

# End Time Current Events: 12-21-14

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**Ephesians 5:11, 13-16:** "And have no fellowship with the unfruitful works of darkness, but rather **reprove them**. **But all things that are reprovved are made manifest by the light:** for whatsoever doth make manifest is light. Wherefore he saith, **Awake thou that sleepest**, and arise from the dead, and Christ shall give thee light. **See then that ye walk circumspectly**, not as fools, but as wise, Redeeming the time, because the days are evil."

The **1828 Noah Webster Dictionary** defines:

**Reprove:** To blame, to convince of a fault, or to make it manifest, to excite a sense of guilt.

**Circumspectly:** Cautiously; with watchfulness every way; with attention to guard against surprise or danger.

**Matthew 24:24:** "...if it were possible, they shall deceive **the very elect**."

**II Corinthians 2:11:** "Lest Satan should get an advantage of us: for we **are not ignorant** of his devices."

**II Chronicles 7:14:** "If **my people**, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land."

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**Muslim Convert NYPD Cop Killer Inspired by ISIS—Ismaaiyl Brinsley posted extreme passages from Koran**

**Play--Silent from 6:22-6:25--7:30-7:33: [http://youtu.be/5\\_IfXgEwZaM](http://youtu.be/5_IfXgEwZaM)**

**Killer's INSTAGRAM threat: 'I'm putting wings on pigs today'...**

**'They take 1 of ours, let's take 2 of theirs'...**

**People Take To TWITTER To Celebrate...**

**NYPD Shooting Eyewitness: People 'Clapping and Laughing'**

**VIDEO: Frantic aftermath at scene...**

**NYC TORN APART...**

**PROTEST FLASHBACK: 'WHAT DO WE WANT? DEAD COPS!'**

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**Vandals Knock Down, Deface Sign Honoring Slain In CA...**

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**Warnings Issued To Cops: Be on guard...**

**'Fever Pitch Of Anti-Police Sentiment'...**

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**NYPD's Cop Union: 'We Have Become a Wartime Police Department' after Two Officers Slain : THIS HAS BEEN THE PLAN, TO PIT A MILITARIZED POLICE FORCE AGAINST ITS CITIZENS ALL ALONG-THE MUSLIMS ARE THE PERFECT INITIATORS FOR THIS & THEY ARE ON RECORD FOR WANTING THIS!**

In the wake of the shootings, **the NYPD's union New York Patrolmen's Benevolent Association issued this bulletin** showing that the NYPD are most certainly not taking things lightly:

**"Starting IMMEDIATELY: At least two units are to respond to EVERY call, no matter the condition or severity, no matter what type of job is pending, or what the opinion of the patrol supervisor happens to be.**

**"IN ADDITION: Absolutely NO enforcement action in the form of arrests and or summonses is to be taken unless absolutely necessary and an individual MUST be placed under arrest.**

**"These are precautions that were taken in the 1970's when police officers were ambushed and executed on a regular basis.**

**"The mayor's hands are literally dripping with our blood because of his words actions and policies and we have, for the first time in a number of years, become a 'wartime' police department. We will act accordingly."**

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**Cops were being followed home by well organized gang members so that they could know where all officers lived , so that they gain entry to houses while they were on duty ,and catch them off Guard!**

*Morning Steve ,from the east coast NY, my buddy's a cop who works very close to the city, well yesterday he called me and asked if I heard what happened....the so called shooter was bragging on internet how " for every one of ours ,we gonna take two of theirs", before the shooting. This is extremely disturbing . you see , my friend also said that his higher ups are being told not to fire the first shot if an armed confrontation breaks out.*

**Comment--This would be confirmed by this report: Man in the Bronx aimed empty gun in cop's face, pulled trigger: officials**

*I said to him that this is gonna turn very ugly very fast cause this gunman pretty much declared war on every officer on duty ,everywhere. He knew this before I said it. He continued to tell me ,that cops were being followed home by well organized gang members so that they could know where all officers lived , so that they gain entry to houses while they were on duty ,and catch them off guard .*

**Comment--This would be confirmed by this report: [FBI Issues Warning: Black Prison Gang Is Targeting White Cops](#)** The FBI issued a warning Friday that the Black Guerilla Family prison was plotting to attack white police officers in the state.

*This is very bad , and its only going to get worse . To all your readers out there I pray , please Pray!! Gods protection over these men, who put their lives on the line everyday. Their not all power hungry ,souless men . these are people with familys.... But this chaos agenda that is being implemented is going to harm innocent people also. .*

*... yes ,these are scary times but trust in Him , our Lord and Savior! Matt ,NY--*

**IMPORTANT STEVE Q. NOTE: GREG EVENSEN AND I HAVE WARNED THAT TRAITORS WITHIN MANY LARGE INFILTRATED POLICE DEPARTMENTS HAVE GIVEN THE NAMES OF SPOUSE'S WORK LOCATIONS AND WHERE THEIR CHILDREN GO TO SCHOOL: PLEASE LEO'S TAKE THES WARNINGS TO HEART- DEVELOP A WELL THOUGHT OUT DEFENSIVE HOME PLAN AND A SERIES OF FOLLOW UP CHECKS FOR YOUR LOVED ONES - THE DAYS ARE EVIL WATCH FOR FOREIGN OFFICERS AND OBSERVERS IN YOUR DEPARTMENTS -KEEP ALL PERSONAL TRAVEL AND FAMILY PLANS TO YOURSELF-DEVELOP PHONE TREE CHECKS FOR YOUR FELLOW OFFICERS SPOUSES! SHIELD YOUR CELL PHONES AT ALL COSTS, THE LAST THING YOU NEED OR WANT IS A HOMING SIGNAL TARGETING YOU OR YOUR LOVED ONES!**

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**[DALLAS SILVER SALES: Russians have been coming in regularly and buying all the silver they can get!](#)**

I am in Dallas to visit for a couple of days and decided to visit the gold/silver dealer, largest chain in Dallas. In front of me were three large men speaking a foreign language. They were dressed casual but had on jackets with military symbols. The salesman recognized them speaking and said, oh you are Russian. They hesitated and then responded with, yes we are just passing through Dallas.

*They all purchased as much silver as they could legally buy with cash and one tried to buy more on a credit card but the store only accepts debit cards.*

*When it was my turn I asked the salesman what that was all about and he said Russians have been coming in regularly and buying all the silver they can get.*

*The spot was \$15.98 and they were paying \$19.98.*

God Bless. Rob

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**[WAL MART 'STASI INTERROGATION TACTICS' IN ALABAMA-EVEN DOROTHY KNOWS WERE NOT IN KANSAS ANYMORE-](#)**

Steve, VJust spoke w/ a close friend whom I had advised to make another trip to stock-up w/ a large Wal\*Mart giftcard she had received as a sort of Christmas bonus. Our area hasn't seen the shelves going too bare as of yet, *but she was alarmed by her experience @ the register upon bringing*

around her full cart - one of your previous Q Alert contributors was right on the money, **ugly looks were the least of her concerns...**

When the teller girl began to ring her up, she was repeatedly questioned about the quantity and particulars of her selections:

"Why you only buying canned food and toilet paper?"

"Why you need these bags of salt?"

"Why you got medkits for?"

- that sort of GARBAGE...What's more, at some point during the process, another associate/accomplice was signaled/brought over and the implication was that this second girl was also asking suspicious questions, possibly scripted? - Basically, the whole line of questioning began again but with a more focused and deliberate scrutiny.

The whole situation left my friend feeling shaken and disturbed. Yet another blatant warning unto those w/ ears to hear! **thought it should also be noted that despite all the food she was buying, there was no indication that either Wal\*Mart employee made any assumption that this was for Holiday dinners w/ family or anything of the sort, clearly they had been trained what to look for and my friend is still fairly new at "the approach" to supply acquisitions...**

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### **Muslim Terrorists Attack School Kill More than 130 Kids!**

As if the world needed more evidence of the disgusting nature of real-world Islam – the Taliban has just demonstrated it for us once again. The day after a Muslim Terrorist attacked a Sydney, Australia café leading to a siege that left 3 dead (including the gunman), a group of **Muslim men bent on terror and destruction** attacked a school in Pakistan and committed a horrible and atrocious act of violence.

Gunmen wearing police uniforms and suicide bomb vests entered a public school in northern Pakistan around 11am on Tuesday and began killing the people they found inside. As I write this, **the current death toll sits at 145 – 132 children and 10 members of the school's staff and 3 soldiers.**

The Taliban quickly claimed responsibility for the attack as retaliation for the Pakistani military's recent crackdown on terrorist activities in the region.

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### **Taliban Muslim Devils 'burn teacher alive in front of pupils and behead children'**

"They burnt a teacher in front of the students in a classroom," the unnamed military source told the US TV network. "They literally set the teacher on fire with gasoline and made the kids watch." **Related: 'I am their mother', heroic headmistress told Taliban before being set on fire**

According to a tweet by Omar R Quraishi, an editor at the The Express Tribune who has over 154,000 Twitter followers, **"Some of the bodies brought to hospital during the Peshawar school attack have been headless."** <http://www.ibtimes.co.uk/peshawar-school-attack-taliban-burn-teacher-alive-front-pupils-behead-children-1479767>

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### **Obama omits Muslim 'Taliban' from condemnation of School Attack...**

**President Obama's statement condemning the mass murder in a Pakistan school fails to blame the perpetrators, the Taliban.**

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## Islamic State beheads 150 women, some pregnant, for refusing to marry jihad terrorists

This is all part of the Islamic State's treatment of these women as the sex slaves, the "captives of the right hand," in the Qur'an (4:3, 4:24, 23:1-6, 33:50). They have no say in the matter, and if they refuse their fate, they are to be killed.

Iraq's Ministry of Human Rights, in a statement released, said that the women in the western Iraqi province of Al-Anbar were attacked by the Islamic State terrorists and were later buried in mass graves in Fallujah.

"At least 150 females, including pregnant women, were executed in Fallujah by a militant named Abu Anas Al-Libi after they refused to accept jihad marriage," the statement said.

Last month, at least 50 men, women and children were executed by the IS members in a tribe massacre in the village of Ras al-Maa.

**One comment read:** *Rabid dogs have more of a conscience than these demon possessed soldiers. Just think of how horrific they are that women would die rather than have to marry them. Notice also how they pick the most defenseless of victims. Cowards. The more depraved they become, the more they expose the evil of the doctrines they uphold.*

@ jo – For even more of the inhumane barbarism and atrocities of 'ISIS' –

**ISIS "Sex Pamphlet" Approves Pedophilia, Sex Slavery |**

Story after terrible story keep emerging from the Middle East about the terrible treatment of women at the hands of ISIS. From sex slave markets to raping and then murdering young girls, ISIS militants justify their actions using religion.

New evidence reveals an even more sickening situation than previously thought. Islamists recently handed out pamphlets across Mosul, Iraq explaining the official position of ISIS concerning female sex slaves, CNN reported.

Entitled, "Questions and Answers on Taking Captives and Slaves" and translated by the Middle East Media Research Institute (MEMRI), one of the questions in the pamphlet asks, "Can all unbelieving women be taken captive?"

The answer will make your stomach turn: "There is no dispute among the scholars that it is permissible to capture unbelieving women [i.e. any non-Muslim women]."

A second question: "Can one have intercourse with a female captive?"

Answer: "It is permissible to have sexual intercourse with the female captive.

Not only does the pamphlet permit and endorse having female sex slaves, it even details what kind of sex a man should have with his slave.

"If she is a virgin, he [her master] can have intercourse with her immediately.

However, if she isn't, her uterus must be purified [first]..." How to purify the uterus is not explained.

Regarding child sex slavery, the authors of the pamphlet left no stone unturned.

One question asks, "Is it permissible to have intercourse with a female slave who has not yet reached puberty?"

Answer: "It is permissible to have intercourse with the female slave who hasn't reached puberty if she is fit for intercourse...."

The pamphlet sets the legal framework allowing members of ISIS to justify barbaric acts.

Read more at <http://www.breakingisraelnews.com/26017/isis-sex-pamphlet-approves-pedophilia-sex-slavery/#zrqUkbCflFKtulH8.99>

### Bible Verses Dealing With Gods Wrath on the Wicked

- TOOLS** **Psa 11:5** The LORD trieth the righteous: but the wicked and him that loveth violence his soul hateth.
- TOOLS** **Psa 11:6** Upon the wicked he shall rain snares, fire and brimstone, and an horrible tempest: *this shall be* the portion of their cup.
- TOOLS** **Psa 11:7** For the righteous LORD loveth righteousness; his countenance doth behold the upright.

<b>Psa 26:5</b>	I have hated the congregation of evil doers; and will not sit with the wicked.
<b>Psa 37:28</b>	For the LORD loveth judgment, and forsaketh not his saints; they are preserved for ever: but the seed of the wicked shall be cut off.
<b>Psa 68:2</b>	As smoke is driven away, [so] drive [them] away: as wax melteth before the fire, [so] let the wicked perish at the presence of God.
<b>Psa 119:155</b>	Salvation [is] far from the wicked: for they seek not thy statutes.
<b>Pro 3:33</b>	The curse of the LORD [is] in the house of the wicked: but he blesseth the habitation of the just.

**Pro 16:4** The LORD hath made all [things] for himself: yea, even the wicked for the day of evil.

**Rom 9:21** Hath not the potter power over the clay, of the same lump to make one vessel unto honour, and another unto dishonour?

**Rom 9:22** [What] if God, willing to shew [his] wrath, and to make his power known, endured with much longsuffering the vessels of wrath fitted to destruction:

**Rom 9:23** And that he might make known the riches of his glory on the vessels of mercy, which he had afore prepared unto glory,

**Dan 12:10** Many shall be purified, and made white, and tried; but the wicked shall do wickedly: and none of the wicked shall understand; but the wise shall understand.

**Psa 58:3** The wicked are estranged from the womb: they go astray as soon as they be born, speaking lies.

**Psa 58:4** Their poison is like the poison of a serpent: they are like the deaf adder that stoppeth her ear;

**Psa 58:6a** Break their teeth, O God, in their mouth...

**Mat 13:36** ¶ Then Jesus sent the multitude away, and went into the house: and his disciples came unto him, saying, Declare unto us the parable of the tares of the field.

**Mat 13:37** He answered and said unto them, He that soweth the good seed is the Son of man;

**Mat 13:38** The field is the world; the good seed are the children of the kingdom; but the tares are the children of the wicked [one];

Gen 3:15a And I will put enmity between thee and the woman, **and between thy seed and her seed...**

### **Muslim Jihadists in Yemen Blow up a Busload of Young Schoolgirls**



**'..In the name of allah (the merciful) muslims continue to prove why Islam is the true '..\*religion of peace..'**

Islamic Terrorists  
Have Carried Out More Than  
**24655**  
Deadly Terror Attacks  
Since 9/11  
TheReligionofPeace.com

**\* Except for when they are murdering children, raping little girls, beheading Christians, stabbing and running over**

**Jews, stoning women, enslaving blacks, , stealing land from Hindus, Christians and Jews, blowing up trains and buses, throwing acid on women, hijacking planes and suicide bombing children in schools...but, other than these few minor exceptions.. Muslims are definitely religion of peace.**

**At least 25 people, among them 15 children, have been murdered in twin car bomb attack** in the central Yemeni province of Bayda, reports say.

