

The Bob Livingston Letter

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Sea Salt

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I gave my dog sea salt; now he asks for it.

Are we worth our salt? Is salt the missing mineral?

There are many anecdotal stories that tell about the healing power of sea salt for our pets and us.

The following is from Bob Butts at www.watercure2.org: Bob says find a pet with terminal cancer or arthritis and put sea salt (not refined salt) in his water or food for 3 days. Use about one-quarter teaspoon per day and increase as needed. You can vary according to your needs and watch what happens.

Bob says he has not heard even one report of sea salt failing to cure pets of terminal cancer or arthritis. What's wrong with Bob's story? The answer is that using sea salt is too simple and too cheap for America.

Bob says we all know that water and salt (sea salt, not refined salt) are the two most life-supporting essential nutrients. That's why the #1 protocol

for newly hospitalized patients in every hospital in the country is a saline I.V., which is nothing more than salt water.

How much sea salt for you and your dog daily? One-quarter teaspoon per quart of water or added to your food.

Bob Butts is the #1 source for information on sea salt and water cure. He sells nothing. You need proof? Bob has been offering \$50,000 to anyone who can disprove the salt and water cure for several years and has had no takers. He has many, many testimonials. Bob's website is www.watercure2.org or email him at watercure@adelphia.net.

Allopathic medicine has almost everybody afraid of salt. In fact salt consumption is generally equated with hypertension.

Not, so says Dr. David Brownstein, M.D. in his new book, *Salt, Your Way to Health*.

The culprit here is refined salt or demineralized salt that most people eat. The good salt is unrefined salt, which has 80 minerals in it.

THE BOB LIVINGSTON LETTER IS A PRIVATELY CIRCULATED NEWSLETTER. SINCE 1969, WE HAVE BEEN REACHING OUT TO AWAKEN SLEEPING CHRISTIANS TO THE GLORIOUS GOSPEL OF GRACE. GOD HAS BLESSED US. HE HAS SHOWN US HIS KINGDOM. THEREFORE WE HAVE A CHRISTIAN RESPONSIBILITY TO HELP OTHERS SEE THE KINGDOM OF GOD. WE ALSO HAVE A RESPONSIBILITY TO WARN OF THOSE WHO WOULD DECEIVE THE ELECT IF IT WERE POSSIBLE. WE SOLICIT YOUR PRAYERS AND WELCOME YOUR SUPPORT.

www.boblivingstonletter.com

Dr. Brownstein says that low-salt diets are not associated with a reduction in blood pressure for the vast majority of the population. Exceptions would be those with kidney problems or those who are super-sensitive to salt.

But for most people, unrefined salt (sea salt) is essential for many health concerns like adrenal disorders, blood pressure, cholesterol levels, fatigue, headaches, and thyroid disorders. And yet low-salt diets are promoted by most doctors and organizations like the American Heart Association and the American Diabetes Association.

Refined salt that most everybody uses is dead and has no minerals. Unrefined sea salt has 80 minerals and has never been heat-processed at high temperatures. For Celtic Sea Salt, call 1-800-867-7258.

Good salt is far more important to our health than we imagine. Get the salt story. To get Dr. David Brownstein's book, call 1-888-647-5616. *BL*

Psoriasis

Try vegetable oil as a topical—just like you buy at the grocery store—just don't eat it. Stay with olive oil and coconut oil for food. Let us know how your psoriasis does. *BL*

Therapeutic Angiogenesis (Natural Bypass) in Patients with Severe Coronary Artery Disease

A new treatment modality called therapeutic angiogenesis has appeared on the clinical research scene during the last five years. This approach recreates the natural processes of new blood vessel formation that is observed during growth and development in every human being. It is an extremely potent and promising modality, but so far the results of clinical trials in patients have been equivocal.

What heart patient wouldn't want natural revascularization (bypass) around occluded arteries?

This hypothesis has been verified with extensive animal data by investigators of this research where a swine model of coronary disease was shown to severely inhibit the action of angiogenic growth factors.

If one wants angiogenesis to work, a means of improving the function of the coronary lining of patients with severe ischemic heart disease must be identified. Its effects must be evaluated in order to allow for angiogenic substances to exert their action towards successful revascularization (natural bypass) of the heart muscle.

