

HART DIETARY PROCEDURE PLAN

2nd Edition

HART DIETARY PROCEDURE PLAN

CANCER

**THE
CURE
is in
FOOD**

**OXALIC ACID
GOD'S NATURAL CHEMOTHERAPY**

NEVER BEFORE MADE KNOWN

**THE CAUSE IS IN THE BLOOD
THE CURE IS IN THE FOOD**

**RECIPES AND DIET INFORMATION FOR USE IN TREATMENT
OF CANCER, VIRUS, BACTERIA AND VASCULAR DISEASES**

**Diet information in this book has been used by victims in
successful treatment of each disease**

COL. JOE

DEDICATION

This book is dedicated to my sister Catherine, my brother Pat, his lovely wife Stephanie, Bonnie who gave birth to my daughter and sons, Ed Olen a brother-in-law and great guy, Bob Gatlin a nephew, Jess Jepperson my adopted father; all who have been a part of my life, loved very much, and victims of cancer.

To my special buddy Turk, a two year old eight pound Toy Poodle who died from kidney failure. His death led to my vow to solve the mystery of his death thereby revealing the cause of cancer.

To those courageous enough to have faith in following the Diet thereby leading the way for others.

New To This Edition

Retained are Diets and popular recipes with added emphasis in areas dealing with your diet and relations with your Primary doctor. Some changes have been made in chapters but the order of chapters remains the same.

By being aware of changes in your physical condition described in each special diet, you in consultation with your doctor must schedule examinations or tests to measure your progress in healing. Reductions in intake of oxalic acid and/or other medications can and should be made as you heal. Emphasis has been added in care that must be taken in the amount of acid consumed in your daily diet. Only your doctor can tell you when your body is completely healed.

The current concept in Integrative Medicine is selectively incorporating into a treatment plan elements of complementary and alternative medicine alongside current orthodox medical treatments. Integrative Medicine programs in medical schools today are rare and those that exist minimize diets of natural foods as methods of treatment and cure. On this Diet you will be in control of your health and any required treatment with orthodox, complementary and alternative medicines. That is why I call this Diet true integrative Medicine.

Today lack of control of added ingredients in our food supply by the Food and Drug Administration and possibly a flawed drug approval program is the major cause of our poor health and high death rate.

WHY I SHOULD BUY THIS BOOK

**I SHOULD BUY THIS BOOK
BECAUSE**

- I will read about an amazing medical discovery.
- I will be in control of restoring and maintaining good health.
- I will learn how to treat myself successfully.
- I will be given hope as long as I'm still alive.
- I will no longer feel fear and insanity in the pursuit of healing.
- I will understand the cause and cure of diseases.
- I will not have to perform yoga or follow spiritual directives.
- I will not have to invest in gimmicks, vitamins, or supplements.
- I will be able to heal a beloved sick pet.
- Cancer and diseases will no longer remain a mystery.
- This discovery bears witness to God's simplicity.

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The health information and procedures in this book are based on the training, personal experience, and research of the author. This book is not intended as a substitute for medical advice of your physician or health care provider. It must be understood over consumption of vitamins and minerals can have toxic effects.

The author has provided normal and safe information. Common sense should be used when following the diet procedures.

The author cannot be held responsible for adverse effects due to misuse of information in this book.

The reader is advised to consult with a physician for specific medical advice.

The identities of the victims in the described true copy of testimonials is withheld for personal confidentiality. Requests for review of the originals will be accommodated.

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INTRODUCTION

Many people believe there is a simple, natural cure for cancer. They are right and you will read about that cure in this book. The natural cure is in the earth has been since the beginning of life on earth and will be until the end of time. Oxalic acid, God's chemotherapy, is the natural cure. Oxalic acid is a normal blood-borne chemical in the blood of all warm-blooded mammals, including humans. Oxalic acid is obtained in the same way as other required chemicals and minerals, from foods and beverages in our diet.

During conversation about the diet information, two often-asked question are: "How did you get involved in this?" and "Have you contacted anyone in the government or medical field with your discovery?"

