



THE EARTH LIGHT TRANSMISSIONS

Ionictherapy and You



Bad men live to eat and drink, whereas
good men eat and drink in order to live.

SOCRATES

By
Dr. Douglas Jesse

Second Edition, 1996.
Light Pulsationa Ionic Healing.

Ionitherapy

And

You

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Light Pulsations

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Lola Jesse

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Introduction

Light Pulsations Ionic Healing was founded in 1994 to bring to the Transmissions of Zadore through Jon Whistler to the people of the world. The mission of Light Pulsations is to bring Light and Healing to the Earth.

You cannot heal the Earth unless you heal your own body. It is obvious that your body is from the Earth, and returns to the Earth when it dies. As such, to live as intended, our purpose in this life is to strive to maintain as healthy a body as possible relative to our polluted environment.

Ionictherapy is the most powerful healing tool presently available, and as you read this book you learn its potential for your own health and that of your family and friends.

As this book was given to you free you can email it freely to your friends.

Your successful return to good health and high levels of energy depends on your application to this programme.

The old adage still holds, "You only get out of something just as much as you are willing to put into it". In other words, the more you follow this programme as it is outlined in your test report, the quicker and permanent will be your results.

The Ionictherapy programme involves the use of Ionic Remedies which alter the function of your body chemistry. Also, the eating of nutritional foods high in mineral elements will normalise the body chemistry.

Do you take vitamins, herbs, minerals, and other food supplements? How do you know if those products are helping or hindering your health?

Different body chemistry profiles require different nutritional needs. As such, taking supplements may lead to expensive urine if the supplements are not utilised by the body.

The Ionictherapy Test reveals whether you are absorbing the vitamins and minerals from your food. What's more, it will provide the answer pointing the way of remedying this problem.

Once your body chemistry is normalised there is no need for continual supplementation, for now your body will continually draw the nutrients from your food.

Why guess when you can be sure!

To regain energy and a balanced metabolism it requires one test a month for four months depending on the status of your health when beginning the programme.

As your body chemistry improves it retraces its path back to normal health and energy levels. Different levels of detoxification occur as you progress through the programme. As such each different remedies each subsequent test to maintain progress.

Ionictherapy reveals the real you, what has been suppressed, and what you need to regain control over your health, vitality and success.

This Ebook will give you the key to unlock your treasure chest of health and life.

With your unconditional commitment to follow this programme, improvement is guaranteed,

One

What is Ionictherapy

Ionictherapy was developed in Australia in 1982 following many years of research and testing. Ionictherapy is a non invasive system of health analysis that measures an individuals metabolism relative to their personal nutritional requirements.

Ionictherapy utilises a mathematical equation which I have called "The Equation of Life", because once we establish the ideal metabolism we can guide your personal metabolic equation to a higher level of efficiency.

1.5 6.4/6.4 6.6C 0.04M 3/3 = Perfect Metabolism.

The Equation of Life.

As such Ionictherapy does not treat any specific illness; rather it is concerned with balancing the metabolism. Ionictherapy is a system of analysis and treatment for metabolic disorders.

METABOLISM

Metabolism is defined as a chemical process associated with living organisms. It is divided into two categories: Catabolism and Anabolism.

Catabolism results when complex substances are decomposed into simple ones with the resultant

release of energy that becomes available for the organ's activity.

Anabolism comprises the building up of complex substances with the absorption and storage of energy.

ENERGY

Ionictherapy looks at the relationship of the body's energy needs relative to the correct functioning of the digestive tract. The Equation of Life measures metabolic energy.

The Equation measures the relationship of the positive and negative ions in the digestive tract. Ionic substances carry an electrical charge.

It is this relationship between the positive and negative ions that determines the production and use of metabolic energy.

pH

The pH balance in the digestive tract must be constant to maintain energy flow. pH is the potential hydrogen available in any solution, and with the digestion it involves the potential of the hydrogen ion.