Well, well, an amino acid called L-arginine has repeatedly been shown to markedly improve function of the coronary artery lining in patients with ischemic heart disease when taken regularly over several months.

So that wonderful L-arginine is therapeutic to coronary artery disease as well as a vital facilitator of new blood vessel angiogenesis or growth factors in the heart and blood vessels.

This is plum exciting, but maybe not to heart surgeons.

If this approach is successful, as is anticipated, angiogenesis will constitute an effective modality for the treatment of coronary artery disease not only in patients with advanced severe bypass grafting, but even perhaps in all patients with coronary artery disease in need of revascularization (bypass surgery).


Source of this study: University of Ottawa Heart Institute Clinical Trials, Gov. Identifier NCTOD134433, Marc Ruel, M.D., *mrue@ottawaheart.com*. *BL*

Are You Worried About Having a Heart Attack While Driving Alone?

Man or woman, you don't have but a few seconds, maybe 10.

Do this: Start coughing repeatedly and very vigorously. A deep breath should be taken before each cough. The cough must be deep and prolonged as when producing sputum from deep inside the chest.

A breath and a cough must be repeated about every two seconds without letting up until help arrives, or until the heart appears to be beating normally.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart helps regain normal rhythm. Proceed to the emergency room. 

The Blood Thinner Cure

Do we survive a heart attack most of the time because the doctor immediately puts us on a blood thinner?

Dr. Kenneth R. Kensey, M.D., cardiologist says in his book, *The Blood Thinner Cure*, that our blood gets thicker as we get older. The heart has to pump harder, forcing up blood pressure. The sheer force of the blood pressure pumping dangerously thick blood continuously injures the arteries with each beat. This problem results in atherosclerosis and heart attack or stroke.

Says Dr. Kensey: "I'll show that all the risk factors for atherosclerosis have one common denominator—your heart is working too hard because of thickened, sticky blood, what I call 'the sludge factor.' The result is injury to the artery lining that leads to clogging. The constant process of mechanical injury to the arteries eventually leads to stiffening and thickening and the formation of plaque."

Here now is a very important question for heart doctors posed by Dr. Kensey: "If diet and lifestyle alone cause atherosclerosis artery damage, then why don't the arteries all over the body become stiffened and clogged?"

Instead, if you want to find a blocked and clogged artery, the best place to look is in the arteries that feed blood to the heart, the brain and the legs. These areas, says Dr. Kensey, are the, "zone(s) of over-expansion." This is a wear and tear process to the carotid, coronary and femoral arteries. So then atherosclerosis is site specific. We know that most mechanical repair by heart surgeons is to the aorta and the coronary arteries and to a lesser extent, the femoral arteries.

The thickness and stickiness of the blood is resistant to blood flow and is a cause of high blood pressure and heart attack. Try to put syrup through your hosepipe. It will greatly slow velocity, the same as thick and sticky blood would. Less velocity means less oxygen and equals heart pain (angina) and heart attack. Smooth, thin blood speeds velocity, increases oxygen delivery and lowers blood pressure.

The blood pressure monitor doesn't reveal that even with normal blood pressure, your blood may have turned to sludge and that the heart's struggle to pump this blood is taking a daily toll on your arteries and your heart.

The thickness and stickiness of the blood is directly related to the work the heart is doing. It becomes harder to pump.

Dr. Kensey says that the thickness of your blood is every bit as important as your blood pressure.

The most important factor in determining blood thickness is how many red blood cells you have. This is called the hematocrit and varies from one person to another. Men have a naturally higher amount of red blood cells. The higher the concentration of red blood cells, the harder the heart must work to pump the blood. A 10

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percent increase in your hematocrit means a 25 percent increase in your blood's thickness. Does this explain why men are more prone to heart attacks than premenopausal women?

The thickness of blood is also determined by the thickness of the plasma that surrounds the blood cells, which can turn to sludge in the presence of chronic infections and inflammations.

Any time there is inflammation or infection from any cause, the blood becomes thicker and stickier. Increased viscosity caused by thickness and stickiness of blood injures the lining of the arteries.