**The children were inside a school bus that was passing a checkpoint in the Radaa area when the first bomb exploded.**

**The second one went off soon afterwards near the home of a Houthi leader.**

**ISIS not only systematically kills Yazidi and Christian men and women, they have also brutally cut the throats of babies**

**One 13-year-old Yazidi from one particular Yazidi village claims that the Muslim militants killed over 100 kids from his village.** One unnamed Yazidi mother said that although she made it safely to her refugee camp, it was not before ISIS got a hold of much of the rest of her family, whom she has not heard from since.

**"We left Sinjar through the hills. We walked for seven days and seven nights. We had no food and no water," the Yazidi mother said. "The Daesh (Arabic term for the Islamic State) caught my two sons, my father, and two of my sisters. I have no news from them and I don't know if they are even alive."**

Although the mother does not know of the status of the rest of her family, she does know, from first-hand experience, about the cruel nature of ISIS' operations and their barbaric treatment of children and babies.

**"Daesh are crazy people. They even cut the throats of the babies," the mother asserted. "They want us, the Yazidis, to convert to Islam, but we refuse. As long as we are not in their hands, we survive. We prefer to die instead of being their slaves."**

**ISIS militants are also kidnapping and selling off baby girls as sex slaves. A recent pricing guide released by Islamic State leadership reveals that Christian and Yazidi girls aged 1 to 9 years old are being sold as sex slaves for just \$172**



(Photo: Twitter)

<<These Christian women were chained and forced to wear veils by ISIS militants in Iraq.

A regulatory price list recently released by the Islamic State leadership shows that ISIS militants are selling captured Christian and Yazidi girls, as young as one to nine years old, as sex slaves and charging nearly three to four times the amount that they would charge for a grown woman.

A document obtained by

[IraqiNews.com](http://IraqiNews.com), issued by the Islamic State, purports to be an updated price guide detailing how ISIS fighters must price their spoils of war, which include female slaves and cattle. The document, which is dated Oct. 16 and was first reported earlier this week, claims that ISIS' sex slave and cattle trading markets have seen a recent decline in demand, and because of that, ISIS' overall revenue has been affected.

The document states that price changes are needed in the face of ISIS' declining revenue from those markets.

"In the name of Allah, most gracious and merciful. We have received news that the demand in women and cattle markets has sharply decreased and that will affect Islamic State revenues as well as the funding of the Mujaheddin in the battlefield," the document states. "We have made some changes. Below are the prices of Yazidi and Christian women."

The document has listed Christian and Yazidi girls, aged from one to nine years old, with the most expensive price tag. According to the document, those girls are to be sold for 200,000 dinars, or roughly \$172.

Yazidi and Christian girls that are 10 to 20 years old are to be sold for nearly \$129, while those aged 20 to 30 are to be sold for about \$86. The cheapest of ISIS sex slave prices are for women that are 40 to 50 years old, who can be bought for 50,000 dinars, or \$43, while 30 to 40 year olds would cost about \$64.

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### [ISIS Muslim Militants Behead 4 Christian Children for Refusing to Convert to Islam](#)



#### [The Independent](#)

Isis has beheaded four Christian children in Iraq for refusing to convert to Islam, a British minister based in the country has claimed.

Canon Andrew White, [told Orthodox Christian Network](#) that the killings happened in a Christian enclave close to Baghdad which has been taken over

by Isis (formerly known as Islamic State).

He spoke of how Isis has “hounded” the Christians out of Iraq, and how “they killed in huge numbers, they chopped their children in half, they chopped their heads off, and they moved north and it was so terrible what happened”.

Canon White claimed that the children who were beheaded had refused to “follow Mohammed”.

“Isis turned up and said to the children, ‘You say the words that you will follow Mohammed’.”

“The children, all under 15, four of them, said no, we love Yeshua, we have always loved we have always followed Yeshua, Yeshua has always been with us.

“They said: ‘Say the words.’ They said ‘No, we can’t.’ They chopped all their heads off. How do you respond to that? You just cry.”

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### ISIS Muslim Terrorists in Iraq Torturing Christians in Churches and Flogging Them for Taking Communion

Iraqi Christians are reportedly being tortured in local churches by Islamic State in northern Iraq.

In an interview with the *Sunday Times*, a Christian resident from the Islamic State-held city of Mosul, said: “These two churches are being used as prisons and for torture. Three of the Christian prisoners died because they were sick and nobody cared for them.”

The man, known as Abu Aasi, claims that Christian prisoners in the churches are being forced to convert and that Islamic State have been “breaking all the crosses and statues of Mary”.

Thousands of Christians have fled Mosul since the city was seized by Islamic State in August 2014.

Faced with the prospect of conversion, paying a special tax or execution, up to 20,000 Christians reportedly fled Mosul in just 45 days, according to a UN report.

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### English Girl Converts to Islam Then Gets Acid Attacked for Breaking-up With Muslim Man



© Henry Nicholls / NewsteamSWNS.com

An 80-year-old man hired two thugs to throw acid in the face of his ex-girlfriend when he became convinced that the 20-year-old was seeing another man after their relationship ended.

Vikki Horsman was left horribly burned and disfigured after she was doused with the sulphuric acid as she went to answer the door at her friend's house in Tividale, West Midlands.

Her ex-lover, Mohammed Rafiq, was today found guilty of arranging the attack in revenge for Miss Horsman, who had converted to Islam during their relationship, breaking up with him.

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## 'Pope Francis' Bows Head in 'Silent Adoration' Beside Islamic Grand Mufti in Turkey's Blue Mosque

**ISTANBUL, Turkey** – In a move that drew some concerns from onlookers worldwide, the Roman Catholic pontiff known as Francis visited Turkey's Blue Mosque on Saturday, expressing reverence during a moment of prayer observed by the nation's grand mufti, who led him on a tour of the Islamic facility.

According to reports, Francis took off his shoes, folded his hands and bowed his head, standing silently next to Rahmi Yaran, who serves as the nation's highest Islamic leader as grand mufti. The two faced Mecca as Yaran prayed with his palms raised.

The Vatican described the gesture as a "moment of silent adoration" during the Roman Catholic leader's visit to the 17th century Sultan Ahmet mosque. Other descriptions of the visit state that it is meant to show "mutual respect" for each other's **cults**. Francis' predecessor Benedict XVI also visited the facility during his tenure.

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## Does The Pope Believe Christians And Muslims Worship The Same God?

There has been, as one might guess, a lot of disagreement about whether Christians and Muslims worship the same God, but Miroslav Volf, a well-known professor at Yale Divinity School, has done a good deal of work on this subject, concluding that both religions "believe in one God, one God who is a sovereign Lord and to whom they are to be obedient. For both faiths, God embodies what's ultimately important and valuable."

He suggests that it has never been more important for Jews, Christians, and Muslims to understand that they do, indeed, worship the same God and, in fact, "inhabit a common moral universe." Pope Francis would seem to agree. He is, in many ways, working to repair damage done by Benedict, the previous pontiff, in his infamous lecture at the University of Regensburg in Germany, where some of his remarks were taken, possibly out of context, to be anti-Islam. In reaction, the current pontiff has gone out of his way to forge alliances with Islam, praying that religious tolerance will ultimately prevail in the Middle East.

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## Is the Presbyterian Church USA (PCUSA) America's Latest Terrorist Front-Group?



<<Members of the Hezbollah Terrorist Organization, supported by the Presbyterian Church USA (PCUSA) give the Nazi 'Heil Hitler' salute.

Islamist interfaith engagement with American Christians has received significant attention in recent months. Now, an Israeli legal organization has filed a complaint with the Internal Revenue Service

over the Presbyterian Church USA's meetings with Hezbollah members.

The Israel Law Center's 38-page complaint with the IRS also accuses the Presbyterian Church USA (PCUSA) of with meeting with the terrorist group overseas.

In 2004, the PCUSA's Advisory Committee on Social Witness Policy sent a delegation of two dozen representatives to Beirut, Lebanon to meet with Hezbollah. The terrorist group had a field day with it, showing the meeting on its Al-Manar propaganda station. The clips included one delegate praising Hezbollah. "We treasure the precious words of Hezbollah and your expression of goodwill towards the American people," Elder Ronald Stone of East Liberty Presbyterian Church in Pittsburgh said.

Stone also appealed to Hezbollah's anti-Semitism by saying that dialogue with Islamic leaders is easier than with Jewish leaders.

The Presbyterian Church USA responded by saying the meeting was "misguided" and unauthorized.

Yet again in 2005, another PCUSA delegation met with Hezbollah in Lebanon. It was sponsored by the PCUSA's Middle East Task Force.

This second trip was led by Reverend Nuhad Tomeh, the Presbyterian Church USA's General Liaison for Syria, Lebanon, Iraq and the Persian Gulf. Despite this meeting with Hezbollah, Tomeh served in this position until the fall of 2013.

Tomeh does not currently have an official title with PCUSA, but his ties have not been severed. He is still promoted on the Presbyterian Church USA's Presbyterian Mission Agency website.

The PCUSA spokesman for the trip was Robert Worley, a former professor at a Presbyterian seminary. He was quoted in the Lebanese media regurgitating Hezbollah's propaganda:

"The Americans hear in the Western media that Hezbollah is a terrorist organization, and they do not hear any other opinion. They know nothing about the party's concern for the people of the south."

Worley confirmed to the New York Times that he was being accurately quoted by the Lebanese press and reiterated his stance on Hezbollah, saying that the group "brought peace to that region of the world."

At best, this statement displays a stunning ignorance of how Islamist terrorists work; at worst, it displays a willful collusion by the PCUSA in its dealings with Islamist radicals.

These dealings include joint activism against advertisements spreading awareness about violent jihad and rushing to the defense of Islamic groups with links to the Muslim Brotherhood and histories of extremist rhetoric who accuse their critics of bigotry.

PCUSA also published a book that whitewashes the extremist preaching of Zaytuna College's founders, who spout anti-American propaganda and justify attacks on U.S. soldiers.

In addition, the church is part of a coalition that also defended an accused Palestinian terrorist bomber.

PCUSA lists U.S. Muslim Brotherhood entities as interfaith partners and such groups serve as advisors to the church's studies in Muslim-Christian relations.

The church also opposes U.S. military action against the Islamic State (ISIS), arguing that the group can be dealt with peacefully and that U.S. “aggression” is to blame for Islamist terrorism and extremism.

Earlier this year, PCUSA published a study guide for members that argues against Christian support for Israel’s existence as a political state. It teaches that such support is “providing theological and ideological ‘cover’ for the takeover of Palestinian land, and the domination and dispossession of the Palestinian people during the past one and a quarter centuries.”

Islamists consider PCUSA an ally because of its anti-Israel activism and blaming of Israel for Islamist terrorist acts.

Unsurprisingly, former KKK Grand Wizard David Duke and the Iranian regime celebrated the study guide.

In June, PCUSA voted to divest \$21 million from Caterpillar, Hewlett-Packard and Motorola Solutions to punish them for their work with Israel.

No similar action has been taken against business working with the Iranian regime or other Islamist extremists.

PCUSA says it has over 1.7 million members in over 10,000 congregations across the country. There are huge ramifications from the Islamists’ influencing of this church’s membership. And events in recent months show that this engagement is not limited to PCUSA.



On November 9, the Muslim Christian Dialogue Center based at the University of St. Thomas in Minnesota brought in an Islamist extremist linked to the Muslim Brotherhood for an interfaith event. The Center was founded by the Minnesota Council of Churches and the Islamic Center of Minnesota. One of the keynote speakers at the event was Jamal Badawi, whose history includes endorsing suicide bombings and “combative jihad” and praising Hamas as “martyrs.” Badawi used to be listed as a member of the board of directors for the Islamic Society of North America (ISNA), a U.S. Muslim

Brotherhood entity and designated unindicted co-conspirator in a Hamas-financing trial. He is also personally listed as an unindicted co-conspirator in that trial.

There was also a major controversy when the Washington National Cathedral allowed Islamist groups with extremist histories to hold Muslim prayers inside the church on November 14. The Cathedral’s director of liturgy described it as a moment for the “voices of moderation” to be heard.

The U.S. Muslim Brotherhood wrote a 1991 strategic memo that describes its “work in America as a kind of grand jihad ... in eliminating and destroying the Western civilization from within.”

One of the key instructions given to the Brotherhood network was to “possess a mastery of the art of ‘coalitions,’ the art of ‘absorption,’ and the principles of ‘cooperation.’”

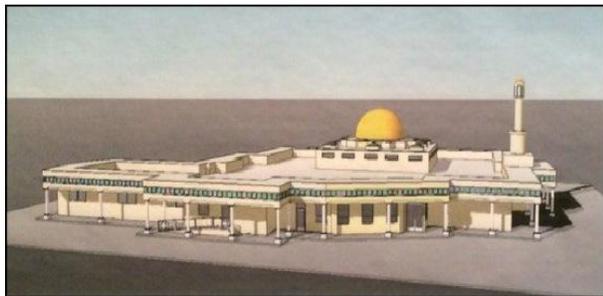
From the beginning, Islamists in America saw the value in forming interfaith and political alliances. Based on these incidents, we can see why.

### CAIR Terrorist Organization Files Federal Lawsuit to Force Bensalem Township, Pennsylvania to Permit Mega-Mosque

In its lawsuit, the Muslim organization accuses Bensalem and the board of violating laws regarding religious land use, Pennsylvania's Municipal Planning Code and Religious Freedom Protection Act, and the group's First and Fourteenth Amendment rights.

### Bridgewater Township New Jersey Pays Muslims \$7.75 Million to Purchase Land for New Mosque Construction

**CNN BRIDGEWATER, N.J. –** A New Jersey town has agreed to pay \$2.75 million to purchase land for a proposed mosque in order to settle a lawsuit that was filed by Muslims who were prohibited from opening a mosque in another area of the



township. According to the settlement between Bridgewater officials and the Muslim Al Falah Center, the mosque will be built on a 15-acre strip of land, and the township's insurance will also pay \$5 million in damages and attorney's costs. The total settlement will amount to \$7.75 million dollars.

In 2011, the township planning board rejected a proposal for a former inn to be converted into a mosque, but those behind the Al Falah Center then filed a federal lawsuit against the town of Bridgewater in an effort to force officials to permit the renovation of the building into a mosque and Islamic community center.

Last fall, U.S. District Judge Michael Shipp, appointed to the bench by Barack Obama, barred the ordinance from being enforced and ordered the township to reconsider the application. He also ruled that he found "anti-Muslim prejudice within the community, including Internet postings and e-mail correspondence," which Shipp believed may have contributed to the denial, and said that the township "rendered it nearly impossible for Al Falah and its individual members to adhere to the tenets of their religion."

This all led to the \$7.75 million dollars settlement reached this fall.



But some are still questioning the outcome of the case.

"What exactly were the 'damages sustained' that required \$5 million in compensation?" one commenter asked. "Also, can't they see this is a precedent, and that every other mosque-builder in America will now use this blueprint to coerce municipal accommodation?"

"I've lived in central Jersey a good part of my

50-year life, and have never heard of either a synagogue or a church stirring such controversy, demanding such accommodation, and being rewarded such sums,"

### Kennesaw Georgia City Council Caves in to Muslim Threats and Reverses Previous Decision: Mosque Approved by 5-0 Vote



/ WND / KENNESAW, Ga. – The Kennesaw City Council approved a land-use permit for a new mosque less than two weeks after it had denied the permit, citing traffic and parking concerns. The council voted 4-1 to deny the permit Dec. 3, but after legal threats from the Suffa Dawat Center, the council reversed its earlier decision with a 5-0 vote Monday. The vote was taken without discussion as six police officers lined the walls of the council chambers and another contingent of

officers patrolled outside where about 25 protesters from Overpasses for America and the Georgia Security Force militia held American flags and signs saying “No Mosque!” and “Ban Islam!”

