

This Electronic book NATURAL MEDICINE By Dr. Hoover is packed with useful information on natural health.

Chapters on AIDS, ANEMIA, ARTHRITIS, CANCER, DIABETES, HEADACHES, HERBS, HIGH BLOOD PRESSURE, OVERWEIGHT, OSTEOPOROSIS, etc.

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THE MAIN PURPOSE OF WRITING THIS BOOK WAS TO HELP OTHERS

Author's Note

This revised electronic edition of my book is being made available to the general public. I am now retired and I feel compelled to share once again the results that were accomplished when I had my clinic. The clients checked into the clinic for a period of 26 days and because I was able to control nearly all aspects of their diet, exercise, herbs, etc we had impressive results. Most of the clients had their health restored, all improved and Thanks to God we had no deaths. So the information you are about to read can help you just as it helped my clients. Gods ways are simple, mans are not. By faithfully following these simple remedies you to can live a healthier life.

PREVIEW

NATURAL CURE FOR AIDS To increase T-cell production use raw garlic.

NATURAL CURE FOR ANEMIA For an iron deficiency use blackstrap molasses, as it is 3 times higher in iron than liver.

NATURAL CURE FOR ARTHRITIS A scientific study done at Wayne University Medical School showed that a meat free, dairy free diet resulted in complete remission of arthritis in the majority of participants.

NATURAL CURE FOR CANCER The herb Red Clover, (*Trifolium Pratense*), has been used for over 100 years to treat and prevent cancer. It is good for cancer on any part of the body.

NATURAL CURE FOR DIABETES Sunlight helps lower blood sugar, so everyday be sure you are getting plenty of sunshine.

NATURAL CURE FOR HIGH BLOOD PRESSURE A study done by the government, (MRFIT) as reported in the Journal of American Medical Association (1982 JAMA 248: 1465-1477) found that the coronary mortality was 70% higher in a group of hypertensive patients that received aggressive treatment when compared to a control group who received no treatment. Conclusion High blood pressure drugs killed more people than they helped. One simple way to help lower your blood pressure is to eliminate all caffeine as found in coffee, tea and colas from your diet.

NATURAL CURE FOR HEADACHES Drink more water, as the brain is close to 90% water and when you are dehydrated your brain is one of the first organs to let you know it.

WHAT HERBS TO USE FOR CERTAIN DISEASES Herbs are nature's medicine. The father of medicine Hippocrates, was an herbalist. For example one of the best herbs for the prostate is the herb Saw Palmetto Berry

OVERWEIGHT 62% of the American people are overweight. If you desire to lose weight adopt a diet that primarily consists of fresh fruits, (especially lemons), vegetables, whole grains and beans.

NATURAL CURE FOR OSTEOPOROSIS The major cause of osteoporosis is eating too much protein. One simple thing to improve osteoporosis is to get plenty of exercise.

ABOUT THE AUTHOR



Jerry Lee Hoover N.D. is deeply committed to teaching others the proper way to stay healthy by the use of natural remedies. Dr. Hoover was born and raised in Rapid City, South Dakota. He served his country in the U.S: Navy, spending time in Vietnam. He graduated from California State University, Chico as a teacher. After teaching Secondary School in the States, he served as a principal of a mission school in the South Pacific. He also was the pastor of a church in Texas for 9 years. His interest in natural health increased while working at a mission hospital in Central America, so he pursued his education and received his degree as a Doctor of Naturopathy. Since then, Dr. Hoover has lectured on natural health in the U.S: and abroad. He has written numerous health articles in the U.S: and abroad, many of which have been published in national health magazines and major newspapers. He was founder and director of a Health Lifestyle Center in the

U.S: He presently lives in Latin America and is continuing to write and lecture on Natural Health. He has a website on Natural Cure for Cancer which has helped thousands over the Internet. Dr. Hoover's hobbies include missionary work in foreign countries, building houses, singing, writing and traveling.

NATURAL MEDICINE

By Jerry Lee Hoover, N.D.

With forewords by

Mark D. White, D.C.
Wayne Pickering, N.D.
Sheryl Hooker, M.S.

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FOREWORDS

As a health professional, I am excited about the information that Dr. Hoover shares in this book. The health field is flooding with new information about health, much of it being very risky and dangerous. This information ranges from new drugs and high-tech surgery to the effectiveness of simple natural treatments that people can do at home. This can be a very confusing time for people. How can a person differentiate between fact and fiction with so much information to examine? I believe the answer to that important question can be found in this book. People need to have the facts. If they understand the basic laws of health, then by reasoning from cause to effect they will be able to wisely determine the best health care answer for their health problems.

