Spontaneous Healing of Belief* provides you with the keys to do both. Between 1998 and 2005, my journeys into the remote monasteries of Egypt and Tibet revealed the ancient manuscripts, and the living practices, that have preserved the techniques of heart-based belief for over 2,500 years. Supported by today's science, I will share what I found and describe how a change in your perception holds the timeless secret to healing, peace, and even reality itself! With easy-to-understand science and riveting real-life examples, *The Spontaneous Healing of Belief* describes the powerful discoveries that lead to 31 *Belief Codes* showing you:

- Why disease, aging, and even reality is based upon a simple code. [Dowse—TRUE]

- How you can change and upgrade your beliefs by choice. [Dowse—TRUE]
- The powerful shift in your beliefs that the world, and your body, cannot ignore. [Dowse—TRUE]
- How something as simple as "belief" can change time and space and rearrange the atoms of our physical world. [Dowse—TRUE]
- How to use, as well as by-pass, your logical mind to change your beliefs. [Dowse—TRUE]
- And much more!

We live our lives based on what we believe. In each moment of every day, all of our action, every choice, each relationship, every career and everything from the abundance of our checkbooks to the health of our bodies begins with a belief—our belief. But do we really know our true beliefs?

In powerful no-nonsense language this book will:

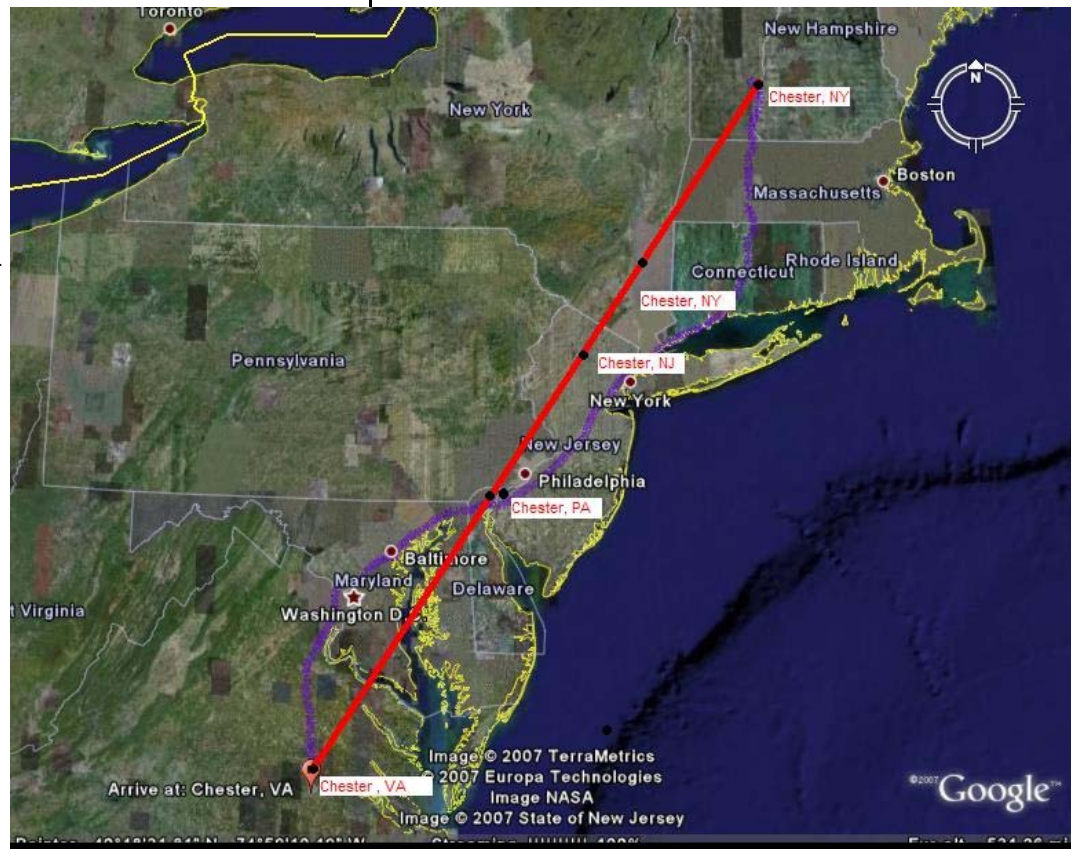
- Guide you through the steps to reveal the Great Mystery that opens the door to the Great Question—the **single primal Belief**—that drives every choice and every decision that you will ever make in your life! [Dowse—does this book do this? - YES]
- Guide you through the steps for the deepest healing of the ancient belief that separates us from one another, love, and even life itself! [Dowse—does this book do this? - YES]

