



End Time Current Events-12-18-17

Dr. Johnson's Main Website at: <http://contendingfortruth.com/>

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Free Gift: [Salvation & the TRUE Gospel/Good News!](#)

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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 reprov'd 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."

Skynet Lasers Are Attacking California! If United Nations Is Attacking California, Who Controls The United Nations? The Satanic Elite Attacking The Common People And Their Food Supply
Friday, December 8, 2017



Gary Neubauer II added 2 new photos. 21 hrs · San Antonio, TX, United States · 🌐

Here is a new truck in a pile from a Forest Fire that torched everything except the forest in CA! Even the transmission was dismembered from the truck! Forest fires dont melt trucks into the street when there is No Forest around the truck to melt it. Strange that trees are still standing in this fire. This is a new kind of Electromagnetic Energy Weapon that did this!!

1. **So unlike any other time in recorded history we are seeing fires that burn houses and cars to their foundations, but not the trees around those same houses and cars...**



2. **This is organized... highly organized...**

California fires stretch from north of Los Angeles to San Diego County

(CNN) Wildfires roared across Southern California for a fifth day on Friday, with new blazes prompting more evacuations as neighborhoods in San Diego County went up in flames. Six large wildfires have scorched nearly 160,000 acres in the state this week, said officials with the ...

Now this is happening in California, because they had to target the North American food supply, and to begin their take over plans of North America... I already KNOW it's happening in Canada...

3. **Laser beams were involved in the last fires... and likely in this last batch...**

UN Attacks California?!!! Terminator-Like Laser Beams Burned Houses And Cars, Followed By Forced Removal! Major Smoking Gun Paper Trail! Human Access Will Be Denied To Most Of America Under Satanic Biodiversity Plan Innocently Called Agenda 21!

4. If the United Nations attacked California... who controls the United Nations?
The United Nations Exposed: Who Is In Control? – Collective Evolution

Feb 26, 2013 - **The owners of the United Nations use their media networks to influence the perception of billions of people. Not many people know that our mainstream media networks are owned by less than 5 multinational corporations, and all of these corporations have ties to the Rothschild and Rockefeller families. THE ROTHSCHILDS Rockefellers Created The United Nations ...**

▶ 5:20

The Rothschilds Created The Corrupt Money System + FED ...

The UN – United Nations Exposed: Who Is In Control? – YouTube

▶ 11:56

California Fires: Laser Beams From the Sky – Be Warned – They Are in Full Swing! (Video)

Friday, December 15, 2017 3:13

Be aware of the beams from the sky – They are in full swing!

What are the chances that 3 of the largest avionics military laser companies are located in the same exact area as where the Santa Rosa, CA fires occurred; yet none got torched?

L-3 technologies, Keysight, AEG Industries and Sonoma Design Group are all in Santa Rosa and are held by some of the largest weapons manufactures in the world!

Additionally, for over two weeks now there is still no official ‘story’ about how so many fires self ignited all at once in the middle of the night.



Pacific Gas and Electric, Climate Change w/ Diablo Winds, are all being talked about but none come close to explain the hell fires that occurred and torched metal, glass, rubber, granite, etc. to the ground in minutes, yet left trees and other buildings intact.

The second video shows Debora Tavares’ interview with Jeff Rense in 2015 conclusively provides documented proof of premeditation of fire destruction of Sonoma and Mendocino Counties, in Northern California using microwave weaponry.

Additionally, RFID trackers are being used to locate victims in the vaporized rubble that is left of former residences.

Part II will cover the logging companies efforts to provide massive fuel for West Coast forest fires using the hackn’ squirt tree destroying methods of the Fischer Brothers, of Levi Strauss Jeans and GAP Stores fame.

This is all part of Agenda 21, which we will show is in full swing directly after the fires.

<http://beforeitsnews.com/paranormal/2017/12/california-fires-laser-beams-from-the-sky-be-warned-they-are-in-full-swing-video-2530821.html>

California governor blames devastating wildfires on climate change and says deadly winter infernos will be 'the new normal'

By [Keith Griffith For Dailymail.com](#) and [Wires](#)

Published: 9 December 2017 |

California's governor has said that deadly wildfires in the winter will be 'the new normal', as fire crews rushed to contain the fires, with dry desert winds expected to intensify over the weekend.

Governor Jerry Brown on Saturday toured Ventura County neighborhoods ravaged by a weeklong wildfire that killed at least one person and destroyed hundreds of homes and other buildings.

At a news conference, the Democrat said drought and climate change mean California faces a 'new reality' where lives and property are continually threatened by fire, at a cost of billions of dollars.

He added that gusty winds and low humidity are continuing and warned that there's a good chance of seeing 'firefighting at Christmas'.