These facts are time tested and apply to all people all the time. They are the laws that govern the human body. These laws cannot be broken without consequence and cannot be kept without benefit.

In my practice, I have observed in working with hundreds of patients that those who follow these laws of health get well much more quickly and hold their adjustments much better than those who don't.

Dr. Hoover's years of experience in teaching and applying these laws of health has made him very effective in sharing them with others. His straightforward style, using layman's terminology, makes the facts exciting to read as well as clear and logical. Those who read this information will have a real advantage in today's health jungle. Not only will they be armed with the facts, but they also will enjoy better health as they follow the simple truths that they learn.

Mark D. White, D.C.

"The will to win" is more important than "the skill to win" We are all designed to win; and in order to win we must focus on What's Important Now. In my years as a Naturopathic Physician and a Florida State Licensed Nutritional Counselor, I feel What's Important Now is that we make health our first concern and not our last resort; most of us give up on our health in quest for wealth, just to spend the wealth to regain our health. Dr. Jerry Hoover's monumental piece of work, "Natural Medicine", has laid out the simple truths of taking care of this miracle machine we call the human body.

I feel this book will satiate your quest for zest ultimately adding cheers to your years. We are all healthy by design and sick by default. If you invest in yourself, you'll never make a bad investment and the interest just keeps growing and growing with no service charge!

As an international Speaker and Mentor to thousands, books about health come across my desk all the time asking for my opinion and approval; and I am glad to see one such as Dr. Hoover's pass the test... straightforward answers to keep us happy, healthy and in control!

Wayne Pickering, N.D. Sc. M.

Writing on health and nutrition is an arduous task since much is to be desired in terms of answers from contradictory scientific review on diet and disease. Recognizing that there is a Master Physician (Balm in Gilead), naturopathist, Jerry Hoover, has

endeavored to compile and interpret controversial research issues on nutrition and wellness using the scaffold of eight natural remedies.

While not an exhaustive work, this book provides a fundamental overview for the layman interested in natural remedies and a collection of techniques with advice for assisting the healing process. Moreover, this work provokes the professional to re-investigate present and previous unbiased research without being encumbered by heretofore assumptions.

Cheryl Hooker, M.S. Nutritionist

DEDICATED

To our Creator who has given us our marvelous body and an immense variety of medicinal plants for restoring our health.

To Ellen G. White, who was over 100 years ahead of her time in the area of health. Her writings have greatly influenced the contents of this book.

To all those physicians, nurses, dietitians, nutritionists and natural health personnel who are striving to heal with the use of natural means.

To those who have attended my programs, lectures and seminars and have applied these principles to regain their health. Their success encouraged me to publish this book.

To all those who have an interest in maintaining or recovering their physical health by using natural remedies described in this book.

To the multitudes who suffer and die needlessly – uninformed and unaware that simple, safe and effective means of correcting their ills and restoring health are available.

ACKNOWLEDGMENTS

Special Thanks

The author is deeply indebted to a large number of natural health authors who have made their priceless information available to the reading public. Some things can never be repaid in monetary terms. To all the great people who have encouraged me and have contributed to this book in any way, I extend my deepest appreciation.

PREFACE

Naturopathy is a therapeutic system that does not use drugs or therapy, but employs natural forces such as light, air, water, etc. "Nature" means "not artificial, but lifelike." "Pathy" means "healing crises." So, a true Doctor of Naturopathy will not use anything artificial to cure illness. But will allow the body to heal itself by using natural methods. Thus: A Naturopathic Doctor is a Doctor of Natural Healing.

When a naturalist sees a person suffering from disease caused by improper eating, drinking and other wrong health habits, yet neglects to tell him of this, he is doing his fellow being an injury. We are complex beings, functioning on physical, mental and spiritual levels. The factors most strongly influencing our health are the eight natural remedies of Fresh Air, Pure Water, Sunshine, Natural Food, Rest, Exercise, Temperance and Trust in God.

I have been a health advocate for over 35 years. I can still remember back on New Year's Eve, 1969, when I made a resolution to become a vegetarian and since then I have continued learning how to use effectively the natural means for healing.