To the first question the answer is: Sixteen years ago a tough decision was made to put "Turk" a very much loved eight pound Toy Poodle to sleep because a poison was destroying his kidneys. In the final review after Turk was put to sleep, the veterinarian mentioned oxalates as something very damaging to renal (kidney) tissue. The word, oxalates, is what got me involved. Oxalate is the ester or salt form of oxalic acid. In dictionary and chemistry books oxalic acid is described as an industrial chemical, and a very strong poison. Oxalic acid was eliminated as something Turk would have gotten into. Several months passed without thought of the mystery of Turk's death until an event occurred that started research that solved the mystery.

One evening relaxing during a quiet time scanning through a gardening magazine, an article caused me to sit up straight. There was an article byline describing interference with calcium absorption by high levels of *oxalates*.

What a surprise. That evil word oxalates was identified as a natural substance in foods. In response to my inquiry the author of the article sent additional information that added to the negative value of oxalates in our diet. Research into nutrition revealed that we killed Turk by what we fed him. Avoiding foods and beverages high in oxalic acid became part of my diet. It took several years to happen, but it did. A mole/wart-type growth appeared on a thigh muscle that gradually developed into picture-perfect melanoma. Like many victims, the question arose, "Why me God?" After many hours and days of continuously searching for a reason the only thing different that happened was avoiding oxalic acid. And as though it destined I read an article that an acid in strawberries was thought to help and prevent prostate cancer. My diet was immediately reversed and many foods high in oxalic acid were added. In what seemed a short time the melanoma began to dry up and finally disappeared. After eight years, thousands of hours of research, and a simple reversal of my diet, a cure for cancer was discovered.

In April, 1996, a specification and claims of oxalic acid compositions and methods use in treatment of cancer was submitted to patent the discovery. Three (3) patents for treatment of cancer, infectious diseases, and vascular conditions have been received.

To the second question the answer is: Letters have been sent to President Bush, Secretary Thompson, Health and Human Services, and both Arkansas Senators and my Representative. I have written to the Governor of Arkansas and The Director of the State Department of Health, and The University of Arkansas. In the private sector, letters were sent to Merck Labs, The Huntsman Cancer Institute, and Stowers Institute of Medical Research. Information has been sent to national and local news media organizations. Response has been received

from Senator Blanche Lambert Lincoln. My opinion of the lack of response from government representatives, with the exception of Senator Lincoln, is fear of jeopardizing their credibility and impacting campaign contributions from the medical, science, and pharmaceutical industries.

Doctors, with a few exceptions, will never support alternative medicine if it cures disease.

Pharmaceutical companies have no interest in natural compositions that provide a cure, only treatment and pain medication.

A perfect example of the fear is the creation of a black hole by the Secretary of Health and Human Services called The Council on Private Sector Initiatives to Improve the Security, Safety, and Quality of Health Care. My discovery of the cure for cancer went into that black hole. It probably will never again see the light of day.

This book primarily covers an explanation and application of the diet for the cure and prevention of diseases. The story from loss of a poodle to discovery of a cure for cancer is being written. In the story you will learn why oxalic acid is referred to as God's chemotherapy.

My belief in creation was the foundation of my research. I could not accept that God would put a chemical in the blood of all mammals including humans to kill us. I could not accept God would put the same in food necessary to sustain life only to have it kill us. It was my belief in God that allowed me to find the answer to the question: "Did God create the earth with this poison to kill us?"

The following true copy of my letter to Senator Blanche Lambert
Lincoln provides a summary of one effort.

GOD BLESS

Francis J. Hart aka Col. Joe

Francis J. Hart
390 Ryan Road
Pea Ridge, AR 72751

May 28, 2001

Honorable Blanche Lambert Lincoln
United States Senate
Washington, DC 20510

Dear Senator Lincoln:

I am writing about 3 items I think you will find very interesting. One is a follow-up to my e-mail Thank you; with comments. Second is an item, which may have serious consequences, which I cannot determine; perhaps your spouse Dr. Lincoln would consider evaluating the item. Third is an item I believe could be monumental.