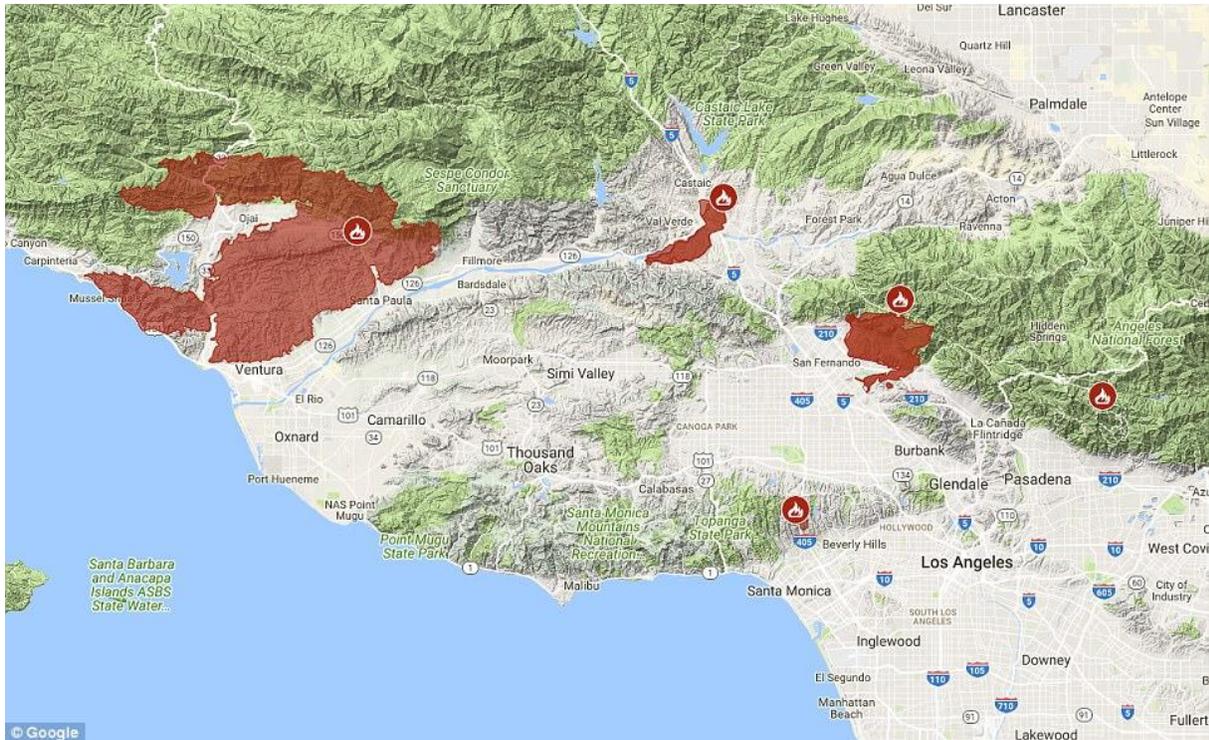
He said it will take 'heroic' efforts in the US and abroad to stem climate change and urged US lawmakers to pay more attention to dealing with natural disasters such as fires, floods and earthquakes.

Over the past week, **six major wildfires have forced more than 200,000 people to flee** and choked the air across much of the region.

Forecasters predict wind gusts to become more intense by Saturday night, challenging the 8,700 firefighters who have been battling the fast-moving blazes for five days.



A hillside glows with embers as the Thomas fire burns through Los Padres National Forest on Friday night



This map shows the areas of active wildfires northwest of Los Angeles as of Saturday morning.

When Santa Ana winds come in, there's no stopping them,' said Captain Kendal Bortisser of the California Department of Forestry and Fire Prevention. Firefighters gained ground Friday, and some of the earliest evacuees who fled from flames Monday were being allowed to return home.

Yet new fires were popping up, and danger persisted. The vegetation is bone dry, and there's been hardly any rainfall.

Winds were expected to gusts up to 40mph Saturday and up to 50mph Sunday in the Los Angeles and Ventura areas, the National Weather Service said.

<http://www.dailymail.co.uk/news/article-5163041/California-braces-high-winds-wildfires-continue.html?printingPage=true>

From: Kube-Smith

Sent: Monday, December 11, 2017 1:16 PM

To: 'Scott Johnson'

Subject: [Listener Comment With Documentation: Pilates and Yoga Connection - 2 similar spiritual practices](#)

In your last teaching Glenn Canady (in the video you played) said not to do Yoga but that they should do Pilates or some Christian alternative to Yoga. First off, **yes, Yoga is spiritual and Yoga is wicked – I need to be clear where I stand on this.** The focus of Yoga is all about inviting in and uniting with a pagan deity and even the yogis will warn that it is dangerous and some will go mad (through being possessed). The specific positions are prayers of welcoming the pagan gods into your temple (body), thereby giving them permission. **Pilates really isn't any better but Christians are being deceived into believing it is. Pilates is also a mind/body/spiritual practice just like**

Yoga only it is not as in your face, easy to see, so you have to do your research to find the truth. The best way is to go directly to those who teach these practices and find out the origins of the practices from them.

Below I am providing resources for you to read for yourself what people who are pro **Yoga and pro Pilates** tell you about these practices. People who know about the Yoga asanas (postures) being meditation and prayer to pagan gods will say that Pilates does not do that, they will say Pilates is just exercise, but that is not true. Many of the **Yoga asanas (poses) are also done in Pilates**, they were meant to be there from the beginning because Joseph Pilates based this discipline, that came to be known as Pilates, on the Yoga asanas (poses), only he made the poses more fluid while yoga is more static, however the asanas (postures) are still there as the foundation they just aren't as obvious to the untrained eye.

