

CANARY WATCH AND BIO DATA NEWSLETTER

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Visit our web site at <http://www.biodatallc.com>. And
www.canarywatch.com
E-mail biodata202@hotmail.com

VITAMINS GROW ON TREES, EAT THE ROOTS, BARK & LEAVES.

HEALTHY TIDBITS

WHAT! NO CUP OF COFFEE IN THE MORNING? Most coffee is harmful today. It is saturated with toxic chemicals, and it is prepared in a way that makes it even more harmful. BUT, there is a way to prepare healthy, yummy, coffee.

Our friend, Don, at the "Strawhouse coffee shop" gave us the rules (Phn. 1-866-902-3267) and sold us two "Cold Brewing" coffee makers. (This cold brew coffee maker makes the brewing steps easy.)

A. You need to start with one pound of organic coffee beans. (grind it yourself)

B. To the one pound of ground coffee add 2 liters of cold water. Soak the coffee in a plastic or glass container for 12 to 24 hours.

C. Drain the liquid brew off into a container to store in the refrigerator.

D. Put ¼ to 1/3 cup of brew into a cup, add hot water Advantage of cold brew? Very little acid and oils in the cup. Good taste, and people on diet 5 or 6 can use this. Diet 4 level may need to be cautious. Many folks have found that this coffee does not leave them with the acidic stomach feeling.

SUGAR ADDICTION? - Our Consultant, Kitty, gave us this suggestion: "To assist your body to get over the deadly sugar addiction. It helps greatly to think, "**salty taste**" instead of "**sweet taste.**" You may be able to help your body to want better foods by using "Real Salt" instead of sugar on many foods. Put a little salt and garlic on your biscuit instead of jam. Use it freely in your diet. High quality salt such as "Real Salt" will rarely if ever contribute to high blood pressure. In most cases it is even hard to overdose. The body will use what it

needs and rid itself of the excess. Try real salt.”

DEHYDRATION? - 4 teaspoons of “Real Salt” in a gallon of water. Sip slowly. First day you may not get a full gallon in, but try it on the second day. See your medical doctor to determine cause and treatment. Helps with blood loss problems too.

EYE WASH? - A pinch of “Real Salt” dissolved in pure water works wonders as eyewash. For more information about “Real Salt,” check out the web site www.realsalt.com. The information presented will sell you on this most useful salt.

HERBS SAVE CATS - Two dilapidated, starved, little runts showed up at our office in the woods. The worst one, Gimper, couldn't even hold his head up, falling over, just at death's door. How they survived in the forest filled with predators is amazing.

What do you give a dying cat? June kindly gave them attention and love. Then she gave them goat milk laced with herbal blend T136. Little Gimper tried lapping it up, looked surprised, shook a bit and gobbled down some more. Cat food was of no interest to him.

A couple of weeks later, these two runts looked almost as good as new. Love, Herbs and Goat Milk do help!

FOREST FIRE SMOKE - Check out www.canarywatch.com and note Environmental Pollution #51. A quick summary of helpful items: Herbal Blends #: T136, 2, 71, 75
Foods and supplements: beets, carrots, celery, fennel, marjoram, millet, rice, Redmond clay, squash, sunflower seeds, turmeric, and Vitamin “O”
Ozone: very helpful

SOLAR FLARES - Check out www.canarywatch.com and go to Environmental Pollution #52. A quick summary of helpful items:
Herbal Blends #: 82, 83
Foods, supplements: rice, olive oil, Quadrazyme, Natures Enzymes
Magnets: 3 or more sets of double magnets set in a line between sun and self, helps those who have extreme reactions to this form of EMR

T136 A VERY VITAL BLEND!

