

Living To Enjoy My Silver

Presented October 2009 by Charles Savoie

(Views presented herein, for which I alone am solely responsible, represent my own personal experiences and conclusions and are offered in the spirit of free and open inquiry. It is also my gift to those open minded enough to give it a chance to revolutionize their life as it did mine! I conveyed the information to an acquaintance nine months ago who chose to disregard it, and had bypass surgery as the consequence.)

Hundreds of thousands of people have passed away waiting for the silver price suppression to end. Many thought it was on the way out in January 1980. Now 29 years and 9 months later we are still somewhat waiting for that fabled day. While death could come for anyone at any moment anywhere and in many different ways, there are obvious things we can do to endure a while longer. We owe it to the world to be here longer so as to use what influence each of us has to return the nation to a sound monetary system not riddled with parasitical bankers impoverishing citizens with synthetic money fraud. I am not going to tell you ordinary things like be careful driving, don't sleep on train tracks and don't stumble upon a grizzly sow with cubs. I want to relate a personal experience I had that revolutionized my life. No, I am not getting religious here, though I feel there's a place for that, and properly defined only by each individual through their own conscience---not under forced conversion pressure by any group.

While living longer won't guarantee enjoyment of your precious metals, it does make the chance likelier. I was discussing political risks with another buyer at the local metals exchange last summer and pointed out that one week after silver peaked at \$52.50 on the Chicago Board of Trade just after mid January 1980, Mexico froze trading in silver equities and slapped a 40% tax on silver prices over \$10 the ounce and likened it to windfall profits taxes on oil companies. Governments are very heavy handed and believe they know better what to do with capital than private enterprise. It's vital to stay informed daily as to government policies in jurisdictions where your companies are active, because investors are very nervous and highly sensitive to anything that can adversely affect profits. You have to be ready to sell on short notice because leaving others holding the bag is the way to lock in gains. I have thought that the best stock is the one that is of the nature of end product you can hold in your hand and more specifically, that which has a limited supply and continues to diminish because not all 90% coin changes hands from investor to investor---some continues to be melted, yet demand never ends and is set to wildly increase. These aren't jokes like the glass coins proposed as alternatives to silver use (Fortune Magazine, March 1965, pages 126-127.) The only junk silver coins I know of are those which are heavily worn or mutilated; calling the others junk is a defective practice.

I want to relate my true experience concerning a medical crisis that became apparent in my body on the evening of November 5, 2007. Be advised that what I am going to tell you will be regarded as medical heresy and discounted by almost any MD. However, I have no motive to lie to my friends in silver and gold. I have presented many thousands of separate documented specifics on the history of silver in almost 100 essays. All of these details, if verified in the accessible public record by any skeptic, will hold

up to investigation. I have no desire to hurt my reputation by being caught in any intentional falsification of information. Accuracy has always been paramount in my personal ethics. Somewhere in this I have to say this is all “purely anecdotal” and “not intended as medical advice,” it isn’t Food and Drug Administration approved, there have been no peer reviewed, double-blind, placebo controlled studies, not intended to treat any disease and all that horrific AMA blather whose ultimate objective is to get you an inferior quality result that drags down your quality of life as well as shortening it while costing far more. No pharmaceutical of today could have saved 18th century English sailors from scurvy the way limes did with ascorbic acid (vitamin C) of which lemons---the central object of this presentation--- also contain plenty. A 2007 study by the Japan Society for Bioscience sees circulatory benefit in lemon juice http://www.jstage.jst.go.jp/article/bbb/71/8/71_1911/_article

Similar details appear in a back issue of “Iron Man Magazine” from the 1970’s or early 1980’s, but I have been unable to pinpoint the issue and date.

