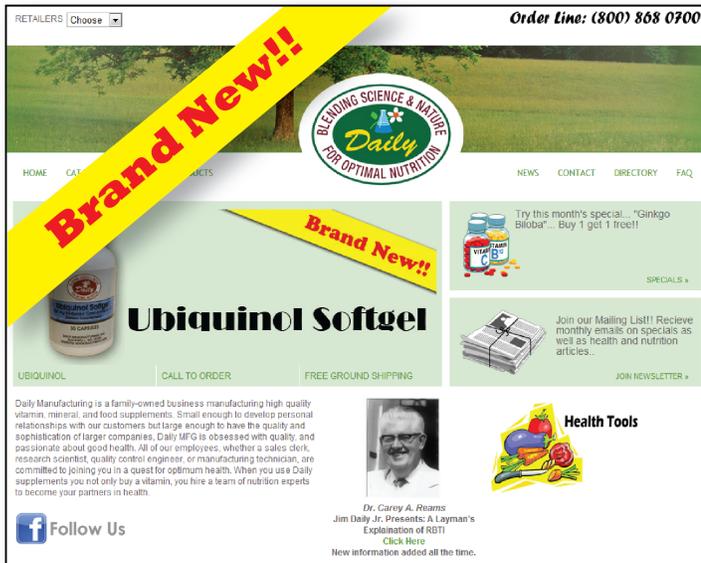


HEALTH CAPS



Summer 2011

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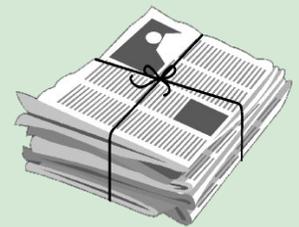
Check it out...

our newly revised website. Thanks to Jonathan Edwards, Dr. Jim & Ruth Daily's son-in-law, we now have an up to date website. You can view our **monthly special**, the newest products and prices.

You can also find information on Dr. Carey Reams.

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Visit our website to join our monthly E-Newsletter

PRODUCT SPOTLIGHT

Green Drink

Daily **Green Drink** mix is a blend of dried green vegetable juices blended with chlorella and stevia to provide a nourishing nutritional supplement. Unlike most other green drinks, Daily **Green Drink** contains no major allergen foods in its ingredients. The vegetable juice blend is a combination of alfalfa (*Medicago oleracea*), broccoli (*Brassia oleracea*), spinach (*Spinacia oleracea*), chlorella (*Chlorella pyrenidosa*), and stevia (*Stevia rebaudiana*). **Green Drink** is available in an 8 oz jar.

RBTI INSIGHTS – STEER CLEAR OF ALKALINE WATER

By

Dr. A.F. Beddoe, D.D.S.

I just returned from a memorial service where, afterwards, I met someone that told me how they were on their way to an alkaline water convention because they had been shown the wonderful value of alkaline water. This person did not know of my extensive background in Reams' Biological Theory of Ionization (RBTI) soil and dietary chemistry. Once again I realized that another person had fallen victim to the continued fallacy of misleading and erroneous information surrounding the value of drinking "alkaline water." The internet can be a great source for information. Sadly though, the promotion of alkaline water for health, on and off the internet, is loaded with flawed and absolutely wrong information. So I am going to reiterate some very important RBTI truths and facts in the hopes of preventing more people from being misled by the *myths* of alkaline water promoters, whom I believe are grossly guilty of "proof by verbosity."

THE BEST WATER TO CONSUME – The human body can contain anywhere from 65-80% water. The absolute best water to consume for proper hydration is single steam distilled water. This is tap water that has been run once through a steam distillation unit, either commercial or home unit, giving the finished water a conductivity reading of less than 10 microSiemens/cm or approximately 6-7 parts per million dissolved mineral. Steam distilled water is the wettest water. It hydrates the body's tissues and cells the most efficiently and easily and is the most available for carrying nutrient energy. Wet water is soft water, because each water molecule has had 98-99% of the mineral ions removed that it originally contained due to exposure to the natural environment. Water molecules entering the body that are already holding mineral ions within (Continued on 2)

themselves do not have their full electro magnetic capacity for picking up, carrying and releasing vital nutrient mineral energy while within the body. To re-emphasize this dynamic: When water molecules have their internal energy container already occupied with ions of mineral, as any mineral or “alkaline” water does, those molecules of water are not able to take up and resonate with the human frequency unless the mineral is removed by the body’s internal chemical processing mechanisms. However, in less than ideal health, the body’s mechanisms to accomplish this are very inefficient and unreliable.

Why is this so important? We must keep in mind that water is more a part of your body than any mineral ions that it may transport. Without water your body wouldn’t or couldn’t hold or contain any energy because all chemical/nutrient energy reactions happen within a water environment. This means that the water in your body’s tissues and cells must be on the right frequency in order to be permitted there. This means that the water must accept the same wavelength as our body in order to be properly utilized in its cells and tissues. Moreover, the water molecules must be available to accept the body’s wavelength or frequency. In order for that to happen, the water molecules must be highly energetic themselves without being otherwise already occupied holding various mineral ions. The more mineral ions the water molecules contain, i.e., the more occupied the water molecule is in holding these mineral ions of various types, and the less able it is to accept the wavelength or frequency of the body’s tissues, therefore, the less able it is to be ideally utilized within those vital tissues.