A Personal Experience by Betty and Larry Lindsay of CHV

We came to appreciate the great value of T 136 under very extreme circumstances--by my husband Larry getting extremely sick two days after returning from our vacation in Canada. At first we thought it was the flu but after dosing him with everything we could think of (elderberry extract, blend #57, #75. Homeopathic oscillococcinum, garlic etc) nothing deterred the high fever and the deep, hacking, dry continuous cough that battered him day and night. We both didn't sleep for over eight days. We applied vapors, hot water bottles, and he had to sleep sitting up in order to ease the coughing. In desperation, seeing that the coughing was unrelenting and wearing him out, I tested him on amoxicillin, bactrim and ampicillin--nothing worked.

Finally Bio Data tested Larry, as I was too tired at the time to be accurate and found out that all he could basically take was T 136, three tablespoons every hour day and night. Within two days he tested for #57 (Immune blend), olive leaf extract that I made and Nutribiotic every 1 1/2 hours day and night.

What had happened? The "toxic air" we encountered upon arrival was very contaminated with aluminum, bacteria, and viruses, as well as mercury - all of which shut his system down. The T136 helped open up his immune system, enzyme system, and nervous system. This then allowed blends like #94, #22, #34, #71 and #73 to work to support their respective systems. This is what we are observing in ourselves, our friends, and our dear pets: **T136 is vital to help detoxify the accumulation of metals and other toxins that are being sprayed on us, as well as those already within our bodies as a result of dental fillings etc. This detoxification allows the other blends to perform their purpose of supporting, strengthening, and regenerating the different systems they target.**

When you receive your new program, you may notice that you take larger amounts of T136 than the personal blend itself. The reason for this is that the body first has to clean and open up the various systems that have become bogged down with toxins before it can absorb and rebuild with other nutrition. You can speed this process up by following your diet strictly, drinking lots and lots of purified water, breathing clean, purified air, (if necessary invest in a air purifier), feed your mind and heart with wonderful, upbuilding thoughts, and have a sure hope for the future.

The moral of the story is: **Test to be sure of what YOUR body needs, be confident in the value of your blends, and most of all in how**

wonderfully we were created.

[ARE YOU CHEMICALLY SENSITIVE? VISIT “canarywatch.com” for updated information.]

LITTLE BEAR LIKES HER HERBS

Can the herbal blends really help our companion animals? YESSS! We have seen how the blends have helped my dog “Osita (sp. Little Bear) thru one emergency after another. We live in a rural setting and there are many kinds of wild animals around. From when we first got Osita at 5 weeks old, we noticed that she would get seizures every time nuclear radiation was present in our environment. So I began putting a little bit of the herbal remedy for this in a bit of butter in a dish and she would go right over and lap it up. One time I gave her the little dish with what I thought was the radiation antidote, but she refused to eat it, though she would go back to the dish repeatedly but turn away after sniffing it. I thought she was crazy since she ALWAYS ate it! Well, I finally noticed that I had grabbed the WRONG bottle, I cleaned the other blends off the plate and served up her #202 and she quickly ate that up. Her seizures and health problems with the environment quickly improved with a personal blend that had blends for whatever she tested for. Specialized herbs for environmental support such as 202 for nuclear radiation and 83 for Electro Magnetic Radiation were added when needed.

OSITA VERSUS SNAKE

Osita lost! Snake bites dog - But Osita did not die. We found two puncture holes in Osita’s chest, what could we do? We test her daily, giving her the herbs needed. An enormous abscess formed on her chest. We nightly put healing clay on the abscess and watched large amounts of ugly gunk come out over the next few weeks. Osita made it again.

OSITA VERSUS CAR

Osita lost again! She dug out under the fence and got hit by a car. This nearly cost Osita her life. She got several fractures and was bound up in a cast for several days. Again, the herbal blends and other nutrition such as calcium helped her to recover quickly. We are sure that if she had not been on these herbs, she would not be here today. Osita is such a gentle, sweet, loving, quirky, and intelligent animal, that I was willing to overlook her few faults.

OSITA VERSUS ENVIRONMENTAL POLLUTION

Like all living things, Osita has also been affected by the increasing toxic air pollution. In June she got what looked like a melanoma and tested for high amounts of blends to help her enzyme system, the metabolic system and the skin system, etc. We were able to link this difficulty to the series of air pollutants that had been hitting us lately.