Kennesaw Mayor Mark Mathews told WSB-TV in Atlanta that the council changed its vote due to “legal advice from our own city attorney, not based on input received from the public or anybody else.”

Mosque members were pleased with Monday’s outcome.

“I think we have achieved success for the whole community including those who oppose us,” Khalid Hashmi told WSB.

But the protesters outside weren’t buying it.

Capt. Linc Doberman of the Georgia Security Force told WND he believes Islam is more than just a religion and should be treated as such.

“The imams in the mosques are all striving towards the establishment of a caliphate and you can’t have a constitutional republic along with a caliphate,” he said. “So you can allow it to continue creeping in, until you feel the deep, red welts of domination.”

One of the protesters yelled at the Muslims as they filed out of city hall saying; “We will never respect Islam! We will never convert!”

Suffa Dawat applied for the permit to lease a space in a retail shopping plaza that is zoned for commercial use. A residential neighborhood sits directly behind the strip shopping center, and neighbors were not happy about the prospect of hearing the Friday call to prayer blasting near their homes. The mosque has entered into a two-year lease.

Suffa Dawat had the backing of the Council on American-Islamic Relations, or CAIR, a wealthy Islamic-rights organization founded by the Muslim Brotherhood. The city council’s flip-flop angered residents who had come out against the mosque. But residents were not allowed to speak for or against the mosque until after the vote was taken.

One Kennesaw woman, Carlene Fregeolle, addressed the council after the vote. She said she met with the Muslims and found they had not disclosed all of their plans for the building on their application.

The mosque will be open for prayer five times a day, for the weekly call to prayer on Fridays and also for an educational program for children on Sundays.

**“Everything was done behind the scenes,” Fregeolle continued. “If they don’t get their way they sue. Our city council is afraid to stand behind their own zoning laws.”**

Council member Debra Williams, who voted against the mosque the first time, changed her vote, as did council members Leonard Church, Tim Killingsworth and Jim Sebastian. Cris Eaton Welsh was the only member who voted in favor of the mosque both times.

The decision came down to costs, Williams said, **and the threat of an expensive lawsuit in federal court.**

Williams told WND that **even if the Justice Department hadn’t yet threatened a lawsuit, the attorneys for the Islamic congregation were keeping the DOJ abreast of the situation with the city!!**

**And most cities are ill prepared for dealing with mosques, because they assume they will operate just like churches.**

For example, in Bloomington, Minnesota, **a mosque was approved under the pretense of accommodating a maximum of 200 people, but now residents are seeing events that bring in excess of 700 people and the accompanying traffic problems.**

In other words, Pandora’s box has been opened.

**These Muslim Mosque’s are creating a whole new level of use that has been done deliberately and with the understanding that they’re creating an example that will be referenced in the future all around the USA.**

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### **++ Scott Johnson’s Reply to a Listener Question About Vitamin D2 & D3**

Linda: Received your letter. The 50,000iu vitamin D they are wanting to Rx you in my opinion is very unwise. Number one this is a synthetic vitamin D2. It is essentially a vitamin drug. Vitamin D is a fat soluble vitamin, meaning that (unlike water soluble vitamins) **it can build up in your system if you take too large a dose.** 50,000iu a day is a massive dose. What you need is a Vitamin D-3 (the active form of vitamin D our body needs) in a food based form. This is almost impossible to find though. Only one company I know of makes this: **Innate Response Formulas** which is one of the professional lines I have carried for years. I would recommend you get the **D3 5000iu from Innate** and take about 2 per day for 2-3 weeks and then just take 1 per day as a maintenance. You will not need as much of this natural vitamin D3 (as you would a synthetic vitamin D2) as the natural vitamin D3 will be assimilated much better and will be totally safe (**unlike a 50,000iu synthetic D2 product**). **I have talked about Vitamin D-3 in my teachings I posted below.**

**Scott Johnson’s Teachings Where Vitamin D-3 is talked about**

**Transhumanism, DNA, Vaccinations, the Flu Epidemic and Proactive Health Measures:1-13-13–Part 3**

**2012 End Time Current Events & Health Alerts: 1-8-12–Part 4**

**End Time Current Events & Gulf Updates-9-26-10–Part 1**

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## Amazing Information Regarding Vitamin D-3

Watch these short videos to understand the importance of Vitamin D3

<http://www.youtube.com/watch?v=-NggB2nhBE> Dr. John Cannell on vitamin D3

[http://www.youtube.com/watch?v=kfa\\_z0KTwDo&NR=1](http://www.youtube.com/watch?v=kfa_z0KTwDo&NR=1) Essential Information

### About Vitamin D3

**Play:** <http://www.youtube.com/watch?v=GsbCP42BDtw&feature=related> The Vitamin D Cure

Vitamin D: importance in the prevention of cancers, type 1 diabetes, heart disease, and osteoporosis and Auto-immune diseases.

The purpose of this review is to put into perspective the many health benefits of vitamin D and the role of vitamin D deficiency in increasing the risk of many common and serious diseases, including some common cancers, type 1 diabetes, cardiovascular disease, and osteoporosis. **Numerous epidemiologic studies suggest that exposure to sunlight, which enhances the production of vitamin D3 in the skin, is important in preventing many chronic diseases.**

**Because very few foods naturally contain vitamin D, sunlight supplies most of our vitamin D requirement.**

25-Hydroxyvitamin D [25(OH)D] is the metabolite that should be measured in the blood to determine vitamin D status. Vitamin D deficiency can be prevalent in infants who are solely breastfed (if their mothers are low in vitamin D) and in adults of all ages who have increased skin pigmentation or who always wear sun protection or limit their outdoor activities. **Vitamin D deficiency is often misdiagnosed as fibromyalgia.**

Studies in both human and animal models add strength to the hypothesis that the unrecognized epidemic of vitamin D deficiency worldwide is a contributing factor of many chronic debilitating diseases. Greater awareness of the insidious consequences of vitamin D deficiency is needed. Annual measurement of serum 25(OH)D is a reasonable approach to monitoring for vitamin D deficiency. The recommended adequate intakes for vitamin D are inadequate, and, in the absence of exposure to sunlight, **a minimum of 1000 IU vitamin D/d is required to maintain a healthy concentration of 25(OH)D in the blood.**

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### If Taking a Vitamin D Supplement, Remember Vitamin K, Vitamin F Factors, Vitamin A and Magnesium Too

If you opt for a supplement, be sure to take vitamin D3—not synthetic D2—and take vitamin K and magnesium in conjunction with it. Vitamin D is fat-soluble, so taking some form of healthy fat with it will also help optimize absorption. The biological role of vitamin K is to help move calcium into the proper areas in your body, and without sufficient amounts, calcium may build up in areas such as your arteries and soft tissues. This can cause calcification that can lead to hardening of your arteries—a side effect previously thought to be caused by vitamin D toxicity. **We now know that inappropriate calcification is actually due more to lack of K2 than simply too much vitamin D.**

Magnesium is also important, both for the proper function of calcium, **and for the activity of vitamin D as it converts vitamin D into its active form.** Magnesium also activates enzyme activity that helps your body use the vitamin D. In fact, all

enzymes that metabolize vitamin D require magnesium to work. As with vitamin D and K, magnesium deficiency<sup>16</sup> is also common, and if you're lacking in magnesium and take supplemental calcium, you may exacerbate the situation.

***Dr. Johnson's Comment:*** *The best product I know of to supply all these cofactors and vitamins mentioned above that vitamin D needs to work is Chlorophyll Complex by Standard Process. See: [Chlorophyll Complex™](#)*

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### **The Keys to Healthy Youthful Skin/The Truth About Sunscreens**

In this email I am going to be discussing a subject which is fraught with misconceptions. Americans by and large believe that the primary way to protect and nourish the skin comes from the outside in. Mainly in the forms of creams and lotions. The question I must pose to those that believe this way is: Does your skin lose its integrity from a lack of creams and lotions or are there other reasons for the skin breaking down. I will attempt to show you that the problem comes from the inside out. If we provide ourselves with the proper nutrients our skin will take care of itself. But without the proper nutrients the skin (like the rest of our body) will break down and become susceptible to a host of problems.

First off let's discuss some factors that promote the integrity of the skin. The three most important nutrient factors that relate to the integrity of the skin are Calcium, Vitamin D and Omega 3 Fatty Acids (which can also be referred to as Vitamin F). Let's look at how these three interact. Below I have posted a commentary on this subject from a man named John Courtney. Mr. Courtney was Dr. Royal Lee's (The founder of Standard Process) right hand man. Read this closely to understand why so many people develop skin conditions.

John Courtney: The ultraviolet rays from the sun convert skin oil to vitamin D. Too much vitamin D is called hypervitaminosis D. Actually, it is not too much vitamin D, but a deficiency of vitamin F(Omega 3 Fatty Acids), which is vitamin D's antagonist. Vitamin D picks up calcium from the gut (intestines) and puts it into the blood. Vitamin F takes it from the blood and puts it into the tissues (skin). Suppose you get D and no F. Your blood calcium level will increase at the expense of the tissue(skin) calcium level, because D not only picks up calcium from the gut-in a deficiency of F, it brings calcium from the tissues back into the blood. That's why farmers and other people who are in the sun a lot get thick skin if they don't eat enough vitamin F, which is primarily in oils (Flax is the best). They get hives. They get sunstroke. Sunstroke involves high blood calcium levels with low tissue calcium levels. As I say, it is not so much a matter of too much vitamin D as a lack of vitamin F. Excess vitamin D from extreme exposure to the sun is known to cause cancer. For example, farmers who are out in the sun all day long, every day, have a much higher incidence of skin cancer than people who aren't in the sun as much. You might have read articles that say you should stay out of the sun, that sunshine is hazardous to health. Well, it's only dangerous to people who are vitamin F deficient.

We are the only company that calls this factor vitamin F. As I said earlier, vitamin F also delivers calcium into the tissues (skin) from the blood. What does this do? Without this mechanism working properly, **there's tissue calcium starvation with resulting itching of the skin.** **Anybody whose skin itches, look out!** They need CATAPLEX F and CALCIUM LACTATE. Give them CALCIUM LACTATE to be sure they have enough calcium, and CATAPLEX F to deliver the calcium into the tissues. This can go to any degree. Hives that people get from being out in the sun a lot-the big welts that form around the tender parts of the body-this is a symptom of tissue calcium deficiency. If you give these people CATAPLEX F, the calcium that is already in their blood is delivered into the tissues and the welts clear up. Canker sores that develop on the inside of the mouth are also related to tissue calcium starvation. Canker sores are caused by a herpes simplex virus. Once you have the virus, you will for the rest of your life. But if your tissue calcium stays sufficiently high, the virus never forms the canker sores. It is not such a bad thing to have them because they reveal your tissue calcium level. As soon as your tissue calcium level goes down, they pop out and you know you need CALCIUM LACTATE.

**So if the sun exposure is not the problem, what is? It's when we become deficient in Vitamin F and Calcium that excess Vitamin D (from sun exposure) can hurt us. It does this because the Vitamin D takes the Calcium out of the skin and puts it into the blood stream. Well that's fine if we have adequate Vitamin F and Calcium stores because ideally the Vitamin F would quickly take the Calcium from the blood stream and replenish the skin's depleted stores of Calcium. But if we are deficient in Vitamin F and Calcium (which is very prevalent), this sets the stage not only for skin cancer but a host of other skin conditions.**

**So how do we become deficient in Calcium and Vitamin F/Omega 3 Fatty Acids? This is quite easy because quality sources of these two nutrients factors are so low in the standard American diet. Most of the calcium we get in our diet is in the form of a cooked food: Ex) pasteurized milk, canned vegetables, etc.. Once a food has been cooked the calcium that is present is not the same as it was in its natural raw state. This makes it very hard to obtain a quality calcium source from the standard American diet. If you turn to vitamin supplements, most of the alternatives are even worse. This is so because the primary form of Calcium in vitamin supplements, are in the form of Calcium Carbonate. This form is used because it is so cheap to mass produce, but ingesting this form of calcium is equivalent to trying to digest rocks. It takes 12 steps to convert this form of Calcium into usable calcium (Calcium Bicarbonate). If deficient I recommend two different methods for replenishing Calcium stores. One drink a good quality spring water that is naturally high in Calcium Bicarbonate. Evian is the best from the studies I have seen. If this is not optional or if the deficiency is long standing I recommend Calcium Lactate. This form of Calcium (which is not made from milk Calcium) takes only one step to convert to usable calcium in the body. Four**

symptoms that appear in Calcium deficient patients are canker sores, chronic low immune system function, cramps and itching of the skin.

The best way to get Vitamin F/Omega 3 Fatty Acids is flaxseed oil. You see the Omega-3 fatty acids in flaxseed oil are necessary for healthy cell membranes and to transport calcium into the skin and white blood cells, where the calcium is used to support cell motility(movement)and phagocytosis (killing the foreign infectious invaders). I usually only recommend Linum B6 for women and Cataplex F Tablets for men, as flax is a very volatile oil and spoils very easily. It is a risky proposition buying flax oil off the shelf as usually there is no way to verify quality. If you buy a liquid flax make sure it is refrigerated and keep it refrigerated after you buy it. Barleens makes a good liquid flax oil. Since Vitamin F works so closely with Calcium in the body, the deficiency symptoms are the same as I listed above for calcium(canker sores, chronic low immune system function, cramps and itching of the skin) with dry skin also being a symptom of Vitamin F deficiency.

If a skin conditional ready exists or if you really want to optimize the nutrients you are taking for the skin, it is also wise to add in a product called Dermatrophin. This product helps the body target the nutrition you are taking into the skin. It also gives the body a window of opportunity to heal the skin and acts to protect the skin.

The last product I recommend with this protocol is Chlorophyll Complex Perles. I am posting another commentary below in regard to this product.

Commentary: Chlorophyll is the essence of the life-supporting nutritional pattern of our planet Earth. From oxygen production to carbon dioxide consumption, green plants (chlorophyll) provide the life support pattern from the oceans to the forests to the grasslands. Cooking green foods destroys the chlorophyll content. 99.9 percent of the chlorophyll supplements sold are water-soluble, thus void of any nutrition. Fat soluble chlorophyll contains vitamins A, E, F, and K. (Dr. Johnson Comment: Standard Process is the only company I know of that makes a true fat soluble Chlorophyll product. This is due to the fact that a true fat soluble Chlorophyll is incredibly hard to make and not very cost effective)

Chlorophyll and Free Radicals: Free radicals are particles that are extremely destructive to surrounding molecular structures. Therefore, nature impregnates chlorophyll with anti-free radical factors to prevent the plant from destruction. (Dr. Johnson Comment: So Chlorophyll is the substance that God has put into plants to protect them from sun damage and it has a very similar affect when humans take it. Free radicals are one of the main components that cause our skin and bodies to age) Chloroplasts such as carotenes and vitamin K, vitamins A and E, and minerals magnesium and iron are there to prevent free radical damage. Beta-carotene is the form of vitamin A in chlorophyll, and is perhaps the most powerful anti-free radical factor known. Many photosensitivity's can be

corrected by the beta-carotene of chlorophyll. While straight carotene, such as found in carrots, can lead to hypervitaminosis A, beta-carotene in chlorophyll can never lead to vitamin A toxicity (that is why grazing animals never get too much vitamin A even though they eat grass all day) . This substance has been cited as a possible lung cancer protective factor by the British Medical Association.