The writing of this book was the best way I could acquaint you with the many natural ways to better health. I see many for whom no drug or surgery will restore health. In spite of many scientific advances, we still remain humbly, pitifully, dependent upon the natural forces of nature to bring about the abundant health that many of my clients have experienced.

75-year old Swimming Champ's Healthy Lifestyle

The following story is taken from "Healthful Living"/1986 and reprinted here by kind permission of the author:

"Catherine Cress, 75, glides through the water with scarcely a ripple. She could be demonstrating the perfect breast stroke to a swimming class...

"She can swim faster than anyone else in the country her age. She can swim faster than most people far younger."

So wrote Pamela Livingston, staff writer for the Roswell Daily Record, Roswell, New Mexico, in the July 1, 1985, edition.

At 5'2" and 95 pounds, Catherine Cress is the fastest 75-79 year old breast stroke swimmer in the United States.

In Milwaukee in the spring of 1985, she broke all the records of any previous winners of 75 – 79 year olds for the 50 yards, the 100 yards and the 200 yard breast stroke. She has received all kinds of medals for swimming, recently and when she was a 15 to 20 year old girl.

How does Catherine Cress, now age 76, stay in shape to swim extraordinarily in these meets? For the past 18 years, she's been swimming one mile four to five mornings a week. She says: "I never miss because I never get sick. For 25 years I haven't been to a

doctor.” Says Catherine: “I am 76 years young and so happy my body functions so perfectly. Everyone I know my age and younger, all suffer from one thing or another and take all kind of drugs.”

What’s Her Secret?

Catherine Cress has no secrets! Ask her and she’ll tell you why she’s healthier than her peers and most younger people. She’ll tell you why she’s in better shape than her mother was at the same age. Not only does Mrs. Cress stay fit with regular exercise, but “I gave up meat 15 years ago. I never eat sugar. Most of the time, I eat raw fruits and vegetables and seeds and nuts.

“I belong to a food co-op and buy my fruits and nuts there. People gobble up all those vitamins. They ask me which ones I take. I say ‘NOTHING!’”.

To prove how healthy she is, Catherine told me: “Last night I slipped in water and fell in the garage. I got up and wasn’t even hurt. My bones must be strong.”

For further proof of her unusual health, Mrs. Cress told me: “My son is an oral surgeon in Chicago. When he checks me, my blood pressure is always normal and my temperature is only 97.2 degrees.

“I’ve worn glasses since I’ve been 53 or 55. My family said, ‘Get new glasses’. I said, ‘I can still see fine with these.’ I just want to stay healthy just as long as I’m living.”

Introduction

When we mention living healthfully, many people groan. They immediately think of tasteless food, rigid exercises, regimentation and unhappiness. This is not true; and this book has been written to prove to you that true happiness is feeling good about yourself because you are in control of what is happening to you.

Everybody wants to be happy, healthy and free from the threat of illness and disease. Every day countless numbers die from the dreaded cancer or from Aids, from heart disease or from some other serious illness. All of these illnesses can be traced to one source: failure to maintain a healthy immune system.

We all have within our bodies a certain number of germs, but the body has an immune system to protect us from these germs. As long as our immune system is strong, these germs cannot develop into full blown, life-threatening diseases. However, if we do not strengthen our immune system or if we weaken it by engaging in bad health habits, then the disease germs multiply and we suffer. The secret to a healthy life then is to learn how to strengthen and maintain a healthy immune system.

Many people visit our Center where we teach them how to strengthen their immune system by eating properly, exercising and abstaining from putting harmful things in the body system. Dozens of these clients have left us happier, healthier and free from disease.

Margie is a classic example of what a healthful lifestyle can do to improve your quality of life. She had suffered a toxemia pregnancy early in her marriage, leaving her with chronic hypertension, which eventually developed into a heart disease.

When she came to me, she was 30 pounds overweight and suffering from congenital heart failure. She had a rapid pulse, dangerously high cholesterol and had been taking blood pressure medication for over 30 years.

We immediately began her on a program of natural foods, exercise, daily walking program and pure water. When she read in the Physician's Desk Reference about the side effects of the medications she was on, she decided to stop taking them.

During the 26-day program, Margie entered enthusiastically into all activities; she learned about how to take better care of her body and how to prepare delicious and nutritious meals in a more healthful way. Every day she attended health classes to learn how her body functions and what is required to maintain health. These are the same health tips you will learn in this book.