About 2 months ago she began falling a lot and waking up wet around her rump. She was leaking urine in her sleep. She has always been a very clean dog and never

messed in the house. When I tested her she needed a bit of the primary blends: #2, #23, #71, #75 and #82 in a personal blend along with extremely large amounts of the new T136 to help overcome environmental pollution. In a few days the falling and incontinence stopped! In sad contrast, her buddy who was the same age (12 yrs) began having the same symptoms, but his owner never put him on any herbal nutrition. This dog deteriorated to the point where it was necessary to put him to sleep.

Osita is an older dog now, and we realize that she will not always be with us. She had a lot against her, but she is still with us today living a good life, barking at the numerous squirrels in our yard, giving our secretary, Judy, a hard time and most of all taking care of us!

Moral of the story: Test your animals often, feed them the best you can afford, and give them lots of love. The herbs used consistently may make a difference in how long they live and the quality of their life!

Note: If you feel it is a medical emergency, take your pet to your vet as quickly as possible. Once stable, then you can test it for whatever nutrition and herbal foods build it's health up.

BETTY'S BEAUTY RECIPES

The following is a favorite "Winter Weight" skin oil for dry skin. If you do not have dry skin, you may substitute a lighter weight oil like sunflower oil for the sesame oil.

Mix: 4 oz Sesame oil

2 oz Avocado oil

2 oz apricot oil

Add: 800-1,000 IU's of Vitamin E

8,000 to 10,000 of Vitamin A or A & D

10 or more drops of your favorite essential oil (avoid any fragrance that you may be sensitive to)

Use: On the body - immediately after bathing while skin is moist

On the face - Moisten face with water, herbal toner, or aloe vera

Gel. Take a few drops and spread all over the face and neck

avoiding the eyelids. Wait one minute and blot if necessary. Then apply makeup or powders if you wish.

MY FAVORITE SKIN ENERGIZER MASK

Smash or blend 2 large organic strawberries

1-tsp papaya and pineapple

Briefly blend fruits with 2 - 3 TBS of raw organic honey

Put in a clean 3 oz jar, spoon out only what you will use and freeze the rest.
At night, after cleansing face and neck, apply to entire face and neck, avoiding the immediate eye area. Leave on the face for 5 to 10 minutes.

This will be a wonderful exfoliation experience and can be used weekly.

If you have sensitive skin, experiment with more honey and less fruit, or use other fruits if you know you have a sensitivity to strawberries and papaya. Apples, bananas, and kiwis also work well

Do you have a favorite home beauty recipe? Please share with us at CHV and we will test it out.

**IS IT TIME TO BE RETESTED? DON'T
WAIT UNTIL IT IS TOO LATE!**

BIO DATA NEWSLETTER

June, July, and August 2003. All rights reserved. Information in this newsletter is for educational purposes only and should not be used to treat, cure or diagnose any medical ailment. Provided by: CHV, Kitty Belchamber & Bio Data. **Visit our web site at**

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VITAMINS GROW ON TREES, EAT THE ROOTS, BARK & LEAVES.

“MY HERBS DON'T WORK ANYMORE!”

Yep - that's right!

Over thirty years ago we started helping our friends to have better health by using such things as: vitamins, herbal tinctures, magnetic therapy, homeopathic remedies, acupuncture, and herbal formulas. Most of these items we have had to progressively drop during the last 10 years.

“WHY AM I GETTING SICKER?”

There are several factors leading to why some of the “Herbs Don't Work Anymore” and “Why Am I Getting Sicker?”

1. WE ARE GETTING OLDER - To a small degree this excuse is valid.

As we get older, we heal slower.

2. FOOD POLLUTION - This is one of the major reason why the herbs don't work as well. We cannot easily obtain food free from genetic modification, pesticides, herbicides, hormone stimulators, and preservatives.

SOLUTION - shop around for stores carrying better quality foods.

3. WATER POLLUTION - Are we drinking down our good herbs with toxic water that has highly poisonous chemicals added to make it "safer?"

