

CANARY WATCH AND BIO DATA NEWSLETTER

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Visit our web site at <http://www.biodatallc.com>. And
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VITAMINS GROW ON TREES, EAT THE ROOTS, BARK & LEAVES.

IS IT THE **COLD OR THE MOLD?**

The earlier part of this year we watched repeated weeks of MOLD being applied in North America (actually around the world). Over the months we have seen a constant increase in the mold problem in stores (produce departments), farms, people and homes. This fall, the mold has taken on an aggressive attack - we humans are now experiencing a major increase in MOLD infestation.

The “Merck Manual” “Home Edition” has many pages of information about specific types of fungi or mold infections. We strongly recommend that you go to the library and read the section about “Fungal Infections.” Most fungal infections respond to the drug “amphotericin B.” Now go to a drug handbook that explains the side effects of this “effective” drug. It will scare you!! We must also legally tell you that if you have a fungi infection you have to go see your medical doctor. Only he can, diagnose, treat, and cure, medical problems. Do not ask your Bio Data Consultant to deal with any medical problem.

Some of us have found that when we got what seemed to be a cold, but did not respond as a bacteria nor a virus, we took very large amounts of the herbal blends #71D and #84. This combination is rather unique under this condition. It may cause you to dump heavily from your sinuses, intestines and other mucus linings. It also seems to get rid of all signs of need for any ‘mold’ homeopathic. After several weeks on these two blends, all cold like symptoms seem to gradually go away.

Why did we choose blends #71D and #84D? Note that #71D deals with the ‘enzyme system’ of the body. Enzymes go around and look at all parts of the body - what is good, what is bad. It tells the body how to tear down the bad things like fungi and how to build up the immune system to continue this life and death struggle. Blend #84D deals with the spleen as it relates to the immune system and the mucus lining. If the mucus lining is compromised by an intruder such as a bacteria, a virus, a fungi or a toxin, then the spleen goes into immediate action to correct the matter.

Some of the symptoms of MOLD infestation are: headaches, fevers, achy joints, sore muscles, back aches, poor digestion, belly aches, runny nose, red eyes, itchy skin, fungus breakout on skin, kidney pains, bladder irritations, lung or heart congestion, coughing, sneezing, diarrhea, foggy thinking, and extreme tiredness. This is only a partial list.

We choose to build up and encourage the body to do it’s job. This is a positive step in good health. But always remember that if you are at death’s doorstep, you may need much stronger assistance which may be available from a wise medical doctor.

Be sure that your ‘medical cabinet’ contains plenty of #71, #75, #82, #84, and #202.

HELP US HELP OTHERS,
SHARE BIO DATA WITH A FRIEND

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Vitamins grow on trees, eat the roots, bark & leaves.

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WHERE DID THEY GO?

A mysterious, surprising, change in the health of many people and their need for specific herbal food blends HAS OCCURRED! How can the health needs of people from many different countries change simultaneously and in much the same way?

Looking at some specific herbal food blends will begin to help us see the magnitude of the problem.

Herbal food blend #42

This famous blend has been with us for years. It has helped literally thousands of people to improve the overall functioning of their liver. It held the limelight as one of our most helpful herbal food combinations. Now it sits in the back seat, helpful only on occasion for some people. Why?

Herbal food blend #T136

In late 2003 there came an urgent need to put together a special blend to help many of our friends with an unusual level of liver toxicity never seen before. Enormous amounts of this simple blend were needed for almost one year. Then, just as suddenly as it came, T136 is fading out of stardom. In checking back many years

ago (we have saved some saliva samples for a great many years) this blend only helped in small amounts in the 1970s through early 2003. Then it became a surprising front runner. What caused it to fall from 1st place during the last couple of months?

Herbal food blends #3 and #81

For many years we had herbal food blend #3, which was very successful in helping with the enzyme system, then a number of years ago, we saw that it became less helpful. In reorganizing the formulation, we came up with what we called “#81”. Until 2002 herbal food blend #81 was outstandingly helpful, then it became dramatically less helpful and we reworked the formulation and came up with herbal food blend #71 for the liver enzyme system. Is something happening to people around the world?

Simply put, blends #42, #81 and #T136 and many more, are still helping in small amounts, but they are not needed as urgently as before. People just don't need the quantity that was required in the past. They are now sitting in the “back seat” so to speak.

WHAT HAS HAPPENED?

