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Victory over dis...eases

www.victory-over-diseases.com

This book is dedicated to the whole Universe.

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Introduction

Hello reader,

When I decided to name this book, I came up with the current title “VICTORY OVER *DIS...EASES*”.

The word disease means many things to me. Our physical, emotional, mental and spiritual discomforts are just a few of them, so in other words, once we are out of our comfort zone, we are in a state of dis-ease or uneasiness.

The writings that follow therefore, cover a wide variety of topics, where we can feel uncomfortable, uneasy or dis-eased.

This publication is written, to help you to be well for a long time. There are some very controversial items stated here and not everyone would agree with me, but that is alright, however I am not going into a discussion with you, whether I am right or wrong. If you are a doctor and you read this, you will be horrified, as what I state here, is NOT what you have been taught. However, I have proof of all my statements and I stick with them.

If you don't want to read any more and you think, it is going to be too difficult, stop NOW.

This book is NOT written to be challenged. I am writing down my findings and what I have learned from personal experiences, research and from my patients over the years.

I will not be held liable for what you do with these instructions, as I have no control over your actions and as state many times during my writings, you are different to the person I write about and subtle changes would always have to be considered in the treatment of every single person in the world.

You are not the person I write about therefore, you cannot be treated the same way as it is written.

If you go ahead and do something I did to another patient, the outcome is entirely your responsibility, not mine.

I am confident though, that if you follow these general instructions and adapt them to your condition, you will be so much better, if not cured in time. It will depend on the gravity of your condition, your age and how far the disease has been allowed to rage on, or has been aggravated by chemical interferences over the years.

Generally speaking, if you alkalise your body, eat health giving foods prepared at home, gave away all prepared shop bought foods, reduced your animal protein intake drastically, drank fresh fruit and vegetable juice and plenty of alkaline water, turned off the TV for most of the time and improved your family life, you will be so much better.

I would like you to share these instructions with your friends, but only if they are as convinced as you are. The acid / alkaline chart is very valuable for anyone.

Contact me by e-mail, if you genuinely need help, not an argument, at: shantilinsen@victory-over-diseases.com. ALWAYS MENTION THE WORD "VICTORY" IN THE SUBJECT LINE otherwise you will not get a reply.

As I am travelling all the time throughout Oz, there could be a delay in answering you at times. Please be patient and I will get back to you.

I wish you a happy and healthy life.

Shanti

About the author

My personal introduction will only take a few words, as I prefer to write about more interesting subjects.

As a young man, I felt the need to help people and “healing” was the profession I wanted to be in most of all.

Fortunately, I was healthy and strong and was able to help my father in his factory, whenever possible, to make some money, allowing me to study physiotherapy.

I played a lot of sport, especially hockey, soccer, tennis and later squash, the latter two almost all my life.

In 1952, I came to Australia with my father, mother and 4 brothers. When I arrived, I could not be registered in my profession, as the government of the day, would not recognise my degree. The same happened to a lot of other professionals

This made life a little harder, because I had to find other work. It did not take too long, as after two weeks I found work in a factory, as a process worker. This was good, as I started to earn money and it gave me time to look for other, more stimulating work.

Indeed, soon I found the work I was hoping for and it was in a gymnasium, doing massage work on injured sportsmen and women. I remember that Mondays were always busy days, after a weekend of sport all around Sydney.

During free time, I played squash upstairs, on the first squash courts in the city. During slack times in the massage section, I was involved in teaching physical culture and weight reduction classes, some self defence and wrestling.

During this time, I started to study other modalities of the natural healing kind, such as iridology, biochemistry, naturopathy and touch for health.

On one of my overseas trips, in 1970, I met a very interesting man during a flight from New York to San Francisco. As he was my travelling companion on the aircraft, we naturally talked about a lot of things.

His name was Mr. Aubrey Pescud, Osteopath and Herbalist from Lismore NSW Australia.

I was almost ready to work as a “healer” and make the above studies my profession and then to meet this amazing man, was almost too much.

