Ginger tea should preclude any blood clots.

\*Nancy

Yes, you need selenium. Brazil nuts supply selenium, 3 a day!!

A good greens formula has everything in it..

Most need extra magnesium, magnesium oil sprayed on skin and feet is best application.

If you're getting enuf sunshine, you wont need Vitamin D.

See if you can find bee pollen from bee keepers as you travel around.

Propolis is the best antibiotic that does not harm the normal bacteria.

Pollen has all nutrients.

Keep taking a good probiotic. The gut bacteria are most important.

Cheers,

Earl

\*

Gill wrote:

> Thanks for the reply. So you don't think I need the selenium,

> tryrosine, colloidal minerals, etc? Just the sea adine?? Sounds

> easy. Is this right - just reply a quick yes or no.

> Should I do the iodine saturation routine? Thanks

>

> Always great to hear from you. We have told several people about your

> idea/plan/dream. We will continue to promote it for you. It sounds

> wonderful.

>

> Good luck.

>

> Take care and keep sharing your light with the world.

>

> xoxox, Nancy & Joseph

>

> ( enjoying the moment in Wisconsin - baffled by what's happening here

> and the lack of awareness.) Building the immune system of my sick

> Mom, myself and Joseph - preparing for our next stint in Africa. What

> are your best immune builders in your experience?

>

> Have you heard of Vitalzym - 2 doctors from Denmark after 20 and 40

> years of practice recommended it to me in Nairobi.?

Nancy

Go with this SeaAdine...sounds good.

Winter is gentle here, lots of sunshine, frosty nights.

The economy squeezes down but less so than in the USA.

Am on the last lap of getting my e-book on thyroid regeneration on line.

Hopefully, the web site will be functioning very soon.

Earl

**Nancy:  
These seem to be times of stress and** **testing!**  
**You have been awarded the badge of courage for aiding your mum.  
Here in NZ we have just had a devastating earthquake in Christchurch. Much damage to buildings and roads, no one killed, and few injuries.  
Here in Tasman [Nelson - Golden Bay] we are incredibly fortunate in having had a super mild winter, many sunshiny days, lots of rain...making green fields.  
I suspect that "earth changes" are really upon us and I think we'll see lots of natural disasters for which we need to be materially and emotionally ready.  
Just tonight I compiled a manuscript that addresses breast cancer. I will attach it for your information.  
It all goes to indicate that real preparedness happens in the spirit. And hopefully prepares us for whatever nature or Obama throws at us.  
I will forward my working guidelines for thyroid restoration in the next day or two....as I'm putting the final corrections to it.  
Thank you for the card. They are so unique.  
There is a poem I read many years ago and which I've placed in my poem library.  
It invokes the longing I feel for an earth that I've never really experienced but which my spirit longs for. Tonite I saw on TV a huge fireworks display at the world's tallest building in Dubai. It was spectacular...but what a waste!!  
Poem follows.  
Joyful thoughts to you and Joseph.  
Earl**

**“Mists and the Stone”**

**I have seen a land that is green  
Far away where many dreams have been  
I have known a land that is home  
All but lost in the Mists and Stone.**

**We have been many different things  
And all the while the Land she sings  
Of times long gone but always here  
Of many men and all their fears.**

**The Ancients knew of life and beyond  
And showed their love through dance and song   
Listen now and you will hear   
The sacred tunes we hold so dear.**

**I often think how we used to be  
Living with the Earth and the trees  
People used to feel for the land  
Now they want to turn it all to sand.**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_