Pilates also incorporates meditation and breathing exercises that are based in Eastern spiritual practices but for this study I am going to stop at the poses and philosophy for brevity, if possible since there is so much that could be said.

Pilates vs. Yoga: <http://www.pilatesinsight.com/pilates/pilates-vs-yoga.aspx> **PRO YOGA & PILATES SOURCE**

Compared to yoga postures, Pilates poses are strikingly similar, yet there are some profound differences.

- Yoga is an ancient practice that was originally practiced in Northern India over 5,000 years ago. Pilates was inspired by the ancient yoga asanas about 80-years ago by Joseph Pilates, a German athlete
- Breathing and concentration are fundamental to both practices; however yoga employs breath on a deeper level. The slight difference between them is that Pilates instructs one to inhale through the nose and exhale through the mouth; while in yoga, one is taught to inhale and exhale through the nose only.

The Pilates - Yoga Connection - Seeing Yoga and Pilates as Complimentary

Disciplines: <https://www.verywell.com/the-pilates-yoga-connection-2704856> **PRO YOGA & PILATES SOURCE**

There is a tremendous amount of interest these days in hatha yoga and pilates together. Both are sophisticated systems of integrative exercise with a lot in common. The [six pilates principles](#): centering, concentration, control, precision, breath and flow, could easily be used to describe the principles of many kinds of yoga as well.

Yoga, Pilates, and Spirituality

When people think of yoga and Pilates, they sometimes think that yoga is "spiritual" and Pilates is not. Hatha Yoga does offer a long history of being associated with spiritual practice, or of being a spiritual path unto itself.

Undeniably, the spiritual aspect of yoga is much more overt, and directive as a spiritual path, than what one finds in Pilates.

However, while one is unlikely to find meditation or chanting in a pilates class, Pilates is a body/mind/spirit discipline.

It is clear from Joseph Pilates writing, and the principles infused in his work, that he intended his method to be a vehicle for the enhancement of body, mind, and

spirit. Many Pilates practitioners do find their lives enhanced, well beyond physical fitness, through Pilates.

Pilates vs. Yoga Exercises: Explore the Differences and Similarities in Pilates and Yoga Poses and Moves: <https://www.verywell.com/pilates-vs-yoga-exercises-2704754>

My Comment: Four maybe five Yoga poses that specifically are done in Pilates, but there are more...

- **Open Leg Balance/Boat Pose**- A core strengthener, this move is familiar to both Pilates and yoga students.
- **Roll Over/Plow Pose**- The form of this exercise is very similar in Pilates and yoga...
- **Swan/Cobra**- Despite their wildly different animal names, Pilates swan and yoga cobra are basically the same exercise.
- **Front Support/Plank**- Plank is essentially the same for both Pilates and yoga. Plank has been called front support in Pilates, but that seems to be giving way to the more traditional name of the plank.
- **Pilates Push-Up/Chaturanga (Four Limbed Staff Pose)**- Pilates push up is one of the Pilates mat exercises that are most similar to a yoga sequence. As an exercise that flows with the breath from standing, down to plank, push up, and back to standing, it is reminiscent of the sun salutation, but with three full push-ups set in the middle.

Find Your (style of) Yoga: <http://www.yogatrail.com/blog/wp-content/uploads/2012/10/Find-Your-Yoga-Style-Infographic.jpg>

On a Yoga website they list Pilates as a **STYLE OF YOGA**↓



I think I have given you enough to prove to anyone that Pilates is not just exercise and that it is rooted in Eastern philosophy and spiritual practices. Glenn Canady (in the video you played) also mentioned that Christians could do some Christian alternative to Yoga. When I first did my research I was unable to find a Christian alternative to yoga that claimed to be that. One such program that claims to be a Christian alternative to Yoga has all kinds of Christian sounding articles all over their site trying to defend their program saying that their poses/postures may look the same as Yoga poses but because they call them a different name and/or made some of them slightly different, then that makes their poses Christian. Their only defense is to say they are Christian because they claim them to be. That is faulty logic and wholly unBiblical. Sure they might say a Bible verse as a mantra but that doesn't change it, you can't throw in a little Christian terminology into paganism and call it Christian, Papal Rome is still trying that but it is not Christian.

Here's an article on Praise Moves which is said to be a Christian alternative to Yoga, they even claim they are worshipping God:

PraiseMoves reignites debate over yoga's nature:

<https://www.washingtontimes.com/news/2014/aug/2/praisemoves-reignites-debate-over-yogas-nature/>

After a set of warm-up exercises, the Christian yoga alternative began. They stretched in postures instead of yoga poses. Gone was downward-facing dog and in its stead, women glided gracefully into tent pose. They still focused on breathing, adhering to constant reminders from Douglas to inhale and exhale... "Stay focused on God and your breath," Douglas said. "Listen to that still, small voice."

Kris Bowers of Romney said she prefers PraiseMoves to the traditional asana practice.

"I like yoga but I didn't realize what it meant," she said. "Each pose for yoga is a pose to worship a different god. PraiseMoves changes their moves to worship the one true God."

Allen-Magers said she is familiar with the PraiseMoves movement but doesn't believe it differs much from traditional asana yoga.