SOLUTION - use a high quality reverse osmosis water filter or a distiller.

4. ELECTRICAL POLLUTION - Electromagnetic pollution has increased tremendously during the last ten years. Electromagnetic radiation will disrupt the nervous and digestive systems, therefore our herbs may not work quite as fast with out some changes at your home.

SOLUTION: check with your consultant about identifying and neutralizing the sources of electromagnetic pollution.

5. AIR POLLUTION - A most unexpected situation is happening around the world to a large degree since the turn of the century (2000). The planned release of air pollutants into the atmosphere has had a debilitating effect on the health of many animals and humans.

Chemically sensitive people, "Canaries," have been crumbling. Doctors have misdiagnosed enormous numbers of people that have been having adverse reactions to the air pollution experiments.

SOLUTION: get retested often, use ozone air purifiers, look on our web site (biodatalc.com) under the section "MCS," "Canary Watch," for detailed information.

THE AIR POLLUTION EXPERIMENTS HAVE CREATED A SITUATION WHICH HAS DRAMATICALLY LOWERED PEOPLES ABILITY TO DIGEST GOOD FOODS AND HERBS. Yep, some of the Herbs Don't Work Any More!

SOLUTION: The Bio Data staff is not stagnant - our research group is constantly updating our herbal formulas, diets, and research tools so that we can keep up with changing world conditions. Yes, this is difficult and time consuming. Why do we go through all of this updating? Because we care for, and value the health of, our friends. The outstanding herbal formulas that

helped found the reputation of Bio Data have had to be changed to meet changing world conditions. Today, when you order your herbs, be assured that what we offer is the most up-to-date formulations possible.

IF YOU HAVE NOT BEEN TESTED SINCE MID TO LATE APRIL 2003, YOU ARE MISSING THE "LATEST," "NEW AND IMPROVED" HERBAL FORMULAS THAT WILL HELP YOU TO MAKE PROGRESS UNDER THE ONSLAUGHT OF TODAY'S EVER-CHANGING POLLUTION DIFFICULTIES.

JUNE'S KITCHEN

The recipes are jointly contributed by our consultants and interested friends to whom we owe a gastronomic THANKS!

Our Bio Data Consultant Kitty Belchamber (phn. 619-390-9998) has worked up a **daily diet plan** for several diet levels. Please contact her for more information.

BETTY'S ANASAZI BEANS

2 Cups ANASAZI beans (sort and rinse well)

Add 4-6 Cups of water, bring this to a boil, let sit 10 minutes., throw out that water, add fresh water.

Midway through cooking, add:

½ tsp cumin powder,

1/3 tsp oregano,

1-2 Tbsp. Finely chopped cilantro leaves

1-2 Tbsp. Extra virgin, cold pressed olive oil

1/3 Cup of chopped organic celery

½ Cup diced carrots (if desired, also some zucchini)

Add "Real Salt" to taste.

(depending on diet level, you may add a bit of powdered organic onion and garlic for flavor.)

CAROB DRINK

I like this one during the colder months of the year, it is very soothing and helps with toxicity as well.

2 Tbsp. Carob powder in a large mug

Add hot water and stir constantly for one minute

Add 1-2 tsp vegetable glycerin

A touch of goat milk for creaminess (if on your diet) - YUMMY!

SUNFLOWER (PUMPKIN) MILK

2 Cups of raw organic sunflower or pumpkin seeds

Soak for 2 hours, wash and drain

Add 3 cups of water,

Add a pinch of stevia or maple syrup to taste (check your diet)

Blend, until smooth

Pass through sieve or strainer for thin milk or add water for consistency (many seeds are high in Vitamin E and D. You can also do this with sesame seeds, or other types of seeds that are on your special diet)

The next news letter may even contain a recipe for yogurt made from seeds

CHAT ROOM

Q. Why can't I loose weight?

S. Due to environmental conditions and our own body's imbalances, we all suffer from mal-digestion which can lead to mal-nutrition and weight imbalances. When you get your test results from your Bio Data Consultant, look carefully at the diet list. It is designed to help guide you uphill to a healthier digestive system. EAT TO LIVE, NOT LIVE TO EAT. You may need to take your herbs more often (some take them every couple of hours). The new foundation blends and blend T136 will help your body to normalize and turn around. Loosing weight is an uphill fight. Watch what you put into your mouth!