An ion is an atom that has either gained or lost an electron. If an atom gains an electron it develops a negative charge and becomes heavier. If an atom loses an electron it becomes lighter and develops a positive charge.

Mineral elements are ionic and generally carry a positive charge.

The pH scale measures the number of hydrogen ions in a solution. Ionictherapy uses pH to measure the hydrogen ion content in the digestive tract, which tells us whether the body is acid or alkaline.

ENZYMES AND FOOD

The digestive tract has two opposite sets of secretions. One is acid and the other alkaline. Both these secretions must be balanced to produce the metabolic energy for your body.

The stomach produces acid enzymes, and the juices should be acid. The level of these acid juices in the stomach is measured from the pH of the urine.

The liver and pancreas produce alkaline enzymes which are required to break down the food in the stomach.

Our food contains minerals in colloidal form. Colloidal minerals are protein coated by Nature for ease of assimilation. If the pH of the digestive tract is balanced, the body metabolises the elements in the food which produces energy for use and storage.

The body works like a plant. You can put a plant in a sunny position, add humus, water and fertilised, but for some reason it does not grow well. You think by moving it to another part of the garden it will do better.

However it would grow quite well in the first place if you had checked the pH of the soil. If the pH is correct, the plant will draw all the nutrients it requires for growth.

If the pH of the body is unbalanced you will develop ill health in the same way as the plant. If your pH is too high, or acid, symptoms such as stomach ulcers, increased heart rate, kidney stones, skin, and mouth ulcers, may develop.

When the pH is low or alkaline the body shows symptoms of constipation, nervous stress, immune deficiency, and exhaustion.

IONICTHERAPY

Ionictherapy involves the personal metabolic assessment by testing the urine and saliva. Following the test your diet is adjusted and Ionic Remedies are recommended to move the pH into perfect balance.

No one can heal another person for the only thing that heals the body is the body itself. You will experience this as you progress in health with Ionictherapy.

The majority of people are experiencing the bad effects of drugs and vaccines. Drugs and vaccines destroy the body's structure and cells, and in turn weaken the immune system leaving the body prey to disease, emotional stress, and low energy levels.

Daily we see a move away from allopathic treatment as more people look for alternatives that are safe and effective.

Often vitamins, minerals, herbs, and other nutritional supplements hinder the body's progress to health because different body chemistry profiles require individual treatment to produce the ideal health status.

Blanket treatments are not viable for they become a guessing game which frustrates the individual promoting second grade health for the body. Why guess when you can be sure.

Ionictherapy removes the guesswork providing you with the exact answers to solve your health problems.

Two The Equation of Life

One of the first questions asked about the Ionictherapy Test is, "What is involved with the test?"

The Test involves the analysis of a freshly voided sample of urine and a small amount of saliva. These samples should be taken not less than three hours after eating a meal, either late morning or afternoon. We never use the first morning sample.

The Test involves the measurement of seven different factors taken from the urine and saliva samples. These factors are:

1. Total carbohydrate and sugar levels.
2. The pH of the urine.
3. The pH of the saliva.
4. The Albumin.
5. Conductivity and Mineral Salts.
6. Nitrate Nitrogen Urea.
7. Ammoniacial Nitrogen Urea.

These factors are expressed by the Equation.

1	2 / 3	4	5	6	7
1.5	6.4/6.4	6.6	0.04	3	3

Five other factors are extracted mathematically from the Test Equation, which are:

1. Retained Tissue Sugar. This represents the amount of carbohydrate and sugar remaining in the tissues and blood.
2. Retained Tissue Salt. Like the sugar this factor represents the amount of salt remaining in the tissue and blood.
3. Total Urea. This is the addition of Equation factors 6& 7.
4. Metabolic Efficiency. Your test results reveal this percentage efficiency.
5. Energy reserve and percentage. This expresses the percentage resistance your immune system has to disease and viral attack.

Once you have completed your test, your samples are examined at our Lab, and the test factors are loaded onto our computer. A profile of your metabolism is produced as well as recommendations for your nutrition and Ionic Remedies.

