

Daily Manufacturing, Inc.

HEALTH CAPS



Spring 2006

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Product Spot Light

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RBTI Insights

The Perfect Detox (Cleanse)

By: Dr. A.F. Beddoe D.D. S.

(The Reams Biological Theory of Ionization [RBTI] was developed by Dr Carey Reams, and utilizes data from urine and saliva analysis to determine individualized mineral ratios required for ideal health.)

Most popular approaches to wellness involve some sort of immediate or ongoing detoxification. A simple search will reveal a large number of health-oriented websites promoting various detoxification philosophies and/or programs. One could assume by this that detoxification is essential for obtaining and maintaining personal health and wellbeing. Thus, the question: Is detoxification (cleansing) necessary to good health and, if so, is there a correct way to detoxify?

Detoxification simply refers to the process of removing toxic (poisonous) substances. In humans, it refers to the removal of *toxic* substances from the body tissues and organs. So-called *toxic*, or poisonous, substances found within the human chemistry come from two primary sources—either externally (from food and/or the environment), or from the body itself, generated by improper or inefficient chemical reactions.

RBTI's Perfect Health

“Go by the numbers” and “Why guess when you can know for sure,” are probably two of the most often quoted statements of Dr. Carey A. Reams. Dr. Reams was referring to the mathematical exactness of the numbers generated from urine and saliva analysis and placed into the RBTI equation. Dr Reams developed the RBTI equation during his diligent and timely research, in the early 1930s, while attempting to find an answer to a neighbor

Continued on page 2

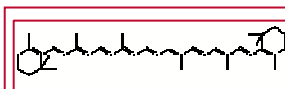
Healthy Colors

By: Dr. Jim Daily III, Ph. D.

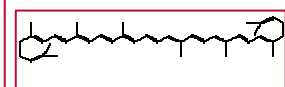
Fruits and vegetables (and some other foods) come in a delightful variety of colors that add excitement and interest to the diet. Beyond the pleasing sensuous contribution is the nutritional attribute of each color. Color is a fairly reliable clue to the nutritional pigments that provide protection against the ravages of disease and aging. A diet containing fruits and vegetables with a variety of intense color is almost certain to provide copious amounts of health-promoting nutrients.

Red

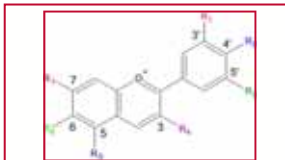
Red colors are usually the result of carotenoids or anthocyanins. Foods especially rich in red carotenoids include tomatoes (lycopene) and peppers (lutein and zeaxanthin). Lutein and zeaxanthin are important pigments for filtering out blue light in the macula of the eye and preventing macular degeneration. Lycopene is a deep red carotenoid that has been shown to protect the eyes, but is best known for preventing prostate cancer (men who eat a lot of pizza have a lower risk of prostate cancer because of the tomato sauce). Anthocyanins are red flavonoids found in many fruits such as grapes, raspberries, cranberries and vegetables such as red cabbage. Many red fruits, such as pomegranate



Beta-Carotene



Lycopene



Anthocyanin

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child's health dilemma. He always gave God credit for guiding him to the RBTI equation that mathematically characterizes the perfect body chemistry. It is the RBTI urine and saliva *mathematical exactness*, that taught Dr. Reams how the human body is designed to continuously detoxify *itself*, as an integral part of being fed and cared for properly.

Reams Discoveries Connecting The Perfect Detox Only With Perfect Health

- 1 Each species of biological life lives on a unique molecular frequency, humans having the highest frequency among all plants and animals. Plus, Reams found the female gender to have a slightly higher frequency within the specie group.
- 2 Before any essential mineral element can be perfectly incorporated into a *high-energy* human cell, it must first be placed on (i.e., tuned to) the perfect base frequency of the specie (in this case human) as well as to the sub-frequency of the organ-tissue of its destination. This process, under the direction of the brain, begins in the digestive tract, continues in the liver, and is completed in what Dr. Reams referred to as the “transformer glands.”
- 3 Dr. Reams discovered that three substances are initially and absolutely required for the liver to fulfill its role in the frequency-tuning process: a) the correct amount and type of water, b) the perfect amount of oxygen, and c) the exact types and amounts of calcium. In fact, Reams found that the human body requires more calcium, by weight and volume, than any other single mineral.
- 4 Dr. Reams also discovered that calcium controls how all other minerals, good and bad, are allowed to enter into the cell, both during its initial construction and during its continuing life cycle. That is, all other minerals, beneficial or toxic, are intimately related to calcium availability during the cell's building and maintenance phases. When calcium is optimal during cell building and maintenance phases, all other vital mineral elements, if properly available, are incorporated into the cell's structure perfectly. Furthermore, if toxic mineral substances are present during any part of this construction and maintenance process, they are rejected and are not incorporated into the cell's structure because they cannot fit the required frequency. In other words, if the digestive chemistry is perfect (i.e. *no* biochemical indigestion due to nutrient deficiency) during cell construction, correct amounts of all other vital and beneficial mineral elements take up their rightful positions in the cells, while the nonessential and/or toxic elements are rejected and

thrown out of the body. Perfect digestion, only allows the proper mineral types and amounts to be incorporated into a cell, while all other unnecessary and/or toxic elements and metals are rejected because they do not fit the perfect frequency configuration.