As to the first item, I again express my sincere "thank you" for your action on behalf of the millions of people who will benefit from recognition of my discovery. If it is appropriate I would like to have the opportunity to evaluate Dr. Koplan's response to your request before you reach a position on my research. My reason: previously through Rep. Hutchinson I suggested that the CDC look into the possibility that since **oxalic acid** kills the rhino (common cold) and flu virus it might be as effective against the virus that causes (BSE) or mad cow disease and Creutzfeldt-Jacob disease (CJD). Dr. Koplan in his answer to Rep. Hutchinson said;

"The agent that causes BSE/nvCJD is neither a virus nor bacterium, but an infectious agent called a prion. Prions are infectious proteins that have the ability to alter other proteins in the infectious process"

I do not mean this sarcastically but, Dr. Koplan gave me through Rep. Hutchinson the "idiot treatment". What Dr. Koplan did not say was that the agent that infected the protein is **a slow virus**. My simple logic says if you kill the slow virus there are no infected proteins, and if there are no infected proteins there are no prions, and if there are no prions there is no BSE/nvCJD. Study of the structural proteins of the virus may have been as early as 1954 and in keeping with the new finding the term "virion" was proposed for the complete infective

virus particle. But apparently to identify the structure more as a protein than a virus the term "prion" was accepted. I hope Dr. Koplan's knowledge of what causes BSE/nvCJD has greater depth than the "prion".

The second item which I cannot currently evaluate without extensive research might have very serious side effects in patients receiving treatment for vascular conditions that involve the insertion of metal or plastic devices in the arteries. Oxalic acid as an industrial chemical is used in various solutions as an etchant for stainless steel and there is data that talks of the dissolution of tantalum in oxalic acid solutions. Since oxalic acid is normal in the blood in the anhydrous form (without water), will it etch any of the various materials used in the vascular treatment? If a device is etched, could there be materials released that could be harmful in the blood stream? I have attached copies of 3 reference sheets that describe oxalic acid used in different processes.

The third item is about the very real possibility that clinical studies could be done here in Arkansas, which would place Arkansas in the center of medical science research worldwide. An initial contact with an associate of Mr. James T. Stephens the CEO of Exoemis Inc. and I believe a member of the Arkansas BioVentures Advisory Board, was made. Given the opportunity in future contacts I will propose Clinical Studies to verify the efficacy of oxalic acid in treating the diseases of Cancer and Arthritis, using the methods described in my Patents, be planned and conducted as quickly as possible.

Use of the Dietary Procedure Plan with carrot juice, recently used successfully, (copy of Laurel J. Lingle and Cindy Monroe e-mail testimony attached) and use of the Dietary Procedure Plan with new therapeutic compositions of oxalic acid providing the increased oxalic acid necessary instead of the concentrated carrot juice will demonstrate that "Integrated Medicine needs an integrator and oxalic acid is that integrator. It is described as such in the Patent claims.

Of equal importance is the part oxalic acid plays in the entire human cycle. Is not the blood of a mother in the blood of a newborn baby? Could a deficiency of oxalic acid in the blood be the reason for cancer in new born babies being treated at St. Jude's? I tried to get my information to those in Administration at St. Jude's without success.

I believe clinical studies of Cancer and Arthritis victims could be conducted simultaneously. And I would disagree with use of placebos. I think it ridiculous in an advanced society to have to accept the deaths of humans, as one does with mice, to know of success with any experiment.

Today when people with a disease go on the Diet and follow it 100%, that is avoiding the blockers, and their bodies have not been destroyed by conventional treatment, there is a 100% cure rate. One of the most devastating conventional treatment is the continuation of radiation treatments after the decision that there is no more hope, it completely destroys the immune system. My opinion is that it is doctor assisted suicide. Isn't that what the latest nuclear weapons are designed to do? Kill people without destroying the infrastructure?

Senator Blanche would you support, perhaps expedite a federal grant, if I am successful in convincing the Arkansas BioVenture Advisory Board, the CEO of EXOEMIS and the Director of Special Project, University of Arkansas Medical Sciences in Little Rock to conduct the trials to confirm my findings. Last September an announcement was made, (see attached article) of a \$2.4 million grant for several institutions to do research that I have already accomplished. It is estimated to take 3 years to complete. What the research will accomplish is nothing more then confirm my discovery already patented. I have provided Chancellor John White information of the circumstance. Chancellor White did not acknowledged my communication.