John Courtney: CHLOROPHYLL COMPLEX PERLES is our fat-soluble chlorophyll product, for internal use. It's made from alfalfa, buckwheat, pea vines, tillandsia and soybean plants. It's an outstanding product with many uses - the only natural source of vitamin K that I know of. Because of its vitamin K content, CHLOROPHYLL PERLES are very helpful to people whose blood doesn't clot fast enough. The K is involved in the production of fibrin, important in the clotting mechanism. The K also supports capillary integrity. In addition to vitamin K, CHLOROPHYLL PERLES contains all the other known fat-soluble vitamins, except vitamin D. Its content includes the vitamin E sex hormone precursors, making the product valuable in treating men and women with hormone balance problems. The fat-soluble vitamins are involved in the production of the gastrointestinal mucous membrane, so the product is important in the care of the ulcer and colitis patients. CHLOROPHYLL COMPLEX is helpful in the formation of hemoglobin healthy blood. The structure of the chlorophyll molecule is very close to the structure of the hemoglobin molecule. While magnesium is primary in the chlorophyll molecule, iron is primary in the hemoglobin molecule. Other than that, the chlorophyll molecule and the hemoglobin molecule are almost identical. Finally, CHLOROPHYLL PERLES have a mild detoxifying effect in the gastrointestinal tract, particularly in cases of arthritis, arteriosclerosis, etc. CHLOROPHYLL has a neutralizing effect on guanidine, which you recall is the toxin of constipation. If a doctor gives this product to a patient and there doesn't seem to be any improvement, it may be the patient isn't able to metabolize the fat soluble factors in the chlorophyll. Giving CHOLACOL along with the CHLOROPHYLL solves that problem. CHOLACOL is bile salts for aiding the digestion of fat-soluble factors.

Dr. Johnson Comment: As far as anti-aging of the skin you have to supply the body with a strong antioxidant as antioxidants quench free radicals that cause aging and deterioration in our bodies. The strongest product I know of that will do this is Vitanox by Mediherb. I take two of these everyday for my skin and have noticed a big positive difference as a result.

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Order Form

Full name and mailing address for package:

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Item(s) being purchased at this time:

Quantity	Item Description	Purchase Price	Subtotal
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	Calcium Lactate/800 or 330 tablets/	43.00 or 21.00	
	Cataplex F Tablets/90 or 360 tablets/	11.00 or 38.00	
	Linum B6/120 Perles/	16.00	
	Dermatrophin/90 Tablets/	16.00	
	Chlorophyll Complex/60 or 240 Perles/	24.00 or 82.00	
	Cholacol/90 Tablets	13.00	
	Vitanox/120 Tablets	95.00	
		Shipping:	?
		Total:	

Email Dr. Johnson at: [drjohnson@ix.netcom.com](mailto:drjohnson@ix.netcom.com) for a shipping quote and ordering instructions.

Using virgin [coconut oil](#) as you would any lotion is an ideal way to rejuvenate skin. Not only does it prevent the formation of damaging free radicals and protect against them, but also it can help to keep the skin from developing liver spots and other blemishes caused by aging and overexposure to sunlight. Coconut oil keeps the skin's connective tissues strong and supple, which helps to prevent sagging and wrinkles, and in some cases it might even restore damaged or diseased skin.

Coconut oil will not only bring temporary relief to the skin, but it will aid in healing and repairing, unlike most lotions. The coconut oil can help bring back a youthful appearance to your skin by removing the outer layer of dead skin cells, making the skin smoother. The skin will become more evenly textured with a healthy "shine." And the coconut oil will penetrate into the deeper layers of the skin and strengthen the underlying tissues.

Naturally, you need to choose a high-quality coconut oil that is free of chemicals and is not bleached or hydrogenated, all of which can irritate your skin, if you want to experience the maximum healing effects. My team and I here researched coconut oil extensively until we found the ideal source--one that is certified organic and made from the freshest coconuts. I now highly recommend and offer you what is clearly the premier brand of virgin coconut oil in the United States, [Tropical Traditions: www.tropicaltraditions.com](#)

[7 surprising things you're not supposed to know about sunscreen ...](#)

Jun 25, 2011 ... (NaturalNews) Ask somebody about sunscreen and you're likely to receive an earful of disinformation from a person who has been repeatedly ... [www.naturalnews.com/032815\\_sunscreen\\_chemicals.html](http://www.naturalnews.com/032815_sunscreen_chemicals.html)

**[Study: Many sunscreens increase skin cancer risk, FDA has known ...](#)**

Study: Many sunscreens increase skin cancer risk, FDA has known for a decade but done nothing. Thursday, July 14, 2011 by: Ethan A. Huff, staff writer  
[www.naturalnews.com/032996\\_sunscreen\\_cancer\\_risk.html](http://www.naturalnews.com/032996_sunscreen_cancer_risk.html)

**[More than two-thirds of conventional sunscreens contain harmful ...](#)**

Jul 2, 2014 ... More than two-thirds of conventional sunscreens contain harmful chemicals: learn how to avoid them this summer.  
[www.naturalnews.com/045825\\_sunscreen\\_harmful\\_chemicals\\_UV\\_rays.html](http://www.naturalnews.com/045825_sunscreen_harmful_chemicals_UV_rays.html)

**[Watch out for toxic ingredients in sunscreen - NaturalNews.com](#)**

Mar 14, 2011 ... "You want to look out for sunscreens with oxybenzone," said Jane Houlihan of the Environmental Working Group. Research has implicated ...  
[www.naturalnews.com/031692\\_sunscreen\\_chemicals.html](http://www.naturalnews.com/031692_sunscreen_chemicals.html)

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**Recommended Product: Vitamin D-3**

**<https://www.innateresponse.com/uploads/VitaminD3.pdf> Innate Response™ foundational multi-vitamin and mineral formulas are exclusively crafted from 100% whole food nutrients. The vitamins and minerals in each formula are not in an isolated state, but rather exist within a biodynamic True Active™ FoodState, whole food concentrate. True Active™ FoodState concentrates not only deliver essential vitamins and minerals, but numerous other vital constituents as well, including bioactive peptides, enzymes, food compounds and macronutrients that inherently comprise whole food. The food constituents delivered with each whole food vitamin and mineral have irreplaceable roles as co-factors in key metabolic bodily functions, and as bio-carriers that govern nutrient delivery to the cells. It is the bio-carriers that are considered to be the "intelligence" of whole food nutrients, enabling the body to readily recognize, assimilate and utilize the nutrients and other vital constituents being delivered. True Active™ FoodState nutrients therefore have a higher rate of utilization and are also retained longer in the body compared to all other forms of nutrients, particularly pure, isolated forms.**

**+++D-3 & Invive Mild Silver Protein Offer--Dr. Johnson's Comment:** From the feedback I have gotten it is apparent that the high dose, foodstate Vitamin D-3 from Innate Response Formula is not available off the Internet. So if interested I will be offering the high dosage, Professional Innate Response Formula-1000iu, 2000iu & 5000iu Vitamin D-3 products at the sizes and prices below (Sorry US orders only). Also if you order any quantity of Invive 5000ppm Silver with the Innate Vitamin D-3 the shipping is free.

**++For a total just email Dr. Johnson ( [drjohnson@ix.netcom.com](mailto:drjohnson@ix.netcom.com) ) with what you would like to order & your shipping address; and a total will be emailed to you quickly.**

**Innate Vitamin D-3 1000iu (90 tablets): 30.00**

**Innate Vitamin D-3 2000iu (90 tablets): 42.00**

**Best Value: Innate Vitamin D-3 5000iu per capsule (60 capsules): 33.00**

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**Vitamin D-3 2,000 IU - 90 tablets**

**Price 42.00**



Vitamin D-3 by Innate provides this critical component of optimal health. True Active™ FoodState® vitamin D-3 is an effective, bioavailable whole food form of vitamin D, complete with the amino acids and sterols which act to catalyze mineral utilization.\* Vitamin D-3 plays a vital role in bone health and immune health, calcium utilization, cardiovascular and lung health. With vitamin D deficiencies at an all-time high, supplementation of this nutrient is of paramount importance. This comprehensive formulation also includes an organic whole foods blend, an immune blend and plant-sourced enzymes. Vitamin D-3 by Innate is an extraordinary 100% whole food solution to support o

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### Vitamin D-3 1,000 IU - 90 tablets

Price: 30.00



Vitamin D-3 by Innate provides this critical component of optimal health. True Active™ FoodState® vitamin D-3 is an effective, bioavailable whole food form of vitamin D, complete with the amino acids and sterols which act to catalyze mineral utilization.\* Vitamin D-3 plays a vital role in bone health and immune health, calcium utilization, cardiovascular and lung health. With vitamin D deficiencies at an all-time high, supplementation of this nutrient is of paramount importance. This comprehensive formulation also includes an organic whole foods blend, an immune blend and plant-sourced enzymes. Vitamin D-3 by Innate is an extraordinary 100% whole food solution to support overall wellbeing.\*

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### Innate Response Vitamin D 5,000 (blend of D3, K1, and K2)- 60 capsules

Price: 33.00



Vitamin D 5000 is an expertly crafted exclusive blend of FoodState whole food vitamin D and cholecalciferol combined with vitamins K1 and K2. Vitamin K1 is a cabbage based form which lends to optimal absorption and utilization. The FoodState vitamin D is complete with the amino acids and sterols which act to catalyze mineral utilization. Vitamin D plays a vital role in bone health, immune health, calcium utilization, cardiovascular health and lung health. With greater than 50% of the global population at risk for vitamin D deficiency, it is of the utmost importance to be diligent in maintaining adequate levels of this crucial nutrient. Vitamins K1 and K2 are essential components

for healthy bone and cardiovascular health and should be considered an essential part of your nutritional intake. Vitamin D 5000 is a remarkable synergistic blend of nutrients to support various key functions of the body as well as overall health.

## Power Couple: Vitamins D & K

The synergistic blend of these vitamins act together in harmony to achieve a combination with far-reaching effects on the body. The efficacy and bioavailability of these fat-soluble vitamins are enhanced with FoodState sources of whole foods such as cabbage. The combo of these two vitamins in Vitamin D

5000 makes for a power couple that can work together to support each other's actions to positively influence overall health.

Cardiovascular and Bone Support Studies suggest that there is extensive overlap between their physiologic and metabolic functions in the body, particularly within cardiovascular and bone health. With many people living a modern "industrial" lifestyle of limited sun exposure and a diet short of foods

<b>Supplement Facts</b>	
Serving Size 1 Capsule	
Amount per Serving	% Daily Value ▼
Vitamin D3 .....(as cholecalciferol)	5000 IU 1250
Vitamin K1 & K2 (500 mcg as FoodState* K1 & as Menaquinone-7) .....	50 mcg 688

\* FoodState® nutrients

Other Ingredients: Cellulose, Ascorbyl Palmitate, Brown Rice, Cabbage\*

naturally rich in these nutrients, adequate levels of these nutrients become vitally important.

## Vitamin D Utilization Depends on A and K & Magnesium

Christopher Masterjohn, 12-15-10

Weston A. Price Foundation Blog

In the last several weeks two momentous occasions have occurred in the world of vitamin D.

First, the Institute of Medicine (IOM) released its new report. It tripled the recommended intakes, doubled the upper limit, and commissioned researchers to go forth and test the effects of intakes higher than the upper limit, as this would be safe under proper supervision and provide valuable information.

The second momentous occasion occurred on December 14, 2010, when bestselling business author and tango champion Tim Ferriss released *The 4-Hour Body*. Tim's last book, *The 4-Hour Workweek*, was number one on the *New York Times*, *Business Week*, and *Wall Street Journal* bestseller lists and has been translated thus far into 35 languages.

In his new book, he discusses my research on the interactions between vitamins A, D, and K, and gives the following warning:

*"Supplemental vitamin D increases your need for vitamin A, so don't forget the aforementioned cod liver oil, which includes both."*

Hooray! It's wonderful to see someone with this type of reach get this information out there.

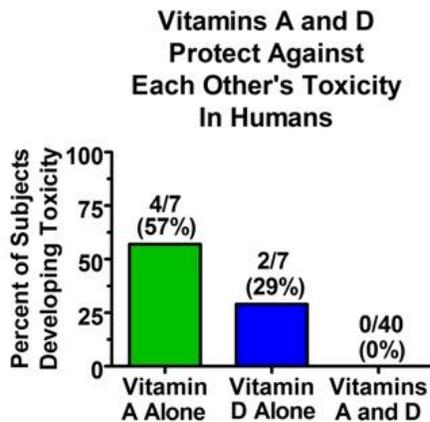
I first raised the issue of vitamin A-and-D interactions in the spring of 2006 in my article on [vitamin A and osteoporosis](#). I developed these thoughts further and introduced their interactions with vitamin K in the fall of 2006 in my article, [From Seafood to Sunshine: A New Understanding of Vitamin D Safety](#), and in the spring of 2007 in my article, [On the Trail of the Elusive X Factor: A 62-Year Mystery Finally Solved, Vitamin K2 Revealed](#).

I formally published my hypothesis that vitamin D toxicity results not so much from hypercalcaemia but moreso from causing the excessive production of vitamin K-dependent proteins, leading to defective forms of these proteins in the absence of adequate vitamin K, in my December, 2007, *Medical Hypotheses* paper, [Vitamin D Toxicity Redefined: Vitamin K and the Molecular Mechanism](#). Tufts University researchers confirmed the first prediction of this hypothesis the following year, showing that when vitamin A protects against vitamin D toxicity, it [curbs the excessive production of vitamin K-dependent proteins](#).

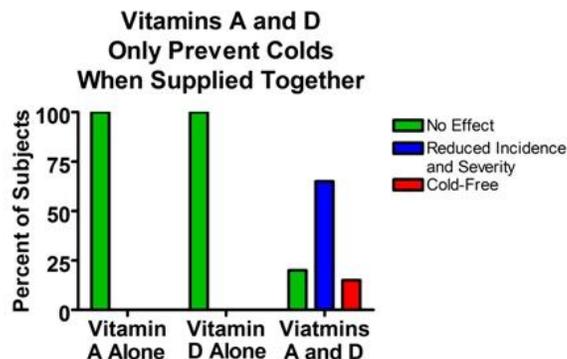
When I wrote these articles, all the most compelling research I had was from animal studies. I wish that when I wrote them I had known that proof of principle for vitamin A-and-D interactions had already been experimentally demonstrated in humans. This revelation, however, had to wait for my 2009 *Wise Traditions* lecture, [Cod Liver Oil: Our Number One Superfood](#).

**Dr. Johnson's Comment: The one I Rx is: [Cod Liver Oil by Standard Process](#).**

In 1941, Irwin G. Spiesman published a human trial in the *Archives of Otolaryngology*, a journal published by the American Medical Association, [Massive Doses of Vitamins A and D in the Prevention of the Common Cold](#).



