

# Dr. Lai's Mailbox

■ Chiu-Nan Lai, Ph. D.

A Reader Shares Experience In Using *Pure Aussie*:

I (the reader) have introduced *Pure Aussie* to many friends. Each of them has experienced different effects, but they were all very positive. The most interesting one is a woman who finds that *Pure Aussie* has a sweet taste. For some, *Pure Aussie* has improved their chronic constipation without medication. Some feel that their memories have improved, and for others their joints have become more relaxed and they are more radiant and do not get tired easily. I used a few drops of *Pure Aussie* to soak mung beans, the germination time shortened and the beans become sweet. After drinking *Pure Aussie* for about two weeks, my mother's mouth stopped twitching involuntarily. I believe that involuntary tremor of the mouth is a precursor to geriatric disease. In addition, I would like to ask about my brother's condition.

## **Question:**

*My brother suffered from lymphoma. He had chemotherapy at the end of 2004. I used the method you taught to help him. He did not suffer from pains or other ailments. The annual medical check-up has been his Good Friday (day of suffering). The report for his recent check-up was not ideal. This time, I strongly urge him not to undergo chemotherapy but to adopt Traditional Chinese Medicine, a clean*



*diet, positive thoughts and be happy every day. I hope that he can do without chemotherapy. The supplements he took are Friendly Bacteria, Bliss De Light, Radiance C, Pure Aussie and others. Are there any other ways to help him improve?*

## **Answer:**

For all diseases, including cancer, *prevention is better than cure*. Chronic diseases like cancer are a sign that the whole system is degenerating and atrophying. Lymphoma in an adult is an indication of premature aging. It is only through the restoration of the vitality of life as a whole that the disease can be delayed. Since human starts aging at birth, we cannot say that the

disease can be cured; we can only say that aging can be postponed. In addition to your recommendation of a clean diet (eating food full of vitality, fresh organic fruits and vegetables, grains, seaweed), being happy and taking life-enhancing radiant supplements, the other things that need attention are:

Health is a lifetime investment, so re-read the questionnaire in the book "Hui Gui Xin De Xi Ye" (Note 1) to understand the factors concerning early illnesses, or daily life interferences. Try to remedy and resolve frozen emotions. Shake and unblock stiff limbs by doing simple exercises. The preparatory step of *Waidangong* is simple and easy to practice. Relax and shake the coccyx many times a day. The coccyx is the main switch for the energy of the body. Test if the energy of your seven chakras, knees and soles of the feet are blocked. Qi harmonizing breathing exercise can help open these chakras.

Every day, tap the *dantien* (located just below the navel) area three hundred times or more. It can be divided into several times, each time tap one hundred times using the palm. Generally it takes a few minutes to tap one hundred times. Smile more and release suppressed emotions by vocalising "AH" when exhaling.

If you were not breast-fed as a child, imagine yourself being breastfed. Allow the body to relax and move naturally. Breastfeeding is very important to the health of both mother and child. It enhances the mutual exchange of energy fields. If the child did not have this exchange, his/her physical constitution would be weaker. For children who are not breastfed, their immune system is greatly reduced. In childhood years, the chakras of the child have no protection. When the child is frightened or hurt, it will influence the child's health in his/her later

years. Using colour filters for light therapy, exercise and qi harmonizing exercises can be used to restore health.

Nowadays, the polluted environment is very harmful to the life-force, especially increasingly powerful radio waves, electromagnetic waves and radiations. Climate anomalies reflect the chaotic energy of nature. It also directly causes confusion in the qi in our bodies, resulting in the bodies not being able to function properly. Great effort is required to maintain the alpha wave in our brains. Most people are unable to fight this disordered energy field which is why there are more and more sick people. Over the years, I have been continually writing on the self-help methods to these problems, hoping that more people will become more aware. It is only this way that the earth can be saved, and we can be saved.

### **Question:**

*My four-and-a-half year's old daughter was diagnosed with auditory nerve damage. The doctor thinks that there is no cure and that she needs hearing aids. We would like to know if there is any other way to restore her hearing. We have decided to adopt an organic diet, to go for hiking every day and also to have an hour of Auditory-Verbal Therapy classes daily. Could the following factors causing her hearing impairment?*

1. *There is an electrical transformer box near the kindergarten.*
2. *At a young age, she fell out of bed hitting the front of the forehead.*
3. *When young, she had a fever up to 39 degrees.*
4. *Within a month of her birth, she was exposed to high decibel under the flight path. Six months after birth, she was vaccinated, but did not go for more vaccination. But every year, she had to*

*visit the doctor twice and took western medicine. She has Traditional Chinese Medical doctor for her cold and flu.*