To better understand how water molecules hold mineral or other energy of any type consider this demonstration. If one were to fill a large drinking glass with water right up to the brim, what substance could be added to that glass without causing the water to spill over the edge of the glass? One substance is alcohol. One could pour a fair amount of alcohol into an absolutely full and ready to overflow glass of water and the water would not run over. Why, because the alcohol molecules are small enough to fit in between the water molecules. This means the alcohol molecules are soluble within the water molecules. There is a lot of space within and between the water molecules allowing substances of the right size (frequency or wavelength) to fit. If a substance dissolves in water, the water has accepted the wavelength or frequency of that substance. This shows how water molecules can have their energy tank already occupied by containing wavelengths of soluble mineral ions as found in alkaline water. Likewise, the human cell has space in its molecular structure wherein the wavelength of water must accept the wavelength of the available space of our healthy cells. Therefore, the wavelength or frequency of a healthy cell must be equal to the wavelength of the water, or some even fraction of it, or water is unavailable to be accepted by the cells of our body. Thus, alkaline water of any type, whether man made or nature made, is a very poor type of drinking water since it is handicapped in its ability to ideally function due to its energy being otherwise already occupied by the mineral ions it is carrying. Metaphorically, drinking mineral waters of any type can be compared to washing your dishes in dirty water. It is difficult to get something clean when washing it in water already filled with “dirt.”

WATER MEMORY – Believe it or not water has a memory. What water molecules remember is a result of the environment that those molecules have passed through. “The structure of liquid water is being continuously changed from the moment of its forming. The character of such changes depends on the physical and chemical characteristics of the environmental medium. Even by keeping the distilled water in a constant medium its structure is being changed depending on its ‘aging.’ Therefore the structure of the water could be considered as a carrier of a big ‘memory’ on the previous effects of various environmental factors.” Further, research has demonstrated that the soluble mineral ion content of the water molecule, as shown by the conductivity meter, has a direct relationship to the length of its memory. Thus, the issue is how that memory may interfere with that water’s availability to be utilized by the human body’s physiology.

But, guess what? Water’s memory can be easily erased by the steam distillation process, or any vaporization process similar to rain and cloud formation. Because distilled water has had its memory effectively erased, this type of drinking water is fully available for accepting the frequency and wavelength for proper structuring within the cell, as well as carrying the electro chemical ionic energy vital to optimum cell function. As Albert Szent-Gyorgyi, Nobel Laureate, stated, “Life is water dancing to the tune of macromolecules.” RBTI has empirically demonstrated, for decades, that steam distilled water has the best potential to carry and “dance” the frequency tunes so vital to the healthy cellular life of the human body. Our cells are simply liquid crystals needing ideal water and mineral to further the highest quality life.

By the way, be aware that homeopathy has long recognized that water has a “big” memory. If it were not for that memory homeopathic solutions would not be a fact. The making of homeopathic solutions absolutely requires the use of steam distilled water because the memory of the water has to be fully available to be tuned to the substances for which the solutions are being made.

THE pH FACTOR – Dr. Reams emphatically stated, in reference to the seven-part urine and saliva RBTI test he first perfected in the 1930s, that “pH is the most important determiner of human health since the closer to 6.40 the urine and saliva can be kept the easier it will be for nature to correct the other test numbers.” Yes, Dr. Reams determined decades ago, before the “alkaline water” deception was around, that the pH of the urine and saliva of a healthy high-energy body should hover right around 6.40. Attempting to purposely make the pH of the urine and saliva move higher than 6.40 (e.g., up into the 7 - 8 range), through consuming alkaline water, alkaline

minerals or alkaline anything, dramatically slows the metabolism beginning in the digestion. Purposely causing the pH to move toward 8.0 will result in ever increasing mineral energy losses, from the organs and tissues, hundreds of times greater than their mineral energy uptake at any given moment during the 24 hour day. RBTi defines degenerative disease beginning any time the mineral energy loss is greater than the mineral energy pick up during a 24 hour day.

RBTi teaches that ideal water consumption is for the purpose of supplying the body's optimum water needs in order to maintain ideal health. In other words, water is not designed to be a supplier of nutrient minerals for the human body – this is the reason for the need for nutrient dense high brix food. In reality, if one were to consume mineral rich waters in an attempt to supply one's bodily mineral needs, that water would have to be so mineral salt dense that the digestion would most likely rebel and reject that water through diarrhea or vomiting.

Additionally, pH is only a measure of resistance, not a measure of volume. That is, the pH says nothing about the quantity of mineral in a solution. Just because drinking water may have a pH of 8.0 or more, it says nothing about how much mineral that water is actually carrying with each swallow. Even though alkaline water machines may produce water with a pH of 8.0 or higher, that water will contribute very, very little nutrient mineral – most likely none at all – contrary to the promoters.