**Spiesman found that vitamins A and D only reduced colds when fed together.**



Likewise, he found that vitamins A and D were only safe when provided together. This study is not perfect. As you can see from the numbers on top of the bars in the second graph, there were far fewer people in the groups receiving either vitamin alone than in the group receiving both vitamins together. Spiesman reported that this was because it was difficult to get people receiving no benefit to continue the study for very long. It makes the study more difficult to interpret. On the other hand, given the toxicity figures in the second graph, we can be happy for safety's sake that so few people were given massive doses of one or the other vitamin alone.

It would also have been better to have had a vitamin-free control group. And it would have been better to see the effects of more realistic doses of vitamins. Nevertheless, the study quite clearly provides proof of principle in humans that vitamins A and D are most beneficial and safest when provided together, just like in the animal experiments.

**Several commenters on this blog and on my Facebook fan page have provided**

testimonials about their negative experiences with vitamin D supplementation that support the protective effects of vitamins A and K: *Cynthia Frederick, March 2010: I and many others I've met on forums, have adverse reactions to vitamin D3, even the lower amounts of 2,000 IU/day even though we were tested and were deficient. And we do not have the conditions that would make vitamin D contraindicated . . . I'm waiting for the long-term effects to take place in people taking these higher amounts who are not simultaneously increasing their vitamin A and K levels. In 10 years I wager we will be hearing about the negative effects that the higher doses of this 'miracle nutrient' have had on those taking it.*

*As I mentioned before, there seems to be a subset of us for whom even low doses (1,000 IU/day) of Vit D cause kidney stones, chest pain, fatigue, and aches and pains, even though our 25 OH D levels were 'low' (23). We get these symptoms as soon as a week after using the D . . . I saved myself a trip to the ER with the above symptoms by remembering previous articles of yours about balancing the fat-soluble vitamins, and took about 100,000 IU of vitamin A from fish oil and 5 mg of K2. Within 1/2 hour ALL the symptoms disappeared. This happened more than once so I know it is not coincidence. You are definitely on to something here.*

*Lynn Razaitis, June 2010: I certainly know what happens when you get these ratios off. I naively had a vitamin D shot of 200,000 units after a serious viral infection that used up my vitamin A. I wrecked my kidneys, thyroid and who knows what else. It took 6 months and Chris's articles to figure out what the heck was going on with me. Within weeks of getting my vitamin A up with cod liver oil and a ton of liver (and I was thyroid blood testing monthly so I had test results to compare), my thyroid hormones all normalized. It was fairly stunning.*

*Andrea Schüler, June 2010: I stopped taking D3 because I developed tendonitis, bursitis, tendon calcification and aches and pains. I brought my level from 20 to 50 in the 25 OH test but maybe the 2000 - 4000 IU daily was not good for me or I have not enough A and K. I will test again to see where my levels are after several months without D3 pills. Maybe I should check vitamin A and K levels too.*

I have received a number of other testimonials by email from people who have developed problems such as kidney stones and bladder stones after supplementing with "safe" amounts of vitamin D -- within the IOM's new upper limit -- and these symptoms quite readily develop in animals fed vitamin D with no vitamin A under experimental conditions.

So how much do we need of each of these vitamins and in what ratio? I do not know. We do not even know what the ideal vitamin D level is, and all of the vitamin D studies are confounded by their failure to account for the status of vitamins A and K.

Dr. Michael Holick has a [more conservative opinion](#). He believes that 25 (OH) D should be at least 30 ng/mL. I believe there is more scientific backing for this level, which I've expressed in my post, "[Are Some People Pushing Their Vitamin D Levels Too High?](#)" But that doesn't mean we have scientific evidence that higher levels *aren't* better, or that they *wouldn't* be if people were getting enough vitamins A and K. I don't see any reason to believe that this is the case, since

vitamin A seems to increase the turnover and utilization of vitamin D, which should produce a "low" level despite "high" status, but this is currently in the stage of *hypothesis* and *guesswork*.

Stephan Guyenet recently [commented](#) that it would be nice to know what the vitamin D levels of Kitavans and members of other traditional, healthy groups are . . . *"I don't know what their 25 (OH) D3 status is, but I wish I did. I'd love to know what their 1,25 (OH) D3 levels look like too. I agree that it's important to have a baseline for comparison so that we can decide what's biologically normal. I've been looking for data to answer that question but I haven't found it yet."*

Knowing this would help, but there is still the question of the optimal A-to-D ratio, and how this might further be affected by vitamin K status.

A [paper that Dr. Holick recently co-authored](#) suggested that ratios between four and eight may be ideal. The lead author, Dr. Linda Lindsay, had used cod liver oil with a ratio within this range to successfully protect against upper respiratory tract infections. These authors also cited research showing this range of ratios to be ideal in chickens. They also cited Sally Fallon's summary of my A-and-D interaction work as evidence that there was growing concern among the public about the proper ratio of A and D.

Their findings about cod liver oil are somewhat convincing, but they can't account for the vitamin D the subjects were getting from the sun and they didn't test different ratios. The chicken research is more rigorous, but it's, well, it's in chickens.

**This brings us back to [Tim Ferriss](#). Ferriss tripled his testosterone by bringing his 25 (OH) D up to 50 ng/mL and by following a number of other parts of his testosterone-boosting protocol including getting vitamin A from cod liver oil and eating plenty of vitamin K-rich foods.** Ferriss didn't conduct a dose-finding study on himself, and there's just about zero reason to believe that the ideal level in Ferriss is going to be the ideal level in anyone else, except that we know that Ferriss is human and will therefore fall within the distribution of human requirements instead of outside of it.

But "follow me and do what I do" is not the point of his book. The point of his book is to advocate *self-experimentation* and to provide a starting point for each individual from among his massive audience based on his own self-experimentation.

We should still do the science, but it's going to take a long time, folks. The best thing to do now is to eat a well-rounded whole foods diet and experiment with the levels of cod liver oil and/or vitamin D supplementation that make you feel the best, resolve your symptoms, increase your performance and normalize your clinical tests if they're out of whack, or don't throw them out of whack if they're normal.

- Christopher Masterjohn

[www.westonaprice.org](http://www.westonaprice.org)

**Vitamin D Beats Vaccines**

**[Listen](#) to Dr. Joe Prendergast talk about Vitamin D.**

**Vitamin D Kills the Flu**

**Meet John Cannell M.D. of the Vitamin D Council. Find out why, if Vitamin D was a**

drug, its benefits would make it the most popular ever. [View here.](#)

We tend to believe that nature provides the best supplementation, and Green Pasture includes Vitamins A, D, and K in the form of Butter/Fermented Cod Liver Oil as well as Skate Liver Oil. (By the way, the cod liver oil recommended by Tim Ferriss in his book is the Blue Ice brand from Green Pasture.)

You can access more information on Butter/Fermented Cod Liver Oil at [www.ProductsKnowledge.info](http://www.ProductsKnowledge.info). Read about Skate Liver Oil as well.

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**Dr. Johnson: See my responses below**

**From:** McKenzie

**Subject:** [Listener Question About Chiropractic and How Not to Get Scammed](#)

I have some questions about chiropractors and figured you'd be the right one to ask. Awhile ago Alan and I found 2 chiropractors that are part of a group called Maximized Living. Have you heard of them? **No I have not** If so what do you think of them? They both say they are Christians. They took x-rays on our first visit and pointed out where we were out of alignment. **IN REALITY YOU CANNOT SEE SUBLUXATIONS (WHAT CHIROPRACTORS ARE TRAINED IN) ON AN X-RAY(SEE my newsletter below).** They then presented us an adjustment plan where you get 2-3 adjustments a week to correct the problem. They say its called corrective care adjustments and not many other chiropractors do it. **Lies. THIS IS TYPICAL. THEY ARE PROBABLY BEING COACHED BY A CHIROPRACTIC PRACTICE BUILDING MANAGEMENT GROUP** We reluctantly agreed to the adjustment plan and started going in for the adjustments. At the beginning I was feeling good after my adjustments but eventually I got to a point where I really couldn't tell a difference when I left there. I also became very unhappy with the process they use. You get there and warm up for about 5 min then you get on the table and they do the same 5 adjustments every time. **This is garbage. If you were getting better their should be less to adjust in subsequent visits.** A quick pop of my spine and then a C2 and C4 in my neck. The warm up is longer than the adjustments. Also the table is in an open room so you see others getting adjusted as well. I began to really question them when I realized that almost everyone was getting the same adjustments and treatment I was. **Your right. I never adjusted that way. That is "rack them and crack em" assembly line Chiropractic, which I detest.** There were also a few times where I hurt my back on the farm and was hoping they could help me with that. They only looked at my back and told me it was inflamed and then proceeded to give me the same adjustments I always got. It's like they are robots and can only perform these few adjustments. **Pathetic** This didn't sit well with me and I began to realize this whole thing didn't seem right. The whole thing felt like a scam. The plan I signed up for runs out at the end of this month so I started looking for another chiropractor in Charlotte and found one that I thought was pretty good. They only thing I didn't like was he talked about acupuncture and how energy flowed through the body. **Yes this is a red flag. See the attachment.** It sounded really new age. This immediately raised a red flag. I've heard you talk about acupuncture, but my questions is, since he is trained in acupuncture is that enough to stay away from him or would I be fine just getting

adjustments from him. **Personally I would steer clear but praying and fasting about it is a very good thing as well.** I just want adjustments. I've had a friend tell me about his chiropractor who sounds a lot like mine but does things like waving his hand over his body and moves energy through the body that way. **Yes this sounds very new age & the Chiropractic profession is rife with new age garbage. Was a big reason I was relieved to get out of private practice.** Not sure what that's called but it sounds new age and doesn't seem like its of God. I'm trying to avoid something like that. I feel like they are just imparting demons in you by doing this. What can you tell me about this so I can warn my friend what he is getting into? Also any advice or recommendations for a good chiropractor? **The ones that are usually the least chance of being new age, are graduates from Palmer or Life. See the attachment regarding manganese. I put almost all my patients on this and when I did they started holding their adjustments and didn't need to see me near as often. The best manganese product to hold your adjustments is Ligaplex II by Standard Process. Take 2-3 with meals until your are doing better and then 1-3 a day for maintenance. This last point is the key to Chiropractic in my opinion.** I have Ligaplex II in stock if you're would ever like to order it. God bless!

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## **Dr. Johnson's Healthy Living Newsletter**

### **Chiropractic Care/Injury Healing/Prevention and Strong Joints**

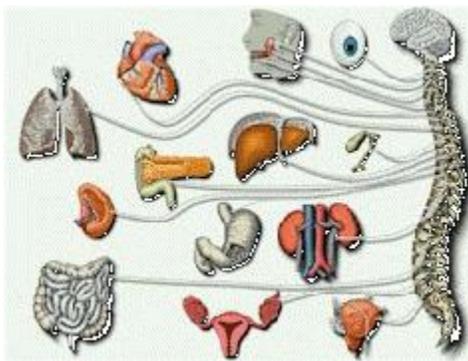
#### **What is Chiropractic Care?**

Very simply put, Chiropractic is taking a hard bone off a soft nerve. Chiropractors are specially trained to locate and realign the bones of the spine (and other joints of the body) that are out of their proper position. When these bones are out of alignment they are referred to as subluxations. These bones can become misaligned (or subluxated) for many reasons, for example: a slip and fall, sports injuries, bad posture, emotional stress, repetitive job duty, a car accident, any hard jolt or blow to the body, gravity, etc.. These misaligned bones can damage your health for weeks, months or even years before you notice any symptoms. If these misaligned bones are left out of position and not put back in place, it is no different than driving your car out of alignment and never getting it realigned. While most people would never dream of doing that to their cars, the majority of people do it to their bodies and never think anything of it. Now if you left your car out of alignment eventually certain parts of the car would wear out. Consequently a problem, that at the beginning would of been easy to fix, ends up turning into a major expense. Likewise if our spines or joints are left out of alignment, it will eventually result in arthritis and degeneration.

The major difference between your car and body is that unlike your car, you can't replace the parts of your spine when they wear out. You only have one body to work with. Generally you have to find a way of coping with the pain. I mentioned pain because pain is a natural byproduct of spinal and joint misalignment. With another byproduct being muscle spasm. Why is this you might ask? Pain and muscle spasm are two of our bodies built in warning systems. I think all of us would agree warning signals are for our protection. Much like the oil light in your car or the smoke alarm in your house. Although we don't look forward to the oil light in our car coming on or the smoke alarm in the house going off, we are thankful when they do because these are warning signals designed to protect us from potential disasters. Again if we treated our

cars like we treat our bodies, most of the population would treat a lit oil light by taking a magic marker and blackening out the oil light. At that point they would just keep on driving until the car becomes nonfunctional. You might say I would never do that to my car, **but again most of us have treated our bodies this way for much of our life.** And how much more valuable is our body in comparison to the car we drive. At this point you might be asking: How have I treated my body this way? The primary way we treat our bodies like the example I just mentioned is when we take drugs to deal with chronic pain issues. You see pain, like the lit oil light in your car, is just a warning signal. **It is there for a reason. When we consistently take drugs to deal with pain, it is no different than blackening out the lit oil light in your car.** We are simply just sweeping our symptoms under the rug. But remember there is a price to pay when we do this, because eventually the underlying problem we are suppressing through drugs becomes larger and larger. The bigger the problem becomes, the more medications that are needed to suppress the pain. In reality this is no different than driving your car and ignoring the lit oil light. You can do this, but obviously it is not advisable.

### **All Your Parts Are Connected (to the nerves that come from your spine)**



Nerves start in your brain, travel down your back and are connected to all parts of your body. This illustration shows how your heart, lungs, kidneys, reproductive organs, liver, eyes, ears, digestive and other organs, all your muscles, glands and systems receive energy and information from the nerves that come from your spine.

Proper functioning of the nervous system is essential to maintain proper health in your body. You see Chiropractic is more than just a treatment for pain. Chiropractic care is a major performance enhancer for what ever endeavor you are participating in. Think of each vertebra like a breaker in your fuse panel. If your breaker is in the off position you won't get power to a particular part of your house. And likewise when your spine is out of alignment, you won't get the proper power and nerve flow to a given organ, muscle or tissue.

Your skull and spinal column protect the delicate brain and nerve tissues. A misaligned spine will then damage or irritate the very nerves they are supposed to protect: this is called a vertebral subluxation.

When you have a vertebral subluxation, the flow of information and energy traveling through your body is disturbed and your body works less efficiently. Subsequently you will experience lowered resistance and you are not at your physical and emotional best. You can't handle stress as well either when your spine is subluxated.

Chiropractors spend thousands of hours learning to locate and correct vertebral subluxations. No matter what disease or condition you have, you can benefit from a healthy spine in proper alignment. Are you and your family carrying the vertebral subluxation complex in your spines? Only a spinal checkup can tell.

### **Is Chiropractic Care Safe?**

Research shows that patient risk is considerably lower for chiropractic care when compared to medical care, due to the risks associated with prescription drugs and surgery. Positive proof of its safety record is the fact **that medical doctors' malpractice insurance premiums are, on the average, ten to fourteen times higher than those for Chiropractors.** Chiropractic is safe for people of all ages. We care for children as young as a few weeks old, to the elderly and everyone in between. Today, more than 50,000 chiropractors help over 20,000,000 people each year in the U.S. alone! Millions throughout the world confirm that chiropractic is safe and effective care.