As I went to bed on the night of November 5, 2007, at age 53 years, 2 months and three weeks, within seconds I started having chest pains. Not in my heart, but in my upper right side arteries. I could tell the difference. Immediately I realized I was in serious trouble. I didn’t feel a heart attack was imminent, and as I say I had no heart associated angina. However, the arteries are also supplied with nerve connections and I could feel the pain. It wasn’t so severe as to make me scream, but it really got my attention and I knew it would prevent sleeping. Yes, the first thought many would have is “go to the nearest emergency room.” I understood that as I had hardening of the arteries caused by calcium build up, a bypass and angioplasty would probably be recommended, to be followed with continual use of drugs with objectionable side effects. That’s the usual course. Ever see any TV commercial promoting a drug for anything that wasn’t accompanied by a long list of side effects, some severe and even life threatening? All the time, and a nonstop procession of attorneys seeking parties to join class action lawsuits against some member of Big Pharma! I admit that MD’s frown on self treatment programs and self-diagnosis can be misleading. However, my symptoms were unmistakable. If I had a severe cut, food poisoning, shard of glass in the eye or a broken arm certainly, I would have gone to an emergency room; or summon an ambulance. The idea of being split open in an invasive surgery terrified me almost as much as the thought of an early death. I took no aspirin for this pain after reading accounts of aspirin being implicated in age onset macular degeneration of the retina of the eye!

All my life I had been a heavy ice cream eater and used copious amounts of canned milk. These may not cause calcium overload problems if the diet includes sufficient leafy green vegetables containing Vitamin K-2 that allegedly signals the body to either place calcium into the skeletal structure or send it out in solution. I am no chemist, but I learned something in personal practice that places me into a group of self taught people. Before I started having the arterial pains, I had been performing a “pec-deck” exercise to work the chest muscles. At 158 pounds I did 217.5 pounds in correct form---probably 60 pounds less than I could have done 20 years ago weighing less. I was at one time almost a hot shot strength cultist, with a 117 pound weighted chin up to my credit. Naturally we want to retain our abilities as long as possible as this parallels the survival instinct, so I continued to use what was for me, very heavy resistance. This “pec-deck” exercise, if you can visualize it, is done sitting upright, with each arm behind a padded bar. Resistance is then moved forward until the bars touch, or nearly touch. The

heart sends out two main arteries under each collarbone called the subclavian arteries. These are subject to stress during such movements and if vessels are abnormal or weakened, symptoms will materialize.

In addition to the arterial discomfort, I had a distinctive, alarming symptom on five or six occasions, suggesting I had developed an aneurysm in the middle of my right subclavian artery. This is **VERY** dangerous. A break can cause death within minutes at most. I first felt it hurt and there was the sensation of expansion when pushing resistance overhead. Naturally, I set the load down. A few days later as I was at my keyboard I had a really violent sneeze. I clearly felt a “squishing” sensation (like I absolutely never had before) in that artery, conveying the idea of weakened walls. While at work (yes, stubborn person that I am, I missed no days of work during this crisis) I was taking various nutrients intended to improve the condition. I mistakenly took red cayenne pepper capsules. On several occasions I felt extreme irritation at the weakened area---almost like a pinching sensation accompanied by an electric shock! I of course discontinued the hot pepper capsules. I remained on other things at work, which I will relate a bit later. One of those was simple garlic. I took ten (10) garlic tablets at once, and within 20 minutes, the artery felt comforted. Garlic contains sulphur compounds very friendly to vascular tissue.

The adverse cayenne incidents were in November 2007. I stayed off it till recently; now with no adverse effects. Apparently it should be avoided only if an aneurysm is present. The only time it should be taken on empty stomach is as a preparation with warm water to **STOP** a heart attack and niacin should also be taken. If an ulcer is present, I'd avoid cayenne until symptoms are gone. Cayenne has a reputation of being the “master herb” <http://www.cayennepepper.info/health-benefits-of-cayenne-pepper.html> and is asserted very useful for “feeding nutrients” into capillaries as a varicose vein preventive.

On the night of November 5, 2007, within minutes after I began hurting, I went into my kitchen where I had some “horse chestnut” tablets, with “butcher’s broom.” I bought this preparation a few months earlier after I noticed a few varicose veins on my left leg that had just appeared. Horse chestnut is big in Europe among varicose vein patients as this condition (mine was very mild) when prominent causes considerable discomfort. They claim the horse chestnut alleviates the pain. Of course, my pain was arterial, not little capillaries. Nevertheless, after taking one horse chestnut pill with water, guess what! I had no more pain in any upper body artery within 25 to 30 minutes! I was able to sleep. Still, I understood that I remained in serious danger. I thought about my buckets, bags and boxes of silver coins and stacks of bullion and wondered what good it would do me if I died (not much!) Everyone should be prepared with a will detailing specifics and do it right to avoid probate.