We may say: “What a coincidence”. Personally I don’t believe in coincidences and I rather think of it as “synchronicity”. Anyway, you can imagine, what the subject of our conversation was about for the rest of the journey. The discussions did not stop there. When I got to the hotel in the city, guess who turned up just after me? Yes, it was him again. He invited me to his room, where we talked for hours together. In the end he asked me to come and see him, as soon as I got back to Australia.

As soon as I arrived back home, I went to see him immediately, because he wanted to discuss his patients and offer me his clientele.

As I am writing this story, I still get a buzz, as it was such an event, one that we only experience once in a life time: “The opportunity that knocked.”

I made some very in-depth enquiries about this man, as the stories he told me were so amazing and almost unbelievable. I wanted to be sure, that he was the health professional he said he was and that the cures he talked about were genuinely true.

My mother’s physician in Sydney had heard about him and that was 800 kilometers away from Lismore.

In Lismore itself, everybody was talking about him and the people were all raving about his treatments and the results he achieved.

His patients came from far and wide and they did not mind travelling over hundreds of kilometres, because the results of his treatments were well worth it. When I heard this good news, I was getting even more excited and I knew this was the man I wanted to follow.

I thought:”He can teach me so much and eventually I can take over his patients as well, together with him backing me up, in the same town....I cannot lose. What a future lies ahead of me, being able to support my family well”.

Mr. Pescud and I discussed an apprenticeship type of arrangement and I went to work with him immediately. I did the work and he supervised. Once the word got out, that his clinic was open again, full time, the waiting room was never empty.

During the next year and a half, he taught me HIS special way of treating various ailments, which were varied indeed. In 1972, I went out on my own and opened my practice in East Ballina NSW as the:

Jos T. Linsen Osteopathic and Naturopathic clinic.

As you can see here, I was very proud of this name; my own business.

It was not very difficult to get started on my own, as Mr. Pescud had now retired properly and did not do any work at all. He was 84 years of age and rather than giving treatments, he came to be treated. Both he and his wife came regularly to be checked over and have massages, which kept them supple and mobile. During these visits, we often discussed patients' problems and it was good to have him there at times to ask questions and get answers.

The best thing he taught me and has always stood out as good advice was, that every person in the world is different from the next one and this should always be considered during the evaluation and treatment of a patient. We must treat each person as an INDIVIDUAL and not just as another patient with a complaint, similar to the one in "the book", or a previous patient with a similar complaint. The book we learn from, can only give us guidelines, as to which general direction we should go, but each case should be considered with his/hers specific problem(s). The differences between all of us are very varied and these variations can affect the treatment or medicines a person needs. One person may be acidic, another alkaline another neutral, so for these instances alone, we must find different treatments.

One cannot treat a person over the phone either. Unfortunately, this is done at times, but unless we have the patient in front of us, giving us all the clues for diagnosis, a correct treatment cannot take place. We, as practitioners must not rely on the patient's diagnosis. Usually the patient can only tell you where it hurts or something very superficial.

It was good for me to have had such a man as a teacher. Learning is one thing, but to gain a lifetime of experience in just a few years, was an absolute winner. All students of Osteopathy and Chiropractic as in my particular field, who qualify today, should all have to spend some considerable time, with a qualified practising person, before they can go into business on their own. We can learn so much from experience. A lot of professionals have apprenticeships and the reason for that is very sound.

In one of my study books I found the following saying:

***Learning comes from experience gained,
Through actual contact with the patient,
Rather than from text books, which deal with generalities.
One may become well trained,
Without being truly educated.***

Freyette DO.

Even after all the time I spent with Mr. Pescud, it is amazing what I have learned since. I will enlighten you with some actual case histories in the beginning of this book, to show you what can be achieved. These cases have been part of my 48 years in business and show you, what I have been confronted with. Naturally I cannot disclose any names, but I am sure that all these patients I am writing about, would be only too happy to confirm, what you are about to read. I hope that you too will be as thrilled as I was and still am, that I was able to help cure them and give them a life again.

Later on in this publication, I write about the “prevention of diseases” and a number of interesting aids you can use, to help you enjoy a happy and healthy life and I discuss a few controversial topics.