Recognizing that everything from the DNA of our bodies to the success of our relationships, and the peace of our world is based in what we believe, the way we think of ourselves is now more important than ever! [Dowse—TRUE]

For us to change the limiting beliefs that have led to war, disease, and the failed careers and relationships of our past we need a reason to see things differently. Our ancestors used miracles to change what they believed. Today we use science. *The Spontaneous Healing of Belief* offers us both—the miracles that open the door to a powerful new way of seeing the world, and the science that tells us why the miracles are possible, revealing:

- Why we are *not* limited by the "laws" of physics and biology as we know them today.
- How to speak the quantum language of healing, peace, abundance, and change.

- How to make the simple shift in belief that catapults us beyond the limitations of our past.
- As a former senior computer systems designer, I offer dramatic new evidence that belief is the code that



programs reality. **The bottom line: if you know the code, you choose your limits.** With *The Spontaneous Healing of Belief* in hand, you can now cross the bridge between science and spirituality with confidence! [Dowse—does this book do this? - YES]

<http://promos.hayhouse.com/braden/040208email/>

Picture shows the "Chester" ley line. Top is supposed to be "Chester, Vermont"

<http://www.msnbc.msn.com/id/23455819/from/ET/%20>

## Pricey pills work better even when they're fake

### \$2.50 placebo eased more pains than identical 10-cent pill, study found

By Roni Caryn Rabin - Special to MSNBC - updated 1:00 p.m. PT, Tues., March. 4, 2008

When it comes to painkillers, many people believe "you get what you pay for," according to a new study that found patients are actually more likely to get relief if they think they're taking high-priced pain pills.

Volunteers who were given a placebo said to cost \$2.50 per pill and described as a "potent opioid-agonist that

provides fast-acting, long lasting relief<sup>2</sup> were much more likely to report pain relief than those given a placebo described as a discounted ten-cent version of the same pill. The study is published as a research letter in this week's Journal of the American Medical Association.

<sup>3</sup>Placebos work because people expect them to,<sup>2</sup> said Dan Ariely, the corresponding author of the paper, a professor of behavioral economics at the Massachusetts Institute of Technology in Cambridge. <sup>3</sup>The interesting thing is that once you have a discounted price, it basically cuts people's expectations. They don't expect it to be as good, and then it might actually not be as good.<sup>2</sup>

The study, carried out in Boston, included 82 paid volunteers. All of the volunteers were told about a new drug that had recently been approved by the Food and Drug Administration, but half were told the drug was regularly priced, while the other half were told it had been discounted.

The volunteers were then administered a series of mild electrical shocks that were calibrated to their individual level of pain tolerance. The shocks were administered before the volunteers took the pills and again afterward, and the changes in the subjects' responses were recorded.

### Expectations are key<sup>1</sup>

Although the pills were actually placebos consisting of no more than vitamin C, 85 percent of the volunteers who thought they were taking the higher priced painkillers experienced a reduction in pain, compared with only 61 percent of those taking what they thought were discounted pills.

<sup>3</sup>Expectations are key,<sup>2</sup> when it comes to the placebo effect, said Ariely, author of "Predictably Irrational: The Hidden Forces That Shape Our Decisions."

The study underscores how powerful the placebo effect is, but also helps explain why patients may be dissatisfied with cheaper generic drugs, even though they are equivalent to the branded medications they replace, said Dr. Adriane Fugh-Berman, an associate professor at Georgetown University School of Medicine and the principal investigator of PharmDOut, a project that educates physicians about the influence pharmaceutical companies have on prescribing.

<sup>3</sup>Expectations are manipulated by manufacturers, and drug companies are coming up with all kinds of strategies to convince consumers that it's worth it to pay more for higher priced drugs,<sup>2</sup> said Fugh-Berman. <sup>3</sup>If you're expecting a medication to work, or if your health care practitioner increases that expectation in you, it may work better for you, at least for symptoms like pain, which are very responsive to placebo.<sup>2</sup>

### More than triple the cost

The average cost of a prescription for a brand medication is \$111.02, compared to \$32.23 for a generic prescription, according to the National Association of Chain Drug Stores. The study also demonstrates that the placebo effect can be modulated depending on how the placebo is presented, said Ted Kaptchuk, an associate professor of medicine at Harvard Medical School, who has studied the placebo effect.