My mind was racing full speed wondering how I would address the issue of hardening of the arteries, and an aneurysm, without medical assistance. If you ever heard anything of importance, you strongly tend to recall it in a crisis---if you don't lose your cool and let fear and worry rule. I remembered long ago a dentist telling me that lemon juice is harder on teeth enamel than anything else. He explained that it contains highly concentrated levels of citric acid, which is hostile to teeth enamel and can have a dissolving effect. I was assured that adding lemon juice to ice tea and squeezing some onto fried catfish

wouldn't damage the enamel. He said he had a patient whose enamel was badly damaged by his habit of eating whole lemons and not rinsing. Not many people are willing to eat a lemon. Not like its cousin the orange!

I reasoned that tooth enamel has to be the single hardest substance in the body, even harder than bone, and the most resistant to acidity. I started buying jumbo size lemons. In the morning, I'd slice a lemon into halves and squeeze the juice into a glass. After squeezing, I'd fill the squeezed halves (don't think Barbers or Walkers or Franklins or Kennedys) with water and again squeeze the fluid into the glass. In addition to the juice I was also getting trace quantities of fluid from the tiny dots or "sacs" in the peel; this is chemically important. After fishing out the larger seeds, I'd add sufficient water to dilute the juice---varying from 8 to 12 ounces. Note that I used chlorine and fluoride free water. These poisons, tending to cause cancer, cardiac, joint and other issues are intended to send us into the medical system so we can be squeezed of funds. I added no sugar, no honey, no aspartame, not even stevia (a natural sweetener.) I chug-a-lugged the lemon water down as fast as possible. I then rinsed 3 or 4x with plain water. I repeated this procedure at night. This was always on an empty stomach so the brew would not have to compete for absorption with anything else! Naturally it made me visit the bathroom more often. Many of us aren't getting adequate fluid. Water is the basis of blood, cellular activity, it regulates body temperature (as when you have to sweat) and it helps the system eliminate solid and liquid waste.



<http://www.vitaminsdiary.com/fruits-vegetables/lemon.htm>

As I passed fluid into a beige colored plastic receptacle over a period of weeks, I would routinely pour it down the toilet. I wanted to check the residue in the bottom. What I noticed wasn't the usual "urine salts," but a definite whitish calcium build up, several millimeters thick in places. I was able to break off some brittle sections of this after allowing the container to dry. Today it resembles normal urine salts. If you do this I can't certify your results will be the same. Maybe your calcium accumulation is much less than mine was. However---it could be worse than I had, and you don't know it, because you aren't doing strenuous exercise to cause symptoms to manifest sooner.

I used 340 jumbo size lemons, 2 a day until I was satisfied I was normal or near normal. I now use a lemon at least once every 3 to 4 days. The citric acid takes the calcium out many times faster than it can accumulate. As far as pain---I was pain free within 11 days, but I stayed on the horse chestnut. I learned it contains an interesting compound called "aescin" that allegedly seeks out and strengthens, or

tightens, weak areas; it has definite vasoconstrictive properties. The same claims are made for butcher's broom. Meaning, an effect that might repair an aneurysm. I didn't say it can fix one that just broke. There is always a point of no return and I know no faith healers. You can't toss a vitamin-C onto a grave and cause a resurrection! As someone said, death cures all diseases. But heed your survival instinct first! Start a lemon routine before your symptoms start; you will have to find some other way to die than arterial disease <http://www.brainwashington.info/elists/artique/The%20Amazing%20Health%20Benefits%20of%20Drinking%20Lemon%20Water.pdf> The Idaho Observer also offered this view <http://proliberty.com/observer/20040711.htm> Another site suggests citric acid also acts to lessen cholesterol or fatty deposits in arteries <http://www.helium.com/items/1132459-clogged-arteries-unclog-cholesterol-ldl-hdl-chelation-therapy-herbs-unclog>

