

Application of EM and EM-X in Alternative Medicine

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I have been interested in helping people with their health challenges for as long as I can remember whether it has been a diet program to give you more energy or where to massage your feet to bring relief for a headache or stuffy nose. Only recently I found out that my great grandmother was the woman in the village in Serbia that gathered plant from the forest to health people, so I guess it is in my genes to want to help people in this area. I have used many modalities, including herbs, vitamins and minerals, homeopathic remedies, essential oils, etc. I have found all of them helpful. Educating people is the greatest challenge. Clients want immediate results and don't want to change their lifestyles. It takes a long time and sometimes a crisis for people to learn that if you keep doing what you are doing, you will keep getting what you have got! One must give a list of rules so as not to oppose the homeopathic remedies. They must use the oils consistently even though their mate thinks they stink. Be patient for the herbs to work and yes, you have to take more than one a day for some time.

My routine in helping clients is first, a brief interview to find out what is going on in their life. I briefly explain how I will test with bio kinesiology and give a demonstration. I help them to see that many things can interfere with energy ... sitting at a computer all day or half of the night ... how they feel about their mate or their boss or job, etc. then to find the source of stress. SOS! I usually illustrate this by talking about the man who comes to see the doctor with a cement block chained to his ankle. He might complain of being tired and that his knee and hip hurts. The doctor may give him a painkiller and tell him to get more rest but until he gets the chained cement block off his ankle he can't get well. Other things in our lives can cause as many problems as the cement block but they are not as apparent.

Another problem that occurs is that expression of pain or discomfort can originate somewhere else. Not drinking enough water can cause their headaches or joints to ache. Or a rotten tooth can cause problems. I often say that if you step on a dog's tail, he barks out the other end.

I then test with biokinesiology for the SOS (Source of Stress). I ask if it is structural, physical, chemical or emotional. If it is structural, I suggest a visit to the chiropractor or someone who can fix that. If physical, we will find it as we complete the exam. Chemical prompts a question as to where and what is the problem ... an imbalance in the body of hormones, enzymes or something else or whether it is a chemical exposure to something at home, at work or their car (a frequent offender). If it is emotional, then I use an emotional clearing procedure that was put together from several teachings and modified by each person as it came down the way. It is very successful. Sometimes a lecture is necessary in helping them to understand that you can't hate your boss or your job or your

mate or something/someone else and be healthy. We look for how to be grateful for what we have and not be anxious for what we don't have. I suggest that they keep a gratitude journal and write down five things that is observed or experienced throughout the day for which they were grateful. It certainly changes their focus.

Once we have cleared or discovered the SOS (Source of Stress), I test with biokinesiology to find what is the general health of the body, assigning a number to the evaluation between 1 and 10. (Incidentally, some health professionals say that there is only one source of dis-ease and that is stress.) So I feel this part is very important. Then I ask which system of the body needs the most help. Next, I check the various areas (about 30 reflex points) to evaluate client. At each of these points we are checking to see if any weakness is structural, physical, chemical, bacteria, virus, yeast/fungus, emotion, nutrition, parasite, congestion or inflammation. We talk about what we can do to correct the challenges that have been discovered. I recommend lifestyle changes such as drinking more water, keeping regular eating and sleeping schedules to the best of their circumstances. I explain that they will benefit by improving their pH.

I first encountered Professor Higa's Effective Microorganisms products when my cousin handed me a bottle of the EM-X and said, "Test this!" I did and said, "Whoa!" (We were visiting at the old farm homestead.) "What is this?" She explained that it was a product that her son-in-law, Shawn Eisenhauer from thad by-pass surgery a year or so before and had a spot on her leg that took a very long time to heal up ... it still did not test strong. She was diabetic and used a wheelchair to get around. She had her carotid arteries reamed out in the past year but they didn't test strong and open. I tested all these things on her and couldn't believe how strong they tested. I started taking the product right away. This was the middle of May.