The main thing though, is THE PREVENTION of diseases, which I will attack with vigour, because I believe we should never get sick, so we should never have to be treated for diseases, except for accidental problems, such as broken bones after a fall or whatever. It is not going to be easy for you to change your lifestyle, as we are all caught up in this society, which is brainwashing us to believe certain things, which are not true, but if you love yourself and your family, you would do anything to keep yourself and them healthy and happy for many years to come.

Start at the beginning and you will be thrilled with the results I have achieved. I am proud of the fact that I have been able to help these patients. I will on quite a few occasions repeat myself, but that is done on purpose. It is a well known fact that, when we attend lectures or read things, we only take in only a small portion of the subject matter. So to be told a few times will not hurt you. I hope you will get a real benefit from the following pages. I am not a writer by profession and this is my first book ever, so please bear with me and forgive me for not always writing things down exactly the way they should have been. It is like my accent, which I have never really been able to shed.

Love and peace,
Shanti.

PS, but not an afterthought, I always thank The Divine Creator for leading me in this direction and making me proficient in helping to heal people from their ills.

Eventhough I had no real professional qualifications in Osteopathy and Chiropractic, HE found the people, who taught me everything I needed to know, with love.

There were many times, when I thought I could not help a patient, but divine intervention pulled me through and the end results were positive.

I also want to thank my partner Kaye, who has been so great in finding things for me on the internet, as I had no time to research there and also, because I was and still am quite computer illiterate. Without her, this book would not have been possible in the form you have here in front of you.

I also want to thank my daughter Sarah, for her assistance with the photos in the back of the book, as I started to draw pictures, but they did not look right.

Further, I realised years ago, that we should prevent diseases, then we would not have to be cured, so here is your chance to do just that and with all the knowledge I have gathered over 48 years and all the research we have done over the last fifteen years, your chances are absolutely real.

Another thing I realised, is that we as professionals are called “healers”, but as I will discuss later on, we really are the directors and the patients are the healers. Eventhough I may call myself a healer at times, it is really an expression, rather than a fact.

It took me a long time to find a title for this book and I think this one “Victory over diseases” is well suited.

Please move on now and enjoy!

**ADD YEARS TO YOUR LIFE AND ADD LIFE TO
YOUR YEARS !**

Cures and treatments

Early to bed and early to rise, makes a man healthy, wealthy and wise. Benjamin Franklin.

Cures and treatments are given to those people, who for one reason or another, have let their health slip downwards, to a point, where the body itself, could not do the recovering.

Some physical and also mental, spiritual, sexual and any other diseases are commonly treated with drugs, interference by operations and so forth.

These actions are usually quite drastic and can cause drastic side effects, which in turn need to be addressed as well.

Drug intervention is almost never without bad side effects and secondary diseases will almost always occur. These man-made diseases then need to be tackled as well and so the merry-go-round is in full swing.

So called alternative treatments are usually much kinder and have very few side effects if any. These treatments are mentioned further on in this book and should be looked at in the very first instance, because of the milder effects on the body.

Yes, there are times when modern medical intervention is needed immediately, as they can revive a person faster than the alternative ones, but we often pay the price later.

When the first signs of dis-ease appear, we should act immediately and start the treatment the NATURAL way. We should be aware of symptoms and find the treatment to suit. Go to a natural healer, be it an Osteopath, Chiropractor or Physiotherapist for body imbalances, an Herbalist, Naturopath, Kinesiologist for other types of discomforts, etc.

Education in this field is very poor and it is up to ourselves to do some research, as to what these different healers have to offer. In other words, what does an Osteopath do and what does he treat?

What is kinesiology and what do these people do? Etc.

We all know what a doctor does and are you happy with that alone? If you have car trouble, you sometimes need not only a mechanic, to do the mechanical repairs, but an auto-electrician and/or a spray painter etc.

Not unless this mechanic is trained in all these professions, you will have to go further afield.

The same happens when we are diseased, we sometimes need more than one healer, to tackle the complexity of our body. And it is complex.