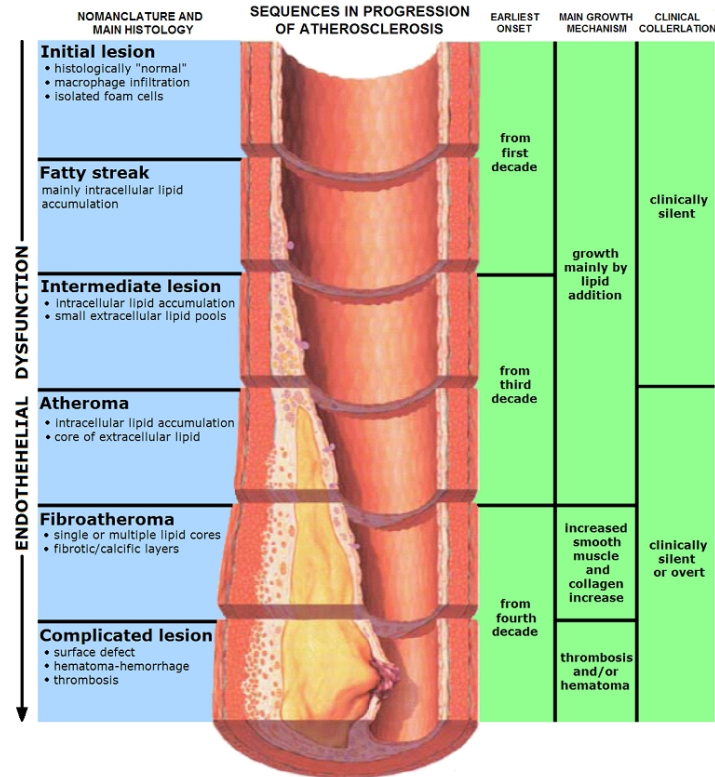
You can have medical tests run first, but lemon treatment won't be offered. If you mention it they might suggest psychiatric exam. That's because anything counter to prevailing conformity is met by the spearcarriers of nonconformity suppression---the mental "health" cult. They don't promote health---they suppress dissidence and help people to escape personal responsibility ("but Judge the disorder made me do it!") Watch for these cultists to have some journal articles on the "disorder" of silver coin "hoarding" (savings!) People who don't blindly trust government could have "disorders," you see (a tactic that was frequently used in Soviet Russia!) The best thing is to take yourself through a three month lemon discipline and then get yourself checked. They won't believe your arterial and vascular health could be equal to 20 year olds when you're over a half century! In addition to the bioflavonoids in lemon, the ascorbic acid content strengthens the vascular structures. Can lemon save your life, and greatly extend lifespan? I'll go to caustic, meat-grinding hell right now if it's untrue. The old slogan "an apple a day keeps the doctor away" also applies. You might want to use "organic" lemons though I used regular lemons only and got tremendous results.

A different substance, EDTA, is mentioned far more often for clearing arteries than is lemon juice. I did have one health food store operator give the opinion that EDTA's risk is that of causing depletion of essential beneficial minerals. Those on EDTA are usually advised to take a mineral supplement at a different time of day. I got objectively excellent results with lemons as measured by the absence of symptoms and restored ability to exercise, didn't take any EDTA, and had no symptoms associated with magnesium or potassium deficiency---essential minerals. Indeed, lemons contain these minerals. I summited the dangerous peak with lemon and recommend it to you as your highly reliable guide to the top---of health!

In December 2007 I heard about a study out of the Middle East that people who drank 2 to 4 ounces of pomegranate juice daily over one year's time showed a 37% decrease in carotid artery blockages. Here's a link--- <http://www.webmd.com/food-recipes/news/20050321/pomegranate-juice-may-clear-clogged-arteries> I am convinced that the commoner lemon, with its calcium dissolving citric acid--- runs souped-up dragster circles around pomegranate. However, I would hedge my bet by adding pomegranate juice to the diet--- also carrot juice and nonpasteurized fruit and vegetable juices <http://www.natural-homeremedies.org/homeremedies-arteriosclerosis.htm> and you should use a juicer---not only a blender (Jack LaLanne, age 90, looks great and uses one!) There is no prospect that citric acid will damage your skeletal calcium. Sugar is reputed to be hostile to artery walls. The sugar