Senator Blanche, a conservative estimate is that in 3 years more then a million victims in the US will die from cancer. Many will be Veterans, members of the Greatest Generation just like me, and it tears at my guts that I have been unsuccessful in getting help to prevent it.

Please help.

Sincerely,

Francis J. Hart

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THIS IS THE BEGINNING

This book is written in easy-to-understand, non-medical language used in communicating with several hundreds of victims. It describes in simple terms information learned from thousands of hours of research, working with hundreds of victims who have experienced successful results in following the diet, and interesting results of personal experiences and experiments.

In following the diet for cancer and other diseases, your red blood cell, white blood cell, and platelet counts should not be adversely affected. You will not be sick to your stomach. Your hair will not fall out, nor should you experience excess fatigue. Life and work can continue uninterrupted as you heal.

GOOD NEWS:

Cancer no longer requires treatment with standard methods of cut, burn, and poison.

Since oxalic acid is a normal, blood-borne acid in the blood of mammals, including humans, no reports of unusual drug interactions have been received from victims following the diet.

Bacterial infections do not require expensive antibiotics.
Viruses can be treated and eliminated.

Arthritis and Fibromyalgia victims will no longer have to endure constant pain.

The common cold can be stopped within 36 hours.

Only abnormal cells are affected by the diet.

Treatment for cancer, viral and bacterial infections, and vascular disorders is simple, inexpensive and, most importantly, non-destructive.

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THE HART DIETARY PROCEDURE PLAN

Within this book you will be introduced to a dietary procedure for the treatment of disease. There will be no specific daily menu to follow. You will be afforded freedom of choice as you treat yourself.

THE RELATIONSHIP BETWEEN OXALIC ACID AND BLOCKERS

The first objective is to increase the level of oxalic acid within your blood by eating foods high in oxalic acid. Oxalic acid is a strong poison and normal blood-borne chemical in all mammals, including humans. Few people, including doctors, are aware of its presence in food and our blood. As a result of scientific testing, it has been reported that oxalic acid is a normal chemical in mammals, including humans. The author has discovered oxalic acid is a natural, God-given chemotherapy.

The second objective is to avoid all foods, beverages, and environmental factors that, in different ways, block oxalic acid from being available within your body to fight disease. A full discussion of each Blocker is covered in following sections.

The first eight (8) days of the dietary procedure are the same for treatment of all diseases and conditions. Variations to the dietary procedure required for specific diseases and conditions are fully explained in later sections.

Cancer victims must remember this dietary treatment is a variant of current oncology science and does not eliminate need of normal and/or special examinations necessary in determining successful treatment. It is recommended you request your primary doctor schedule an appropriate examination 6-8 weeks after start of Diet. When examination reveals cancer growth has stopped or reduces in size, intake of oxalic acid should be adjusted. Intake of canned carrot or juice is an easy way to adjust your intake. Initially a reduction of 2-3 ounces will be sufficient. Medications you may have been taking at start of Diet should be evaluated for reduction or elimination as your condition improves. Discuss with your doctor a schedule for examinations. It is important for you to know when cancer has been eliminated so you can go on a Preventative Diet. Remember, with your doctor's help, you are responsible for your health. What you will achieve is the beginning of true **Integrative Medicine**.

Prior treatments and your current health status make no difference except for urgency in beginning the dietary procedure. There is a circumstance when only chocolate and distilled water are your only hope for survival.

OXALIC ACID

DEFINITION AND PURPOSE

Oxalic acid is an organic chemical that occurs naturally in soil, plants, and blood. It is also synthesized into a colorless crystalline acid used as a chemical in textile and manufacturing operations as a bleaching and cleaning agent. In history, science has recognized oxalic acid as a toxic compound and attributed deaths of warm-blooded mammals, including humans, to accidental ingestion. You will not find anywhere a single aspect of documented therapeutic value pertaining to oxalic acid until now. Fifteen years of research, thousands of hours of reading, and numerous kitchen experiments of theory resulted in the allowance of three Patents.