You can eat the most wholesome food available and still have nutritional deficiencies, especially if organs such as the liver, pancreas, stomach, and bowels are out of balance.

These organs are often unable to extract the nutrients from your food and leave the body in a depleted state of health.

To attain the highest level of health and energy in your body you need to do the following.

1. Eat those foods that supply your body with the correct nutrients.

2. Take the Ionic Remedies that are related to your test results to correct and harmonise organ dysfunction.
3. Drink the recommended amount of Ionictherapylife Oxy-time daily for tissue cleansing.

Once your stressed organs are functioning correctly your body will readily access the nutrients from your food. As such there is little need for vitamin and mineral supplementation.

The Ionictherapy programme requires personal education on how your body needs to function to maintain health and energy.

Most nutritionists agree that we should eat a wide variety of foods, however unless we test your body and locate the deficiency relative to pH, you will often miss eating the food that supplies your missing element.

No single food contains all the nutrients required for your body's health. As such you need follow a balanced diet that includes fresh and wholesome food prepared in the correct manner.

Every food contains several nutrients required for our body's well being. However, if one food element is missing over a period a nutritional deficiency will develop.

Prolonged use of refined or denatured food results in multiple deficiencies of those elements lost in the refining process.

Eat different kinds of food daily and prepare them in different ways for a balance of nutrients. Our current environment of fast and take away food people are eating more denatured food resulting in an increase of susceptibility to disease.

Your Ionictherapy Test provides you with the key that will unlock the door to greater personal health, not only for you but for your children and loved ones.

Three

The Test Numbers

THE CARBOHYDRATE NUMBER

The first test number indicates how well your body is handling the carbohydrate and sugar in your food. Inefficiency here will produce symptoms that affect your emotional and mental well-being.

The carbohydrate number reveals the amount of energy available for your body. A sugar deficiency indicates the beginning of mineral loss in the body. If the blood carbohydrate is not stable, oxygen levels drop, because the carbohydrates are the oxygen carriers.

Whenever the blood sugar moves too high or too low, symptoms of tiredness, fatigue, headaches, and mood swings occur.

LOW BLOOD SUGAR

When the blood glucose drops below 60mg per 100ml in the blood, glucose ceases to register in the urine.

Low blood sugar is called Hypoglycaemia. At different levels of blood sugar different symptoms appear.

70mg/100ml Confusion, anxiousness, weakness, and nervousness.

60mg/100ml Semi-consciousness, nervousness, palpitations, fainting, and dizziness.

At both of these levels of blood sugar you can move into a coma.

HIGH BLOOD SUGAR

High blood sugar can produce symptoms such as mood swings, energy fluctuations, and hormonal imbalance.

We measure the urinary sugars because the blood sugar rises and falls many times in a single hour, whereas the urinary sugar tends to be an average of the blood sugar variations taken over a period of twenty four hours. The urine sample is more accurate and easier to obtain.

The blood sugar reflects just one carbohydrate, glucose, whereas the urinary sugar measures a wide spectrum of carbohydrate. The blood glucose test measures only the glucose in the blood and neglects all the minor blood carbohydrates that play a major role in the balanced blood sugar.

pH NUMBERS

Many people understand that when the pH of the soil is out of balance a plant will not grow correctly and will fall prey to disease. To change the soil pH from acid to alkaline we add garden lime which is a form of calcium, for calcium has an alkalising effect.

The body pH indicates whether we are breathing deeply enough. In other words, it shows whether you are getting enough oxygen for calcium available for your liver. The liver requires more calcium by weight than any other mineral to manufacture the bile at the correct strength for the bodies energy.

The saliva pH indicates the strength of the liver bile which in turn reflects the liver's functioning.

If the soils pH determines the growth rate of plants due to mineral absorption, then it also measures the mineral needs for the body. It represents a universal principle in Nature.