5. *At the age of two, we lived in an apartment which was suspected of having radioactively contaminated rebar. Does this have any connection? Besides we have a wireless phone, but it is rarely used. Since her birth, we have only used the mobile phone a few times.*
6. *From time of birth to four months, she constantly suffered from colic. She stopped taking milk at eight months old and has changed to drinking oat milk.*
7. *Her younger brother had the exact same external ear malformation when he was two months old, but now he can react to sound.*

### **Answer:**

Dr Steiner once mentioned that when the previous generation ate food grown using fertilisers and pesticides, the nervous system of the next generation will be vulnerable. I guess your daughter is the third generation which eats food produced by chemical fertilisers and pesticides. When her grandmother was pregnant with her mother, she probably had been eating food produced with chemical fertilisers and pesticides.

Hearing has a close relationship with the energy body. It is also connected with the function of the adrenal gland and kidney. Weakness in the adrenal gland is related to the previous generation. Therefore the younger brother also has similar ear deformities. The ear reflects the function of the kidney, it is likely that the kidney function of the maternal grandmother was weak. All pressures and disturbances can harm the kidney. All the things you mentioned that happened to your daughter can

weaken the energy field of the energy body and harm the adrenal glands. Even if you do not use the cordless phone at your home frequently, the phone still discharges electromagnetic waves whenever it is plugged in. Every time the mobile is used, even for just a few minutes, some brain cells will still die. There are research reports on this. The smaller the body's part, the easier it is harmed, and the easier it is in absorbing microwave. That is why children nowadays have deteriorating vision and/or hearing loss, as the eyes and ears absorb relatively more microwaves. What needs to be done? Children need to be protected. Clear electromagnetic waves and microwaves in the environment and make use of all protection methods introduced. If the energy fields of the parents improve, this will directly increase the child's energy field, because before the age of seven the mother and child share one qi energy. Massage the child every day as skin contact conveys energy. If the parents can maintain a joyous and relaxed state, the child can also stay at the Alpha-wave state. Normally the brain waves of children before the age of seven are in Alpha waves, which is why children have strong self-healing ability. But the various disturbing waves in the environment which disrupt Alpha brain waves can interfere with the child's self-healing abilities. Frequently bringing your child to a natural environment is a good way for recovery, but ensures that there are no high-voltage towers, radar or television transmitting station on top of the hill. Generally the energy under a tree is very good. If there are big trees in the park near your home, that would be a good place for frequent visits with your child.

In light therapy, choose some colours to repair "qi", lime colour on the body, green on head, crimson on "mingmen xue" (kidney), and so on. If you have learnt to use the pendulum, you can dowse the colour

you need. Choose the suitable filter and exposed to the sun for a few minutes. It is very effective. You can also use supplements filled with radiance to help the cells recover. Bless you.

### **Question:**

*I recently took Lightning Enzymes and felt very good. I recommended this to a friend who suffered from stomach ulcer. He also felt good after eating it. Is Lightning Enzymes suitable for people who suffer from stomach ulcers?*

### **Answer:**

I asked Dr May the same question. He said: People with stomach ulcer tend to feel uncomfortable after eating, which is why the warning on the label of Lightning Enzymes. But Lightning Enzymes accelerate the effect of healing the ulcer and dosage can be reduced if feeling uncomfortable. This is the reason why some doctors would deliberately recommend enzymes to their ulcer patients.

Dr Mitchell May also shared that when he had injuries from hiking, he took 2 to 4 capsules between meals. His injured muscles recovered quickly after a few days. Sometimes when he goes to the dentist, the gums would normally be painful for a few weeks, but if supplemented with *Lightning Enzymes*, it will recover in two days. There was a former employee who had an accident in the eyes. The eyes were bloody and blurry. The doctors at the Emergency Room did not know what to do and if they could save his vision. This ex-employee went to Dr May who suggested that he takes 7 capsules of *Lightning Enzymes* each day. After a week, the wound was healed and the vision was also restored. I know

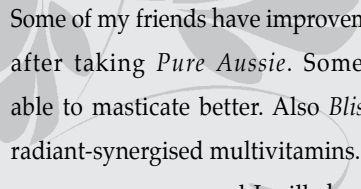
of another employee who fell while riding a bicycle. The shoulder was swollen and after supplementing with *Lightning Enzymes*, the swelling disappeared within a day or two. Another friend fell while shovelling snow on the roof. He had serious head injury. I shared Dr May's experience with him and suggested that he takes 2 to 7 capsules between meals. His head was much better the next day and his old shoulder problem also was gone.