"In my opinion, they are still doing yoga, but they are choosing a Christian theme, which they have every right to do," she said. "(But) essentially they are still practicing a form of yoga."

I showed in the sources above where they said Pilates' poses were the same as the Yoga poses even if they had a different name or were done slightly differently, and that was from pro Yoga sources that are very knowledgeable on the subject. I implore everyone to use discernment and actively seek out the truth about a practice before becoming involved with it. Satan is out to deceive us.

Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: 1 Peter 5:8

Scott,

Years ago I had friends involved in many of the practices listed above and were trying to get my family to agree with them. I did a lot of research on the subject at the time, it seems there used to be a whole lot more out there than there is now and many of the links I did not share are no longer out there. This subject is one I have felt led to expose because it is so deceptive and many so called discernment ministries will call out Yoga but not Pilates or the so called Christian alternatives even when shown the undeniable facts. Many of the teachers of these classes are actually full fledged Yoga instructors and will add in more overt Yoga practices to their routines but people do not discern because they seem so similar, working hand in hand.

If you chose to share some of what I have shared with you, feel free. Please leave my name/personal information out of it. I give all praise and glory to God Almighty for having shown me this.

PS--I think it is funny how people say they are doing yoga to get fit when people who are serious practitioners know that Yoga can damage your body physically. Here's a secular article on it:

How Yoga Can Wreck Your Body:

<http://www.nytimes.com/2012/01/08/magazine/how-yoga-can-wreck-your-body.html?pagewanted=all>

Dr. Johnson's Cold, Flu and Immune System Recommendations & Products:

++ 5000 Mild Silver Protein (M.S.P.) Suggested Therapeutic Dosing Guidelines 1tsp.-1tbsp. for every 30 lbs. of bodyweight per day; if you have been exposed or if you have a virulent virus or infection.

++ Note: Taking a true, natural, vitamin C is a major factor in dealing with virtually any immune system condition. Vitamin C (a full spectrum food source with the bioflavonoids) is the best choice. Recommended: Innate Response Vitamin C-400 180ct 76.00 or Innate Response C-Complete Powder 81gm 32.00 & Bio-C Plus 1000™ (100 T) 25.00

++ Note: Selenium is highly anti-viral. I recommend the food derived Innate Response Selenium 90 Tablet 27.00

++ Davinci Labs CAL MAG 180 tablets 22.00 or Davinci Labs CAL-MAG CITRATE POWDER 30 Servings 4.9 oz. (139.2 grams) 17.00 Optional--helps to activate the calcium: Super Phosphozyme Liquid™ (2 oz) 13.00 Take with juice

Most people are not aware of the role that calcium plays in our immune system. It is actually one of the chief fuels upon which our immune system runs on. White blood cells are the main tool our immune systems use to destroy foreign infectious invaders. White blood cells use calcium as the main fuel to propel themselves and destroy these invaders through a process called Phagocytosis. If we don't have enough usable calcium in our body, our immune system cannot ramp up, get to and kill these foreign infectious invaders. It's like having a guided missile, with no way of getting it off the ground. Consequently, if you have a low amount of usable calcium in your system, forget about having a strong immune system. It won't happen because it can't happen. And calcium is not something that can be manufactured in the body unless we leach it from our own bones, which over time would lead to osteoporosis. **One of the main signs we are deficient in Calcium during the throws of an infection, is a high body temperature or fever.** One of the things that got me into the alternative health field was a poorly functioning immune system. I have found one of the main components in building a strong immune system is keeping calcium reserves high in the body. -----

Dr. Johnson's Comment: I have talked about Vitamin D-3 in my teachings I posted below:

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

These are the Vitamin D-3 products Dr. Johnson carries:

Innate Response Vitamin D 5,000 60 count 36.00

Innate Response Vitamin D-3 (2000 IU)- 90 count 46.00

Pharmax Chewable Vitamin D 90 tabs 16.00

Probiotics/Flora Dr. Johnson Carries:

Innate Response Flora 20-14 - 60 count

Innate Response Flora 50-14 Clinical Strength- 30 count

Innate Response Flora 50-14 Clinical Strength- 60 count

Innate Response Flora 200-14- 7 count

Pharmax HLC Child 30 Tablets

Probiotic Uses--Probiotics are listed⁽¹⁾ as an essential element in the nutritional treatment of Athlete's Foot, Celiac Disease, Chronic Fatigue, Diverticulitis, Fibromyalgia, Fungal Infection, and Prostatitis. Very Important for Acne, Allergies, Candidiasis, Canker Sores, Cirrhosis, Hypoglycemia, Jock Itch, Kidney Disease, Lactose Intolerance, Legionnaires' Disease, Malabsorption Syndrome, Mononucleosis, Mumps, Nail Problems, Pancreatitis, PMS, Sinusitis, Ulcerative Colitis, and Urinary Tract Infection. Important in Age Spots, Alcoholism, Anorexia, Bladder Infection, Bulimia, Crohn's Disease, Diarrhea, Halitosis, Herpes, Indigestion, Irritable Bowel Syndrome, Multiple Sclerosis, Rheumatic Fever, Tooth Decay, Parasites & Helpful for Aging, Cholesterol, Colds, Constipation, Dermatitis, Heartburn/Reflux, Hives, Lupus, Meningitis, Peptic Ulcer, Seborrhea, Shingles, Sore Throat, and Tonsillitis.