You know all the different medical specialists; why don't you make a point of learning about the natural healing fraternity?

After I had studied the different natural sciences, I was able to either treat the patient myself with Osteopathic/Chiropractic and/or Naturopathic methods or I would sent this patient to another natural healing specialist, whom I knew and I would make sure he/she was well qualified to deal with this particular problem.

Now however, I am wondering, why we need to be treated all the time?

Are we really doing such a bad job of looking after ourselves and prevent diseases?

Please read on and you will find some very interesting preventions written in this book. They are not necessarily easy, in fact some of them are very difficult for those, who have settled into a pattern of life, but for the children's sake, please help them to have a happy and disease free life.

They rely on us parents and elders, who should have the knowledge gained over the years.

The following are some of the cures I achieved in my clinic and I am very proud of them.

Asthma

I would like to start with one of the most difficult diseases of them all. It was the greatest thrill for me, when I first treated a patient with asthma, to finish up with a totally healthy woman. Even today it is still the same thrill, to remember seeing this lady relieved of her ordeal.

On a quiet Sunday afternoon, at 3 pm in 1973, a car pulled up at the front of my house, where the clinic was situated as well, just as I was about to take the kids to the beach. A slender gentleman came out of his car and approached the house.

He introduced himself and he mentioned his son, whom I had treated previously for a back complaint.

He then proceeded to tell me that his wife, who was in the car outside, had asthma pretty bad and that his son told him, if Shanti cannot cure her, there would be very little hope.

Since she had the problem for years, I thought that I could get away with booking her in on the next day, as I had promised the children this beach trip, BUT upon seeing her, slumped over on the bench seat of the car and breathing ever so poorly, I could not possibly let her go any longer, as she was barely breathing. She was very large and looked a greenish/purple colour.

It almost made me sick to see and hear her like that, because I like to take deep breaths in fresh air all the time. That's why I live in the country, away from polluted air.

This poor soul wasn't doing either. Immediately my mind was made up and we proceeded to take her into the clinic, which was a job in itself. She had no energy and was very heavy. We could not carry her. She was also exhausted from the trip of 800 kilometers from home.

During the trip, she repeatedly asked her husband to stop and let her die, but he pushed on regardless, hoping to find me at home.

Once in the clinic, I gave her some herbal medicines to calm her down and to relax her from the trip. She hated speed and that did not help her with her condition. These first medicines were followed up with herbals to make her breathe a little easier. She was on conventional medicine and I insisted she stay

on them for now, but they did not seem to do anything anyway. The problem was too deep and the **cause** had to be found.

It is no good just treating the symptoms. That is all, that was done to her so far. After a few days of special massage, which was hard on her and very hard on me, I tried some small manipulations, however, she was too tense and too hard to adjust at this stage. I continued with the massage treatments for three hours every day, 7 days a week and I was wondering at one stage, whether I was on the right track, because APPARENTLY, nothing was happening. One day I decided to pray to my God, whilst I was treating her, to get some inspiration and indeed I received some very positive messages and proceeded along this path. It was basically the addition of "warming herbs" to the massage medium. The result was amazing. After about 10 minutes, she asked me, what the colour of her back was, where I was massaging. I told her the colour of a fire engine, really red. She said she thought so, as she felt the warmth getting down deep into her lungs.

"Please go on and don't stop, it is really doing me good", she said. I told her then, that I prayed for her and she was pleased, because she was a Christian and believed that her God would help her out of this predicament, as she felt He sent her to me. Not so long after this, she asked me for a container, as she felt the need to expectorate. The congestion was breaking up. This was after 3 weeks of daily, deep massage, 3 hours a day and the necessary herbals.

Well, I will not describe what it looked like, but it was not pretty. As soon as she cleared some mucous and stuff, she could breathe a lot better. Her breathing was still nothing like it should be, but to her it was heaven. I would say her breathing improved about 40%, just in a matter of seconds after her lungs got rid of some of the congestion.