If the urine and saliva pH are not correctly balanced in the body it will manifest mineral deficiencies. No matter how wholesome the food, if the pH's are out of balance, the body is unable to assimilate minerals found in the food.

The Ionictherapy Remedies balance the pH.

MINERAL SALTS NUMBER

Like the pH the mineral salts number is a measure of the conductivity of the electrical energy of the digestion. His electrical energy is produced by the reactions of the positive and negative ions.

The level of the salt number measures the effectiveness of the lipid or fat metabolism. When both the sugar

and salt numbers are high fat builds up in the body tissues. Ordinary table salt is one of the major culprits producing these symptoms. You should change to using vegetable salt with your meals.

When sufficient amounts of inorganic minerals are stored in the connective tissues surrounding the joints they produce high stress on the muscles and ligaments surrounding the joints, producing pain and stiffness.

A build-up of salt in the tissues surrounding the veins and arteries prevents normal expansion of the arterial and venous walls stressing the circulation.

The liver produces cholesterol and triglycerides, which are fatty substances which line the inner walls of the arteries. When these fats mix with the mineral salts and harden, they can break off and cause obstruction to the blood flow.

The colon or large bowel removes water from the waste products that move through it. The kidneys filter the water. Should the pH become unbalanced, pockets of waste materials accumulate in the bowel. Excess salt are also retained in these bowel wastes and harden the bowel walls.

UREA AND PROTEIN METABOLISM

Other than minerals and other nutrients our food includes carbohydrate, fat, and protein. Protein is broken down in the digestive tract and converted into amino acids. Amino acids are assimilated in the blood through the walls of the small intestines and stored in the liver for future use.

Amino acid deficiency leads to general health problems, and when you eat excessive amounts of protein the blood becomes saturated with undigested protein waste. This accumulation produces problems with the bowel, liver, kidneys, and produces allergies.

The urea numbers reflect heart stress and nervous system stress. The higher the urea numbers the thicker is the blood, and this in turn makes the heart work harder.

All the test numbers offer a combined knowledge of your metabolism. It is recommended to monitor your health with regular tests to normalise your bodies health.

Four Ionictherapy - Homeopathy

Homeopathy has often been confused by the layperson with herbalism, because some of the basic substances used in homeopathy are of plant origin.

Homeopathy incorporates two Greek words in its name, Homios meaning like or similar, and Pathos meaning suffering. Together they mean Like Suffering.

These two words imply the use of an agent when given to a healthy person produce disease symptoms. When these symptoms are diagnosed in people suffering from a disease, that when the same agent homeopathically produced is given to the sick person, healing ensues. This is often written that Let likes be treated by likes.

The originator of the homeopathic method, Dr Samuel Hahnemann, expressed the principle of Likes in the Latin as Similia Similibus Curentur.

The treating of likes is not original to homeopathy for the concept dates back to Hippocrates who frequently utilised this principle of treatment.

Ionictherapy is Energy Medicine. It follows the principles of dilution and potentisation used in the production of homeopathic and biochemic medicine.

Everything including the body is composed of energy fields that behave as if they are solid. The atomic structure of matter produces an energy exchange similar to the activity of the protons and electrons of the atoms. When an electron is dislodged from the atom energy is released.

Free electrons are called ions, and the Equation of Life measures the activity of these ions in the digestive tract.

Changes in the personal energy field frequently occur in the body. Varying symptoms follow these changes affecting the thoughts, emotions, and body functions.

All the body organs are zones of energy which, because of their density, give a solid appearance.

Allopathic medicine regards disease as being the result of bacteria and viruses. Treatment of disease is designed to destroy the virus and affected cells. This destruction weakens the organs energy field causing a weakening of the immune system and opens the body to further illness.

Ionictherapy measures the energy needs of the body, the stresses, and deficiencies which manifest as distorted energy patterns. The Ionictherapy Remedies assist the re-establishment of the distorted patterns called disease.

Restoration of energy patterns in the body allows the organs to function correctly. By altering your eating habits you increase your reserve energy.