I am in very good health so I didn't notice anything spectacular. (I have my mother's health profile and I did not want to experience the problems she had. By the time she was my age she had had 2 strokes and been in the hospital a number of times with phlebitis. She had gall bladder problems of long standing, as had I). I worked at preventing a downhill slide, which I had already experienced before I took charge of my health some years ago. After taking the EM-X a short time, I did experience a feeling of well-being and tested that my arteries were 100% open. I had been working on that. As time went by I would experience a pain here and there that would last from a couple of hours to several days. When I would get annoyed at the distraction, I would find out something was cleansing. Still later I would experience similar pain ... now what? Again after much detective work it would test repairing! And gain weeks later this time the "inconvenience" was due to rejuvenation. I thought, "What is this stuff you have created, Professor Higa?"

During this time I had been wearing my EM-X Ceramic Bracelet, used an EM-X ball to energize my drinking water and I had added them to my regime. (It tested fit for human consumption and that it would benefit me.) I know how beneficial fermented products are for you.

Before long I was thinking about some of my friends that experience some health problems. I was eager to verify what I had experience.

1. The first was woman, 68. Her history included a heart attack and a breast removed due to cancer. She came to me when she had had a “cold” for three months. We discovered that it was not a cold but a yeast/fungus problem that was also causing the reflux problem that she was taking medication for. As she had mold in her house, it was a long struggle. We had also been on a program to clean her arteries. We experienced improvement but were not where we wanted to be. I started her on EM-X and extended EM (1 teaspoon each a day) and within several days she tested her carotid arteries and they, were 100% open. She now has more stamina in her work. She reported that her chest pains have diminished to an occasional occurrence.
2. A 75-years-old woman, two years ago had a breast removed due to cancer. When she went into surgery they prepared her for heart catheterization as they were concerned they might “lose her” during surgery. She was sent to Cardiac ICU for recovery due to their concerns. She started to take 1 teaspoon each of EM-X and extended EM once a day starting July of this year. Just recently when she returned for her annual follow-up, she was told she didn’t have to worry about the heart blockage they had been concerned about as it was gone. She is diabetic and takes oral medication. Now her blood sugar remains in a tight range with very little fluctuation. Last year she fell and severely dislocated her shoulder. We have been working to restore the use of her arm and hand. She reports that she has more energy and able to do many things that she has not been able to do in the past. I stopped by the other day and she had trimmed her lilac bushes to the ground. Her friends comment that she looks fifteen to twenty years younger.
3. Diana came to me with blister eruptions all over her hands. It tested for parasites from the old family housecat. Since it is a much-loved family pet, moving it out of the house is a problem. We tried a number of things with limited success because of the continuous exposure to the cat. After reading in Betty Breton’s account in *Healthwatchers Newsletter* of Rachele Morgan treating her horses with EM and how shiny their coats became, I got a bright idea. The coat on the cat was so dull it looked like someone powdered it. Finally, we have decided to treat the cat with EM and thought maybe if we could make the cat healthier, we could control the eruptions. They also have a Great Dane in the house by the name of Bony. Both of the animals were given the extended EM. The first report I got was how beautiful and shiny Ebony’s coat was and that there was some improvement in the cat. Both animals seemed to like the stuff as they licked the bowls clean.

Recently the family went on a trip for over a week. Not wanting to complicate the feeding arrangement for the caretaker of the animals, they did not include the EM in the regime. When they returned they noticed immediately that the coats of the animals had deteriorated and they are now back on the EM. We have not solved the parasite problems yet as it takes time to rid the body of the parasites and egg cycle.

Dianna expressed a feeling of well-being while taking EM, 1 teaspoon each of EM-X and extended EM a day, and except for her liver and thyroid, all the reflex points tested very

strong. She was concerned about taking her EM program with her on her vacation and going through the checkpoints at the airport. She said she wished that she had packed them in her luggage as she could notice the difference when she was not taking the EM.

4. Ken, 62, with a recent history of a heart attack a few years ago and angioplasty within the last year, started on the EM, 1 teaspoon each of EM-X and extended EM a day, in July just before we went away on a three-week trip. I was eager to see how he did so I visited him shortly after we came back. I couldn't believe my eyes!