From that day on, I did not have to see her daily and I cut the time down to 1 hour, four times a week. During the next few weeks, I was able to make some gentle manipulations to her spine, allowing her body to start functioning correctly. She reported, that the amount of mucous she expectorated over the treatment period was almost 4 to 5 gallons (1 gallon= 4.5 litres).

She lost a lot of weight, especially around the middle. Eventhough she was very big, she was actually not FAT. Her weight and size was really an accumulation of lymphatic fluid, situated around her chest and abdomen and this lymphatic fluid cannot be dieted away. Therefore so many big people are wasting their time on most diets, because they are all geared to dissolve fat, not lymphatic

fluid. Very often there is a problem with a lack of IODINE as well. More about that later.

It is the lack of spleen function and lymphatic movement, which causes the mucous build up in some special people only. This is what I mean, when I say that no two people should be treated the same way, because we have FAT people and others who are LARGE people, who have totally different constitutions. The posture is not the same as the next person and the organs function differently.

I can tell by observing the person in front of me and measuring the difference from one side of their body to the other side, what problems may arise or have arisen. I have proven this to be correct. In fact the other day, a lady started to talk to me and said she had all sorts of tests done over many months, which cost her a fortune. Before she told me what the tests were for and having observed her for about 10 minutes, I told her what was wrong with her and she was absolutely perplexed at what I told her. It was exactly the same as the test results.

Back to the patient I am writing about. Over the next 3 months, she had daily improvements. I discharged her from my clinic. Since that time, at the age of 89, she passed away and had a pretty good life for 20 or more years. She was no longer on medication and I heard from her son that she did not even keep off chocolates and milk, which asthmatics should be aware off, since these and other dairy products are very mucous forming.

During the 3 months she was under treatment, her shape changed dramatically, from a very large, almost ugly woman, to a large, upright, shapely woman. She looked pretty and very healthy. It was so nice, but fairly difficult to achieve, as she had been allowed to go too far down hill, almost at death's door, by her previous practitioners. Have your problems seen to at the earliest and make sure that the practitioner you go to, is well qualified to deal with your problem. Ask around amongst your friends and neighbours, if they know someone, who treats your type of problem, so you can go and see that person, especially when his/her name comes up more than once. Give that person a go and if you don't feel happy or you don't get the treatment you expect, or you feel you are being ripped off, by having to pay for so many treatments up-front, get out of there immediately and start again. Don't ever sign any contracts, that will bind you to go and see this so-called practitioner, because you just landed at a money grabbing, non-ethical person.

If an Osteopath or Chiropractor tells you, that you need “so many” treatments on the first visit, they are in it for the money. Nobody can tell, especially before they have touched you and/or taken some measurements, how long it will take, for you to react to the treatment, as you are not the case in the study book. I have treated very many people, who fell for these tricks unfortunately.

Remember too, that you are actually employing this practitioner for the time you are there, meaning that you are in charge and you set the rules, not they!

This goes for all professional people you go to, whether doctors, solicitors, accountants etc. etc.

This asthmatic patient proved to me, that as a practitioner, whenever there is a problem and you feel sure there is an answer, you must act like a bulldog and grab on and keep holding on, till you have made a breakthrough. Don't give up too soon, believe in the treatment and believe in God. He will be with you, whenever you are in need. You are His child and He will never forsake you. Talk to Him regularly and **ask**, but don't forget to **listen** to Him for an answer. **Thank** Him for the results you get in your life; DON'T FORGET THAT.

Over the years, as a natural healer, I have treated many asthmatics and I have been very successful. We can learn all we like from books, but as I mentioned before, the real learning comes from experience gained, by constantly working with the same type of problem, over and over again. It is never the same, but there is a pattern, that will flow through the treatment for similar problems. There are millions of people in this world and they are all different and all of them would need to be treated differently for the same **apparent** problem, because the problem only appears the same in different people. I have found patterns in people, who could be asthmatics. There are a number of other diseases, which affect this type of person differently, but the cause is the same as asthma. I can immediately tell, who is likely to be an asthmatic by observing their posture. They are quite unique. There are other patterns for other complaints too and they can be observed the same way. Together with the clinical treatments, I gave the asthmatics and others, advice on the correct diet, especially during the healing phase and this helped in shortening the duration of the healing period. But the patient is always the most important cog in the wheel. They are the healers! Healing comes from within, from yourself. The practitioner can only show you the way. There are no healers, except you, “the Patient”. The time factor in the treatment of asthma is, as in all other problems, about 3 months, but you, yes you, must work hard and want to be healed and do