For health, your body requires a high level of energy from your food, more than it uses to expel wastes.

You need to stimulate those organs that are sluggish in order to lead a healthy and creative life.

Five

The Living Aspect of Water

Most of the drinking water in the world is chlorinated and fluoridated. These chemicals often form the basis for many diseases in the body.

Sodium fluoride is a waste product of the aluminium industry. It used as an active ingredient in fluorinated pesticides, fungicides, nematocides, rodenticides, anaesthetics, tranquillisers, fluorinated dental gels, rinses, toothpaste, as well as the water supplies.

This substance is deadly poisonous.

The body requires chemically pure and highly energised water. Pure water comes from two major sources.

1. Fresh fruit and vegetables.
2. Steam distilled water.

All water not taken from fresh fruit and vegetables must be energised. The energies are produced from the active electrolytes and oxygenate and reduce the water's surface tension to make the water more available to the body.

Some of the older water articulation pipes are made from asbestos. Often asbestos strands are found in drinking water passing through these pipes. This has a bad affect on the body's health.

Most articulated drinking has a high content of inorganic minerals which saturate the tissues and cells causing toxic build-up.

The best source of minerals for the body is found in fresh fruit and vegetables. In fresh fruit and vegetables the mineral content is organised for active absorption into the cells nucleus.

If your body was capable of absorbing hard inorganic minerals there would be little need for edible fruit and vegetables. Because Nature works in a chain of dependency, the plants prepare the earthly elements for the body.

Organised minerals are organic, and plants make them available for the body by protein coating them. The protein coating is called colloidal.

Since tap water is a carrier of the inorganic minerals it is harmful to your health. Excessive levels of inorganic minerals in drinking water cause hardening to the tissues producing hardening of the arteries, arthritis, kidney, and gallstones, cholesterol, high blood pressure, constipation, and obesity. The inorganic minerals are also high in bottled mineral water and most food supplements.

There are various sources of drinking water and the following represent some methods widely used.

DISTILLED WATER

Distilled water removes hard minerals from the body tissues. These hard minerals come from drinking tap water, eating food high in salt, and taking inorganic mineral food supplements.

Distilled water acts as a solvent in the body by dissolving food substances and inorganic minerals lodged in the tissues.

Distilled water purifies the body's tissues by eliminating the wastes.

HARD WATER

Water classified as being hard has high levels of inorganic minerals, and the body is unable to eliminate these minerals.

BOILED WATER

Boiling water only kills some bacteria and concentrates the mineral level. The dead bacterial bodies are carried into the body providing the soil for further bacterial growth.

RAINWATER

Rainwater is soft water as it is not concentrated with inorganic minerals. However, as rain falls through the atmosphere, which is high in pollutants and chemicals, bacteria, dust smoke, and minerals, it is not clean.

FILTERED WATER

Tap water is passed through a strainer and filters out some of the heavy solid substances, but it does not remove bacteria or viruses. Decaying matter collects in the bottom of the filter and produces a soil for further bacterial growth.

DE-IONIZED WATER

De-ionization removes the minerals from the water and in some ways is comparable to distilled water. The resin beds used in the de-ionizing process can become a breeding ground for bacteria, pyrogenic matter, and viruses.

IONIC THERAPY LIFE OXY-TIME

Catalyst water creates higher levels of oxygen in the water which it is added to. It reduces the water's surface tension and assists the assimilation of nutrients, making the digestion complete.

It breaks down food particles better than tap water making natural vitamins and minerals available to the body.

The beginning of illness is the lack of organic minerals in the food. Once the cells are deprived of these minerals, the body cannot produce energy.

Ionictherapylife Oxy-time is a highly energised water catalyst and carries minute colloidal minerals through the cell walls providing energy for the DNA. This assists with the rebuilding of the memory patterns of the organs and glands.

Oxy-time catalyst water has the highest oxygen production capabilities than any other catalyst on the market.