Then atherosclerosis develops as injured arteries become inflamed, which increases blood viscosity. It begins to feed on itself. As the artery's lining is injured, it releases C-reactive protein (CRP) into the bloodstream. CRP is a measure of the level of injury that is occurring to the artery's lining and it is a measure of a person's risk of heart attack or stroke.

A high CRP level is a warning that your blood is too thick, and that it may be sludging.

Of course, the medical answer throughout the country is a very expensive drug... Plavix.

But alternative blood thinners are just as good. See your doctor before making any changes to medication or taking natural blood thinners with drug blood thinners. Here are some of the best natural blood thinners I know of: Fish oil or cod liver oil, at least a tablespoon a day. According to one study, 6 table-spoonfuls daily would keep your blood from clotting at all.

Ginkgo is an excellent platelet anti-clotting nutrient. Studies show that ginkgo is helpful for Alzheimer's disease, for poor memory and impaired circulation. The usual dose is 40 to 80 milligrams two to three times daily.

Niacin (B3) is another effective platelet buster — use the time release or inositol hexaniacinate, 500 to 600 milligrams twice

daily as a suggestion.

L-arginine dilates arteries which enables blood to flow freely. L-arginine keeps appearing in the literature as if a miracle.

Nattokinase is an effective clot buster that actually keeps clots from forming. It's a blood thinner par excellence. The Japanese have used it for 1,000 years. *BL*

Iodine

A reminder that if a woman is on a thyroid hormone, she should also be getting iodine or she could be raising the risk of breast cancer. Also, iodine is effective in curing fibrocystic breast and endometrial and ovarian cancer.

In men, iodine can help lower prostate cancer risk. Both sexes may reduce or eliminate the need for thyroid hormone by upping iodine levels. Iodine displaces harmful elements like lead, cadmium, arsenic, aluminum, mercury, bromide and fluoride. All these elements increase in the body in an iodine deficient state.

Get the book, *Iodine: Why You Need It, Why You Can't Live Without It*, 2nd Edition, by David Brownstein, M.D. Phone number: 1-888-647-5616. *BL*

Quick Tips...

- Natural ginger in tea is the best remedy for all forms of nausea.
- Why gargle with salt water? Viruses that cause colds can't survive in a high-salt environment. Be sure to always use sea salt.
- Myth — Social Security is insolvent. Fact: Social Security won't go broke but your money will. Yes, you will continue to get your Social Security checks but your paper money will buy less and less.
- We have a problem. Everybody has a problem and it's the biggest problem we

have to face every day. It's called government. Government at the local, state or federal level dominates every person. We live by the privilege of the state.

We sold our birthright and our country in 1913 with the passing of the Federal Reserve Act. Since that time, America has been enslaved with paper money. There is no such thing as human liberty with paper money. Read *Gold vs Paper* by Anthony Sutton.

Environmental Protection Agency Scientist and Workers Call for an End to Water Fluoridation Because of Cancer Risk

The unions who signed the release represent EPA employees from across the nation. They are affiliated with the National Treasure Employees Union and members of 11 other EPA unions in calling for an immediate Congressional act placing a national moratorium on water fluoridation. This, pending a full Congressional investigation into this public policy, which affects directly and indirectly every resident of the United States. Read and sign Citizen petition at: www.petition.powalliance.org or contact Organic Consumers Association at 218-226-4164 or fax at 218-353-7652. *BL*

Gold Market Timing

A market correction must be understood as financial therapy. It is not realistic to expect that a market will go straight up. Markets breathe in and markets breathe out, mimicking the order of living things.

As stated many times, be aware of and stay with the trend and pay no attention to corrections like we are experiencing now.

I know that many of you may have joined the party late. You may have bought stocks this year and now the correction has you under water. You do not take a loss until you sell. And if you bought

the same stocks that we have bought, stay with them, as we have a long way to go up.

We must not be disturbed about corrections. As long as our holdings are in an up channel. They are in a bull market.

This correction is an excellent time to buy both the gold and silver metal and the stocks.

What do we expect? Short term, the gold and silver stocks are consolidating and bottoming. Really we should be buying. We have been buying some oil stocks and some gold juniors. I will tell you what they are later in this *Letter*.

We expect the next rally to begin in September and we expect it to be substantial. But don't wait until then to buy.