++ Lugols Iodine can be applied to the throat area at the onset of any sore throat and after: <https://www.homesciencetools.com/product/iodine-solution-lugols-30-ml/>

++ These products are very complicated to sell via an website online as they are professional products that should only be sold via health care providers. Now at the same time I make these easy to purchase, though. Sorry only US orders.

For more information or how to order contact: drjohnson@ix.netcom.com

What is your current liver gallbladder detox protocol & cost?

Dr. Johnson's Comment: This is the one for a full one month gallbladder and liver cleanse (with a emphasis on getting rid of gallstones):

Livotrit Plus (180 T) \$36.00 (3 twice a day for one bottle.)

Davinci Labs HEPATICLEAR 60 capsules \$27.00 per bottle—Dosage: 3 capsules twice a day for three bottles which is a full one month liver and gallbladder detox

Beta-TCP™ (180 T) 30.00 3 tablets twice a day

-----Original Message-----

From: I caligarcia

To: Scott Johnson

Subject: Order

Your protocol for Type 2 diabetes? How to take it and the cost? Dr. Johnson's

Comment: Davinci Labs GLUCOSYNERGY 60 capsules 37.00 & Cytozyme-

PAN(Pancreas)(60ct) 17.00 One with meals (of both products) for a month and if your blood sugar is under control you can start reducing dosage.

Your protocol for sleep apnea? How to take it and the cost? The only product I know of for this is taking 6-12 Cataplex E2 by Standard Process before bed, but I don't have access to that product line anymore but you can probably find them on Amazon.

Best Overall Supplements for Joint Health?

Davinci Labs DISC-DISCOVERY 180 tablets 29.00

Davinci Labs ENZ-FLAME 30 Servings 270 Grams (9.52 oz) 60.00

Innate Response Inflama-Complete 90 Capsules 45.00

Douglas Labs Ayur-Curcumin (Turmeric) 90 capsules 27.00

What can be done to Eliminate Gout?

Dr. Johnson Comment: Gout is high uric acid in the blood and can be caused by eating rich foods and high protein content foods. For gout my protocol is:

Carbamide Plus® (90 C) 9 day

Argizyme (100ct) 9 day

Till the gout symptoms are gone. The patient would need to avoid the protein rich foods and drink 8-10 glasses of purified water per day as well.

1-3 of each product a day can be taken to keep it away. This is from a professional line of supplements that I carry.

Gout's cause is much more related to the kidneys than the liver.

Cavities-Toothaches-Root Canals-Loose Teeth-Gum Issues & General Tooth Health

From: Janice

To: Dr. Scott Johnson

Subject: Colloidal Silver & Tooth Abscesses/Toothache

Please let people know we can use silver to get rid of tooth abscesses. I've had 2 in the past several years and a good dose of silver takes it right away. It's good information for those suffering from teeth pain who cannot afford a dentist.

Where I live in Canada there used to be dental benefits. No more, and the cost of pulling a tooth is now 300 dollars or more. Enjoy your audios. Keep up the good work, Janice

Invive Silver said: You soak a piece of gauze with the 5,000 ppm Invive Silver and put/leave the gauze next to the tooth. You change the gauze with the next "soaked" piece 4 times a day till better.

Dr. Johnson's Response: I would also say if you are prone to teeth problems you should be (at minimum) taking:

Douglas Labs Bone Cofactors 180ct (6 day)

Alta Silica 6 a day

Boron Ionic (2oz) Two 1ml droppers per day

Genestra Organic Flax Oil Capsules 90 Softgels 6 a day or 2 with meals

This is the supplement protocol to: Regrow Tooth Enamel--Promote Teeth Health--Strengthen Bone Density

God bless!

++ Note: Coconut oil pulling is also excellent for teeth health and rebuilding the enamel.

Teeth and Gums Supplement Protocols:

If **receding gums and/or bleeding gums** are involved **with or without** infection you need to also take: **Bio-FCTS (90 C) 6 a day or 2 with meals** until the gums are better. A 1-3 a day maintenance dosage may also be necessary if one is prone to this. **Also the Invive Mild Silver protein would be the most direct way to go after infected gums: Hold 1/4tsp. in the mouth for 3-4 minutes (Any strength from 1100ppm to 5000ppm).** The difference in the silver and the **Bio-FCTS (90 C)** is that the Bio-FCTS is a gum builder while also after going after the infection, whereas the silver does not rebuild the gums **but is much more aggressive in actually destroying infections in the gums or elsewhere.**

Loose Teeth:

Ca/Mg-Plus™ (with parathyroid) (60T): 6 a day

Douglas Labs Bone Cofactors 180ct 3 a day or 1 with meals

Genestra Organic Flax Oil Capsules 90 Softgels 3 a day or 1 with meals

These are a professional lines I carry.

For ordering instructions just email Dr. Johnson at: drjohnson@ix.netcom.com

Root Canals Can Have Devastating Effects on Health - NaturalNews...

Tooth Implants: Serious Reasons NOT To Have Them!