What has been discovered is a poison that is a normal, blood-borne chemical essential to the health of all warm-blooded mammals, including humans. Oxalic acid is identified as the monitor of the blood system. It is “cellicidal” (kills abnormal cells such as cancer cells), “viricidal” (kills virus), and “bactericidal” (kills bacteria). Oxalic acid cleanses the blood.

Oxalic acid, used as directed, is a natural chemotherapy void of devastating side effects. It performs better than man-made pharmaceuticals currently used in medicine. In reality, oxalic acid is God’s Natural Chemotherapy.

“The Merck Laboratories, Manual of Diagnosis And Therapy” fails to list oxalic acid in the index. Consequently, most doctors are unaware of oxalic acid as a normal chemical in human blood.

It is interesting and worth noting that oxalic acid is highest in plants that are weeds. Weeds grow everywhere on the face of the earth and defy all efforts to eliminate them. It is no surprise that some great cancer fighters like spinach, collards, garlic, parsley, chives, and tea are really weeds.

The Creator insured oxalic acid would be available to mammals the world over.

OXALIC ACID HAS BEEN ON THIS EARTH SINCE THE BEGINNING, IS NOW, AND WILL BE UNTIL THE END OF TIME.

WHAT IS OXALIC ACID'S PURPOSE?

The therapeutic value of oxalic acid is the result of a meticulous search of scientific findings established and published that led to uncovering and revealing a basic truth. The difference in approach was refusing to accept oxalic acid as nothing more than poison present in the blood and concentrating on finding its purpose.

Nutrition is the treatment and cure for disease. Daily, new foods and beverages are revealed as great antioxidants. For example, carrots, spinach, broccoli, green and black tea, walnuts, strawberries, blueberries, garlic, dark-green leafy vegetables, onions, concord grapes, red wine, parsley, chocolate, and sweet potatoes are foods known to be great antioxidants. Different compounds within each are cited as the particular antioxidant responsible for the health benefit. We hear about flavonoids, Vitamins A, E, and C, and their antioxidant properties. It is estimated there are 4,000 identified flavonoids. Isolating each one and determining what effect each, or a combination of each, has on a specific disease is an endless pursuit without an answer. However, research and examination reveals there is one common denominator in the foods and beverages known as great antioxidants. They are high in oxalic acid.

The development of abnormal cells is a normal body function. Elimination of these cells must occur or disease and death results. When the level of oxalic acid in the blood is low, abnormal cells are not eliminated and development of abnormal tissue begins, resulting in growth of tumors. Bacteria and virus are also allowed to flourish.

It is believed the first tumor starts wherever the body's immune system is the weakest. When oxalic acid in the blood is increased, abnormal cells are eliminated and prevented from forming. This process does not affect healthy cells; thus, it is concluded oxalic acid is a life-sustaining, blood-borne chemical that must exist in the blood of all mammals to eliminate the growth of abnormal cells, and rid the body of viruses and harmful bacteria.

All things on earth follow the path of least resistance.

The Bible tells of Moses leading the sons of Israel into the desert at God's command. These people were entirely dependent upon God for their survival. Food from God appeared on the ground in the morning. Exodus 16:31 states, "The house of Israel named it manna, and it was like coriander seed, white, and its taste was like wafers with honey." Manna was a basic staple for the sons of Israel as they wandered through the desert for 40 years.

If, in fact, manna did consist of coriander seed, it is interesting to know that coriander seed is a European herb of the parsley family. It is a rich source of oxalic acid.

AVOID THE BLOCKERS

Within five to eight days following a diet of high intake of foods and beverages rich in oxalic acid and avoiding foods, beverages, and strong electric magnetic fields, known as Blockers, the blood will test clean. This means no or few free radicals will be detected in the blood. Once this has been accomplished, the disease and/or tumor is quickly attacked by the acid's action.

An interesting observation has been noted regarding cancerous tumors. After cleansing of the blood, a pattern develops regarding oxalic acid's attack. The last or most recent tumor identified will be eliminated. The first or core tumor identified will be the last to be eliminated. When oxalic acid attacks a tumor, cells are returned to solution, the tumor liquifies, softens, and then decreases in size. This cycle repeats until only a small benign lesion exists.

