

**References** Read anything on the internet or in books with caution. I find it common to find significant errors from all sources, including medical doctor sources.

<http://www.biblestudytools.com/cjb/> (Complete Jewish Bible on line)

Jewish New Testament Commentary: David Stern

The New Strong's Exhaustive Concordance of the Bible: James Strong

The New Brown-Driver-Briggs-Genius Hebrew and English Lexicon with an Appendix Containing the Biblical Aramaic: Francis Brown

Flax Oil as a True Aid against Arthritis, Heart Infraction, Cancer and Other Diseases: Dr. Johanna Budwig

Fats that Heal, Fats that Kill: Udo Erasmus

<http://www.youtube.com/watch?v=RSoddptWLOs> (Dr. Budwig oil-low fat cottage cheese – as a male I add 1 tablespoon of fish oil a day also. <http://www.budwigcenter.com/>)

[http://www.botanicoil.com/products/flax\\_seed\\_oil.htm](http://www.botanicoil.com/products/flax_seed_oil.htm) (cold pressed, organic flax seed oil source)

Transdermal Magnesium Therapy: Mark Sircus (also [www.magnesiumforlife.com](http://www.magnesiumforlife.com))

Chelated Mineral Nutrition: Dewayne Ashmead (chelation of minerals information)

Minerals for the Genetic Code: Charles Walters

Sea Energy Agriculture: Dr. Maynard Murray

Iodine: Why you need it: Dr. David Brownstein Salt Your Way to Health: Dr. David Brownstein

<http://www.orthomed.org/jom/jom.html> (Journal of Orthomolecular Medicine & archives)

<http://www.ncbi.nlm.nih.gov/pubmed/> (recent research, excluding Orthomolecular Medicine)

<http://www.healthrecovery.com> (addictions, alcoholism, drug use – orthomolecular based)

<http://www.pnas.org/content/105/24/8369.full.pdf+html?sid=30257a23-59da-462a-ba8b-7d36114d10c> 9  
(Dr. Dean Ornish gene study)

<http://rawfoodsos.com/2011/09/22/forks-over-knives-is-the-science-legit-a-review-and-critique/> (This is an example of going back to the source documents, looking at the data and information and then asking “what does it really say.” For example see minute 19:50. I think there are some biases, including missing the acidity problem of too much animal foods and how protein content of grains has significantly decreased in the past century which are factors to be considered too. It is my thought that there is a need for balance in nutrition. I also think there is a lot of interconnectivity that I don't have a clue of yet but that is important so that is why I sometimes take the “shotgun” approach such as a desire to get some of all of the necessary minerals so I have replaced salt with evaporated sea water from the source that Dr. Maynard Murray found.)

MyOmega whole food supplement: Bob Johnson, 301 Oak Street, Boscobel, WI 53805 608-375-2595

<http://alternativecancer.us/#Diet>

Colossians chapters 2 & 3 – a quick summary of some important principles.

Watch out, so that no one will take you captive by means of philosophy and empty deceit, following human tradition which accords with the elemental spirits of the world but does not accord with the Messiah Jesus. Colossians 2:8