Root Canals: Why would anyone want a dead tooth in their mouth ... for life? Of all the dental procedures and dental materials utilized throughout the field of dentistry there is none more destructive to human health than root canals. "It's like putting a bullet in your mouth, and then just waiting for the day it might kill you."— An Oral Health Consultant after years of observing the ravages of root canal 'treatment'

From: steve

Sent: Saturday, February 18, 2017 2:27 PM

Subject: **Invive Mild Silver Protein Testimony**

I wanted to thank you seeing those other great cases **of those that were saved by invive , a week ago one of my bad teeth got infected very swollen face up into my sinus painful!!! I took the invive three times a day & in three days it's down & no pain that, it's true everyone needs Invive on hand. God Bless, Steve=**

Root Canals Can Have Devastating Effects on Health - NaturalNews...

How root canals lead to a diseased body and what you can do to...

From: Jayne

Sent: Friday, July 24, 2015 5:18 PM

To: Scott Johnson

Subject: Re: [Contending for Truth:] Health info

This is really good information!!! I wish I had known about years ago.

The problem is it looks like the root/nerves are affected, so I'm not sure **which supplements would prevent a root canal?**

Thank you for all your help!! God Bless, Jayne

On Fri, Jul 24, 2015 at 6:57 PM, **Scott Johnson <drjohnson@ix.netcom.com>** wrote:

Jayne:

My clinical nutritional protocol for root canals is:

Douglas Labs Bone Cofactors 180ct (6 day)

Alta Silica 6 a day

Boron Ionic (2oz) Two 1ml droppers per day

Genestra Organic Flax Oil Capsules 90 Softgels 6 a day or 2 with meals

Bio-FCTS (90 C) 6 a day or 2 with meals

Inositol 9 a day

I have had a very high success rate for all tooth and gum related problems. OK now the thing I would need to know is the quantities you want as you would go through a lot of product on this protocol, at least in the first month. I would say you would want to at least give this a month to give this any kind of fair chance. It takes time to rebuild systems it has taken a lifetime to breakdown. If you are much better after the first month you could greatly reduce dosage at that point. God bless!

Dr. J.

From: Caroline

To: drjohnson@ix.netcom.com

Subject: re: heath question about receding gums

You mentioned treatment for receding gums with. You also mentioned something for tooth tartar. Because my teeth are so sensitive would I be able to use these products?
Sincere Blessing from Caroline

From: **Scott Johnson** [mailto:drjohnson@ix.netcom.com]

To: Caroline

Subject: RE: heath question about receding gums and a bent coccyx

For sensitive teeth you would need **inositol** and **Douglas Labs Bone Cofactors 180ct (6 day)** is my best overall tooth supplement which would be advisable. Once your teeth sensitively is gone if still battling **the tartar** you would need **Super Phosphozyme Liquid™ (2 oz)** 15 drops in a little bit of juice twice a day (hold this solution in the mouth for 30 seconds and then swallow) till the problem is gone and then as needed afterward.

Whiten Teeth Instantly With Activated Charcoal

To whiten your teeth, first wet your [toothbrush](#). Then, pour a little bit of activated charcoal onto your brush, and start scrubbing. You'll want the charcoal paste to remain on your teeth for about 5 minutes; don't be alarmed, but you're going to look REALLY scary when you first start brushing. We're talking black abyss of nothingness in your mouth. But you'll get used to it, so power through and keep brushing. Once your timer goes off, you're free to spit, rinse, and give your teeth one more scrub with [toothpaste](#) to get any excess charcoal out.

And *voila*, you've got a beautiful white smile! If you want to see some serious results, try it for a [week straight](#) and compare your teeth before and after. Once your week of deep whitening has passed, you can use activated charcoal once a week for maintenance.

Strontium is a natural constituent of certain whole grains and fish and has chemical properties most similar to calcium. There is generally a limited abundance of strontium in processed foods, which may contribute to loss of bone mass over time.³ Though the use of strontium as a recommended dietary supplement dates back to 1890, recent double-blinded, placebo-controlled studies have demonstrated its bone strengthening properties. How does it work? Strontium may positively promote pre-osteoblast replication, increasing the number of cells that eventually execute the role of bone-forming processes. Simultaneously, strontium can inhibit the differentiation of osteoclasts, the bone cells that break down bone tissue in order to increase blood calcium concentration. Lastly, strontium supplementation can help the body increase collagen synthesis that cannot be replicated with calcium supplementation alone.†

From: NaturalNews [mailto:insider@naturalnews.com]

Sent: Friday, January 15, 2016 11:35 AM

To: drjohnson@ix.netcom.com

Subject: **Stop the self-poisoning from your mouth! Use this Oil Pulling solution**

Natural News Insider Alert (www.NaturalNews.com) - please forward

Natural News readers,

Did you know that millions of people are chronically poisoning themselves with toxic bacteria in their own mouth?

Poor oral health can seriously affect the health of your entire body, and it can contribute to a wide range of health problems. Eliminating the unhealthy bacteria that produce body-harming toxins is essential to protecting your overall health.

But antibacterial mouthwashes contain toxic chemicals and are usually made with either harsh alcohol or artificial chemical sweeteners and colors.

