

Medications: What you need to know to stay well

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You know the symptoms of cell breakdown. As your 75 trillion cells struggle to put out the energy you need to digest, assimilate and eliminate, you find yourself fighting fatigue, in almost every case the first symptom of body malfunction. If you don't recognize this symptom, others will follow which *will get your attention* – or your mate's. Headaches, shortness of breath, low libido, poor concentration/memory, short temper, heart palpitations and depression are but a few.

"Self-diagnosis" with the help of television commercials sends us to the corner drugstore to "self-medicate." Sometimes we get enough relief to keep going while our cells quietly begin shutting down. Something is definitely wrong. Fear sets in and we are off again for a more professional diagnosis. Tests confirm our fears – thyroid and/or heart dysfunction, blocked arteries, prostate cancer, diabetes or even worse, "no-known-cause/no-known-cure".

Then we're told we need "prescriptions" and "procedures". But wait. Will drug therapy "heal" the condition or merely mask the symptoms? Remembering that the body was designed to self-repair, the question is, "are the drugs helping the body repair – or hindering it?" Healing is always dependent on the health of the *entire body*. Healthy cells put out subtle electrical frequencies that work together with the chemical and magnetic aspects of the physiology or body function. Sufficient pure water and *real food*, as close to nature as possible, provide the material for cellular repair. The body *reads* the SOEFs (Subtle Organized Energy Field) put out by **live and unprocessed foods** and uses the frequencies for repair. If you stop to think about it, it makes a great deal of sense.

Another important aspect of maintaining a healthy body is **cellular hydration**. According to Dr. Batmanghelidj, most disease is caused by inadequate "free" water in the system. Other fluids aside, it is "free" water that is needed for proper organ function. Dr. Batmanghelidj, a medical doctor and author stated, "*Because many doctors are not educated about the systems of dehydration and the importance of the fluid in the body, they often misdiagnose organ malfunction... and treat dehydration with medication rather than water.*"¹

Overdose concerns

When standard medications are used, more often than not, instead of promoting “repair” they are used to circumvent the problem. For instance, the use of synthetic thyroid assumes that if the thyroid is malfunctioning, the meds will provide the body artificially with the thyroxin that it needs. Eventually the organ will not have to do any work at all as the medication takes on that job. However meds can cause some **serious toxic side-effects such as abnormal heart rhythms, weight loss, hand tremors, headache, diarrhea, nervousness, menstrual irregularity, inability to sleep, sweating and intolerance to heat** to name a few.²

On the other hand, the herb kelp is a natural and entirely safe thyroid regulator, providing support for the system. And now the new water-based energy medicine provides subtle cleansing at the cellular level allowing all organs and systems to *regain full function* through cleansing, sufficient water and time.³ And it’s all natural— and easy.

Another extremely toxic drug, Coumadin, is often prescribed to artificially thin the blood when garlic or Gotu Kola or Vitamin E with Selenium would work as well and be harm-free. Again, bioenergetics, the new energy medicine could have the same effect safely and with great ease of use. Coumadin has been involved in more drug interactions than any other drug and the side effects are multiple: bleeding, abdominal cramps, nausea, vomiting, diarrhea, fever, anemia, adverse effects on blood components, hepatitis, jaundice, itching, rash, hair loss, sore throat or mouth and more.⁴

Unfortunately the body is not programmed to read overdoses of man-made toxins as it does overdoses of naturals like herbs, prunes or cherries which are released by vomiting or diarrhea. Drugs accumulate over years of use, your *trade-off for feeling good now*. Big concerns are attached to what med toxicity is doing to the rest of the body, especially the heart, liver, kidneys and nervous system. Down the road, other drugs often must be prescribed for these other malfunctioning organs. And so it goes.

Because of a growing and very real concern that drugs are harmful, the general public has over the years, spent more on natural remedies and alternative therapies than on allopathic medicine. I think we all will agree that in the past decade, the nation’s health has been spinning out of control with seemingly no way to stop the downward spiral, though it now is recognized as a serious problem.

The latest innovation in the field of natural therapies is electro-medicine, which allows the frequencies of herbs and other naturals to be programmed into non-toxic, water-based formulas. These subtle energy

products gently neutralize any negatives that might prevent cells from repairing, rebuilding and regenerating. **Problem: cleansed cells are now much more sensitive to toxins, so continuing the same dosages of medications can toxify the body even more quickly.** An analogy: a shot of whiskey that is no problem to the alcoholic may take the former alcoholic to the floor.