- 5 Finally, Dr. Reams found that a human body, with high reserve mineral energy, replaces every cell within six-months, regardless of cell type or its longevity. A perfectly healthy human body is designed to replace its different cell types within 180 days of their initial construction — of course some cell types are replaced faster than other types — but all ultimately die within the 180 day period. Therefore, in the properly nourished body, detoxification is an ongoing process. Toxic minerals are rejected and excreted, and older unhealthy cells containing toxic elements are soon replaced by healthy non-toxic cells. This is why Dr. Reams maintained that degeneration is nothing more than premature aging, which is simply the body's way of telling us that it does not have optimum mineral intake to replace the dead and dying low mineral energy cells with high mineral energy healthy cells. By the way, it is important to note here the significant correlation Reams discovered: That calcium's role in soil chemistry, if properly regulated, prevents plants from picking up toxic heavy metals for the same reason.

The Perfect Detox

To understand what Dr. Reams is saying through his RBTI discoveries, is to know that the only true and perfect detoxification is to perfectly feed and care for the human chemistry according to the RBTI mathematics of perfect health — known as the “numbers.” Only according to these RBTI numbers can the body perfectly rid itself of the off-frequency dead, dying and toxic cells and replace them with the on-frequency high calcium non-toxic cells within the 180 days. The body, in perfect health, will not allow toxic heavy metals into its structure because they will not fit or conform to the perfect human frequency according to Dr. Reams.

RBTI Conclusions

It is at the *cellular level* that the human body is either fully alive or toxic and dying. No amount of fasting, starving, heating, cooling, chelating etc., etc. will force the body to remove and replace toxic, dead and dying cells. Only a body, fed and cared for according to that individual's own RBTI test numbers can truly maintain a totally natural high calcium, high mineral energy on-frequency non-toxic structure, even in the midst of a toxic environment.

Healthy Colors continued

and raspberry, are also rich in elagic acid, a potential anti-cancer agent. Another anti-cancer polyphenol is resveratrol which is found in many fruits, especially grapes, but only in the grape skins. Anthocyanins have anti-inflammatory properties, strengthen blood vessels, are among the most potent antioxidants and also protect eyesight. Red pigments can also be found in **Daily** supplements including **EyeVite**, **Grape Seed Extract** and others.

Orange & Yellow

Many orange and yellow pigments are also carotenoids: including Beta-carotene which is a safe source of vitamin A and is an antioxidant. Yellow and orange citrus fruits are rich in D-limonene. D-Limonene is a potent immune enhancer and may protect against cancer.

Orange and yellow foods also tend to be rich in potassium. Lutein is found in high concentrations in yellow foods and is probably the most important nutrient for eye protection. If you want a yellow food coloring – reach for turmeric. Not only does it make a nice replacement for artificial food color, but the yellow color comes from curcumin, the best anti-inflammatory nutrient available. Foods rich in the orange and yellow nutrients include carrots, sweet potatoes, citrus fruits, apricots, cantaloupe, peaches, yellow peppers, and many other great foods. The yellow nutrients are also found in several supplements such as **Daily Eye-Vite and Lemon C**.

Blue & Purple

Blue and purple fruits are also very rich in anthocyanins and elagic acid. Probably the best common food in this category is blueberries, which contain very high amounts of anthocyanins. In one study in which rats were placed in a very high oxygen environment, only blueberries protected them against rapid aging of the brain. Of the commonly eaten fruits blueberries have the highest ORAC (indication of antioxidant capacity) value. Blueberries, like cranberries are also beneficial for urinary health. Both berries have substances that prevent bacteria from binding to the walls of the urinary tract and bladder. Other super foods in this category include blackberries, plums, and purple grapes.

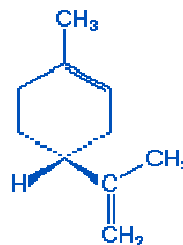
Brown

Great news! Chocolate is now a health food! It is true, chocolate has some of the most powerful protective nutrients known. Very convincing recent research has shown that flavonols in chocolate can protect the heart, relax blood vessels (which lowers blood pressure), and protect smoker's from damage to blood vessels. Other research is less strong, but suggests that chocolate may slow aging, combat diarrhea, and even help with weight loss. Be careful, too much chocolate, especially very sweet chocolate is not a good thing. You need to eat very dark and semi-sweet chocolate, but not too much.