That's where O3 Ozone-Infused Oil Pulling Solution comes in. This ancient variation on mouthwash has been used for thousands of years to **pull toxins from gum tissue**. But we've taken oil pulling into the 21st century with this very special formulation that infuses OZONE into the oil. [Get 7% OFF right now by clicking on this link to take advantage of the savings.](#)

An oil-based rinse is far superior to traditional mouthwashes because oils are much better at penetrating all the tiny crevices around your gum tissue and teeth. We chose coconut oil as the base for our oil pulling solution because it's simply the best-

performing oil in the world for oil pulling. Then we blended it with jojoba oil infused with bacteria-killing ozone.

I recommend swishing it around your mouth for 5 minutes once or twice a day. I find it easy to do while I'm showering or getting dressed in the morning, and before going to bed. Afterwards, my mouth feels unbelievably refreshed and rejuvenated -- and yours will, too.

When you use it, you'll feel the ozone go to work instantly, creating a tingling sensation as it neutralizes toxic bacteria in and around your gums and teeth.

There's a very small amount of organic peppermint oil blended into the product for taste only, but even with the peppermint oil, the product still tastes rather bland. This isn't some candy-tasting processed mouthwash here. This is a 100% natural formula based on an ancient medicine practice, upgraded with modern ozone technology.

Right now you can get **7% OFF** this revolutionary oil pulling formula. [Simply click on this link to get some now from the Natural News Store.](#)

We're also offering a big discount on another great oral health product called OraJuvenate -- a powerful cleansing dental cream that combines the unique properties of jojoba esters with ozone-oxygen.

You should definitely try it if you have **sensitive teeth, receding gums, or any other specific oral health problem.** Just apply it directly to specific areas of concern after your regular brushing routines, at least once a day. The smooth, creamy consistency makes it easy to apply. It helps remove bacteria and plaque buildup, preventing future bacterial growth. We recommend using it on your dental floss at night to get the maximum benefits of ozone-oxygen while you sleep.

OraJuvenate comes in peppermint and original flavors. Some people don't like the taste, but as with our oil pulling solution, this isn't supposed to taste like candy. This is natural medicine, with nothing artificial added.

See for yourself how OraJuvenate and O3 Ozone-Infused Oil Pulling Solution can dramatically help your oral health, and contribute to your overall well-being in 2016.

[Click here to save on these unique products now.](#)

To your health,

Mike Adams, the Health Ranger

[How to Cure Cavities](#)

Written by Sarah C. Corriher

While traveling to some of the most remote regions and cultures of the world, Dr. Weston A. Price discovered that some groups which had no access to traditional medicine had extremely low incidences of cavities. He discovered that the cultures which consumed foods that were high in fats and minerals had the best dental health. Some of those groups did not even brush their teeth.

When people are malnourished, dental problems are often the first indicator. Most people from the Western world believe that teeth naturally decay with age, so everyone will inevitably get cavities. Popular consensus is that teeth self-destruct. However, a person's diet primarily determines his dental health. The myth that people have no control over the deterioration of the teeth is one of the justifications for the fluoridation of water supplies, because it is tacitly contended that human teeth disintegrate without help from the chemical industry. In truth, cavities and dental malformations occur as

a result of malnutrition, which is actually exaggerated by chemicals, such as pharmaceuticals and fluoride. Western foods are not only deficient in vitamins and minerals, but they also contain chemicals which impair the utilization of nutrients in the body. Tooth decay is more common in pregnant and nursing women, because these women have greater nutritional needs.

Fluoride, in particular, pulls calcium and phosphorus into areas of the body that they would not normally travel, such as the pineal gland and the arteries, so these minerals are not properly used for strengthening the bones. Teeth too are bones. Fluoride can prevent the healing of cavities, because it disrupts the proper mineral usage of the human body.

"It is most remarkable and should be one of the most challenging facts that can come to our modern civilization that such primitive races as the Aborigines of Australia, have reproduced for generation after generation through many centuries -- no one knows for how many thousands of years -- without the development of a conspicuous number of irregularities of the dental arches. Yet, in the next generation after these people adopt the foods of the white man, a large percentage of the children developed irregularities of the dental arches with conspicuous facial deformities. The deformity patterns are similar to those seen in white civilizations."

-- Dr. Weston Price, *Nutrition and Physical Degeneration*, 1939

Healing Cavities

When provided with the right diet, cavities can heal. This healing process is known as remineralization, because it is a process of giving the teeth the minerals that are needed to repair them. The two minerals that are most important for dental health are calcium and phosphorus. To use calcium properly, the human body also needs adequate amounts of vitamin D from sunlight or fish (not the chemical type found in milk), and the body also needs magnesium from vegetables and nuts. In addition, the fat-soluble vitamins are invaluable. Fat-soluble vitamins include A, D, E and K. These vitamins can be found in butter, eggs, dairy products, and meats. A healthy diet that heals cavities is



Dr. Weston Price

the opposite of the low-fat diets that are most often promoted by the media, and the ideal diet is reminiscent of the Atkins Diet.

Food High in Phosphorus

- Meats
- Real butter (yellow-orange butter is best)
- Cheese (especially parmesan)
- Oats
- Pumpkin seeds
- Sunflower seeds (contain vitamin E, magnesium, and other fat-soluble vitamins)
- Nuts (especially brazil nuts, cashews and walnuts)
- Flax seed oil *

* Flax oil must be processed, packaged, and handled properly to be safe and effective. Reference the article about [flax seed oil](#) for more information.