At the end of the program, she was 15 lbs. lighter, more energetic and happier about her newly found lifestyle. One year later she was still feeling good, maintaining a healthy blood pressure, had a low pulse rate and has reached her target weight of 145 lbs. She has also learned how to deal with the stresses in her life that was affecting her heart condition.

"God answered my prayers," she said, "when He allowed me to learn about the proper diet and lifestyle that all should follow if they plan to live in the New Earth."

In this book, I will share these same health principles with you. There is no secret magic formula, but following these health principles produces miraculous results. If you are underweight or overweight, suffering from some disease known or unknown, the health principles outlined within the pages of this book can revolutionize your life.

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PART I

Part I of this book takes a close look at the Eight Natural Remedies that we can all use and take advantage of to maintain and improve our health. These Eight Natural Remedies are Fresh Air, Pure Water, Sunshine, Natural Food, Rest, Exercise, Temperance and Trust in God.

FRESH AIR



Air is an invisible, tasteless, odorless mixture of gases surrounding the earth. Air at sea level is composed of 21% oxygen, 78% nitrogen, 1% water vapor, carbon dioxide and traces of ammonia, argon, helium, and other rare gases. Experiments have shown that death will occur from prolonged inhalation of air, in which the proportion of oxygen is much greater than that in which it naturally occurs in the atmosphere. Therefore, we know that the mixture called air is not an accidental compound, but one perfectly adapted by our Creator to the needs of the human body.

The first need of all living creatures on this earth is oxygen. They can not live without it. Oxygen must always be present in the air we breathe. All of the trillions of cells in the human body must receive a constant supply of oxygen or those cells will weaken and die. Through the tissue fluids the cell obtains the oxygen it needs and gives up the carbon dioxide it does not need. This transportation of oxygen from the outside air to the tissue cells, and the carrying away of carbon dioxide is done through our lungs. Our lungs are light and spongy in texture. If placed in water, they will float. Normally we breathe about fifteen times a minute, inhaling about a pint of air each time we take a breath. The lungs normally hold about six pints of air, so that about one sixth of the air is exchanged each time we take a breath. A person sleeping uses only about 10% of his lung capacity. Hard work increases lung use to about 50%. The singer or woodwind player uses his lungs almost to the fullest extent possible. ⁽¹⁾

AIR IS ELECTRICALLY CHARGED

Air contains electricity. The air we breathe affects the body as if it were charged with electricity. This electrical energy, absorbed by the blood, is carried to all parts of the body. The air we breathe contains both negatively charged ions and positively charged ions. Our bodies need a larger portion of the negatively charged ions for optimum health. As we breathe large quantities of positively charged ions (the bad kind), we may feel such adverse effects as headache, nasal obstruction, hoarseness, fatigue, dry throat, dizziness, etc. Breathing mostly negatively charged air (the good kind) will produce feelings of exhilaration and well-

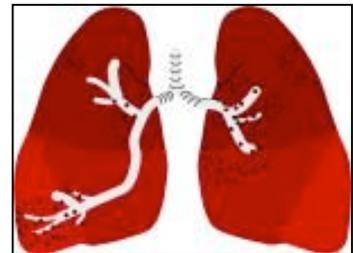


being. Negatively charged air has been shown to decrease the respiration rate and lower blood pressure, while positively charged air does just the opposite. One group of researchers reported that patients who had high blood pressure and breathed negatively charged air had an average drop of 39mmHg in systolic blood pressure. ⁽²⁾

Negatively charged air (the good kind) is found in abundance at the ocean, in the mountains, at the foot of a waterfall or by a river or stream. All outside air has a large amount of negative ions. This is why we feel so good when we go camping or to the ocean. Or, if one is fatigued, a short walk outside in the fresh air will liven up the whole body. There are over 3-4 thousand negative ions in one cubic centimeter of mountain air, but only 100 negative ions in one cubic centimeter of air in an office building at the end of an eight hour day. Enclosed buildings have mostly positively charged ions which are harmful to health. All electrical appliances, air conditioning units, etc. use up the good negative ions and give off positive ions. All the air we exhale is positively charged; that's why a person gets drowsy after sitting for a long time in a closed room that is full of people.