For the very long term, at least 6 to 8 years, we expect a commodities bull market of historic proportions.

The reason is that the world is on a paper money system with competitive devaluations going on. Nobody wants a strong currency and nobody will have a strong currency with the exception of Switzerland.

Paper money will melt and as more people discover this fact, they will exchange their paper money for gold, silver and platinum.

US dollars will some day be worthless. The only way to keep what you have is to buy gold, silver and the stocks including uranium and oil stocks.

Keep in mind that inflation is not set in stone. The system is so fragile that a financial accident could trigger an economic collapse into deflation and depression. In fact, this is exactly what we expect long term anyway.

What is the Federal Reserve trying to do now?

The US Federal Reserve (which is neither federal nor reserve) is the world engine of inflation. Every national banking system is tied to the US central bank. All banks are trying to go

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in the same direction without a collapse. There is absolutely no certainty that they can do it in my opinion.

Long term, the plan is to depreciate the dollar and thereby hold off a debt collapse. The key to their plan is gradualism. Gradualism might save a crash and gradualism of dollar depreciation might keep the people from becoming aware that their savings and retirements are disappearing.

The Federal Reserve will never announce that they are depreciating the currency or admit that they are destroying purchasing power.

Therefore, the only counter balance that the people have is to use their paper money to buy gold and silver now. The people who don't do this will eventually lose all. Of course, as history repeats, most of the wealthy and the middle class will be impoverished. Somehow, they cannot grasp reality and they cannot believe that there is an organized plan to destroy the currency by over printing. They trust the system.

There is widespread ignorance about the nature of government. Governments live off of the people. People don't live off of the government. One way or the other, governments have to live off of the people either by force or by deception. Inflating the currency is by deception. Governments for centuries have practiced it.

It doesn't matter what name we give a government, whether Democracy or Nazism. All governments parasite on the population and survive on their substance. Any political system is by nature dependent. It has no life of its own because it produces nothing and has no substance of its own. It only has life support on the people.

We run a losing race with the money creators if we don't own gold and silver.

Prices are going up in terms of paper money and prices are going down in terms of gold.

To illustrate the point that deflation will be the end result but inflation now, we quote from

The Dines Letter of June 30, 2006. P.O. Box 22, Belvedere, CA 94920:

"With gold at \$400/oz a new Lexus is bought for 100 ounces of gold or \$40,000. Two years later, with gold at \$600/oz, the new model is priced at 80 ounces of gold, or \$48,000. The paper price has increased significantly, but 20 fewer ounces of gold were required for purchase! The metallic gold has not changed, the Lexus has not changed, but obviously the purchasing power of the paper dollars has fallen. The reader now needs only to look and not to think, to understand that the price of the car has fallen in real money (gold) terms, though more depreciated paper dollars were required to pay for it. Gold, by this example, conclusively demonstrates the economics of deflation, although almost everyone believes that the higher dollar price of the Lexus example is clear evidence of ongoing inflation."

My study shows that wealthy people and people in the know are exporting their wealth out of the US. They are exchanging their dollars for foreign currencies and foreign stocks. There is, silently, a huge shift of wealth going on.

It doesn't take a genius to understand that a shrinking dollar means impoverishment eventually. The great burden will fall on millions of Americans who trust the powerful state and have their attention focused on gay marriages and American Idol.

Central banks and especially the Federal Reserve will have no other option but to print money. They will talk a different talk, but they will print money. Before the final debt crisis hits we may see very high rates of inflation.

Since the year 2000, there has been a lot of print about bubbles, the very latest being the housing bubble. Well, the biggest bubble of all time is the worldwide paper money printing bubble, especially in the United States.

We expect to see a worldwide hyperinflation bubble on the order of the Weimar Republic in

Germany in 1923. Now I know that the monetary authorities expect to contain such economic chaos. But then greedy money creators and politicians never visualize their work as bringing about the breakdown of the social order followed by economic collapse.

Paper dollar printing will surge. We continue to favor hard assets to preserve purchasing power. We live in history-making times full of danger but also full of opportunity for those who are alert.

You have to make your own choices according to your finances and your circumstances. We do not make general stock recommendations except to recommend asset classes; precious metals, oil and uranium. Please, keep in mind that in all bull markets there are sharp corrections like we are in now. This terrifies people who are not in tune with the markets.