Due to of the prolonged consumption of cooked food, the human body is deprived of enzymes. The enzyme level in an eighty year old may be only 1/30 of a young person. Many of the body's metabolism and repair functions can be hindered, and therefore ageing occurs. Supplementing with *Lightning Enzymes* can help the body to detoxify and repair, especially when there is inflammation.

Dr May said that sometimes for 1-2 days, he would take 9 capsules of *Lightning Enzymes* each time. He felt his body returning to the feeling of being 20 years old. He emphasised that this is only his experience, that he is not recommending others to try.

### **Editor's Note:**

I am 57 years old and since consuming *Lightning Enzymes* (for experiment, I took 6 capsules each day). I feel physically stronger, and unexpectedly my body restores its female physiological function. The article *The Dance of Energy* (Note 2) in the May 2006 issue of LLL Magazine (in Chinese) mentioned about the amazing power of biophotons and quantum magic, and I literally experience that supplements that have life energy and can really help us restore our youth. (Dr May's experiments proved that the enzyme activity of *Lightning Enzymes* is 10 to 100 times of normal enzyme). The son of a friend had his acne problems cured after taking *Lightning Enzymes*.



Some of my friends have improvements in their insomnia after taking *Pure Aussie*. Some other friends were able to masticate better. Also *Bliss De Light* is the best radiant-synergised multivitamins. I have heard about its numerous usages, and I will share it later.

#### Reference

Note 1: The book "*Hui Gui Xin De Xi Yue*", meaning "Return to the Bliss of the Heart", is available only in Chinese.

Note 2: The English version of this article *The Dance of Energy* is available online [https://www.thesynergycompany.com/v/superfood\\_article13.html](https://www.thesynergycompany.com/v/superfood_article13.html)

Note 3: <http://taichibasics.com/ming-men-an-acupressure-point-with-power-full-implications/>

*The original Chinese article is published in the August 2014 issue of Lapis magazine and is accessible online at <http://www.lapislazuli.org/tw/index.php?p=20140805.html> and May 2007 accessible online at <http://www.lapislazuli.org/tw/?p=20070511.html>*

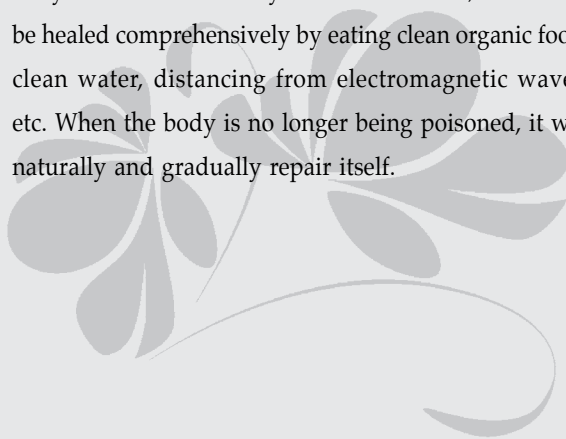
#### Special Q&A Review

#### Question:

*Why is magnesium fluoride poisonous and should not be consumed?*

#### Answer:

Fluoride is one of the elements needed by the body. Bones and teeth will be very strong if there is sufficient calcium, fluoride, boron and silicon, etc. Fluoride helps the body utilise many minerals needed by the cells, but the active fluoride must be provided by natural food such as sea vegetables, spices, rice bran, cabbage, black-eyed peas (legumes), dark green vegetables, liquorice, lemongrass, parsley. They must be eaten raw for it to be effective. Upon heating, fluoride immediately evaporates, so generally people tend to lack fluoride. Chemically-made fluoride not only could not be utilised by the body, it becomes poisonous. Fluoride tablets generally are calcified fluoride. If the tablets are water-soluble, and when dissolved in water, they become a gaseous form of Hydrogen Fluoride (HF) which is a very active chemical element and works with the components in the body. This will damage the whole body: immune system, bones, teeth, all enzymes, suppression of the functions of the thyroid (get fat easily), accelerate physical aging, skin aging, fragile and brittle teeth and bones. It can also injure the brain, cause hallucinations and fear. Once the body has been harmed by chemical fluoride, it can only be healed comprehensively by eating clean organic food, clean water, distancing from electromagnetic waves, etc. When the body is no longer being poisoned, it will naturally and gradually repair itself.



