

## **Interview with Andreas Moritz, 12 April 2010**

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### **Q: Ayurveda's medicine isn't well known in the West. What are its basic principles?**

**A:** In Sanskrit, Ayurveda means 'the Science of Life.' It represents the most ancient system of medicine on Earth. It used to be practiced around the world and is still used in parts of China, in some Asian countries, Brazil, and of course, mostly in India. Its astoundingly comprehensive written records date back 6,000 years, and oral records existed over 10,000 years ago. Ayurveda kept the most advanced ancient civilization on earth – the Vedic civilization of ancient India – prosperous and healthy until external influence, wars and invading powers undermined the purity and effectiveness of its teachings.

Ayurveda possesses profound knowledge about the origins of illness and how to restore health naturally. It works in harmony with the laws of the body and mind, not against them. Unlike the modern medical intervention approaches, Ayurveda knows how to restore balance (homeostasis) in the body and mind without generating new symptoms of disease. Ayurveda emphasizes regular cleansing of the body and mind, eating balanced, nutritious foods, drinking clean, fresh water, breathing pure healthy air, moving the body without exerting it, getting plenty of sunshine and spending time in nature, getting enough sleep and sleeping at the optimal time of the night, eating meals at times of the day when foods can actually be digested properly, and so on. Ayurveda differentiates between three main body types, each of which has very distinct requirements for certain foods, optimal climate, relationships, sun exposure, amount of sleep, etc. Each of the three main body types exhibits unique physical and psychological characteristics that can easily turn into physical illnesses as well as negative emotions, such as anger, fear, impatience, aggression, or sadness, unless it is kept in balance through a balanced, nutritious diet and lifestyle. Ayurveda knows exactly what is needed to bring an individual back to its natural state of balance or harmony.

### **Q: What does health mean to you?**

**A:** To me, health means freedom. The freedom to do everything I wish to do in my life without having any energy deficits, pain or other limitations. I love to work and I work a lot. When you have enough energy, you are also creative, and being creative is the main source of joy and satisfaction in life. A lack of energy, or energy deficiency, causes you to seek stimulation, either through substances, foods or fleeting sensory pleasures. These will leave you dissatisfied in the long term. Therefore, to feel energized throughout the day permits me to be creative, fulfilled and vibrantly happy. Everything else falls into place when I am feeling good. This is my personal indication that I am healthy.

### **Q: What can we do to be healthy?**

**A:** Good health is natural, whereas ill health is unnatural. Instead of fighting ill health, we are better off doing those things that keep us healthy and youthful, while avoiding those things that make us sick. Nearly every day you hear of new research that tells us how certain lifestyle and food choices cause diabetes, cancer, heart disease and other health conditions. They give us clues

as to what we need to do to get us healthy again. For example, vitamin D derived from regular sun exposure can reduce the risk of developing cancer by up to 77%, but how many people hear about that or bother to find out what would keep them naturally balanced and healthy? They certainly won't hear it from their doctor. It's just not profitable enough to pursue sunbathing as an effective method of cancer prevention and cancer treatment. To the contrary, we have been warned that sun exposure can be harmful and actually cause skin cancer although this theory has turned to be false.

It is a scientific fact that vitamin D deficiency greatly increases one's risk of developing cancer, heart disease, diabetes, osteoporosis, arthritis, most auto-immune diseases, infections, and even the seasonal flu. And although scientific research has clearly shown that up to 95% of all children in the United States, for instance, are vitamin D deficient, and 92% of every sick person going to visit a doctor is severely deficient in this vitamin, the vast majority of doctors make no effort toward enlightening their patients about this essential and natural nutrient.

People with normal levels of vitamin D have a strong immune system and remain naturally protected, even against infectious germs. Vitamin D is actually a steroid hormone produced in the skin in response to sun exposure. It controls over 3,000 genes, including those responsible for protecting the body against pathogens. It is best not to use supplemental vitamin D because in the long term, this can actually suppress the immune system. Regular sun bathing without sunscreen and sunglasses has been shown to provide the best possible protection against illness. Vitamin D is not the only requirement to achieve good health. It is equally important to go to sleep before 10 p.m. Otherwise, we disrupt our hormonal balance. Balanced secretions of the master hormones – melatonin and serotonin – clearly depend on sleeping early in the evening and rising early in the morning. Accordingly, a person who goes to bed after midnight on a regular basis will suffer a decline of the immune system, thyroid functions, metabolism, digestive functions, and increase his or her risk of developing cancer, among many other conditions.