Corrections are healthy and necessary to progress the bull market to its conclusion down the road a few years. Paper losses are not real losses until you sell.

Last month we sold Denison Mines due to lackluster performance and put the funds into Mega Uranium (MGAFF). This little stock has been flying high and now selling for around \$5.50. MEGA has announced a 2 for 1 split. It got way up to about \$9.00 and then dropped back in the correction.

We bought the Guinness Atkinson Global Energy Fund (GAGEX). I also added a junior, General Metals (GNLM) at \$.47. General Metals has property next door to Newmont, and we're hoping that it will be bought by Newmont.

Also, we purchased Endeavour Mining Capital Corp (EDVMF) at \$6.30. This company provides financing to junior mining companies for development. This is a basket of juniors with professional management. These situations are to hold for explosive potential later in the bull market. This fund sells for less than asset value.

I bought Western Oil Sands (WTO.TO) (26.90 CDN\$). This should be another Suncor story.

We have a small investment in India waiting for the current correction to bottom. We like this market as an explosive potential for the long-term. India is a big, big story.

In the last few years the Indian government has been deliberately moving towards the free market. The Indian population has 50 percent young people and India is an English speaking country which puts their potential ahead of the Chinese in our opinion.

Our goal is to have a substantial investment in India for the long-term. There are many Indian funds. There is the JP Morgan India Trust, the Morgan Stanley India Investment Trust, and the India Fund, Inc (IFN).

We prefer the no-load funds. Some funds can eat up a lot of cash in expenses. All funds have some expenses.

We still very much like the Tocqueville Gold Fund (TGLDX). This is a no-load fund. It has done extra well and we expect it to do excellent going forward. John Hathaway runs this fund and in my opinion he is one of the very best in the gold mining business. I think that this fund can be purchased through any broker. This type of investment is an easy way to get into this gold bull market. This is ideal for most people who don't have time to study the individual stocks. Overall you can probably do as well in this fund as a shotgun attack of picking individual gold and silver stocks. This fund is for the rich man and the poor man who wants to be rich.

You may want to start with a purchase now and add to it as you can over time.

US Global Investors has several no-load funds. Two that I like and own are Global Resources Fund (PSPFX) and World Precious Minerals Fund (UNWPX). Both funds have had big gains. These are attractive for large and

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small investors. Phone 1-800-873-8637 for more information.

The above stocks and funds have a long way to go. I think the best is yet to come and I still recommend accumulating gold and silver coins. The summer correction has afforded us an excellent opportunity to add to our physical metal positions.

For private purchase of gold and silver coins, we recommend two well-respected and long-time coin dealers:

Walt Bartee at 1-800-743-1448 and

Franklin Sanders at 1-866-595-7587.

Please remember, prices change rapidly—so if price checking, please do so at the same time if possible and don't delay with your purchase to get the quoted price. *BL*

Just the Facts...

A stroke is the sudden death of brain cells due to a disruption of blood supply to the brain. Without adequate blood flow to the brain, oxygen and important nutrients cannot be delivered. The result is abnormal brain function. Blood flow to the brain can be disrupted by either a blockage or rupture of an artery to the brain.

There are two main types of stroke: ischemic strokes and hemorrhagic strokes.

Ischemic strokes are caused by blood clots that form and block blood flow to the brain. Ischemic strokes are most common and account for 88 percent of all strokes.

Hemorrhagic strokes are caused by a break in an artery in the brain.

The most common symptom of a stroke is weakness, partial paralysis, loss of voluntary movement, sensation in a leg or arm, speech problems and weak muscles of the face, which can cause drooling. Numbness or tingling in the leg, arm, or face is very common. A stroke involving the base of the brain can affect balance, vision, and swallowing functions. A

stroke can cause difficulty breathing and even unconsciousness.

If any of the symptoms mentioned above suddenly appear, get emergency medical help FAST. The sooner treatment is started, the better the eventual outcome will be. (See my May issue for "Tips on Recognizing a Stroke and Stroke Recovery.")

Your best defense? Keep your blood thin and free of clots. The best natural clot buster I know of is Nattokinase. *BL*



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