Green Foods

The chlorophyll rich foods are usually a great source of calcium and magnesium. Dark leafy vegetables are also rich in vitamin K and iron. Although the green overwhelms the other colors, many of the pigments listed above are also found in green vegetables. Some of the best cancer fighting nutrients such as sulphoraphanes and indoles are found in high concentrations in broccoli and cabbage. The anti-inflammatory bioflavonoid, quercetin, is also found in kale and broccoli.

Eating a naturally colorful diet is a great way to guarantee a diet rich in nutrients that can protect you from cancer, premature aging and help assure a healthy heart and brain.



Strange Science



Copy Cats

Do you really love your aging cat? So much, that you must have another just like him or her after it passes on? This is your lucky day! Savings & Clone Inc. will produce a clone from your current cat for the newly reduced price of just \$32,000. Keep in mind however, that the behavior may not be identical to your current cat, since behavior and personality traits are determined by both genetics and environment. Nevertheless, your "copy cat" should look identical to the parent and if you're lucky, may have a similar personality as well.

Carbon Monoxide

As strange as it seems, inhaling small amounts of carbon monoxide (CO) appears to relieve gut inflammation. Cigarette smoke is known to help people with chronic ulcerative colitis, and it appears that CO in the smoke accounts for the effect. It is difficult to know exactly how to use this information, but perhaps we will see CO available for inhalation in the future.

Short Legs and Heart Disease

Women with short legs are at greater risk for heart disease according to research from Bristol University, UK published in the journal *Heart*. The likelihood of suffering from heart disease decreases 16% for every extra 4cm in length. Actually, taller men also have less risk of heart disease as well. There is little you can do to change the length of your legs, but if you have short legs it is certainly a good idea to be on a very "heart healthy" diet.

New Products

Potassium Iodide Solution

This is a high quality saturated solution of potassium iodide. Also known as Lugol's solution, this is a very strong source of iodine. Prolonged daily use is not recommended.

Dairy Calcium

Dairy Calcium is a newly available form of calcium that has a neutral pH effect on the body, much like calcium gluconate. One advantage of dairy calcium is that it contains more calcium per capsule than calcium gluconate (6 capsules contains 1050 mg of calcium). It is not, however, suitable for people with milk allergies.

Lactobacillus salivarius

L.salivarius is a less common probiotic, but has important uses. *L.salivarius* is especially effective for getting rid of harmful bacteria such as *Helicobacter pylori* and *Staphylococcus* species. *L.salivarius* produces proteins, known as bacteriocins, that kill many other kinds of bacteria in addition to its ability to out compete other bacteria for space and food. This would be a great supplement to take when traveling to places where water and food quality are uncertain.

Glucosamine-Chondroitin Blend

This already popular product is now available in a larger size of 180 capsules.

Glucosamine HCl

Glucosamine sulfate is derived from the shells of small shrimp-like crustaceans, which is unacceptable for strict vegetarians or those with shellfish allergies. We now offer a vegetarian Glucosamine HCL derived from corn.

Psylli-Yum

Our Psylli-Yum product has been reformulated to contain much more fiber per serving. You can now obtain more benefit with smaller servings.

Spectra-Scorb Powder

Many people have asked that we provide our Spectra-Scorb in a powder form. While not exactly the same as either of the two Spectra-Scorb tablets, Spectra-Scorb powder is a blend of 4 mineral ascorbates with a substantial dose of bioflavonoids and is especially high in quercetin.

Reams Class Ads

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Advanced Ideals Institute Seminar Schedule

Instructor will be **Dr. Alexander Beddoe**, author of *Biologic Ionization as Applied to Human Nutrition*. (New advanced edition will be available Fall 2006. See website below for details.)

Level I RBTI Seminars:

Los Angeles: May 13-14, 2006
Cleveland: August 25-26, 2006

Level II RBTI Seminars:

Los Angeles: July 29-30, 2006
Cleveland: October 20-21, 2006

Level III RBTI Seminars:

Los Angeles: November 11-12, 2006

Level IV RBTI Seminars:

Orlando: April 8-9, 2006
Los Angeles: May 6-7, 2006
Chicago: May 20-21, 2006

RBTI Food Quality & Gardening Seminar:

Spokane: July 8-9, 2006
Orlando: July 22-23, 2006
Chicago: September 23-24, 2006
Los Angeles: November 4-5, 2006

Live Study Group

Santa Barbara: April 29-30, 2006
Santa Barbara: June 10-11, 2006
Santa Barbara: September 16-17, 2006

For complete details for each scheduled seminar through **Advanced Ideals Institute**, please visit their website: www.advancedideals.org