Let's go over that once more; after a thorough detoxification program, and if medications are still being used without daily detoxification (*RegenerationDaily™*), the *probability of overdosing is predictable. This situation needs to be discussed with the physician.*

Upon completion of deep tissue cleansing and as tests begin to confirm organ/system repair, it is advisable to wean off medications still used for once-malfunctioning organs and systems of the body. *Again, be aware that a medical doctor who is not aware of what you are doing, may interpret symptoms of "overdose" as "underdose" and thereby increase your dosage, a dangerous situation.*

In general the **side effects** of anything poisonous to the body, including drugs are: **nausea, vomiting, fatigue, rash, abnormal heart rhythms, difficulty breathing, itching, dry mouth, achy muscles, and sometimes agitation or confusion— vital sign distress.** Often times these symptoms are **mistaken for the flu.** The "*agitation or confusion*" are identical to the need for more medications, so it can definitely be confusing to the healthcare practitioner. Eventually the body stores these toxins away in the cells of some organ or system to surface years later as a malady. Recently the FDA made a statement admitting that some of the most widely used painkillers and antipsychotic drugs can cause "adverse events and even death".

Real health requires a fully-functioning body, which is totally dependent on *good nutrition, pure water and sound sleep with plenty of exercise, sunshine and positive thoughts.* Medications are a stop-gap measure, the band-aiding of a health challenge and will be so viewed by a knowledgeable physician.

Note: Once the system is cleansed, the ***socially acceptable drugs, caffeine, alcohol, tobacco and sugar will do exactly the same thing as medications, just at a slower rate.*** Drugs are drugs and even the mildest ones eventually accumulate in the cells – it's just a matter of time.

Case: Medication Overdose

Joe had been for years an insomniac with intermittent suicidal depression. Long after he had finished his cleansing/rebuilding program of energy medicine formulas, he continued his medications for

diabetes. Although his doctor recognized the fact that Joe was much better, he *never reduced his medications*. One year later Joe was back with his original complaints which his physician read as a need for a higher dosage of his medication. The increased medication, negated the cellular repair he had achieved during his 18-week program of deep tissue cleansing.

Case: Re-toxification

A young woman called from Maui a year after she had cleared her asthma, insomnia, mood swings and female problems through a subtle frequency cleansing program. Sick again, she wondered why. She was "drug toxic"! She admitted to having returned to her coffee drinking habit. Anguished over the return of her symptoms she asked, "One cup of coffee a day couldn't do that, could it?" Yes, coffee is toxic and *toxins are cumulative*.

Case: Med Toxicity

"I had been diagnosed with high blood pressure by several physicians, and finally, out of fear, I agreed to try some medications (my doctor used major scare tactics). I have not been on any medications since I went on Carol's program six years ago. After playing the part of a guinea pig for three months, my blood pressure went down to acceptable levels and my doctor was extremely pleased with the results. However, I was experiencing many side effects that were most disturbing. I was very fatigued and I awoke every day feeling drugged. I could not wake up and on several occasions I felt dizzy and lightheaded." "I contacted Carol and discovered I had major toxicity by medication. I am now off the medications, cleansing and doing much better...90% back to normal already.

References:

- 1 F. Batmanghelidj, M.D., *Water: for Health, for Healing, for Life*
- 2 Silverman, Chilnick, Stern and Simon, *The Pill Book*
- 3 Carol Rose Keppler, M.EI, intuited research
- 4 Silverman, Chilnick, Stern and Simon, *The Pill Book*

Important: Continue all medications throughout any of the AltWaters™ cleansing systems. It's important to discuss with your physician your intention to be weaned off all medications as your system repairs

Warning

Staying on medications once the cells have been cleansed

and repaired can be hazardous to your health

due to medication overdosing!

Weaning off medications upon completion of a deep cellular cleanse

1. To safely wean off medication, **you must work with a medical person knowledgeable in decreasing medications: M.D., naturopathic physician, doctors of integrative or complementary medicine.**
2. Use extra *detoxification* to neutralize *toxic residue* until all medications have ceased – usually 3 half-droppers of RegenerationDaily per day in one quart of water to drink over 8 hours or half upon awakening and half at dinner. The electro-sensitive person will need to work with an Energy Intuitive for proper dosa
3. Note: as the med dose is lowered, if symptoms re-appear, the dose can be bumped up slightly for a time until weaning can be resumed. Ask your doctor about this.
4. Work with an Energy Intuitive who understands your program to discover information (often electric) that may still be having a negative effect on your system.
5. Don't give up. The body knows how to self-repair. Sometimes it takes just a little extra time.

For symptoms of med overdose check *The Pill Book* or *Physician's Desk Reference*

Medications are lifesavers for millions of Americans, providing a “quality of life” unknown before in the history of mankind. Billions of dollars are spent yearly on FDA approved drugs with ingredients *generally regarded as safe* (GRAS). The down side to this scenario, unfortunately, is these toxic drugs can accumulate at the cellular level showing up years later.

From the lowly aspirin sold over the counter to a \$100 per-pill-prescription drug, *medications can be dangerous to your health*. Addictive as any street drug, they often mask real problems. The human body is a magnificent creation programmed from the beginning of time to re-create itself cell by cell. As the cells become toxic, they lose that God-given ability for perfect regeneration, often producing aberrations programmed for malfunction.