trust lobbied successfully years ago for the medical community to speak of “diabetes” rather than of “sugar diabetes” so as to hide the problem from the public. Refined sugars also are implicated in fatty weight gain. Candy vending machines are in every hospital---and the even more unhealthy soft drink machines. And doesn't it strike you as a wild, unwarranted public health risk for MD's at any stage of their career to be intentionally sleep deprived as part of their “training?” Would you like a severed artery because an MD or intern suddenly dozed off and the scalpel cut too deep? Or get a fatal dose of vincristine because someone didn't measure it correctly?

Something else I took was taurine, an amino acid (protein) that I knew from administering to one of my dogs years ago, was in high concentration in the retinas of all mammals. It's also heart and exercise beneficial. A study was released documenting taurine to be protective of the arteries of smokers. I also took cherry extract capsules, ginkgo biloba, magnesium, copper, zinc, MSM (organic sulphur), alpha lipoic acid, selenium, niacin and COQ10---all reputed to be arterially beneficial. Never take niacin without a meal, and take it towards the end. If you opt for caution avoid very high doses and have your liver function evaluated. Alpha lipoic acid is very liver healthy. Lemons detoxify the liver <http://ezinearticles.com/?Detoxing-the-Liver---Does-Lemon-Juice-Detox-the-Liver?&id=1804276> I returned to my heavy exercises with **ZERO** symptoms. No pain during or after exercise, and zero discomfort in the formerly weakened artery, including during pushing resistance overhead. My best strict standing press (arms only and no backbend) was 230 pounds at 152 pounds, with a regular barbell and no steroids. But that was in 1986. Never mind about today. What matters most is I am free from hardened arteries and free from dangerous weakened arterial sections. The foundation of this self administered recovery was and remains, simple lemon juice! Not lemonade, but lemon juice. Not lemon meringue pie, lemon cookies or hard lemon flavored cough drop lozenges, but lemon juice. As for side effects, other than the predictable urination increase, I also noticed recovery of my wind. I could sustain exercise for longer periods before becoming oxygen depleted. Shortness of breath is symptomatic of narrowed arteries. As mine normalized thanks to citric acid, I recovered circulatory capacity. Runners who take riboflavin before racing say it improves their time, logical since it helps cells to breathe. And it will harmlessly yellow the urine! I pass these details to you my friends in PM's so that hopefully you'll give the mighty lemon a try. Remember it won't help you because you do it a few times. It also won't help you because you read about it, and don't do the discipline to apply it in personal practice! It needs to be two doses daily over three months or more to make positive results most likely. The following illustration appears at Wikipedia (redirected from “hardening of the arteries”) ---



These predictable folks can't help themselves! If you tally the number of times you encounter the terms "clinically" or "clinical" in any typical medical journal article, you'd think you were a mathematician trying to resolve "pi!" Their need for synonyms is desperate!

Science classes sometimes show students the "lemon battery" experiment

http://en.wikipedia.org/wiki/Lemon_battery

Another food (spice/herb) reputed to be of great health benefit is cilantro or coriander

<http://www.indepthinfo.com/cilantro/health.shtm> Reports are that it detoxifies the body of mercury and aluminum---both cause severe health issues. A dentist having an apparent concern for lawsuits told me with a chuckle that "you probably get more (mercury) from a can of tuna" than from fillings incorporating mercury. That is very doubtful however, how many people go about with a can of tuna in their mouth incessantly for a span of many years? See how illogical people with degrees can be?

Cinnamon has positive value for blood sugar and cholesterol.

http://www.greatestherbsonearth.com/nsp/ho_shou_wu.htm describes a Chinese herb whose translation means "a head full of black hair." Known in the West as Fo-Ti, reputed to be able to reverse gray hair, lower cholesterol, and increase lifespan as an adaptogenic substance. It's on my list of things to try. From what I read it won't rank at the top of most promising substances. Very fantastically, blueberries are reported to be able to cause new growth of brain cells, not according to some blue jean overall wearing Missouri hick with a corn cob pipe, but according to the Society for Neuroscience <http://hdlighthouse.org/TreatmentNow/updates/0044blueberries.php> They additionally are good cancer inhibitors and strengthen blood vessels. Celery is reputed to lower blood pressure, cleanse the

kidneys, provide fiber and vitamin-C, and of course are a great low calorie diet food, like carrot sticks http://www.oohoi.com/natural%20remedy/everyday_food/celery.htm Fiber itself is paramount to the health of the digestive and elimination processes. Some fiber supplementation is advisable at least twice a day.