It may at times appear that the tumor has grown, which is normal during the process of liquidizing. Soon thereafter, the tumor will diminish in size until it is eliminated.

Balance is key. Understanding what BLOCKS oxalic acid's action in eliminating abnormal cells in the blood is of EQUAL IMPORTANCE.

In following chapters, you will be given information regarding specific foods and beverages to eat and not eat, together with precautions that need to be taken to insure sufficient levels of oxalic acid are present within the blood. You will also be provided information on treatment procedures for various diseases and disorders.

**ARE YOU BEGINNING TO UNDERSTAND THAT
WHAT YOU ARE READING IS THE ANSWER TO THE
QUESTION ASKED THROUGH DECADES OF TIME:
IS THERE A SIMPLE CURE FOR CANCER?**

BLOCKERS

An oxalic acid blocker is any mineral, plant, food, beverage, additive, or supplement that inhibits, reduces, or binds with or otherwise reduces or eliminates the beneficial effect of oxalic acid.

When following the diet procedure by consuming foods high in oxalic acid to increase the blood's oxalic acid level, there are specific foods, beverages, and environmental factors that must be avoided.

In different ways, each item **BLOCKS** oxalic acid from being available to fight cancer, viral and bacterial infection, and diseases of the vascular system.

1. Citric Acid
2. Free Calcium as in Cow Milk, Milk Products and Calcium Supplemented Foods
3. Exposure to high levels of Electric Magnetic Fields
4. Foods high in Vitamin B6 (Pyridoxine)
5. Alcohol

CITRIC ACID

The United States Department of Agriculture has not established a recommended dietary allowance for **citric acid** as it is not necessary to take orally.

When **citric acid** is needed, the body will provide it through a normal process known as the Krebs cycle. When excess or an undesirable acid is present in our system, the production of **citric acid** occurs to lower the excess acid and/or remove it. It is therefore reasonable to assume that when **citric acid** is taken into our system through foods and beverages, it will flush acids from our system.

Most people identify **citric acid** only with citrus fruits such as oranges, lemons, limes, grapefruit, and pineapple. The largest consumption in our diet occurs when manufacturers add **citric acid** to food and beverage products. **Citric acid** is added as a preservative, brightener, and flavor enhancer.

Citric acid flushes oxalic acid from the body.

People unfamiliar and confused with vitamins often believe Vitamin C is citric acid.

VITAMIN C IS ASCORBIC ACID.

Citric Acid occurs naturally in oranges, lemons, limes, grapefruit, and pineapple. These fruits should not be consumed as whole fruits, juices,

beverages or as an additive to foods. **Citric acid** may be found in bottled soft drinks, canned fruits and vegetables, canned and prepackaged meats and fish, and other prepackaged foods. Read the ingredients listed on the label or package. Lemon juice, which is to be avoided, is also used as a preservative.

Several times a question has been asked: **Why isn't there a high rate of cancer in Hawaii given pineapple is part of their diet? In the February/March 2002 issue of Hana Houi, a magazine of Hawaiian Airlines, the question was answered. An article, "Kalo Culture," by Leslie Lang describes the taro plant from which poi, the traditional Hawaiian staple, is made, as having oxalate crystals. The long, heart-shaped leaves are cooked as greens similar to spinach, and the stem is cooked and eaten as a vegetable.**

**OUR DIET SHOULD BE IN BALANCE AS IS
NATURE**

Here are two recipes that do not have **citric acid** added to make it look appetizing or taste any better:

CHILI SAUCE

3 quarts fresh ripe tomatoes (chopped)
6 green peppers (chopped)
4 large onions (chopped)
4 Tbl. sugar
4 Tbl. salt
2 Tbl. cinnamon
3 cups vinegar

Combine vegetables with remaining ingredients in large pot. Bring to a boil over medium heat. Simmer for 1 and 1/2 hours. Pour into sterilized jars and seal while hot. The Chili Sauce is great with hot dogs and makes wonderful deviled eggs. Col. Joe