As a valuable side benefit of watching what you eat and increasing your herbs, your pH will increase nearer to "7" and your overall health will gradually improve.

HELP US HELP OTHERS, SHARE BIO DATA WITH A FRIEND

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BIO DATA NEWSLETTER

MARCH/APRIL 2003

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Provided by: CHV, Kitty Belchamber & Bio Data

VITAMINS GROW ON TREES,
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WHAT ARE TEN OF THE MOST USEFUL FOODS TO THE BODY?

Using a scale that goes from extremely useful (+300) to extremely harmful (-100) here are a few facts:

GOOD BUYS

Cereal: oats, kamut, barley, rice, goat milk, stevia, and cinnamon	+256
Millet	+207
Rice	+206

Barley	+205
Oats	+204
“Real Salt”	+177
Anazazi beans	+157
Carrot	+154
Kamut wheat	+141
Goat milk	+132

(all of the above foods are raw, and organic except the Goat milk)

WHAT ARE TEN OF THE POOREST FOODS FOR THE BODY?

BAD BUYS

Chicken sausage	-89
Tomato ketchup	-73
Turkey franks natural	-70
Beer - cheap	-64
Beer -quality import	-59
Soda, cola	-59
Hot & Sour soup	-59
Sugar - white	-48
Sugar - brown	-46
Ice cream - quality	-43

Any score below “0” IS HARMFUL!

FROM JUNE’S KITCHEN

SWEET AND SOUR SAUCE HOMEOSTASIS + 46, Diet #6*

The following recipe has many variations, with a little imagination it will fit a Diet #6 level.
Use all organic ingredients when possible.

- 2 cups sliced mushrooms (* or eggplant [Diet #7] or broccoli [Diet #7])
- 2 cups sliced onions (*cooked for Diet #6)
- 1/8 cup chopped cilantro
- 1/4 cup Jerusalem artichoke (or water chestnuts)
- 4 cloves garlic diced

Add to pan ½ can of pineapple chunks and juice (*cooked Diet #7) or 1 cup fresh pineapple (*Lemon Pepper seasoning [Star West] can be used as substitute Diet #4)
Cook lightly till tender in pan with small amount of extra virgin olive oil.

In a separate bowl:

2 cups of water

3 Tbsp rice vinegar

6 heaping Tbsp “Beef Flavor - meatless” (Star West) Diet #5

1 Tbsp ginger powder (stronger if desired)

2 Tbsp honey *(substitute maple syrup, glycerin, 1 tsp stevia)

Mix into simmering pan of goodies.

As a thickener - mix

1/4 cup of water with 1 heaping Tbsp rice flour (substitutes - tapioca, millet, oat, kamut)
Slowly add to the above simmering pan, stir until thick, serve over rice, or whole grained pasta.

FOOD TIPS:

1. When foods are cooked they are generally easier to digest. They frequently drop down one diet level (6 to 5, or 7 to 6, etc.)
2. Some cooked foods lose a considerable amount of their food value, especially when cooked over 120 degrees Fahrenheit.
3. Foods when eaten raw help your body’s digestion due to the fact that most raw foods contain beneficial enzymes within them that promote digestion
4. Herbal Blends #1, #71, #81, Natures Enzymes and Quadrazyme do help digestion when needed.

WHY I LOVE THESE FOUNDATION BLENDS

LET ME COUNT THE WAYS . . .

ONE BY ONE.

WHAT AM I TALKING ABOUT ? The new super FOUNDATION blends of course!
#1 (2), #23, #71, #75, #82.