The Lungs Give Off Positively Charged Poisonous Gases

Both food and oxygen are taken by the blood to the cells and are there converted into heat and energy by a process similar to combustion. When common fuel is burned, a by-product is formed, a gas or smoke which is deadly and must be removed. In like manner, the burning of food and oxygen in the body cells produce a positively charged carbonic acid gas which is taken by lymph and blood to the lungs to be exhaled, thus, saving the body from harm. If this elimination should cease for a few minutes, life would cease. About thirty quarts of this positively charged carbonic acid gas are exhaled per hour by one person. About one third of the body wastes, which are poisons, go out from the lungs. We should always so arrange our ventilation that those wastes will quickly go out-of-doors rather than accumulate in the room, thus enabling the lungs to always have a good supply of fresh, clean, negatively charged air.



Our skin also needs pure fresh air. The skin has millions of minute openings known as pores. One of the functions of these pores is to breathe in the fresh air. If we covered the skin of a person with a material like paint and closed these pores up, the person would suffocate in a short time.

Dr. Kellogg, an authority in natural medicine, who stressed adequate ventilation in homes, offices, and school rooms, estimates that each person requires at least 3000 cubic feet of fresh air per hour to dilute the poisons poured forth from his own lungs and skin. He tells us that any system of ventilation is inadequate which does not supply this amount of air to each occupant of a dwelling. Sick rooms and hospitals require two or three times as much air as this on account of the increased amount of contamination.



An old army surgeon who had charge of large hospitals during the war related a very interesting experience illustrating the importance of giving the sick, especially persons suffering with fever, and abundance of pure air. He said that in a large hospital he had at one time 320 cases of measles during the winter season. The hospital caught fire and burned to the ground and the patients had to be placed in tents. All but one or two recovered. He said he had no doubt but that the number of deaths would have been thirty or forty at least, had the patients remained in the hospital.

One would never think of eating food some other person had chewed, yet we don't realize how breathing enclosed, foul air over and over again will poison the blood stream and injure the lungs. To enjoy good health our homes should have plenty of ventilation (windows opened winter and summer). With our modern, sealed homes and air conditioning units re-circulating a large percentage of the impure indoor air, we are starving our lungs of pure, fresh air. The oxygen the body obtains from the air is very important in maintaining good health. Without the abundance of pure fresh air, the important work of normalizing the blood chemistry could not be successfully performed and the individual would suffer serious consequences.

"Scientific evidence shows that the indoor air can be more seriously polluted than what's out of the window, even in the largest and most industrial cities," says Dave Ryan, an air pollution expert and spokesman for the Environmental Protection Agency (EPA) in Washington D.C.

FRESH AIR CRISES IN BUILDINGS

In the 1970's around the time of the energy crisis and the resulting trend toward conservation, many of the buildings built, were to be so-called energy efficient. New homes and offices were built with fewer windows. Sealing buildings to make them energy efficient became the norm, leaving occupants dependent on mechanical systems rather than open windows for fresh negatively charged outside air and ventilation.

In large office buildings the problems are much worse. One Environmental Protection Agency study of indoor air quality in various public buildings found a typical air sample contained 100 to 200 different chemicals at levels that were much higher indoors than outside. Some of those chemicals were paints, adhesives, caulking, vinyl, telephone cables, printed documents, furniture, various solvents, formaldehyde, etc. Many dangerous biological agents such as viruses, bacteria, fungal spores, algae, pollen, mold, etc. are also found. These biological agents can cause many allergic reactions. Legionnaire's Disease and severe respiratory problems are also caused from these biological agents. By inhaling this impure air, the blood is poisoned, the lungs become affected, and the whole system is diseased.

A clear connection between poor building ventilation and disease was made in a four-year study published in 1988, the Walter Reed Army Institute of Research in Washington D. C tracked the respiratory health of recruits at four separate army training centers. The study was notable because the subjects were a highly controlled group. They were drawn randomly from all over the country; they all received identical immunizations during processing; the soldiers in one barracks tended not to have contact with those in another; and at each camp the soldiers did the same activities outdoors, under the same conditions. Indoors, however, some subjects lived in energy-efficient barracks; and some lived in open window barracks. At each camp the incidence of acute respiratory disease was at least 45% higher in the energy-efficient barracks.

Air conditioning units just take the impure positively charged air from the room, cool it down, add a very small amount of outside air with it and re-circulate this impure positively charged, germ-laden air right back into the room again. And people wonder why they don't feel good after being inside all day long! Our forefathers didn't have air conditioners; instead they had large ceilings with tall windows that opened from top and bottom, and ceiling fans to help keep them cool in the summer.

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