HOMEMADE JAM

2 cups frozen or fresh strawberries, blueberries, blackberries, rhubarb, raspberries, or fresh peaches (frozen peaches contain citric acid)
Sugar to taste
4 Tbl. cornstarch
1/4 cup distilled water

Place 2 cups of frozen or fresh fruit (strawberries, blueberries, blackberries, rhubarb, raspberries, or fresh peaches) into saucepan. Simmer over medium-low heat until fruit gently boils and softens. Add sugar to taste. Mix 3 heaping tablespoons cornstarch with 1/4 cup distilled water. Add water-cornstarch mixture to bubbling fruit. Stir until thickened. Pour into glass jar, cool, cover and refrigerate. Becky C.

Adelle Davis, was one of the best known pioneers in the field of nutrition. By 1972, when The Penguin Group published a paperback, Let's Get Well, over 10.5 million Adelle Davis books were in print.

In this book, Adelle Davis identified the confusion that existed when talking about citric acid and oxalic acid. She advised people to think of “oxalic acid as the villain and citric acid as the rescuing hero.”

If Adelle Davis followed the advice within her book and avoided adequate intakes of oxalic acid foods, it is of interest she died of cancer in 1974 at the age of 70.

Thinking of oxalic acid as the villain still exists among scholars in the science and nutritional societies. It is no more evident than in the Merck Manual. In the 15th edition of The Manual of Diagnosis and Therapy, oxalic acid is not listed in the index. The attitude of most in the medical society is: “If I haven't read it; you don't need it.”

FREE CALCIUM

COW MILK AND MILK PRODUCTS

Calcium is an essential mineral which promotes good health. However, the calcium in cow milk is nutritionally unbalanced for human consumption. The **free calcium** in cow milk and milk products, including cheese, sour cream, and cream cheese, inhibits the absorption of oxalic acid and both are eliminated from the body. This effect does not occur when eating calcium rich vegetables, nuts, beans, and fish. These calcium food sources are nutritionally balanced. Goat milk and other animal milk is not recommended.

Eggs, usually found with dairy products in the grocery store, can be included in the diet. **Eggs do not come from cows, and are not dairy products.**

Many people are unaware of the fact that tap water is a source of calcium, and there is no data available to determine the amount of **free calcium**. As an example: The drinking water for Northwest Arkansas taken from Beaver Lake has an average of 68 milligrams of calcium per liter of water.

The diet recommends distilled water or water treated by a softener, which removes the calcium. If a water softener is used, care must be exercised to insure the water softening appliance is in good working order and serviced as recommended. Distilled water or softened water is to be used for both drinking and cooking. Filtered, bottled, and spring water contain **free calcium** and are to be avoided.

Manufacturers add additional calcium and vitamins to many foods,

which may, when consumed, create a nutritional imbalance of calcium. Read the ingredients on the label of all foods and beverages purchased.

If the food or beverage is fortified with calcium, avoid its use.

If your health care provider has recommended a calcium supplement for osteoporosis or other condition, use the following procedure:

Wait two hours after you have consumed items known to contain oxalic acid, take the recommended supplement, then wait four hours before consuming foods containing oxalic acid.

Usually taking the calcium supplement with the morning meal will satisfy the time separation requirements.

As previously stated, calcium which is nutritionally balanced is readily absorbed by the body and is not eliminated with oxalic acid while following the diet. Vegetables, fruits, grains, meats, and fish in their natural state contain nutritionally-balanced calcium. Calcium enriched foods, through the manufacturing process, create an excess of calcium which effects the nutritional balance.

One of the best sources of calcium is almonds. The following is a nutritional breakdown of almonds derived from published research data:

<u>ALMONDS</u> (1 cup serving)	
Vitamin E	80 International Units
Zinc	8 milligrams
Thiamine	48 milligrams
Copper	216 milligrams
Riboflavin	176 milligrams

Niacin	760 milligrams
Folate	136 micrograms
Biotin	48 milligrams
Potassium	1,656 milligrams
Iron	8 milligrams
Calcium	600 milligrams
Magnesium	672 milligrams
Phosphorus	1,176 milligrams

Other good sources of calcium include: Salmon, spinach, mackerel, sardines, oysters, broccoli, great northern beans, white beans, winged beans, white beans, soybeans, collard greens, squash, figs, rhubarb, and tofu.