### **Question:**

*I am the owner of a company. I am always afraid of losing control. How can I adjust my mentality in order to reduce my desire to control?*

### **Answer:**

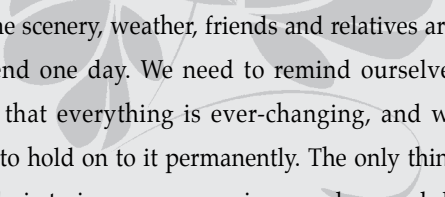
First of all, we need to understand the source of this fear. Did this feeling exist since young? Or was it brought on later by work responsibilities? If you have this feeling since young, it may have come from experiences in the womb, or it may be due to not getting respect from adults. The pace of life is too fast and it caused the child to feel a sense of loss of control. However, do the harmonising qi exercises, and then allow yourself to return to the source of fear. Pay close attention to the body's response, and allow the stuck energy to be released. Another method is to answer your own question: When fear arises, asked yourself: "Can I release this feeling? Am I willing to release this feeling? When will it be?" Whether the answer is positive or negative, it can help you to let go.

### **Question:**

*I have a very warm family, but I often worry about misfortunes happening to my family. What should I do?*

### **Answer:**

It is easy to be attached to people or things that you love. Some people are afraid of losing them. For those who do not have these possessions, they will want to pursue them. Which is why, we often encounter problems with gains and losses in our life. To overcome these troubles, we need to understand that whatever we possess in our life, there is a time limit. It is not eternal. However



beautiful the scenery, weather, friends and relatives are, they will end one day. We need to remind ourselves constantly that everything is ever-changing, and we are unable to hold on to it permanently. The only thing we could do is to increase our caring, our love and do our best to benefit others. Good seeds sowed will reap good fruits. The reason bad things happen is the result of bad seeds sowed in the past. At the same time, use the effect of blue colour. Send blue light to all our dear ones. Unconditional love means being rest assured. After practising for a period of time, naturally you will be at ease.

### **Question:**

*Recently my husband's memory is very bad. He even forgot where he parked his car. What could be done?*

### **Answer:**

Memory is closely related to the energy body. When the qi is weak, the memory is poor. This is why old people's memory is poorer. In recent years I have heard about the obvious deterioration in memories of many people. This occurrence is related to the working environment - radio waves and electromagnetic waves. The operation of the brain is interfered by electromagnetic waves, at the same time causing the chakras to close. This in turn will affect memories. I would suggest that your husband avoid using wireless internet, changing computer monitor to LCD screen, and also avoid using cell phone, and wireless phone. Remember that wireless means radiation. Other than that, try to eat organic, natural vegetarian food, because plant nourishes the energy body. Everyday do the qi harmonising exercises (Refer to Dr Lai's Health Tips). Use various methods such as peat moss, House Energy Enhancer, reciting mantra and using essential oil to protect against electromagnetic waves. The mantras can be placed in the pockets.

**Question:**

*After catching a little cold during my travel, I was unable to open my hand the next morning in the hotel. I also had fever and loss of appetite two days later. What should I do?*

**Answer:**

Travelling requires special care. Resistance is low when a person is tired or has caught cold and thus easily falls sick. Often, there are transmitters around the hotel or even on the top of the hotel building. These can cause muscle spasms, resulting in the inability to open the hands. Firstly use a pendulum or a metal chain to discharge the negative energy. The person assisting can hold a metal chain in one hand while place the other hand on either the palms of the hand or sole of the feet of the person receiving the treatment. Allow the chain to move on its own. The metal chain will normally first turn anti-clockwise, then clockwise. Anti-clockwise discharges negative energy, clockwise replenishes good energy. If there is no chain, the arm can be used instead. At the same time to discharge static electricity from the body, hug a big tree or walk barefooted on lawns, stones or soil, preferably for fifteen to twenty minutes. Then do the qi harmonising exercises, followed by colour filter light to balance the body. Hold violet colour in the left hand and green colour in the right hand. This will balance both sides, holding maybe for a few minutes or ten minutes, depending of the extent of the injury. If there is protective essential oil, apply it on the palm of the hands, the soles of the feet and also the concave part of the throat.

**Question:**

*My friend discovered that she has breast cancer. For the past six months, her emotions were not good, because her husband had an affair and wanted a divorce. She gets very angry whenever she thinks of it. How can I help her?*

**Answer:**

Emotion has a critical impact on the body. The first step is to ease the emotions. At the same time, pay more attention to a natural, organic vegetarian diet. It would be good if she has close friends to whom she can pour out her inner anguish. If her friends do not have so much time to listen to her complaints, she can write or draw her inner feelings. She can burn the things she wrote the next day. Rotating the eyeballs is also an effective way. When angry, immediately rotate the eyeballs three times clockwise, and then anti-clockwise several times. During our countless lifetimes, we have done things that harmed others, so if we think: "I might have done the same thing", it would be easier to forgive others. Dr Steiner once said if two people are not soul-mates, often the relationship will not last a lifetime, usually the breakup will happen during middle age. Many couples get together for the sake of their children. Once this mission is completed they will breakup. Your friend may have a soul-mate waiting for her. Give thanks to all the situations she is facing. Bless her husband and bless herself.

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