Some catalyst products are made using electromagnetic devices to energise water, while others add hydrogen peroxide. Oxy-time Catalyst uses natural algae in the production stages creating high oxygen levels naturally.

Clean your tissues and cells daily by drinking Ionictherapylife Oxy-time Catalyst.

Six It's Up to You

WHO SHOULD TEST?

Everyone should be tested to actively bring their body chemistry into harmonious function, preventing future problems that destroy the quality of life. Listed below are some areas that you

should consider.

Abscesses	Acne	Allergies	Anxiety	Arthritis	Asthma
Arteriosclerosis	Back Pain	Bloating	Candida	Colds/flu	Colitis·Chronic
FatigueConstipation	Depression	Digestive Disorders	Eczema	Emphysema	Fatigue
Female Problems	Heart Problems	Haemorrhoids	Hypo-glycaemia	Infections	Irritability
Migraines	Overweight	PMS	Skin Complaints		

USING IONIC THERAPY REMEDIES

We call them remedies to distinguish them from the drugs dispensed at pharmacies. Ionic therapy remedies are natural, mild, gentle, and non toxic in their healing properties.

HOW TO TAKE AND STORE REMEDIES.

1. Always store remedies under 26 degrees Celsius.
2. Never take a remedy directly before or after drinking tea or coffee.
3. Mix the remedy in 10ml of distilled water and hold it in your mouth before swallowing
4. Ionic therapy remedies can be taken up to ten minutes before and after meals.
5. You can take up to three recommended remedies together in one glass of water before or after meals.
6. Do not store your remedies in a medicine cupboard with camphorated or mentholated creams or gels.
7. Do not store your remedies near any perfumed substances.
8. Do not leave your remedies in the glove box of a closed car in hot weather.

MIXING OXY-TIME CATALYST WATER

Oxy-time catalyst water works on the same principle as homeopathy, which is, the smaller the dose the greater the medicinal value.

When mixing your catalyst always place the catalyst into your glass first and then add water.

Recommended dose for Oxy-time Catalyst Water is 15 drops to which is added 150ml of distilled water.

BEFORE DOING YOUR TEST

Make sure that you eat nothing, and drink nothing except water for the three hours before your test.

Do not take antacids at least 24 hours before your test.

Do not use lipstick when doing your test.

Do not have a test if you have varied from your normal lifestyle for at least 24 hours. Variations may be after a party, excess of alcohol, returned from an overseas trip, unless this is your normal pursuit. Do not wait more than two days before re-testing after you have completed the recommended remedies.

Try and repeat your tests at a similar time of day to the previous test.

Always read your test report and follow through with the remedy and dietary instructions.

TESTING

There are two methods of being tested.

1. Visit a testing centre and do the test there.
2. Do your test at home. Many people prefer this method as it saves time, and is convenient to do in the privacy of the home.
3. When doing a home test follow all the instructions in the brochure and answer all questions.
4. Place the sample in the box. Make sure it is sealed tightly and return it to your testing centre.

Resources

1. You should visit <http://www.ionictherapylife.com> for further information on Testing and products available.
2. You can order a Test Kit by emailing orders@ionictheraptlife.com
3. We accept credit card payment for Visa and MasterCard. When emailing an order please be sure to advise Name on Card, Card Number, Expiry Date, and your address to send the product.
4. A Test Kit costs Australian Dollars in Australia \$46.75 including postage. Outside Australia, Australian Dollars \$54.00 including postage.
5. If there is a Testing Centre near you we will advise you of it.
6. We are trying to increase the presence of Ionictherapists throughout the world. If you or your friends are interested in studying Ionictherapy email [information\\$@ionictherapylife.com](mailto:information$@ionictherapylife.com)

This E-book is freely available. If you know some friend or acquaintance that would be interested in receiving this information feel free to email it to her/him.

If they do not have email you can copy it to a floppy disk or print them a hard copy. In this way the message will reach those seeking good health naturally.