In addition, what we eat also affects us greatly. Eating foods that have no nutritional values, commonly called junk foods, may please your palate but hurt your stomach. The body simply refuses to digest foods it cannot utilize, and tries to dump them. However, dumping them in the large intestine includes their putrefaction, known as rotting. Bacteria and yeast germs try to decompose as much of the junk as possible, which is actually a good thing because it prevents total intestinal obstruction. However, these microorganisms also produce poisons that can lead to numerous gastrointestinal disturbances, such as gas, bloating, colitis, constipation, diarrhea, diverticulitis, appendicitis, polyps, Crohn's disease, and other conditions termed as Irritable Bowel Syndrome (IBS).

And of course, drinking enough pure, fresh water is essential to remain and become healthy. So is taking enough time to relax and play. Many adults have forgotten what play really is, or how to let go and laugh, even though play or fun is an intrinsic, natural, human behavior. Stress is still by far the greatest contributor to ill health than any other cause. It triggers the fight or flight response which constricts blood vessels, raises blood pressure, undermines digestive functions, suppresses the immune system, causes a proliferation of lung cells, and enlarges the liver, and of course, emotional turmoil.

**Q: You say in one of your books that cancer is not a disease, what is it then?**

**A:** Cancer is actually an appropriate response by the body to an unnatural influence or severely stressful condition that could otherwise take a person's life. Like everywhere in nature, every effect is preceded by a cause. Things don't just happen out of the blue, even when we don't know where they are coming from. A child may not know why flowers pop out of the soil every Spring, yet we know that a seed in the soil, moistened by water and warmed by the sun, will germinate and grow into a flower. Likewise, every disease has a root cause, but many of us may not be aware of what triggers or produces it. Like a seed hidden in the soil, the cause of disease may be concealed, too. When we try to identify the cause of illness, we may face a dilemma. Only a trained eye may be able to see it.

Disease is merely the absence of health, just like darkness is the absence of light and anger is the absence of joy. People may claim that anger exists because they see how someone becomes angry, but in reality there are no angry people, just people who suffer from a lack of happiness. A really happy person cannot be angry. And a person who is very creative and enjoys the act of creating will not suffer from boredom. Boredom is merely the absence of creativity. Someone who experiences a sudden loss of joy, creativity or happiness, let's say because of a death in the family, the loss of a job and income, a separation from a loved one or a divorce from a spouse, will undergo a dramatic biological change that triggers numerous coping or survival mechanisms. This person may experience an ongoing fight or flight response which naturally constricts blood flow to the intestines, but increases it in the lungs in order to facilitate the increased need for oxygen in the muscles. So in order to escape a perceived threat or fight it, the body needs to dramatically change its biologic functions. Not having a job anymore, for example, can be felt as a death threat. No money, no food, no life.

Every person who feels threatened notices a rapid increase in heart rate and breathing. This requires an increase in lung capacity, which is achieved through the proliferation of cells and new blood vessels to support them. These extra cells (cancerous) are being employed on a temporary basis until the stressful situation has been resolved. As soon as the person becomes relaxed again and no longer feels threatened, the body begins to break down these cells through the help of immune cells, inflammation, specialized destructive bacteria (mostly the extremely beneficial tuberculosis bacteria), yeast (fungus), extra fluid buildup, and a destruction of blood vessels that are now no longer needed. All this activity involves tissue enlargement which may subsequently be diagnosed as a malignant tumor.

Now if the patient is allowed to go through this healing phase, the so-called malignant tumor will naturally reach a point of saturation and collapse. The increased tumor size is not caused by an increase in cancer cells, but mostly because of fluid buildup necessary for the eventual breakdown and removal of the tumor. At this stage, the person will start coughing up sputum, possibly with blood (from the broken down blood capillaries), feel very weak, perhaps have fever to support the increased immune activity, and find that his urine is full of protein particles that formerly composed the now liquefied tumor. Within a few days, the lungs will be renewed and as healthy as they were before, with no sign of cancer. The person will have experienced a 'spontaneous' remission that really wasn't spontaneous at all. Tumor growth is not a sign the person is suffering from a terrible disease, but rather, that he is actually in the process of

recovering from the biological shock that forced the body to go into overdrive. In fact, there was no disease to begin with, just a correct, highly predictable, intelligent maneuver by the body to deal with a very challenging situation in life. What doctors call a malignant cancer is the actual repair phase which the body initiates to break down the extra “abnormal” cells that it has no more any use for.