Within the last few months, these 5 FOUNDATION blends were released to the public, after prior extensive research by the Bio Data Research & Development Dept. In the last four months of using these with our clients and ourselves we have seen some pretty wonderful improvements - in spite of the toxicity worsening in our environment !

One very encouraging improvement we are seeing with our clients and ourselves, are the food level improvements. This tells us that the enzyme, digestion and absorption

systems are being “fed” and “strengthened” by these blends, allowing us the ability to eat and handle appropriately, foods from the higher diet lists. In past years, normally we were all pretty well limited at best to food levels #3D or #4D, but now it is more common to see #5D, #6D, or #7. Sadly, when some environmental pollution comes rolling in, the food levels plummet downward temporarily. But, happily the new FOUNDATION blends pull us out.

The new “D” Food Levels have been carefully researched by the Research and Development Dept. at Bio Data and by ourselves as well and they are all very exact for most people. These foods enable those with special conditions to rest their digestive enzyme systems to allow the body to detoxify some of the toxins that are present in the environment lately. **STAY ON THOSE FOODS FOR THE AT LEAST A 2 TO 4 WEEK PERIOD AND NOTICE THE IMPROVEMENT IN YOUR HEALTH!** Many of you are calling us to say that “Yes, the food list is restrictive,” but “**I AM FEELING BETTER!**”

Why do the FOUNDATION blends allow us to “survive” better in such increasing stressful and toxic times?

The Foundation Blends give the body systems the right messages to eliminate the toxic metals out of the body. Why is this important? If any type of metal, like aluminum, cadmium, copper, or lead is not chelated out and is allowed to reside in our tissues, it can cause some pretty severe breakdowns in the tissues where they reside. Breakdowns such as: Alzheimer like symptoms in the brain, or insanity, kidney failure, or even heart failure - who wants these? So it makes a lot of sense to eat **RIGHT** for **OUR** bodies, to take the “tested” supplements appropriate for **OUR** bodies, giving them the best raw materials or building blocks we need to keep us as alive and healthy possible.

Why do I refer to these herbal blends as “**SURVIVAL FOUNDATION**” blends? Because, if necessary we could survive for a short time on these herbal foods if no other food was available, and more so, because they feed and nourish our bodies in such a way that we can survive a little longer!

I would like to share with you some notes of appreciation for these blends:

SL - suffers from panic attacks, “Nothing before had helped me cope with them as well as taking small amount of #1 has”.

DR - “I have been feeling much better on my new blends, more energetic and more positive”.

JH - "In spite of added stresses, I know my personal blend plus #10 have been helping me handle things pretty well".

KK - "I suffer from Chronic Fatigue Syndrome and have a pretty grueling schedule, and each time I start to feel sick, I take my #57 (immune) and #71 (enzyme) plus my personal blend and by the next day I am ready to face the day again, before I would be sick for days or weeks. I recommend the blends highly!".

We find that optimally, a person needs their personal Foundation Blend plus extra help with tabulated formulas such as #10, #73, etc.

We have also seen that upon testing different good supplements that have been tested for our clients by their chiropractors or health practitioners, using our Wave Modulator equipment, the energy is perhaps increased 20 or 30 points, but the individual Bio Data Herbal Blend ALWAYS increases the potential energy 200, 300 or more points! We have never seen this before, neither in an over-the-counter supplement nor in our own herbal blends. We certainly can use every strengthening avenue we can get since our water, air and food are getting more toxic by the year.

Have you been feeling badly health wise???

Why not send in your re-test today and start rebuilding good health soon!

By Mary E. (Betty) Lindsay, CHV

MOLLY MOE DOG 1990 - 2002

This cute little black and white collie mix, with the big chocolate eyes, a puppy of about 4-6 weeks old seemed intense on finding whatever it had scented, was running along the highway and was not to be bothered with the traffic on the highway. My daughter, Karma, was only about 11 years old, demanded we stop and save the puppy, just as it almost had a near hit from a passing vehicle. Karma named her Molly. Never could there have been a sweeter puppy, never needing scolding, always protective and alert. She seemed to know, just know, right from wrong and usually kept the kids from doing wrong. Karma could not go near a ledge that the dog was not between her and danger always.