all the things, you are supposed to do 100%, not less. It does not matter whether you treat a child or an adult, the time factor is usually the same. When I say it takes 3 months, it does not mean, that during these 3 months, you need constant treatment from the practitioner, except if you cannot be massaged at home. All the symptoms will start to go away for sure. Some diseases are stubborn and need to be cleared from the body completely, out of every cell and that can be a big “ask” in 3 months, but the effect of the treatment taking place, will make a very big impact on the complaint. In many cases the complaint is completely eradicated by then. In fact, once the correct treatment starts, the complaint lessens dramatically and relief is felt almost straight away in most cases.

The family members of the patient can be of great help in many ways. First of all, the psychological support of just being there and being positive, being supportive and help them change their diet and other bad habits. Encouragement is vital and if you love your sick relative or friend and you cannot help them as a practitioner, than just be there for them, when they go through the rough patches. “Hold them up, when they are about to fall.” Give them strength, when it gets too much at times.

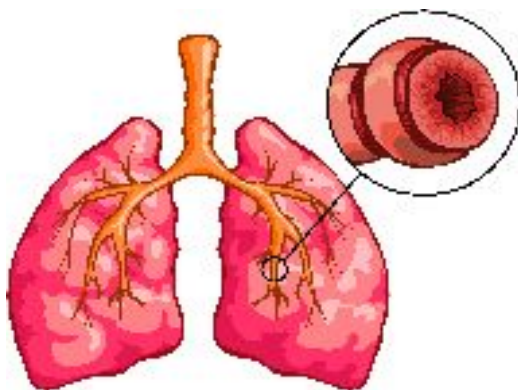
You yourself may have experienced a time, when you needed that support. Remember how it felt? When someone held you tight and said something like: “It’s alright, cry all you like, that’s good, let out your emotions and then we go on with the treatment again.” So, in the case of an asthmatic, you as a supporter must massage the patient’s chest, front and back, and this **MUST** be done every day for 20 minutes, **WITHOUT FAIL**. An asthmatic **WILL NOT GET CURED, WITHOUT DAILY MASSAGE**.

Nice soft and gentle massage to increase the blood flow in the lungs, to allow the congestion to be carried away and therefore clearing the lungs, so the patient can breathe again at full capacity. The warmth of the massage will do that. These home-care massages will also reduce the cost of the treatment considerably, as daily massage from a professional person, can become expensive.

Unfortunately I have had some very negative experiences from family members, who say they will massage their relative or friend, but they give up too soon. I can understand this, because massage is very hard and over a period of 3 months, it can become a chore. But do you love this person? How would you feel, if the shoe was on the other foot?

I have spent many hours teaching people to massage their asthmatic friends and have enjoyed it too, especially when they get the result I promised.

It is a pity that there are no asthma clinics, where all this could be performed. I think I would come back teaching people what to do, even at my age, because it is so rewarding.



Following is a quick review of asthma and what needs to be done.

From the above we learn, that the asthmatic has a particular postural problem, which causes the mucous to form. This mucous, which should normally be drained away naturally, stays in the body and builds up. In an asthmatic, it collects in the lungs in large amounts and they may not necessarily become fat looking, but they can become large just the same, just like the case above. In other people the mucous settles everywhere, in the lungs and also in other parts, such as the abdomen.

1. So for me it was always a priority to adjust the body, so the spleen can do its job, the way it is supposed to. Fortunately for asthmatics, they are always easy to manipulate, as there is very seldom a problem with arthritis, so no stiffness. They are usually alkaline in nature
2. The next step is to move the congestion by massage on a daily basis.
3. A good mucousless diet through not eating dairy products etc.
4. An exercise program to make the lymph move in the right direction through the normal channels of the lymphatic system, which then drains it away. (Lymphatic drainage)

If this procedure was established and followed, the results were always very positive. A cure nearly always followed and the patient could lead a normal life. Check-ups were suggested from time to time, to ensure the posture was retained. The diet was to be kept in check for 12 to 15 months and if everything was good, a little 'treat' would not do too much harm, but NO BINGING.