### **Is Chiropractic Care is Cost Effective?**

As Reported to the Ontario Ministry of Health, 1998: The cost advantages for chiropractic for matched conditions appear to be so dramatic that Pran Manga, a Canadian health economist, has concluded that doubling the utilization of chiropractic services from 10% to 20% may realize savings as much as \$770 million in direct costs and \$3.8 billion in indirect costs.

### **Chiropractic adjustments shown to reverse heart disease**

by Eric L. Zielinski (NaturalNews) A recent case study reported in the *Annals of Vertebral Subluxation Research* suggests that chiropractic adjustments can help reverse and prevent heart disease.

#### **Man's heart health changed by chiropractic**

According to the case study, a 54-year-old man undergoing chiropractic care experienced normalization of his lipid panel following six months of chiropractic adjustments. Fascinatingly, no other interventions (i.e., diet or exercise modifications) were implemented within this time period.

The patient first came into the chiropractor's office with a chief complaint of high cholesterol and was taking more than 10 medications to manage his condition. With a past history of heart attack and angioplasty, he was considered "high risk." One month prior to initiating chiropractic care, he had a lipid panel drawn indicating abnormal levels of cholesterol, LDL, HDL and triglycerides. According to an interview with the patient on *YouTube*, he heard that chiropractic could help lower cholesterol and gave it a try, because he wanted to get off of his prescription meds.

#### **Natural health experts speak out**

According to Dr. Nate Blume, the attending chiropractor, "Research is revealing that minor disturbances to spinal alignment and function may be a factor in a number of disorders. These spinal disturbances lead to nerve interference and can result in a host of disorders because the body's homeostatic mechanism is thrown off."

"It makes a lot of sense when you think about it," stated Dr. Matthew McCoy, a chiropractor, public health researcher and editor of the journal that published the study. "If you damage or compress or otherwise interfere with the neurological structures in the spine this can have far reaching implications on the functioning of the body. Through research reports like this we are finding that correcting the misalignments or abnormal motion associated with these spinal problems reduces the nerve interference and people experience improvement. In this study it was a man who had risk factors for

cardiovascular disease."

### **Vertebral subluxation**

"Finding the cause of the cardiovascular disease and reducing those risks is a much better strategy," according to the study. One such risk is thought to be spinal misalignments and/or abnormal motion of the spine, termed "vertebral subluxations" by chiropractors, which result in structural and neurological interference to the spine and nervous system. It is this interference that may cause a cascade of neuroendocrine events that lead to abnormal cholesterol metabolism. The theory is that, once those spinal distortions are corrected, the body is better able to balance its physiology.

The chiropractor diagnosed the patient with vertebral subluxations in his neck, pelvis and sacrum. Follow-up laboratory work revealed that his cholesterol, HDL, LDL and triglycerides had all improved, and he reported an improvement in his mental and physical health, and his musculoskeletal complaints had resolved. The authors call for further study in a controlled environment.

Not surprisingly, other researchers have found similar results in regard to heart disease risk factors being managed by [chiropractic adjustments](#), and this case is one of several emerging studies describing this phenomena. The most notable was published in the *Journal of Human Hypertension*. The 100-person pilot study made national headlines and was even aired on *Good Morning America*, because the results, proving that one upper cervical chiropractic adjustment has the same effect as two pills designed to normalize blood pressure, were groundbreaking.

### **Sources:**

<http://www.prlog.org>

<http://vertebralsubluxation.sharepoint.com>

<http://www.ncbi.nlm.nih.gov>

<http://science.naturalnews.com>

[http://www.naturalnews.com/z043246 chiropractic adjustments heart disease v  
ertebral subluxation.html](http://www.naturalnews.com/z043246_chiropractic_adjustments_heart_disease Vertebral_subluxation.html)

### **Are there other factors that speed the healing process?**

As a Chiropractor I have witnessed many different scenarios in regard to injuries. What I am about to share with you is information that is not widely known. In my experience the best preventative for joint injuries is **supplying** the trace mineral **Manganese**. This is one of the key trace minerals that helps to maintain strong ligaments, tendons and muscles. In my practice I tend to **not** see most of my patients on a frequent basis. **The reason for this is largely due to the fact that if I see a patient is not holding their Chiropractic adjustments, this is a dead give away for a Manganese deficiency. To correct this problem I use a product called: [Ligaplex® II](#) by Standard Process.** Invariably once I institute this product into the patients diet, within weeks they start holding there adjustments much longer. Granted it takes some time for this trace mineral and the other joint factors to build up in their system, but I will typically see someone who needs adjusted once a month or week, go to only needing adjusted once or twice a year. This is one of the key reasons Chiropractic has taken a bad rap. You have probably heard a story from a disgruntled Chiropractic patient stating that once

you go you have to keep going all the time to maintain your spinal alignment. **Well if you are Manganese deficient this is absolutely correct, as you will not be able to hold your Chiropractic adjustments in place.** So you will have to keep going back. **For more information go to: [Ligaplex® II](#)**

Now of course there are special circumstances where an individual who has sustained substantial joint damage may have to go to a Chiropractor on a frequent basis, but from my experience this is definitely the exception to the rule. If **joint degeneration** is present I would also prescribe a product called **JCTH by Innate**. This product contains specific nutritional factors to regenerate and repair joints (in as much as the body is capable of repairing itself in a given patient). **For more information go to:** <https://www.innateresponse.com/SearchResults.asp?Search=jcth>

If someone needs a **natural anti-inflammatory** the product I prescribe is **Tuna Omega 3 Oil** (4-6/day) by Standard Process. This product has the ideal ratio of EPA/DHA Omega 3 fatty acids and is molecularly distilled to remove any heavy metals that might be present.

**For more information go**

**to:** <http://www.standardprocess.com/lit/tabsheets/tunaomega3oil8070.pdf>

### **Running on Fish Oil: Benefits of Omega-3 Supplementation and Exercise**

Combining fish oil supplementation with exercise resulted in a significant reduction in body fat in study participants who were obese or overweight and who had two cardiovascular disease risk factors, such as hypertension or elevated blood cholesterol. International Society for the Study of Fatty Acids and Lipids (ISSFAL)  
So there you have it. I have seen this product do amazing things (both with my patients and personally). Until next time!

### **Order Form**

**Full name and mailing address for package:**

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**Item(s) being purchased at this time:**

Quantity	Item Description	Purchase Price	Subtotal
	JCTH (90 or 180 tablets)	41.00 & 72.00	
	Ligaplex II (150 capsules)	26.00	
	Tuna Omega 3 Fish Oil (120 Ct.)	21.00	

		<b>Shipping:</b>	<b>?</b>
		<b>Total:</b>	

**Contact Dr. Johnson at the email address below for further information on how to order and for a shipping price.**

**Email: [drjohnson@ix.netcom.com](mailto:drjohnson@ix.netcom.com)**

Disclaimer: It is your constitutional right to educate yourself in the arena of health and medical knowledge, to seek helpful information and make use of it for the benefit of you and your family. You are the one responsible for your own health. In order to make decisions in all health matters, you must educate yourself. The views and nutritional advice expressed by Dr. Scott Johnson are not intended to be a substitute for conventional medicine. If you have a severe medical condition, see a competent physician. I do not claim to "cure" disease, my goal is to help you to make physical and nutritional changes in your own body so that your body can heal itself.

### **Christian Chiropractors New Age Caution Statement**

[http://www.christianchiropractors.org/new\\_age\\_statement.htm](http://www.christianchiropractors.org/new_age_statement.htm)

It is neither the purpose nor practice of the CCA to define or instruct its members on how they shall practice Chiropractic. We are fully aware that the primary focus of the Christian Chiropractors Association is its role as a catalyst for Christian fellowship among Christian Doctors of Chiropractic and the propagation of the faith to our non-Christian colleagues. We are also dedicated to the expansion of the Gospel of Jesus Christ through Chiropractic missions both foreign and domestic. The CCA is supremely desirous to protect, cultivate, and maintain this central, primary focus. To do so, we strongly urge our members to commit to a consistent and systematic study of the Scriptures. **The Board of Directors of the Christian Chiropractors Association hereby declares its position in identifying New Age Healing practices in the following way:** Because our members frequently ask where the CCA stands on the subject of New Age and its encroachment into the healing arts, and in Chiropractic in particular, and because the influential Christian leaders and writers in the U.S. and abroad will use a "broad brush" in defining Chiropractic as being in the "New Age" arena, the Board of Directors was compelled to declare its position. If the technique itself or its manner of utilization fails any of the four tests outlined below, then the CCA would consider that procedure New Age. **The four tests below can help discern practices which may be effective in bringing about healing but which may not be acceptable to the created order of God. 1. If the healing is of a supernatural nature, employing procedures which transcend the laws of nature, involving some miracle or miraculous event, and not performed in the same manner as healing which has been described in Scripture, it is probably not of God. 2. If the healing is associated with, or derived from, a pagan religion which is not biblical Christianity, it may be a fraudulent spirit doing the healing. 3. If the healing is apparently neutral as far as spiritual or religious connections are concerned but it uses methods which are not utilizing God's created order, e.g., it is not according to the natural law of anatomical or physiological circuitry, it is probably the work of a fraudulent spirit. (It should be noted that prayer to the Living God can be**

used in healing, even though it is not a method following God's created order of anatomical circuitry. The important thing to ask is, to whom are we praying? God can and will heal through prayer, but so does Satan through his false spirits if prayers are directly or indirectly focused away from God.) 4. If the healing utilizes occult energy fields and forces which are associated with astrology, occult practices, animal magnetism, energy balancing, hypnotism, mind control, etc. it may be working with a fraudulent spirit. Note: Anyone who claims to be holistic and who claims to perform acts of healing on the whole man — body, mind, soul and spirit — is claiming something which only the Spirit of God is able to do. Acts of healing of the body only, are within the power of Satan and his followers but Christ's healing was more spiritual than it was physical and involved the spirit of man as well as the body. This, man, in his natural state, just cannot do and neither can Satan.

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## **Documentary Reveals How the Medical and Pharmaceutical Industry Conspire to Maintain a Failing Business Model & Destroy Chiropractic**

**November 10 2012 |**

**By Dr. Mercola**

Did you know that while the United States makes up only five percent of the world's population, we consume over 50 percent of all the world's pharmaceutical drugs? This sobering statistic and much more is revealed in Jeff Hays' documentary film, *Doctored*.

The primary focus of the film is on the chiropractic profession and its long-standing struggle to be recognized as authentic health professionals. In the 1980's, chiropractors were still by and large viewed as quacks whose treatments were unscientific and potentially dangerous. Worse yet, chiropractors were also derided as 'cultists' at a time when Charles Manson and his cult followers wrought terror in California, and Jim Jones persuaded his followers to drink the Kool-Aid spiked with deadly poison.

Yes, chiropractors were tossed in with this charming lot!

However, this bizarre consensus reality in which chiropractors were deemed "unscientific cultists" on par with some of the most heinous criminals in US history was, as the evidence shows, doctored by the medical industry at the behest of Big Pharma.

As stated in the beginning of the film:

*"There's been a deliberate campaign to label anybody who doesn't sell or distribute drugs, surgery or radiation as a quack."*

## **Supreme Court Found AMA GUILTY of Conspiracy to Destroy Chiropractic Industry**

The modern medical system is committed to branding virtually all serious competition to their flawed model by labeling it 'quackery.' But what most people fail to realize is that this effort is rather like the witch hunts of old, which claimed the lives of tens of thousands of men and women in possession of priceless knowledge and understanding of the healing powers of the natural world. That extermination of ancient wisdom no doubt helped drive mankind deep into ignorance, setting the people of the West on a path that would quickly sever our innate connection with Nature.

The results of this separation from time honored ancient healing practices and our ignorance of our symbiotic place within the natural world are clearly evident today...

The film includes the groundbreaking and historical case of Wilk vs. The American Medical Association (AMA) – a case in which the AMA was ultimately found *guilty of an illegal conspiracy to "contain and eliminate the chiropractic profession,"* in 1984. The Supreme Court ordered the AMA to cease their illegal treatment of the chiropractic profession, and in the years since, chiropractic has slowly but surely established its usefulness and scientific merit.

Still, there's plenty of room for improvement.

*Doctored* includes eye-opening interviews not only with chiropractic and osteopathic doctors (including myself), it also talks to surgeons, MD's, pharmaceutical sales reps, and high-profile patients like Olympic Gold Medalist Picabo Street and John Stockton from the NBA Hall of Fame who regularly challenged my favorite player Michael Jordan, as well as regular patients who went looking for a better way to achieve health.

All in all, the testimony spells out the point of the film, which is that conventional medicine, backed and ruled by the pharmaceutical industry, is corrupt to the core and frequently does more harm than good, while simultaneously protecting their business and hiding its ineffectiveness by suppressing legitimate, safe, and effective alternative or complementary practices such as chiropractic.

### **What is the Solution?**

*Doctored* clearly spells out the solution to the problem:

1. The public must have the right to learn the truth about what health really is
2. You need to take more personal responsibility for your health

This is the very core of my personal mission. Virtually every article on this site is focused on *how to optimize your health* by embracing a few basic tenets of truth. Health is about much more than the masking of symptoms! True health is a state of optimal functioning, physically, mentally, emotionally, and you could even throw in spiritually, if you really want to achieve the highest pinnacle of health and inner harmony and well-being.

Clearly, conventional medical science has its place. If you're in a car accident, your nearest trauma center is a blessing that can save your life. However, to believe that you can create good health by taking drugs to mask your symptoms is a dangerous pipe dream. It simply won't happen.

### **What DOES Make You Healthy?**

While science can and will discover techniques and strategies that can be profoundly beneficial for your health, there are certain foundational basics that are unlikely to ever change, and these include:

1. Optimize [insulin](#) and [leptin](#) levels through minimizing your sugar, processed food and grain carbohydrates and replacing them with healthy fats such as butter, animal fat, coconut oil, avocados, seeds and nuts.
2. Eat a healthy diet of whole organic foods, and pay careful attention to keeping your insulin levels down by avoiding sugar/fructose and grains. I make this easy with my recently updated and free [Nutrition Plan](#).
3. Drink plenty of [clean water](#).
4. [Manage your stress](#).
5. [Exercise](#) regularly and correctly by incorporating high intensity exercises, which is how your body was designed to perform.
6. Get [safe and appropriate sun exposure](#) to optimize your vitamin D.

7. Limit exposure to [toxins](#) of all kinds.
8. Consume [healthy fats](#) and avoid processed fats like nearly all commercial vegetable seed oils that are high in omega-6 fats.
9. Eat plenty of [raw food](#).
10. Get [plenty of sleep](#).

The pharmaceutical industry, the food industry, and even government itself, will not make it easy for you to avoid the garbage that ruins your health, but remember, leading a common sense, healthy lifestyle is your *best bet* to produce a healthy body and mind, and increase your longevity. And best of all, YOU have the power to change your own lifestyle to make sure the 10 foundational basics listed above are covered. To watch the movie go to:

[http://articles.mercola.com/sites/articles/archive/2012/11/10/conspiracy-against-chiropractic.aspx?e\\_cid=20121110\\_DNL\\_art\\_1](http://articles.mercola.com/sites/articles/archive/2012/11/10/conspiracy-against-chiropractic.aspx?e_cid=20121110_DNL_art_1)

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## **Synthetic vs. Truly Natural Supplements--What Kind of Nutritional Supplements are People Taking?**

### **Option #1 Synthetic Vitamin Supplements**

This is the by far, the most popular way to supplement the diet with nutrients. During the manufacturing process, the organic nutrient that is considered to contain the “essential component” of a vitamin complex is synthesized in a laboratory from non food compounds such as coal tar. This is very similar to the way in which most drugs are made.