Losing a job or the death of a child is very traumatic to most people. To believe that the body is not affected by such a traumatic shock is naïve. Yet doctors don't even ask their patients if they were suffering from some kind of emotional conflict prior to falling ill. There are as many survival mechanisms like the aforementioned as there are stressful situations in life. This makes each cancer unique. One of the most traumatic and shocking events in life is when a doctor tells his patient that he or she has cancer. Even if a cancer diagnosis turns out to be a false positive as it so often happens when a woman undergoes a mammogram (60% of the time), this potential death sentence may be shocking enough to trigger tumor growth and, thus, become a self-fulfilling prophecy. If this cancer is subsequently being treated as a disease, instead of an appropriate healing response to a painful life situation, the body can no longer cause the tumor to flare up and subsequently break it down.

The ‘constant death fright’ caused by the diagnosis keeps the body in a severely stressful condition that requires further cell proliferation in the same part of the body, or in other parts of the body. Under these circumstances, normal tissue growth is being misdiagnosed as metastasis or the spreading of cancer cells to other organs or structures. It is a well known fact that a cancerous lung cell cannot magically make its way through blood or lymph vessel walls and through some amazing trick end up transforming itself into a malignant bone cell. Lung cells remains lung cells and cannot become bone cells, or vice versa. A cancer cell in the lung also cannot infect a bone cell to become cancerous. There is just no scientific research to prove such a kind of cell behavior, and yet doctors routinely refer to it much of the time.

The entire theory of what cancer is and why it occurs is based on guesswork. If scientists and doctors weren't so obsessed with the idea that cancer is a disease, they would have found a cure for cancer a long time ago. The cure is not something we need to invent, the body does it already. The moment a cancerous tumor shows up and the body starts to feel unwell, is the exact time when the body is actively engaged in healing and repairing itself. If we would allow the body to complete its healing and repair work, instead of interfering with it through diagnosis and treatment, cancer would not be the scary monster it has been turned into by those who have a vested interest in keeping the sickness industry alive and thriving.

**Q: Okay, we accept that cancer is not a disease, why do people continue to die of cancer?**

**A:** The answer is actually found in the question. It has never been shown that cancer kills anyone. Cancer cells have no weapons in them. People die from wasting, poor digestion and nourishment, eating junk foods, congestion in their organs, chronic sleep deprivation, vitamin D deficiency due to lack of sun exposure, chronic dehydration because of not drinking pure and fresh water, a sedentary lifestyle, and emotional conflicts that can trigger any or all of the above conditions. People who have cancer, but none of the above conditions, will never die from it.

Your question is a very important one because it does not only apply to cancer, but to every other so-called disease. We have all been programmed to believe that when the body does not behave in what we consider to be a balanced, normal fashion, and exhibits signs of discomfort, pain or weakness, then the body must be doing something wrong. However, there is no scientific evidence to support this idea. On the other hand, there is plenty of proof to show that when the body is bothered by something that doesn't belong in it, such as a poison, medical drug, unhealthy food, etc., it strongly reacts and tries to eliminate it. Although these signs are called 'side-effects,' they actually constitute the body's natural healing and repair mechanisms.

The body's immune system is built to protect the body against potentially adverse elements and influences. These built-in regulatory mechanisms (similar to a thermostat) make sure the body constantly adjusts to environmental changes, like a drop or rise in air temperature, moisture, etc., but also to ingested foods and substances. This typically does not upset the body's balance or homeostasis. However, when subjected to constant overstimulation, harmful foods, exertion due to sleep deprivation, a sedentary lifestyle, lack of fresh, oxygenated air, electromagnetic radiation, vaccines, emotional conflicts, etc., the body has to take recourse to more severe, protective mechanisms. The growth of a cancerous tumor is the result of disrupted homeostasis; it is not its cause. It makes little sense to me to merely cut out, burn or chemically suppress or destroy the symptom of disease (such as a tumor) while leaving the root causes intact. It's like cutting off the top of a weed, without pulling out its root, and hope for the best that the weed won't start growing again. Removing the symptoms of disease instead of dealing with the root causes is not a rational, scientific approach that deserves the attention of medical research.