Over the years Molly was truly amazing, so smart and full of wit, love and songs. She would sing to us, talk to us, and love us unconditionally. At age 12 years, Molly incurred an enlarged heart problem due to a bad bag of dog food containing MANY pesticides and herbicide in it. The Vet suggested a \$2,200.00 surgery with only a 20% chance of any help, and prognoses she would probably die within 2 months any way. Devastating for both this wonderful dog and my daughter. I had just started working at Bio-Data at this time, so we tested Molly. Yes indeed she was a mess, and it all led to the bad food. So after a month or two of using the herbs and diet, the vet was amazed and insisted we keep her on the herbs for her heart had subsided in its growth process and her energy was back. She would still play in the creek, catch a ball more than ten times, and loved her walks down to the neighbors up to a mile away. She took a more active role in raising a few liter of kittens and still gently played with Moon Shadow, a white Cockatoo parrot. For the next two years this was her routine. Back and forth to the swimming hole, downstream to help with the fishing, and constantly catching her favorite, snow balls.

Then one fall day this year, she would have a slow down time. It started to be about every three days she could not move, hold her head up, or get up to cough. When tested, improved her herbs and diet she would do better for a week at a time. That's when I noticed, with John's help, that every time she was outside and we got chem sprayed hard and heavy she would go down hill in her health improvement . We went back and forth, 3 good days, 1 bad day, until Thanksgiving. After having all of her family and best friends together, enjoying and having loads of fun and play, Molly departed from us the next day.

We will always remember Molly Moe as a very special loving spirit wrapped in a black and white fur coat. She would sing to us and talk with us, but most of all she showed us all about unconditional love and it's intuitiveness. For the last two plus years of her life she was more active and healthier than any vet could have offered for her. Thanks to Bio-Data she led a very healthy life right up to the end.

AND MORE DELICIOUS RECIPES FROM JUNE'S KITCHEN QUESADILLA DELIGHT

Diet #6

ALL foods to be ORGANIC if possible:

4 cups chopped egg plant. (Chop into ¾" cubes. (Diet #6 when cooked)

6 medium sized mushrooms cut into ¼" slices
1 cup sliced green onion ringlets
2 Tbsp. "Beef Flavor Broth - Meatless" (Star West) (Diet #4)
Lightly oil pan with extra virgin olive oil; sauté 10 - 15 minutes on medium/low heat until tender;
Add oil or water as needed; grate goat cheddar cheese, 1½ Tbsp. Per quesadilla (tortilla)
Sprinkle cheese on ½ of tortilla, 6 or 8 tortillas (blue corn) then fold gently.
Place in oven until cheese is melted, then insert sautéed vegetables into quesadilla,
Add "Real Salt" to taste and enjoy.

BREAKFAST MUSH

Diet #2 and up

3 Cups of boiling water
Add 1 cup of grain flour.
I prefer a mixture of "grains" such as Amaranth (Level 4), Buckwheat, Millet, Rice, this gives us a wide variety of proteins (amino acids).
1 tsp cinnamon
½ tsp of "Real Salt"
1 rounded tsp of Stevia
Simmer on very low heat and stir.
For variety we change the proportions of "grains"
such as for "Buckwheat", we put in 1 heaping tbsp of rice, 1 heaping tbsp of millet, ¾
tbsp of amaranth. Fill up remainder of cup with buckwheat. It's taste is pleasant, though
strong.
Add 1 tbsp of olive oil after cooking
Feeds one very hungry person.

Another day you can have Rice mush. 1 heaping tbsp millet, 1 heaping tbsp buckwheat,
¾ tbsp amaranth, and fill up the cup with rice. Rice has a very mild flavor.

With imagination you will be able to invent several nutritious breakfast meals. The
homeostasis on this blend ranges around 280 to 290 this is exceedingly high. And, the
cost is low!

HELP US HELP OTHERS, SHARE BIO-DATA WITH A FRIEND !!!