Years ago I received a sample bar of Irish Spring soap. As I used it a rash started in my left armpit and started spreading downwards. I discontinued use and saw an MD. I told him the story. He looked at it and said, "No, this appears bacteriological, not chemical." After a blood test he came back and said, "Just as I thought, it's a chemically caused rash." I wanted him to hear the sound of one hand clapping on his face, but I concealed my passions. Sometimes we know ourselves best. And nature knows us better still. What have you got to lose by going on a three month lemon routine? As Schwarzenegger urges in his films, "**DO IT!**" Then go have yourself evaluated as to arterial health. No need to mention what you did to be so well off---you won't be believed. The routine is so simple, so easy, and the substance used is so inexpensive, and so readily accessible, and not covered by health insurance, to be believed; but as the Eternal is my witness, it performed a literal miracle for me. The cost? \$1.58 a day for 170 days; I believe its work was completed well before that time! Parade Magazine, September 28, 2008, page 9, noted that 142,000 emergency room visits take place per annum in the USA for bad reactions---some life threatening---to antibiotics. Instead, consider helping the body's immune system with Vitamin-A; B-Vitamins; Vitamin-E and selenium. "Expensive urine" is to be preferred over an emergency room visit.

Vitamin K2 (not to be confused with the world's second highest mountain) is all over the Internet as having the same calcium cleansing properties of citric acid <http://www.npicenter.com/anm/templates/newsATemp.aspx?articleid=22077&zoneid=267> Lemons confer other benefits not conferred by this vitamin, and K2 has other beneficial actions lemon doesn't perform. Before using anything mentioned here you must check it against any pharmaceuticals you may be taking, especially blood thinners. An amino acid, L Arginine, is of high repute http://www.life-enhancement.com/article_template.asp?ID=780 as useful for lowering high blood pressure---along with essential minerals, potassium and magnesium. Assuming what I have described actually reduces arterial narrowing, and there is no other way to account for elimination of my symptoms; there is no reason to not use both lemon and Vitamin K2 but should probably be taken hours apart, not for risk of reaction, but because they probably work better in isolation from each other. As for calcium, the main culprit in hardening of the arteries---calcium itself is never the enemy. Close to 100 major studies show blood pressure tends to normalize with calcium intake. It's only when calcium is placed where it should not be that problems arise.

Walnuts are well known for benefiting arterial health---the raw, non-roasted, unsalted variety! This site mentions walnuts as preventative and treatment for Alzheimer's disease http://www.hdlighthouse.org/showUpdate.php?p_articleNumber=533 and that addition of blueberries to diets of aged rats resulted in "rejuvenation of brain circuitry," according to the Center for Aging and Brain Repair of the University of South Florida College of Medicine in Tampa. Such information is like knowing about silver and acting accordingly. You can't do what you don't know. I am far from the only one making such strong claims for certain nutritional substances. There is much I would say on the

matter of greed. That's for another time. Sometimes what helps most costs the least. My wish is that none of the metals suppressors read this; they've been around too long already.

DMSO applied topically on the lower spinal area of a dog I had cured him **IMMEDIATELY** of walking problems (he had spinal gout---not a hip problem as two failures-as-human-beings veterinarians misdiagnosed and one burned an ulcer into his stomach with **ONE** Rimady!!) DMSO can do things that nothing else can <http://www.colecenter.com/therapies/dmsso.html> And why is it that bone and joint MD's won't mention to you how you can have human growth hormone injected into a joint where cartilage has been lost, and instead want you on expensive, toxic drugs that accelerate joint damage and cause other Fascist and devilish problems? For the superlative in arthritis treatments see <http://www.iagh.com/> or other similar sites. This one isn't a pill you can take and glucosamine is a very poor joke compared to it. Warning---supplements intended to stimulate the body to produce more human growth hormone can occasionally cause severe hypertension! That happened to me last June during the course of 112 such capsules and the blood vessels in my throat became very uncomfortable, normalizing upon discontinuance. So it is not only pharmaceuticals that come with cautions. I found that a dose of 333% zinc gave near immediate relief. Zinc is involved in wound healing and tissue repair.