Regarding claims that alkaline water is a valuable antioxidant, let me add this final note. If you are concerned about your body needing more "antioxidant" help, you need to pay close attention to your body's calcium needs. Calcium, in your food assisted by proper calcium supplementation where needed, is by far the best of the best antioxidants there is. In addition, keeping the rest of your RBTi numbers in proper ratio results in the ultimate antioxidant affect. Furthermore, contrary to the alkaline promoters, health does not thrive in an alkaline environment.

For more information and publications on Reams Biological Theory of Ionization visit: <http://advancedideals.org>

Proof by verbosity, sometimes colloquially referred to as *argumentum verbosium* — a rhetorical technique that tries to persuade by overwhelming those considering an argument with such a volume of material that the argument sounds plausible, superficially appears to be well-researched, and it is so laborious to untangle and check supporting facts that the argument might be allowed to slide by unchallenged.

G. Pollack et al, *Water and the Cell*, The Netherlands: Springer, 2006, p 153

Daily Mfg. Inc.,
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 Order Line: 800-868-0700
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Did you know???

Daily Activated Vitamin B₁₂

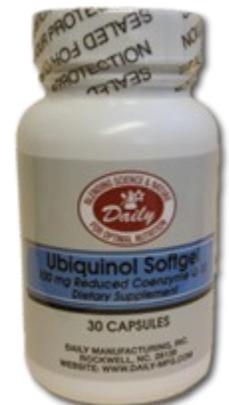
The most common form of vitamin B₁₂, cyanocobalamin, is a good, but not great, supplement. It can certainly prevent overt B₁₂ deficiency. However, Daily Activated Vitamin B₁₂ is an equal blend of the two active forms of vitamin B₁₂ and is better absorbed and better utilized once it is absorbed, making it a great, not just good supplement. Of the two active forms, methylcobalamin is the most important form for the brain and nervous system whereas 5'-deoxyadenosylcobalamin is the most important form for detoxifying potentially toxic byproducts of fat metabolism and environmental toxins. The normal absorption of vitamin B₁₂ requires the stomach to produce intrinsic factor to bind and facilitate absorption. Without intrinsic factor, only about 1 % can be absorbed; however, the 500 mcg dose would allow absorption of approximately 5 mcg per day even without intrinsic factor, enough to prevent deficiency. Since there are no reliable plant sources of vitamin B₁₂, it is especially important for vegetarians and vegans.

New Product!

Ubiquinol

Coenzyme Q-10 occurs in two major forms - oxidized and reduced, known as ubiquinone and ubiquinol.

Coenzyme Q-10 is an essential part of the electron transport chain which shuttles electrons obtained from food to form ATP, the major energy molecule in the body. In its electron shuttle activity coenzyme Q-10 is constantly cycling between the oxidized and reduced states, therefore both forms are essential for energy production. However, several studies have shown that the reduced form is more efficiently absorbed in the intestinal tract. Both forms need to be taken with meals containing dietary fat to be absorbed most efficiently.



Making Min Col By The Carey Reams Approved Method



Stream of water blasts out soft rock phosphate from hard rock phosphate

Step 2: Sun Drying



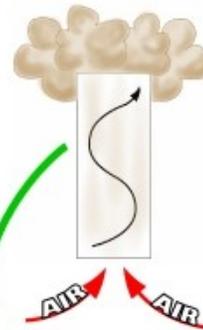
Collection of min-col slurry, and drying in the sun, and grinding.

Step 3: Crude Separation



Min-Col is screened to remove large particles and organic matter.

Step 4: Air Classification



Colloidal Min-Col particles are suspended in an air column and removed.

Step 5: Low-Heat Sterilization



Min-Col is baked at low heat for 12 hours to destroy any bacteria

Step 6: Encapsulation and Bottling



Finished product is labeled with "Daily" label, identifying it as the "Carey Reams Approved" Min-Col.

Making Min-Col™

In 1976 Jim Daily Jr. and Mary Jo Daily began studying RBTI with Dr. Carey Reams. They quickly became highly competent "Reams Testers" and educators. It soon became obvious to them that the Min-Col that Dr. Reams was using was not up to his standards of quality and purity, but he was having difficulty making a satisfactory product. Dr. Reams was sifting the raw soft-rock phosphate through sifters, but the product was still too coarse. Since the raw material was produced by water separation, dried, and ground again; the process could be repeated to make a final product. He experimented with suspending the Min-Col in water and drying the fine sediment on tiles and then scraping off the dried powder. The process was too tedious and he gave up on using that method. Jim Daily had an idea that if the particles could be suspended in air instead of water a much cleaner "cut" could be made and would not require subsequent drying and regrinding. Jim Daily designed an air classification machine that would make the Min-Col that Dr. Reams had always wanted. Dr. Reams tearfully told his class "Thank God for Jim Daily". Daily Min-Col is the only Min-Col that was endorsed by Dr. Carey Reams and was the one Dr. Reams used until his death.