The diet for an asthmatic, is a really good diet for all of us. It is a very healthy, vegetarian diet, without all the factory-made foods.

Each patient's diet was not necessarily the same as the next, but fairly similar. Some may not tolerate nuts for instance, where others could have them and so on.

In modern medicine, all asthmatics get the same medicine and no attention is given to individuality. Sad but true!

As I said, we are different sizes, we have different constitutions, we have different attitudes and more, so, one medicine cannot ever do the same for all of us. We must be evaluated individually for our particular complaint and given the correct medicine and dosages for that person's complaint. Standard medicines cannot do that. You cannot go to the chemist and get exactly what your body needs, because their medicines are a general drug, formulated for a particular complaint, without taking into account all the above. Yes they say, for children under the age of 12 (or whatever), half doses, that in my opinion is not enough. You get my message?

In the treatment of children, in cases where there is a custody problem, the courts may say, that the child should have access to both parents on a regular basis and in reality this is true, HOWEVER do they consider the child? Do they realise the trauma of the child having to move from one parent to the other on a weekly basis (or whatever has been decided). Do the authorities recognise each child's individual needs in these matters, what ever the age of the child? It is extremely difficult to govern these matters, but the child should be the main person involved here, not the 2 parents. Rules are all very nice, but you cannot have rules without exceptions, as exceptions make the rule.

Rules can be broken and sometimes they should be, even though the rules were made for society to live and behave in a peaceful manner. How hard is all this?

I mentioned that in the case above, the husband drove 800 km in 6 hours and that is race track speed. He broke the rules for speed to save his wife's life. Is that bad? Fortunately, he was a speedway driver and could handle speed, BUT he broke the rule. His wife lived!!!!

Bedwetting

For many years I have been able to help most of these children with spinal manipulations. I suggest a visit to your Osteopath, if you have this problem with one or more of your children. It won't hurt to have them checked over anyway, so again **YOU CANNOT LOSE**.

Bedwetting can also start, when for instance you move house, whilst the child was not doing so before. This is an emotional problem and a lack of security, being in a strange environment all of a sudden, whilst the old house was a safe haven for them.

If your child starts to wet his/her bed **DO NOT USE AN ALARM TO WAKE HIM! THEY ARE VERY DISTURBING AND NERVE WRECKING**, I've been there, done that. Terrible for the whole family. **PREVENTION IS THE KEY HERE!**

My suggestion is, that when you plan to move house, get the children involved in every aspect of this plan and let them get as excited as you are about the move. Show them the niceties of the new house and let them see their new bedroom especially. Show them where their bed will go and where their clothes will hang or are placed. Let **THEM** suggest, where the posters or pictures can be hung on the walls, so they are planning with you and get the feeling of excitement, without being hassled into hearing from you, where things are going to be.

Let them pack their own things in the old house, with your help and certainly let them unpack and position their toys etc. even if it is not the right place for now. Once they are used to living in the room and the house, you can suggest and change the places to suit the circumstances.

This activity helps them to settle in very well and they will even be tired and go to sleep peacefully and satisfied. If need be, read them a story, whilst they lie in bed in their new **HOME** and I guarantee they will be asleep before you know it. Let them use the toilet, just in case they forgot to go there during the day, with all its excitements.

Now something a little more difficult to handle is domestic violence. I have to bring this up, as it can really unsettle children. When parents fight and scream in front of children, they completely lose it. They instinctively know, that their security is undermined and bedwetting will not be the only problem they and you have to deal with. They think they are not loved, because Mum and Dad don't seem to love each other. Fighting amongst the children in the house will become a daily event, as they think that *that* is the way to get what they want. They become impossible to control and a whole new set of rules will follow.