Thiamine Mononitrate, for example, is a B1 molecule derived from coal tar, and is labeled as “[vitamin B1](#)” in nearly all of the popular “B-Complex” supplements. . This factor has been directly linked to the [78% reduction](#) in sperm count among American males from 1938-1990. "Their analysis of data collected from 1938 to 1990 indicates that sperm densities in the United States have exhibited an average annual decrease of 1.5 million sperm per milliliter of collected sample, or about 1.5 percent per year,"-([National Institute of Health](#))

White bleached wheat flour has more than thirty known nutrients removed with four [synthetically](#) added back in. This "[enrichment](#)" of flour began in 1939 when by law, the FDA required the addition of a few synthetic factors. These are: thiamin (B1 ), riboflavin (B2 ), nicotinic acid (B3 ), and iron. [Coincidence?](#)

Excess Thiamine Mononitrate consumption also mimics most of the signs and symptoms of hyperthyroid disorder.

This synthetic version of Thiamine differs from a food source of vitamin B1, such as whole wheat, in the following ways:

1. Thiamine Mononitrate B1 contains none of the co-factors necessary for vitamin B1 to be utilized in the body. Vitamins analyzed in food are [always](#) found in combination with numerous enzymes, co-enzymes, trace minerals, and other activators that are necessary for the vitamin to be utilized. This is how God intended man to get vitamins and minerals.
2. The amount of Thiamine Mononitrate B1 found in synthetic B-complex supplements is far more B1 than could ever be consumed in a food based diet. (Example: The typical orange has about 5 mg. Ascorbic Acid (which is commonly referred to as

vitamin C). Whereas some “authorities” today advocate taking as much as 20,000 mg of Ascorbic Acid a day ongoing. How can this discrepancy be reconciled? **Nowhere** in the history of mankind has anyone ever consumed these kinds of concentrated, isolated, synthetic nutrients; not to mention in the sheer quantities that are being advocated.

Other examples of the commonly synthesized vitamins used in supplements include *d-Alpha Tocopherol* (labeled ‘Vitamin E’), and *Beta Carotene* (labeled ‘Vitamin A’). Like Thiamine Mononitrate, these synthesized vitamins contain none of the co-factors that are found in the food source of the vitamin, and are used in far greater quantities than could ever be consumed in the diet.

**Important:** “Just as a chemist cannot create life, **neither can he create a complex vitamin: the life element in foods and nutrition.** This is a mystery the chemist has never solved and probably never will, and the synthetic vitamins he creates on the basis of chemical formulae bear as much resemblance to the real thing as a robot does to a living man, lacking an elusive quality that chemistry cannot supply.” Dr. Royal Lee, D.D.S., 1953

**Did you know?** Most vitamins on the market claiming to be natural only have to be **10% natural** to make this claim. While the word “**Organic**” means anything that contains a carbon atom which could be a synthetic substance, not just organically grown produce.

**Salient Point:** The problem is that when the body is lacking nutrition, it’s not lacking in **one** isolated nutrient. Whatever the patient did to create the vitamin C (ascorbic acid) deficiency; they at the same time created a deficiency of all the other **co-factors**. We don’t develop synthetic vitamin deficiencies; we develop **food** deficiencies. Some foods have up to 3,800 nutrient components. To nourish the body and make up for nutrient deficiencies, you have to give the body real food.

The problem with taking partial nutrients, as in isolated synthetic vitamins, is that in order to use that food, the body has to make up the difference with its own reserves. **Dr. Joel Robbins**

#### **More Studies:**

1) Researchers found that at the 500 milligram level, synthetic Vitamin C (or Ascorbic Acid) **promoted genetic damage to the DNA.** The genetic damage was so great that the study had to be stopped prematurely. (Nature 392:559, April 9, 1998 Leicester, UK “High Doses of Vitamin C May be Harmful”)

2) **Mega doses of Vitamin C** (Ascorbic Acid) blunt the beneficial effects of chemotherapy treatment for breast cancer. Cancer cells have numerous receptor sites for synthetic vitamin C (Ascorbic Acid), making the vitamin C act as a **growth tonic** for cancer cells.

**Professor Brain Scott Peskin**

3) Dr. Weston A Price in his book, *Nutrition and Physical Degeneration*, reports the test effects of vitamin D in 500 human pregnancy cases. All the women given **Synthetic**

**vitamin D** developed calcified and diseased kidneys, while those given vitamin D from natural sources had no observable changes in the kidneys.

4) A study on the effects of **synthetic vitamin A** supplementation in pregnant mothers was done by Boston University School of Medicine and published in the New England Journal of Medicine (Nov. 1995). In this study, synthetic vitamin A was given to 22, 748 pregnant women at a dosage of 10,000-20,000 iu per day. A **240% increase in birth defects** occurred in the women taking the 10,000 iu, and a **400% increase of birth defects** in those taking 20,000 iu. The defects included cleft lip, cleft palate, heart malformations, and nervous system damage such as hydrocephalus. The same study stated that no birth defect risk was noted from foods containing vitamin A.

5) Investigators found that woman whose dietary source of the Vitamin E complex was **dietary**, displayed significant reductions in LDL (bad cholesterol) oxidation. However, women who took in **synthetic** vitamin E supplements actually increased their LDL oxidation levels. "The more they took in, the worse their LDL oxidation." Dr. Lauri Mosca of the University of Michigan as told to Reuters Health Publication

The bottom line is that a synthetic vitamin is created by a scientist in a laboratory when he/she has reconstructed the exact molecular structure of a vitamin by putting together or chemically combining molecules from other know sources. The synthetic vitamin has no synergists, no enzymes or co-enzymes, minerals, mineral activators, or co-vitamin helpers. It is a chemically pure vitamin but reverse mirror image of the real thing. Legally it is not necessary to give the source from which the synthetic chemical is derived (coal-tar)

### **Option #2 Phytochemical Supplements**

These are supplements derived from food sources that contain a single therapeutic component of that food. Examples of phytochemical supplements include *Indole 3-Carbinol* extracts from broccoli and *Lycopene* extracts from tomatoes.

Although they are generally safer than synthetic vitamins, like a synthetic vitamin, a phytochemical supplement is an isolated nutrient or compound that can't provide the full benefits of its original food source. Isn't it possible that there are other beneficial nutrients in tomatoes that are necessary for lycopene to work most effectively?

### **Option #3 Organic Whole Food Supplements**

**Jeremiah 6:16a** "Thus saith the Lord, Stand ye in the ways, and see, and ask for the **old paths**, where is the good way, and walk therein, and ye shall find rest for your souls."

This type of supplement provides nutrients from concentrated food sources. The only alteration to the food when making these supplements is the removal of moisture and fiber. A food supplement contains all the trace minerals, enzymes, co-enzymes and other activating factors that are necessary for specific vitamins to be safely utilized in the body. In contrast with a **synthetic vitamin A or Beta Carotene** supplement, a **vitamin A food**

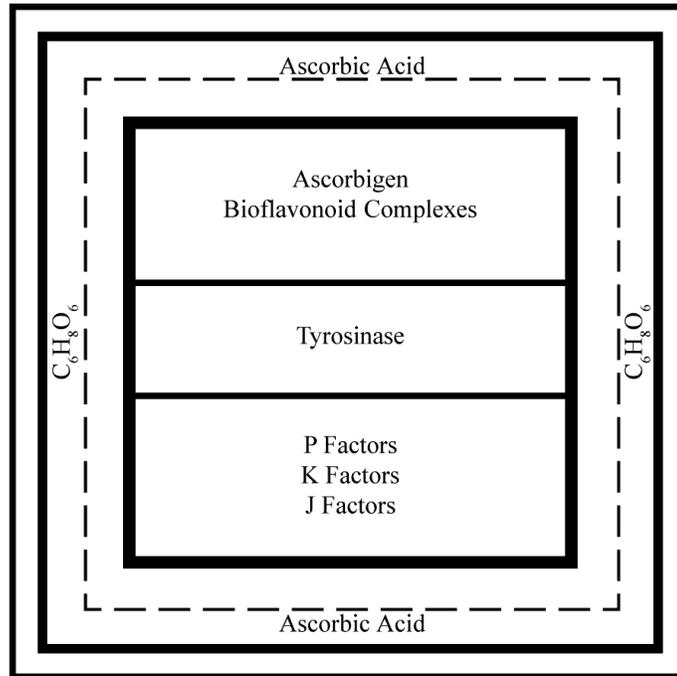
**supplement** would primarily contain **foods** that are rich in vitamin A, such as carrots and alfalfa.

### **Vitamin C Complex**

Another danger inherent to crystalline-pure, megavitamin usage is the consumption of *ascorbic acid*--the so-called vitamin C that is recklessly (but usually unknowingly) prescribed by the "pseudo-nutritional pharmacologists" who have little, if any, realistic training in this most important field. Ascorbic acid is not vitamin C! Ascorbic acid is a fraction of the biologically utilizable Vitamin C complex. Most all ascorbic acid sold is synthetically produced from corn sugar and even though it is synthetically manufactured, it is called "natural" and "organic" because corn is found in nature. Technically, anything with a carbon atom can be called "organic." The terms natural and organic are totally meaningless. This article alerts the general public to the fact that as little as 1,500 milligrams of ASCORBIC ACID, taken daily, depletes blood copper, leading to serious health problems. You jeopardize your important "fight or flight" (stress) response by depletion of copper. Just 500 mg. of ascorbic acid with 3 meals can do just that. The late Dr. Albert Szent Giorgi in America officially discovered Vitamin C in 1937. Dr. Giorgi, who received the Nobel Prize for his vitamin C work, stated that with just isolated ascorbic acid, he had not found the active anti-scurvy factor of the C-complex. "Ascorbic" means "anti-scurvy." The symptoms of clinical scurvy include swollen joints, muscular aches, bone pain, edema, weakness, fatigue, anemia, loose teeth, hyperkeratosis, impaired wound healing. Behavioral changes may include apathy, depression, and emotional disturbances, weakening of the walls of blood vessels such as swollen and bleeding gums, ocular hemorrhages, bruising, and varicosities of small blood vessels which are seen under the tongue. Sub clinical vitamin C deficiency may exist in a large segment of the population, and can lead to impaired health and increased susceptibility to other diseases. Ascorbic acid therefore is incorrectly named. With isolated ascorbic acid (from Hungarian red pepper), he could not stop the capillary hemorrhaging, so characteristic of scurvy, that he could reliably influence with the C-complex. He went back to the laboratory and discovered vitamin P, the rutin factor of the C-complex, which exists more in buckwheat (grain and leaf) than in citrus. Vitamin C is a very misunderstood vitamin. The government is responsible for this because they have decided that you rate any vitamin C product according to the amount of ascorbic acid it contains. Ascorbic acid is an antioxidant. It is the preservative part of the C complex. To refine out or to synthesize the preservative is a mistake. The real vitamin C complex contains the P factors, which maintain vascular integrity. These are deficient in people who bruise easily or who have "pink toothbrush." Their blood vessels break too easily and bleed. The P factors strengthen the vascular system. They make the vessels tougher and more durable. Vitamin K is another part of the C complex. It promotes prothrombin. That means it helps in coagulation (blood clotting). Bleeders do not have enough vitamin K. Another factor in the C complex is J. The J factor is the part of the C complex which increases the oxygen carrying capacity of the blood. If you have a cold, you want to get oxygen to your tissues where it oxidizes the toxins and carries them off as carbon dioxide and water.\*

In addition to these, the C complex contains enzymes, the outstanding one being tyrosinase. That's organic copper, an adrenal activator, If you want to rate vitamin C

according to one thing, it would be logical to rate the tyrosinase. All of these factors are important for the reasons mentioned, In addition to all these factors; the vitamin C complex also contains ascorbic acid. To say that ascorbic acid is vitamin C is like looking at a steering wheel and calling it an automobile, while it is just a small part of an automobile.\*



Functional Architecture of Vitamin C-Complex

The body doesn't want ascorbic acid; it wants the C-complex being preserved by ascorbic acid. Once in the body, the body sheds the ascorbic acid, the preservative wrapper, the way you shed the peel of an orange; takes the rest of the C-complex and places it as the lance of the lymphocyte; and kills bacteria with it. A lymphocyte unarmed with C complex will fail in its function, it will be impotent, it won't be able to destroy infectious organisms. Lymphocyte potency is dependent on copper, the core trace mineral of the tyrosinase enzyme.

The reason one gets any relief from taking ascorbic acid is that ascorbic acid lowers the pH to the acid side of the pH scale. It acidifies the body, creating an unfavorable medium of growth for pathogenic bacteria. Acting in this way, ascorbic acid is not producing a "vitamin effect" but rather an "acidifying effect." **Most infectious pathogenic bacteria thrive in an alkaline pH. The following bacteria, all well-known enemies of modern science's war on bacterial infection, grew optimally on alkaline media of pH 7.4 and above: staphylococcus (staph infection), streptococcus (strep throat), pneumococcus (pneumonia), h. influenza (the flu), meningococcus (meningitis), corymbacterium diphtheria (diphtheria), clostridium tetani (tetanus), and others.**

Excess quantities of so-called vitamin C can reduce the pH of the urine to as low as 4.0, and cause the precipitation of large quantities of urates, increasing incidence of kidney

stones. It appears that excessive doses of ascorbic acid interfere with purine metabolism, increasing the risk of gout. There is some evidence that high doses of ascorbic acid reduce fertility in some women. Large doses of ascorbic acid and vitamin E are undesirable as they may reduce availability of vitamin A. Ascorbic acid increases intestinal peristalsis and may produce diarrhea. This laxative action, along with its acidifying effect, may be the only benefit ascorbic acid has against a cold. High doses of so-called vitamin C, as popularly used in home remedies for the common cold, destroy substantial amounts of vitamin B<sub>12</sub>. Ascorbic acid in quantities in excess of a half a gram will destroy 50% to 95% of B<sub>12</sub> content in food. Megadoses of phony vitamin C may produce B<sub>12</sub> deficiency by destroying the cobalamins during transport through the digestive tract, and possibly also in the tissues. No further discussion should be needed to establish the lack of wisdom leading to taking or prescribing ascorbic acid. Apple cider vinegar is 5% malic acid, a natural colorless crystalline acid normally found in the body. It can be taken with water during meals, and is much less expensive than ascorbic acid and does a better job in lower doses at acidifying the body, without causing rebound deficiencies as ascorbic acid does. Ascorbic acid has long been recognized as a contributing factor in tyrosine (copper) depletion.

In the book *New Dynamics Of Preventive Medicine*, 1974, Dr. Linus Pauling is quoted as saying: "What is called rosehips vitamin C is the same pure crystalline ascorbic acid with a pinch of rose hips powder added. It is almost impossible to buy ascorbic acid from a natural source." He continues, "The rose hip and ascerolebarus ascorbic acid is from the same barrel at Hoffman-LaRoche, as the others, but with a pinch of rose hip powder." That's straight from the most renowned Vitamin C researcher known.