**Q: What is your opinion about treatments used against cancer, chemotherapy, radiotherapy, surgery, etc.?**

**A:** Scientific research has clearly shown that chemotherapy has a mere success rate of 2.3% for most cancers. Radiotherapy is even less effective. And surgery, although successful at first, has a dismal track record because of secondary cancers popping up soon after. The placebo response, on the other hand, is considerably more effective (typically at 30%) than all the above approaches combined. In other words, receiving a dummy drug or fake radiation would be a far better approach than poisoning or burning the body's cells with such radical, unproven treatments. The problem is that the medical system is not allowed to test the placebo on cancer patients for "ethical" reasons. As it turns out, having no treatment at all increases a cancer patient's chance of survival by 2 to 4 times. Doctors know that. That's why a large survey of doctors revealed that most of them would not want to be treated with chemotherapy if they had cancer. They know that chemotherapy dramatically reduces their chances of survival. However, they cannot tell their patients to avoid chemotherapy because that would cost them their medical license.

**Q: What would you say to a person who has been diagnosed with cancer and feels confused about what their doctors, relatives and friends believe – and is confronting their own beliefs and fears?**

**A:** I would say, inform yourself. Knowledge is key. If you know what cancer truly is, you won't be afraid of it. In a court hearing against the famous German cancer researcher and oncologist, Dr. Hamer, the prosecution was forced to admit that out of 6,500 terminally ill cancer patients, 6,000 of them survived and lived healthy lives because they followed Dr. Hamer's sage

advice. Dr Hamer refused to give them chemotherapy and, thus, his license to practice medicine was revoked. He told his patients about his research, which proved that every cancer patient underwent a biological conflict prior to falling ill. This, in turn, led to a proliferation of cells. By resolving the underlying conflict, the patients became naturally well again.

The fear of cancer is unfounded. What should be feared is the diagnosis of cancer and the subsequent warfare that is being waged against the body. There is no struggling or fighting necessary in order to survive and live a healthy life again. It is best to not let fear to be your guide. Let your body be your guide. It already knows perfectly well how to heal and repair itself. The cancer is merely the indicator that the body is already half way through being well again.

**Q: For a person with cancer, it may be frustrating to read your books, discover that there are other ways to heal, apart from chemotherapy, but is not finding support from doctors in his or her country. What do you think of this – what would you say to these people?**

**A.** In order to properly and completely heal from anything, one must be free of fear. The diagnosis of cancer is perceived as a death sentence, and the patient naturally goes into shock. He fears for his life. Typically, this evokes a powerful stress response, known as the fight or flight response. He is desperate and can no longer sleep properly, or digest food well, or absorb enough nutrients, and he loses energy and becomes weak. He may lose weight, as the continued production of stress hormones, such as adrenaline and cortisol, literally eats away cells of his body. The weight loss helps the body save energy for the time when the stressful period is over and the body needs to repair itself and rebuild its tissues again.

Being subjected to such intense stress is simply paralyzing the body's functions, and is certainly not a good basis upon which to heal cancer. A cancerous tumor cannot produce such symptoms. If the patients were told that there is a little swelling that is of no real consequence, and they would be fine soon, such a drastic stress reaction would not occur. This makes the diagnosis of cancer the biggest obstacle to healing it. I found that the cancer diagnosis is the main reason why people don't heal their cancer. Autopsy studies have revealed that between 40% and 60% of people dying from natural causes or accidents have cancerous tumors in the body that were never previously diagnosed. If left undiagnosed, a large number of cancerous tumors become encapsulated and inactive; they are truly harmless and cause no major problems in the body. If diagnosed, though, they are turned into living time bombs unless they are being seen for what they truly are: that is, an effective survival strategy and healing response to an underlying imbalance or biological conflict.

The masses have been brainwashed to believe that they cannot control and take care of their own health, but need a doctor to do that for them. The problem with the medical model is that it doesn't recognize the innate healing wisdom that the body employs nearly all the time. When we do something to upset the body's homeostasis, it comes up with the perfect biological programs to try return it to balance. Of course, this healing response and repair mechanism comes with symptoms such as pain, swelling, fever, weakness, dizziness, lethargy, etc., which, unfortunately, most doctors and patients mistake for signs of illness when, in fact, they are actually indications that the body is successfully healing itself.