For teeth, view these significant---and surprising---links <http://www.bio-medicine.org/medicine-news/Honey-curbs-bacteria-in-the-oral-cavity-1079-1/> and <http://www.prlog.org/10082234-honey-bacteria-worst-enemy.html> The neighbor's dog was having problems standing and laying down, as of last July. I gave the dog 2 boswellia capsules daily. In 2 weeks, they wanted to know if I had been giving her something. "Yes" was the answer, and there are no known adverse side effects. Prednisone cost my last dog his life due to kidney failure, and I was never, ever once warned what it could do! Remember that key information is powerful, and that there are other gems of knowledge besides noble metals.

At <http://www.usjuice.com/hb-lemon.html> we read---

"Dr. Beddoe also cites an article by Dr. Michael Lesser on the medical promise of citric acid in "Anabolism, Journal of Preventive Medicine." He uses this article to validate the value of using fresh Lemon juice daily: "It appears that citric acid, the major carrier of biochemicals in the body's energy system, shows important promise, primarily because of its excellent properties as a chelator. Its ability to form soluble complexes with calcium offers major promise in the successful treatment of pancreatic stones and has also been employed to dissolve kidney stones. Since calcium deposits are of major significance in the much greater problem of hardening of the arteries, citric acid may possibly contribute to a safe and effective reversal of this widespread degenerative disease." Even though medical doctors are not currently employing Lemon juice in the treatment of the above conditions, this article substantiates the fact that one of the benefits of fresh Lemon water is the way the citric acid is able to act upon the body's systems differently than any other food."

If you are an MD reading this essay and it really, really annoys you, that means that others will consider it before dismissing it. And don't cancel your subscription to The Morgan Report because an

independent commentator said something you don't care for. In the battle of ideas, let dissenting voices be heard.

Silver can't do for you what this simple, commonplace yellow fruit can. Just like banker created money can't do for you what PM's can do! In my honest opinion, neither can any MD restore your arterial health the way lemons can or even remotely approximate it. Apply the six figure saving of bypass surgery to buying silver or gold! The citric acid is not antagonistic to the stomach lining. It places calcium into solution and holds it there until it passes out of the body. Lemons are additionally reputed to have a fairly strong (like yellow mustard) anti-cancer effect. Just don't leave this liquid on your teeth! I intend to personally investigate the reputed health benefits of other compounds including acetyl-L carnitine in conjunction with alpha-lipoic acid; deer velvet antler, which because of its growth factors has been the subject of dozens of foreign scientific studies; bovine colostrums "known for its ability to regrow heart tissue and supporting blood vessels," amazing like blueberries if true http://www.carttonic.com/files/file_download.php?fi_id=683 ; carnosine; bioperine; sulforaphane from broccoli sprouts; COQ-10; and Russian rhodiola, an adaptogenic herb used by their Olympic contenders. The central point is that if these substances work, they only do so by repetition, not because they're tried for a brief period then discounted. Acetyl-L carnitine and alpha lipoic acid together may increase lifespan by 50% and the same applies to COQ-10 and carnosine. Nothing stated here is as certain as water is wet, but caution is advised against hopeless pessimism. What if lemon juice can dissolve the calcium in your arteries with repeated use? Give it a chance to fail, it won't. Voices disparaging these substances may have a profit agenda of their own. Climb into your bed---not your casket. Start the lemons rolling! The Silverwriter would never misrepresent any landmark experience or overblow its significance. Of tragically humorous significance relative to America's current condition is this item from the New York Times, December 11, 1935, page 20, a statement by the Treasury Secretary---

"THERE ARE NO BIG GOVERNMENT DEBTS COMING DUE; THEY ARE ALL BEHIND US."