Due to serious increases in environmental pollution around the world, both chemical and electrical, people are mentally and physically going downhill. The most notorious air pollution is what is called the “Chem Trails”. Some governments have acknowledged that these ‘trails’ are part of a world wide attempt to control the weather, others have suggested it is to help with possible terrorism attacks.

Coincidentally, our digestive and nervous systems are deteriorating as the Chem. Trails become more intense. Careful research has linked faulty liver enzyme production with outside exposure on high Chem Trail days. Liver enzymes control all chemical reactions within the body from hormones to cell reproduction. Orbiting satellites and ground based frequency experiments (HAARP) are both a blessing and a curse. It is nice to have communication and geological exploration satellites. But at what cost? The intense frequency beams (EMR - electro magnetic radiation) often disrupt the human's neurological system. People feel the effects of this electrical smog most often with nervous irritation, confusion and insomnia. Those of us who are electrically sensitive can be devastated by some types of EMR..

Because of the aforementioned happenings, many of the helpful herbs and foods that have been used for hundreds or thousands of years are becoming useless or even harmful. Most people are no longer able to effectively digest such items as cow products, wheat, and most fruits. The pollution is having a powerful impact on the health of our minds and bodies. The strong are weakening, the weak are becoming sickly. Mankind is ruining the earth. What can we do? WATCH YOUR DIET, TAKE YOUR HERBS, EXERCISE, KEEP HAPPY AND PRODUCTIVE.

Bio Data's herbal food blends are always improving as the conditions warrant it. We are not making static blends like most companies do. Bio Data LLC is doing its best to keep you as healthy as possible under the given, changing, conditions. Some folks are finding that it is beneficial to be retested every 2 to 3 months. Others benefit by taking small amounts of individual herbal food blends to help them cope with these difficult, changing times.

AS ALWAYS - TEST TO BE SURE

JUNE'S KITCHEN

The following 2 recipes were contributed by Betty and Judy. It will be noted that some modifications may be necessary do to dietary restrictions.

SALAD DRESSING OR STIR FRY OIL

- 1 tsp of each of the following:
 - Allspice
 - Ginger root powder
 - Cumin
 - Nutmeg
 - Cardamom

- 1 or more cloves of organic garlic
- 1/2 tsp of Orsa Salt

4 to 8 TBS of rice vinegar
Agave syrup, vegetable glycerin, or stevia to taste
4 or 5 cups of Extra Virgin olive oil.

Blend well and refrigerate.

There are a couple of items in this recipe that may not be on your diet, but generally you will get away with this dressing in small amounts. If need be, add a small amount of fennel seed powder to assist in digestion.

GOAT CHEESE CAKE

16 oz goat cheese, diced. Cheddar tastes good
1 tsp vanilla
4 organic eggs
¾ cup agave syrup, vegetable glycerin, or small amounts of stevia
1 TBS rice vinegar

Put all ingredients, except goat cheese in a blender, process. Slowly add the diced goat cheese while blender is running. If an air bubble forms at the bottom, slow the blender down for a short time, then speed it up again. Pour into an oiled pie pan and bake for about 30 minutes at 350 degrees until golden brown and a knife inserted in the center comes out clean. Watch carefully when it is almost set in the center, it burns very quickly after setting. Enjoy a small piece.

For those of you that are not supposed to eat some of these foods, remember if you feel like you have to pig out on a trashy store bought cheese cake, the cake above is only 100% less harmful. It can be a crutch to help you stay truer to your diet.

SIMPLE THINGS:

If you are COLD, put on a hat. The head loses enormous amounts of heat on cold days.

DEHYDRATION - Mix ½ tsp Real Salt or sea salt, NEVER TABLE SALT, in one quart of water, sip. The first couple of sips may cause nausea if the person is very toxic. Seek medical help if needed. This helps in cases of shock, diarrhea, excessive loss of blood and vomiting.

NAUSEA - Mix ½ tsp fennel seed powder and ginger root powder in a cup of warm, not hot, water.

MAKING TEA - Use warm water (not over 115 degrees). Hot water destroys the useful enzymes.

Simple way to GOOD HEALTH - EAT TO LIVE NOT LIVE TO EAT. -
EXERCISE SELF CONTROL.

Are you feeling very toxic? Drink lots of pure, clean water! It is a universal solvent!

One thing to keep in mind is that current world conditions are only temporary! Soon the toxic air and the harmful electrical smog will be gone. Better things are ahead. Therefore, focus on what you can reasonably do to stay as healthy as possible. Do not let the pursuit of health overshadow more important aspects of life.

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

P. S. Sorry about the late calendars - (an order mix-up)