A symptom of illness is always a symptom of healing, which means the body is already taking all the measures to repair itself. During the acute phase of disease manifestation, none of these symptoms exists. Disease only shows up when the body undergoes healing. Instead of supporting the body in its efforts and letting it complete this process and achieve full recovery, medical intervention intends to stop or relieve these symptoms. This effectively prevents the body from successfully healing itself, cancer included. Thus, the medical approach can be seen as the biggest contributor to chronic illness. And, as it turns out, in the United States alone, according to research, nearly one million people die each year simply because of the medical treatment they receive, not from the illness itself. This clearly shows that symptom-oriented (versus cause-oriented) medicine is not medicine at all, but a major cause of death and suffering.

I believe it is high time we take responsibility for our own health, otherwise there is very little hope that new generations will have any health at all. Everyone must decide for themselves how to deal with illness, but they should inform themselves thoroughly before making a decision. Hasty decisions should be avoided since they are hardly ever warranted or lead to successful results. If fear is the driver behind decision-making, one enters a vicious cycle that is difficult to escape from.

**Q: In some of your other books you explain how to do a liver cleanse. When and why we should do it?**

The area in the body that is most affected by the accumulation of toxins is the liver. Through dietary mistakes, stress, the use of drugs and an unbalanced lifestyle, the liver bile ducts become clogged with deposits of hardened bile or what Johns Hopkins University has called ‘intrahepatic gallstones.’ The resulting impairment of digestive functions and daily-needed nourishment of the trillions of cells that make up the body can, thus, become a major cause of illness. The liver cleanse is a simple, safe and painless do-it-yourself procedure that uses apple juice, olive oil combined with citrus juice, and Epsom salts to dispel gallstones from the liver and also from the gallbladder. Since introducing the liver cleanse to millions of people around the world, I have received countless testimonials expressing total amazement about the profound healing effects it produces. The book, which is called *The Amazing Liver and Gallbladder Flush*, includes the exact procedure and necessary background information for conducting such a cleanse.

My personal experience with the liver cleanse was quite amazing, too. During my first cleanse I passed 500-600 gallstones, pea-size and larger, which had been impacting my liver for decades. Almost immediately, I was overcome by a simultaneous feeling of disgust, tremendous relief and euphoria.

Among numerous other complaints, which I almost had forgotten about because they had so much become a part of my life, the chronic backaches, indigestion and permanent numbness of my left leg disappeared (for good), and mental clarity reached unprecedented heights within several hours after the cleanse. The positive effects continued to unfold and intensify after I passed another 3,000 or so gallstones during the following 11 cleanses. I still feel perplexed about how I possibly could have survived with several handfuls of gallstones in my liver, a liver that was loaded with poisons, germs and noxious substances.

I discovered that gallstones in the liver are far more common than I ever could have imagined. In fact, I found that people suffering from any chronic illness, such as heart disease, arthritis, MS or cancer, have hundreds, if not thousands, of gallstones blocking the bile ducts of the liver. A liver congested with gallstones may be one of the most common yet rarely recognized causes of illness today. It only makes sense to cleanse this vitally important organ through a series of liver cleanses, ideally once a month, until it is completely clean. I believe that the liver cleanse is one of the most powerful methods to improve one's health and to slow the aging process.

**Q: Some people have attacked you because they believe that your methods are unscientific. Specifically, I have read in some blogs that the stones that appear after a liver cleanse are caused by the fluid and salts that are taken to do it. What do you think about this?**

I am actually well aware of it. There are groups like esowatch.com, which is the European version of quackwatch.com in the USA, that are being financed by the pharmaceutical industry with the intention to denounce and discredit any effective natural healing methods or approaches, or persons associated with them. These organizations refer to "evidence" planted by others that are part of their teams. In one case, they refer to a letter (or opinion) published in the Lancet after the Lancet released a paper in favor of liver flushing. The letter describes that the stones produced during liver flushes are olive soap stones.

Other publications refer to a person (with no reference of a name, research or profession given) who claims how to make soap stones from olive oil and magnesium. The picture of the soap stones they show on their website is unlike any of the pictures of stones released during liver flushes. In fact, they are not bright green, but pale grayish. Mixing olive oil with grapefruit juice and Epsom salts doesn't produce anything remotely like these stones, especially not bright green ones.

And if these groups find someone who against common sense, good advice and the specific directions given for doing a liver cleanse, drinks half a liter of olive oil and has lots of sludge and stones pushed into the pancreatic duct, and ends up in the ER with pancreatitis, they blame it on good naturopaths or myself. Water is essential in life, but when one drinks too much of it, one can die. Oxygen is essential, too, but deadly when you get too much of it. One cannot blame a carmaker for making a fast car that crashes when the driver goes 150 miles in a zone made for 70 miles an hour (safe) driving. But that's what these people try to do.