He was telling me about an experience that he had while driving. He said he felt a wave come over him and told his wife, "All of a sudden I feel really good ... and it's like physically, mentally and emotionally!"

As I am listening to his story and looking at him, I'm thinking ... he looks ten years younger. The dark circles under his eyes were gone, his skin looked tighter, and he looked really rested. He said that he was not so stressed out by his responsibilities. The people he had to deal with hadn't changed but the problems they brought didn't bother him as they had before.

I interviewed him just as I was preparing this and he had an attack of gout because he had had a very stressful week. He and his wife had shared one bottle and had not taken anything since August. He said that he needs some more of the EM-X and extended EM as he recognizes how much it had helped him.

His wife has Lupus and from time to time because of over-activity or weather changes, she is in bed due to stiffness and pain. She reported that she had not had one episode while on EM.

5. Another couple that I recommended the EM protocol to have been my biggest supporters. Tom is a businessman in his 40's. He is very active in his business and recreationally. He has suffered from intense itching, which proved to be from parasites. We have used a number of things to abate the itching from parasite cleanses to homeopathic remedies. We had improvement but flare-ups have occurred. EM-X and extended EM, 1 teaspoon each a day, seem to have completed the job. He has a ceramic bracelet which he proudly wears even with his business suits or when he is lecturing. He has tremendous energy and stamina for his work and play.

His wife has some serious longstanding health challenges. She leads a busy life and works hard at improving her quality of life. One of the problems that we have been working on is her reproductive system. It now tests strong. She recently visited her primary care physician (a MD who practices homeopathic medicine) to keep track of a blood condition where the red blood cells are dying too quickly. He is doing some detective work to find out why this is occurring. We are working on that, too. She brought the EM-X to him to show him what she was

- taking. He tested it on a computer testing program that they use to check to see if the body systems are in balance and what remedies or nutrients will correct the problem...I believe it is called E-mapping. He was impressed with the product as it tested very strong. He made inquiries about using the product in his practice.
6. I have a friend who has a therapeutic massage practice and is a wonderful healer. She is using the EM-X for herself and has given it to her aged parents who suffer from many health challenges heart, diabetes and other problems related to age. She told me of her father's recent trip to the hospital because of heaviness in his chest and difficulty in breathing. Of course, they suspected another heart attack, as that was what usually brought him there. They checked him over and found no cause for the heaviness in the chest and nothing that would cause the breathing problem so they sent him home. He quickly recovered from the problem. His daughter concluded in retrospect, that he had experienced a healing crisis. Also, he has had a soft tumor on the back of his neck for many years that has diminished since taking the products.
 7. Another woman that I am working on was on 11 medications for heart, diabetes, cholesterol control, itching, allergies, and on and on. I have recently given her the product. In my interview with her, she expressed that mostly she has a feeling of well-being. She was scheduled for a trip to Cleveland Clinic to check on a blockage of coronary arteries and to have a stress test. I was eager to hear the report of the findings. Unfortunately, after much planning and arranging to be off from work for herself and her husband for a four hour drive, they were told that the appointments were cancelled and had to reschedule after the 1st of the year. So, I am sorry to report at this time we don't have much to say about her condition.
 8. My father, who is 92, has been visiting me, so I have been giving him the product as well. He is amazing me with his stamina. He has spent more than one day of many hours raking my leaves, bringing them to the bottom of the hill for pick up and pushing the cart back up our steep hill. He has worked side by side with me to get a house ready for the market that a tenant left filthy. Although he is used to working during the year at his home, I am impressed with his stamina.
 9. Nyanne, a friend of mine, is on her first bottle. She lost her husband a few years ago and it has been very difficult for her to stay motivated to take care of their close-to-four acre homestead. She has reported that she feels much stronger and ready to get out of bed in the morning to take on the challenges of the day. Her digestion, too, has improved. She tests with biokinesiology and now she doesn't need many of the nutrients that she was taking.

I have been so impressed with this product and how it has helped my family, friends and client. I thank you, Professor Higa, for giving it to us!