<sup>3</sup>How you package the experience and how you

dress it up leads people to expect different outcomes, and those outcomes become embedded in human biology,<sup>2</sup> Kaptchuk said. He added, <sup>3</sup>This is just more evidence that the experience of illness is not only a biological event. Our beliefs, our imagination, our expectations, the environmental cues we receive all contribute to how we experience illness and health.<sup>2</sup>

=====  
*Animal Care* : <http://www.alaskawellness.com/AnimalCareArchives.htm>  
*Dear Wellness Reader,*

*Since I wrote the article on Bach Flower Essences for animals, I received several questions from pet owners. I hope the following will be both elucidating and rewarding.*

### 1. How To Choose

The big question is when to choose the essences from the Materia Medica list based on symptoms, and when to choose strictly by muscle testing. If you've tried muscle testing or dowsing the essences on your own, you may have noticed that often a flower causes a positive reaction, and you know you should use it, but the Materia Medica doesn't fit the problems you are treating. The first time this happened to me was when a shelter cat suddenly had her third eyelids up about one-third across her eyes – an early warning of illness or infection in cats. I went home and tested the whole list of BFEs for her and only two were reactive: Red Chestnut and Rock Water. Weirdly enough, neither one specifically treats her symptom picture, but I faithfully bought them, tested her for how many drops of each to give and for how long, and miraculously her symptoms not only never progressed to an illness, but completely resolved in 2-1/2 days with her never missing a meal or an opportunity to play with toys!

This was a case of combining remedies. The combinations you make through testing, create remedies of their own, specific to you and case sensitive. So not only are the essences useful singly when treating known conditions such as fear of thunder, they can combine to create endlessly personal prescriptions with spectacular results. In these instances, we can treat cases where we don't know what's really wrong and are giving what the animal seems to need based on the testing.

### 2. Muscle Testing Problems

First, see Diane Stein's Natural Healing For Dogs And Cats. She's written a whole chapter on muscle testing the flower essences. Personally, I dowse with a pendulum, which is less fatiguing for me. I also drink a lot of water when dowsing, and you will too, especially if you aren't getting clear or quick answers. Water conducts the energy of the electro-magnetic field and all the information it contains. You should be getting answers through muscle testing and dowsing even while asking the questions, and they should be unquestioningly distinct.

### 3. Emotional States

Over time, Dr. Bach developed through both his intuition and sharp powers of observation what he called the list of Pathologic Emotional States. These are a list of twelve

emotions he felt his flower essences remedied. They are:

1. Fear
2. Terror
3. Mental torture or worry
4. Indecision
5. Indifference or boredom
6. Doubt or discouragement
7. Over concern
8. Weakness
9. Self-distrust
10. Impatience
11. Over enthusiasm
12. Pride or aloofness

Noticing that anger, hatred and others were not on the list, I consulted my teachers, who told me that this was a list of the basic or "pathological" emotions, and that ones I might see as missing are actually caused by the original emotional conditions. Therefore, these emotions are not treated themselves, for the flower essences work by eliminating the causative emotions only. For instance, anger and hatred are usually arising out of fear, indecision, impatience, pride, etc., so the BFEs are brought in on the causative level of healing. Anger, hatred, greed, envy, etc., are a second generation, not a first generation or causative emotion.

#### 4. When Testing

You may choose to muscle test or dowse this list for your pet to determine the pathologic emotion underlying its disease or symptom picture. If so, test yourself as well with the question, "What pathologic state in myself links to my pet's illness/behavior -- Is it 1. fear; 2. terror...and so on. Just dowse the list on paper. Then, test for the remedies that you need to correct in yourself. In this way, you are breaking up the bridge between you and your animal that is supporting its disability. You want to disconnect whatever you've plugged into that relationship that is negative (even if unknowingly on your part), and the Bach Flower Essences address the emotional component. In this way, both you and the animal are being treated for the same problem, just on different ends of it.

*I hope you benefit from using flower essences of all types, and as questions come up for you I will respond when you contact me at AK Wellness.*

*Chrys Long-Ago*

Chrys Long Ago lives in Anchorage, where she began her career as an animal communicator in 1991. She continues to give readings by phone and can be reached at 333-8888.

### Ohio Buckeye Dowsers

c/o Barbara F. Gregory  
245 Fenway Road  
Columbus, OH 43214



Harvey Lisle