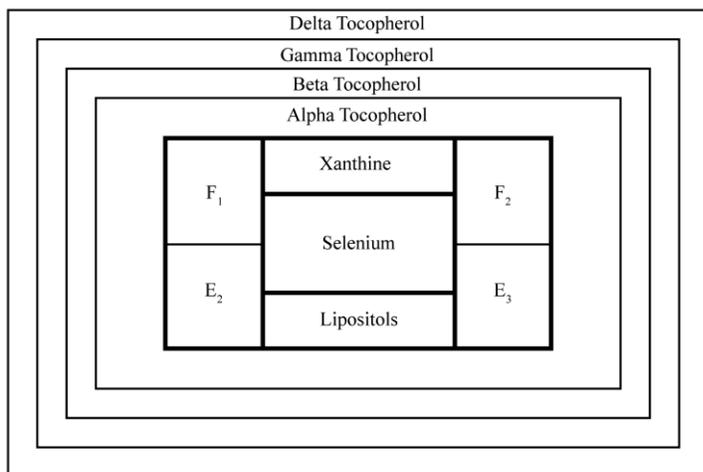
### **Vitamin E**

The chemical name for vitamin E is *tocopherol*, which is derived from the Greek *tokos* (childbirth) and *pherin* (to bear). The name tocopherol was bestowed on this vitamin in 1938. Vitamin E is a fat-soluble vitamin, as are vitamins A, D, and K. Fat-soluble vitamins can be stored in the body whereas water-solubles cannot.

Alpha and delta tocopherols or mixed tocopherols are not vitamin E. They are merely antioxidant or protective agents (banana peel) for the more complex parts of the vitamin E assemblage (xanthine, phospholipids, lipositols, sex hormone precursors)--see functional architecture of vitamin E. There are seven tocopherols in all, alpha being one of them. The government has decided to rate any vitamin E product according to the amount of *alpha tocopherol* it contains. The tocopherols are antioxidants, just like ascorbic acid. They are a part of the E complex, but they are not the active ingredient. Their function is to preserve the active factor. Tocopherols are measured on the basis of cell growth. The entire E complex contains the polyunsaturated fatty acids. (Vitamin F) Vitamin F is part of the E complex. Also, vitamins A and K. There are some forms of vitamin D and manganese in the E complex, as well. The traditional source for vitamin E is vegetable oils. But the best quality vitamin E comes from vegetables. Lettuce is one of the best sources and the pea plant is equally as good. If you take any laboratory-chelated products, your body has to do some combining to make them work. But if you take your minerals the way nature provides them, combined with protein and vitamins through the growing process of plants, they are bound to work. For example, we could

take vitamin E and separate the tocopherols from the manganese. Putting them back together in the laboratory--chelating them artificially--we would find they wouldn't work like they did before you took them apart. If you take a watch apart piece by piece and analyze it and then throw all the parts back together, it isn't going to work! Although it is the same watch, it has now lost its function. A nutritional concentrate is an organized mechanism that has a function. If you break the function by separating the parts, the body can no longer use the mechanism. High potency vitamin E is made this way. Tocopherols are broken down and separated from oils--the natural tocopherols are separated from vegetable oil.

Natural forms of vitamin E complex lose up to 99% of their potency when separated from their natural synergists (Ann. Review Biochemistry, 1943, page 381). These synergists include tannins, fatty acids (vitamin F complex), phospholipids, and other synergistic factors. Chemically purified vitamin E (tocopherols), in high unit doses, reverses its effect and produces the same symptoms as a deficiency (including bone decalcification). *The Vitamins In Medicine*, Page 623 by Bicknell and Prescott, 3rd Ed. Without selenium (the trace mineral activator of vitamin E), vitamin E cannot perform many of its functions.



Functional Architecture of Vitamin E-Complex

Whole food supplements have never been popular to manufacture for the following reasons:

1. Manufacturing costs
2. Marketing difficulties
3. Limited shelf life.

**Salient Point:** “Even if we consume a totally perfect diet, it does not contain enough nutrition to take care of today’s needs and **have enough left over for paying back long-standing nutritional**

**deficiencies.** That’s why I highly recommend whole food supplements to the majority of my clients...

**Taking supplements bridges the gap between what you would like to take and what you actually eat.** It can take a long time between the depletion of vitamin stores in our body and the full blown deficiency symptoms to manifest. **By then it’s often advanced,** and the person requires several supplements over a longer period of time.

The body uses nutrition **first** for day-to-day survival. Healing is the body’s **second** priority. **It’s only when nutrients are left over at the end of the day that the body can heal. That’s why natural healing takes time.**” Lorrie Medford Author of “Why Do I Need Whole Food Supplements”

**Salient Point:** “It costs money to stay healthy! There is no way around it. It is not cheaper to eat better or healthier. You have to think of this as an investment in your health. Isn't it cheaper to spend money today and prevent heart disease than end up with a triple by-pass surgery operation 10 years later? This surgery costs thousands of dollars and could have been prevented! **Which was the better investment?**”  
Lorrie Medford Pg. 99“Why Do I Need Whole Food Supplements”

“There’s no question about that. You have to pay more for real things than you do for counterfeits.” Dr. Royal Lee, D.D.S.,10/16/1955

Unfortunately the modern day medical/pharmaceutical professions have conditioned most Americans to believe that if your symptoms are helped by taking a drug, then so is the underlying problem that caused the symptom. But this is normally the furthest thing from the truth as drugs are wonderful at masking symptoms, but typically do little to ever correct the underlying cause. Not only that, but the drugs have to usually be taken in ever increasing dosages as your bodies receptors (to a given drug) become desensitized. To further this problem all drugs have side effects and are very hard on the liver. Many times these side effects necessitate the addition of more toxic drugs to offset the side effects of a given medication. Where does it end? Why is all this perpetuated on the American public? The simple answer is money and control. You see this whole system has been designed by the Pharmaceutical Cartels (who incidentally own the Medical Colleges where the MD's are trained) in the pursuit of the massive reoccurring revenue generated by millions of Americans habitually taking prescriptions.

So in light of these facts it is imperative for any patient to be in the right mindset before starting any natural health care plan. I tell my patients that the current problems they are experiencing have typically taken a lifetime to develop and as a result it takes time to turn these problems around and restore health. This process does not happen overnight as Rome was not built in a day and the same concept holds true when trying to rebuild ones health. It is for this very reason I typically recommend a minimum of a 12 week initial commitment to any clinical health protocol I would recommend. If it took you a lifetime to get into the shape your in, you owe yourself the proper time needed to restore health. After the 12 weeks (depending on the case) we may be able to reduce dosage on some products and phase out others but many times after 12 weeks we then proceed to some other area of the body that needs addressed. After the initial 6 weeks it is a good idea to fill out another symptom survey to evaluate your progress. Also it is important to remember that the products I prescribe are for the most part organic, whole food concentrates that are vital for everyday health. These are not drugs and should be viewed as foods we need everyday but are typically not getting. You will not build anymore dependency on these types of products than any other good food you would consume. If a patient cannot commit to the above mentioned guidelines than it is better for them to not start a course of care.

My goal is to help all my patients achieve optimal health but in reality this is a team effort. It is totally up to the patient to implement my recommendations as no one can really do this for them. In this sense it is important for the patient to be willing to totally take responsibility for their own health. Health is something that we are not just entitled to, it is something that has to be earned. I will do everything I can to make sure you are armed with the proper information and products for your unique case. It is then up to you to implement the recommendations.

**Salient Point: “Healing does not occur in a straight line, it tends to occur in cycles as in an upward trend (like on a graph) but even in an upward trend you will encounter valleys. It is in these valleys that you can feel worse, but that is also part of the healing process. Limiting stress would also greatly help ones body to achieve optimum health quicker.” Dr. Johnson**

The types of products I recommend are primarily professional, clinical, nutritional supplements. These types of supplements have to be dispensed by a health care professional and are not available in health food stores. They are unique, organic, whole food concentrates and herbs designed for specific health issues and concerns. With health supplements quality is everything and I strive to only use the best I can find so my patients can achieve optimal results.

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### [The Danger of GMO Vitamins](#)

[Medical Tyranny](#)— 09 August 2013

It is crucial to avoid GMO sources of any kind. Highly toxic, GMOs are associated with the development of deadly diseases in animals, including endocrine disorders, digestive diseases, immune dysfunction, and cancer. Most of the studies showing poisonous effects have been feeding studies in animals, where the test animals were fed either



GMO-tainted corn or soy, usually from Monsanto. In some cases such toxins induced the visible growth of tumors, often of monstrous size. In others infertility was the result, including permanent sterility of the generations.

So are GMOs a means of population control? Well Bill Gates is a major proponent of genocidal policies and is a major buyer of Monsanto stock. He further supports vaccinations which are also horrific.

There are numerous sources of GMOs besides foods. These sources include drugs and, incredibly, nutritional supplements. Within nutritional supplements one of the most insidious sources is the vitamins themselves. Prominent in this regard are ascorbic acid and vitamin E, both of which are routinely from genetically modified sources and thus, are, extensively tainted with GMOs. Another noxious source is lecithin which, like vitamin E, is derived from the highly toxic GMO-corrupted soybean. Of course, the GM source for ascorbic acid or vitamin C is corn, that extensively corrupt material made by Monsanto and others. 98% of

### **corn crops are GMO tainted.**

**A list of additives and vitamins in common nutritional supplements, as well as foods, that are likely GMO are:**

lecithin

ascorbic acid

vitamin E

corn starch

maltodextrin

glycerin

soy protein isolate

fructose

glucose

dextrose

lactose (from RBG-tainted milk)

casein (from RBG-tainted milk)

whey (from RBG-tainted milk)

colostrum (from RBG-tainted milk)

aspartame

It can be readily seen that most supplements contain such additives, fillers, sugars, and vitamins. These components are just as toxic as the GMOs in foods and in some cases more toxic because they act as concentrates.

Regarding the source of vitamin C (ascorbic acid) and vitamin E (alpha tocopherol) see the following:

“Nearly 90% of all the vitamin C is made in China from GMO corn. In fact China is now the world’s leader in Vitamin C production.”

IIRC, the same article also mentioned that most vitamin E is also now manufactured from GMO sources.

**The toxicity is undeniable.**

**The following case histories demonstrate the harm that is being caused by these noxious supplement components:**

#### **Case History**

Ms. G. is a 30-year old woman who suffers from a variety of disorders caused by root canals. She was under care of a nutritionist for various health issues, who put her exclusively on non-GMO supplements (made by North American Herb & Spice). Her dentist insisted that she take ascorbic acid and also taking high-dose ascorbic acid by IV. The nutritionist warned her against this because of his experience with the toxicity of GMOs. She succumbed to the dentist’s commands and took the GMO ascorbic acid therapy. As a result, she broke out rapidly thereafter with massive amounts of highly painful canker sores all throughout mouth and throat, even extending onto the lips. Consider this: if it was that widespread, that means she had a reaction likely throughout the inside of her body as well, possibly all along the intestinal canal.

This toxicity was reversed by taking high potency non-GMO supplements, notably edible clove oil in extra virgin olive oil, emulsified wild propolis in extra virgin olive oil (PropaHeal), and wild-source natural vitamin C from camu camu berries. Additionally, she sipped on the wild juice of oregano which helped ease and halt the pain as well as inflammation.

## Case History

Ms. S. a 58-year old woman, is a big supplement taker, who normally has good digestion and no intestinal complaints. However, she began developing a disorder in her intestines which she described as being “on fire”, with a kind of “pins and needles” inflammation sensation. This was highly irritating. **After reviewing her issues her nutritionist determined that she was taking several supplements with GMO-tainted ascorbic acid. All such supplements were eliminated from her diet. Instead, she was given a purely-natural vitamin C whole food source made with camu camu, rose hips, and *Rhus coriaria*, both of which are wild sourced. As a result, all of the symptoms in her intestinal system disappeared over a two week period.**

## Case History

A 50-year old man was excited about a new low-calorie food bar made with coconut oil and soy protein, sweetened with aspartame. As a meal replacement, he ate two per day. **Within two days his entire mouth became so massively inflamed that he couldn't eat. He essentially starved for three days until the pain receded sufficiently to be able to eat again. It took two weeks for the pain, as well as numerous canker sores, to recede. The source of the massive inflammation and canker sore formation was regarded as the combined toxicity of the soy protein plus aspartame.**

Therefore, for good health and the avoidance of dire reactions, as well as disease, GMO-tainted supplement additives and vitamins must be strictly avoided. **That is frequently difficult, since sources of high quality GMO/additive free supplements are few.** Yet, what does this demonstrate about the supplement industry? **It surely indicates that those who are fastidious about non-GMO and who takes every precaution to avoid them in their supplements are the companies which must be admired and supported.** While these companies are limited, the ones that nodisinfo.com could find which are exclusively non-GMO are as follows. Such companies are rare and are deemed by this Website as the highest in quality, Grade-A. In interviewing a number of health food stores on these incredible facts, **these stores confirmed that there are only a few, less than five companies, where every supplement they make is non-GMO.** The finding will shock most supplement buyers. The following companies are Grade-A where all of the supplements they produced are guaranteed free of GMOs:

### Grade-A non-GMO supplement manufacturers

**Innate Response Formulas:** <https://www.innateresponse.com/quality-assurance-a/142.htm>

**Standard Process:**  [Why Whole Foods](#)  [Organic Farming](#)  [Research & Development](#)  [Our Company](#)

**North American Herb & Spice** (maker of 180 supplements and whole food formulas) <http://www.oreganol.com/> 100% non-GMO, including their probiotic; mostly wild-sourced and raw from wild spices, herbs, and food-like wild plants, high-energy; see, [www.americanwildfoods.com](http://www.americanwildfoods.com)

**HealthForce** whole food powders, high-energy; <http://healthforce.com/>

**A list of companies which have obvious GMOs in their supplements includes:**

**Jarrow Formulas**

**Now Foods**

**Solgar**

## Solaray

The following link provides a listing of the non-GMO Project, where companies which have some GMO-tainted supplements and some which are free of GMOs get them tested. Note: companies which never use GMOs of any kind in their products may or may not be involved in such testing:

<http://www.nongmoproject.org/find-non-gmo/search-participating-products/?catID=25>

See this statement by Jarrow Formulas, where the use of GMOs is openly admitted:

[Jarrow Formulas Statement on Genetically-Modified Organisms \(GMOs\) in its Products](#)

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## Recommended Whole Food Vitamin Mineral Products

Multi-Vitamin/Mineral Products & More

by Innate Response Formulas Offered by Dr. Johnson

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Innate Response™ foundational multi-vitamin and mineral formulas are primarily crafted from 100% whole food nutrients. The vitamins and minerals in each formula are not in an isolated state, but rather exist within a biodynamic True Active™ FoodState, whole food concentrate. True Active™ FoodState concentrates not only deliver essential vitamins and minerals, but numerous other vital constituents as well, including bioactive peptides, enzymes, food compounds and macronutrients that inherently comprise whole food. The food constituents delivered with each whole food vitamin and mineral have irreplaceable roles as co-factors in key metabolic bodily functions, and as bio-carriers that govern nutrient delivery to the cells. It is the bio-carriers that are considered to be the “intelligence” of whole food nutrients, enabling the body to readily recognize, assimilate and utilize the nutrients and other vital constituents being delivered. True Active™ FoodState nutrients therefore have a higher rate of utilization and are also retained longer in the body compared to all other forms of nutrients, particularly pure, isolated forms.

For more information contact Dr. Johnson at: [drjohnson@ix.netcom](mailto:drjohnson@ix.netcom)

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