Items to be Avoided

- Artificial foods, chemical additives and pharmaceuticals invariably impair the body's ability to absorb nutrients, and they lead to an increased excretion of nutrients, by being toxic to the beneficial bacteria of the intestinal tract,
- Soy should always be avoided, because the high levels of phytic acid that it contains reduces the assimilation of magnesium, calcium, copper, iron and zinc. Soy also imbalances the hormones, which exaggerates issues caused by malnutrition.
- Tea and coffee contain naturally-occurring fluoride, so those who currently have cavities should limit their intake until the cavity is healed.

Do not brush or attempt to clean the teeth with lemon juice, or acids. Similarly, abrasives such as baking soda should not be used whilst attempting to heal a cavity, and these things should only be used occasionally by people with good dental health. The ideal toothpaste will include both calcium and a phosphorus containing ingredient, such as monocalcium phosphate. It should never contain fluoride.

Antibiotics cause tooth decay in multiple ways. They reduce the assimilation of nutrients by triggering an artificial immune response with their mold-based bio-toxins, like most pharmaceutical drugs do. Antibiotics additionally kill the beneficial bacteria. The mouth is similar to the gastrointestinal tract in that there is always the presence of two types of microorganisms. Candida albicans (or just simply "candida") is the yeast that ferments sugar inside the human body. It is known for eroding the teeth with its acidic wastes. It is also responsible for bad breath and a plethora of health issues cataloged in the [article about allergies](#). In a perpetual war with candida is a beneficial bacteria that is known as flora. Flora is much easier to kill, and when it dies, candida flourishes. Flora is killed by a variety of chemicals and toxins, and it is vital to helping a body digest its food.

Sugars should be avoided as much as possible, and carbohydrates should be reduced while attempting to heal cavities. Fructose specifically causes a decrease in phosphorus, which is one of the reasons why sugar contributes to cavities. Cavities are certain to occur whenever there is phosphorus depletion, because contrary to popular belief, the teeth (like everything else in the human body) are always in a process of being slowly destroyed and rebuilt. Sugars stimulate yeast growth.

It is not possible to heal cavities on a vegan diet, and it would be challenging on a vegetarian diet. The nutrients that are needed for good dental and bone health do not

exist in adequate quantities in vegetable sources. Persistent dental problems are the most common reasons why vegetarians and vegans return to healthy diets.

When a cavity is healed, the area where it previously existed often turns black. This is purely cosmetic, and there are no health implications. The discoloration is likely to be permanent. Any dentist who notices it will drill it, if you are foolish enough to let him.

Toothache Remedies

The remedies being provided are meant to help people obtain temporary relief from toothache pain. If these steps are used perpetually, but no effort is made to heal the cavity, then it may eventually become impossible to heal. This could result in serious complications; for example, a brain infection.

- Clove oil applied directly to the the troublesome tooth is known to be very effective. If clove oil is not available, a paste can be made using ground clove powder and olive oil. The paste can then be applied directly to the tooth.
- Vanilla extract, applied directly to the tooth using a cotton ball. Ensure that it is real vanilla, not an artificial flavoring.
- If the toothache is the result of wisdom teeth entrance, simply using menthol-based cough drops may be enough to reduce the swelling and provide pain relief. Read the ingredients in such products to avoid artificial sweeteners or other unacceptable ingredients.
- http://www.curetoothdecay.com/Dentistry/weston_price_dentist.htm

Coconut Oil Is Now Called a "Miracle" Dental Bacteria Killer

Looking for an alternative to toothpastes loaded with sulfates and other toxic ingredients such as fluoride? Mainstream science has now fully recognized the 'miracle' powers of coconut oil to not only combat tooth decay and drastically improve overall mouth health, but also to specifically crush a yeast known as candida albicans that can lead to deadly infections. This 'news' likely comes as nothing more than further confirmation for many, as natural health practitioners have been recommending coconut oil for years.

The research comes from the Athlone Institute of Technology, where Ireland-based scientists examined the effects of natural and digested coconut oil on common strains of bacteria within the mouth. What they found was that not only did the coconut oil effectively inhibit a majority of the bacteria strains single-handedly, but it was also particularly harmful to candida albicans. This is important when considering the fact that an excessive amount of the yeast known as candida albicans can be brought upon by a poor diet consisting of processed foods and sugar

Read Full Article> <http://www.newssum.com/coconut-oil-is.....>

Candida infection, also known as candida overgrowth or the 'candy disease', can be associated with symptoms like chronic tiredness, recurring yeast infections, and digestive issues. It can also lead to a mouth infection known as thrush — a condition typically 'treated' using anti-fungal medications preceded by an x-ray of your esophagus. Now, researchers are highlighting how coconut oil intake can be an alternative solution with far less side effects and concerns.

In their report, the scientists state that coconut oil could be 'an effective alternative to chemical additives' in most dental hygiene products. This refers to the many sulfate chemicals linked to numerous conditions, added fluoride, and many others.

Read More : <http://www.newssum.com/coconut-oil-is-now-called-a-miracle-dental-bacteria-killer-3554>