Their claim that real gallstones are only calcified and only found in the gallbladder is clearly refuted by the most prestigious research university, Johns Hopkins University. Intrahepatic gallstones, as so named by Johns Hopkins University, are, in fact, fatty stones and float in water because 90% of what they consist of is cholesterol. If those who write about liver cleanses were objective reporters, they would mention that we don't claim these stones to be calcified, hard stones that consist of minerals, but are composed of cholesterol fats. All cholesterol stones dissolve at 40 degrees heat. The way esowatch and quackwatch position things is to make it sound like cholesterol stones are not real stones (and less obstructive than solid hard stones). They call everything else "pseudoscience" that is not mainstream.

These groups receive a lot of payments to position these sites at the top of search engine lists (so that those searching for such information are lured to their sites first), while asking for donations



to enlighten the deceived population. They actually recruit people, including students, to set up blog sites for the purpose of sowing doubt and suspicion in the population. They ridicule Dr. Hamer and other respected practitioners who are perceived to be a threat to the pharma/medical establishment. It is sad that a lot of people have fallen for this deception.

What counts at the end is whether someone benefits from liver flushing or not. In my own case, it saved my life. After many years of painful gallstone attacks, to have no gallstone attacks at all and have your health back, for now 16 consecutive years, is enough proof for me. I get tens of thousands of testimonials about similar benefits from all over the world, so I know it works. But I am sure publications such as the German magazine, *Der Spiegel*, and sites such as [esowatch.com](http://esowatch.com) and [quackwatch.com](http://quackwatch.com), would never report about the thousands of people who have greatly benefited from the liver flush. They just focus on one person who did not yet clear his calcified stones from the gallbladder during his first four liver cleanses (even though I mention in my book that it takes at least six or more to clear out the calcified stones).

You may go to the FAQ page of my website, [www.ener-chi.com](http://www.ener-chi.com), and scroll to page 33: [http://ener-chi.com/health\\_faq.pdf](http://ener-chi.com/health_faq.pdf), where I have addressed the quackwatch statements and why it is not possible for the body to make olive oil stones.

Just today someone called me and asked what the 100 bright green stones were that she passed with her stools after she had eaten a salad with a lemon and oil dressing at lunch time. Many people pass these stones spontaneously after eating fatty foods but they don't know it. Some people, though, suffer a gallstone attack or develop acute pancreatitis when this happens. If they cleared out all the stones from their liver and gallbladder safely through a series of liver cleanses, they would not end up with such serious complications. As always, prevention is better than cure.

**Q: You are the creator of a health system called Ener-Chi Art, what is it? Who can benefit from it and how?**

Ener-Chi Art is based on one of the most ancient systems of healing and rejuvenation. A primary function of this art is to restore a balanced flow of life force energy, or 'Chi,' throughout the body.

Ener-Chi Art consists of inspired artwork that is imbued with light-encoded energies. It involves a series of paintings, each of which is 'activated' with specific light rays. There is a painting for each organ and system of the body. For example, if one looks at the painting that corresponds to the heart – even for only about a minute – very profound changes occur in the life-energy field corresponding to that organ in the body. The flow of Chi becomes fully restored, and any thought-forms or emotional imbalances that have been locked into the cellular structure of that organ are systematically transmuted and released.

A second series of paintings is designed to heal the Earth and her environment. There are six paintings in this genre, each one related to a specific planetary issue. For example, one is meant to heal and awaken energies in the mountains and rocks of the planet; another one has a similar positive impact on our rivers, lakes and seas.

There is one additional picture, *Beyond The Horizon*. This can be used in concert with any problem, emotional difficulty, physical ailment, and mental or spiritual block.

The pictures, which I originally painted in oil on canvas, are printed into the format of 8 ½ x 11 inches, which makes them easy to view. The prints have the same effects as the original oil paintings.

Any person can benefit from an increase in Chi or life force. So the Ener-Chi Art prints are for everyone. Thumbnails can be viewed on my website, [www.ener-chi.com](http://www.ener-chi.com).

**Q: Are you preparing a new book?**

Yes, I am just publishing two new books this year. A large, expanded edition (204 pages) of the current pocketbook, *Heal Yourself with Sunlight*, plus a book on natural weight loss, called *Feel Great, Lose Weight*. In July I will publish the book, *Vaccine-nation – Vaccine Your Way to Death*.