Vitamin D is required for absorption of calcium by the body. 15 minutes of sun exposure per day will adequately fill your daily Vitamin D requirement.

With the exception of Vitamin C and Vitamin B6, there has been limited observations of the effects of vitamin supplements on oxalic acid in human subjects. No recommendation is made concerning their use.

An example recipe not including **free calcium** follows.

Pumpkin Pie

1 prepared unbaked pie crust shell (See recipe under Desserts section)
1 (15 ounce) can pumpkin
3/4 cup sugar
1 tsp. pumpkin pie spice
1/4 tsp. cinnamon
3 eggs - slightly beaten
1 1/4 cups soy milk

Whisk together all ingredients and pour into unbaked pie crust. Protect edges of pie with aluminum crust protector or use aluminum foil to protect edges. Place pie in preheated 400 degree oven for 50 minutes or until knife inserted near center comes out clean. Keep pie refrigerated. You may top pie pieces with a small dollop of heavy whipped cream.

ELECTRIC MAGNETIC FIELDS

EMFs

Oxalic Acid and Electric Magnetic Field Exposure

This book provides the answer to the questions about health effects of **EMFs**.

Question: Do **EMFs** have anything to do with cancer?

Answer: Yes.

Electric power lines, household wiring, and appliances can cause carcinogenic conditions in your blood and in the blood of all mammals.

Electric magnetic fields are invisible lines of force that surround any electrical device during operation.

The U.S. Department of Energy in 1995, published a booklet, "Questions and Answers About EMFs," No. DOE/EE-0040. The booklet contains significant information, but carefully avoids a direct conclusion that **EMFs** are a cause of cancer. This booklet identifies items which emit **EMFs** in an average home. You may purchase the book from:

Superintendent of Documents
U.S. Government Printing Office
Washington, D.C. 20402
Phone: (202) 512-1800

This book, The Hart Dietary Procedure Plan, does not hesitate to state there is undisputable scientific experimental data that clearly identifies **EMFs** as a cause of cancer. The data is in References Cited in the author's Patents.

**EXPOSURE TO ELEVATED ELECTRIC MAGNETIC FIELDS
DECOMPOSES OXALIC ACID WITHIN FOOD AND YOUR
BLOOD.**

The U.S. Department of Agriculture is well aware that **EMFs** decompose oxalic acid. The decomposition rate of solutions of oxalic acid is used as a meter in measuring the amount of radiation exposure when used to kill bacteria in foods. The USDA approved the regulation controlling the use.

Breast and lung cancer will soon be the leading cause of death among women in the United States.

A very high source of **EMFs** in the typical home is a microwave. The microwave oven is usually placed on a countertop, hung under a cabinet, or positioned above a conventional oven. Each location places the microwave breast high to the average woman.

Microwave use by men is also commonplace. Breast cancer among men is also on the rise.

Most cell phones emit high **EMFs**. The government and scientific community continue debating use of the cell phone resulting in brain cancer.

The author strongly suggests a microwave oven not be used. Cell phones are to be used **ONLY** in an emergency situation.

The following partial list of home appliances and devices expose you to a high level of EMFs:

Microwave Ovens	Electric Can Openers	Electric Shavers
Cell Phones	Hair Dryers	Electric Blenders
Electric Juicers	Electric Mixers	Electric Blankets
Digital Clocks	Electric Food Processors	Electric Toasters

In addition to the danger to humans within the magnetic field of the microwave, there is a problem with food storage. To apply a safe distance until measurements are taken with a gauss meter, a distance of 15 feet in any direction should be used when deciding where to store foods and beverages that contain oxalic acid. Within 15 feet, oxalic acid will be decomposed by the magnetic field when the microwave is in use. Unplug your microwave or remove it from the home.

This book provides limited information pertaining to other electrical devices and appliances which emit strong **EMFs** within your home and work environment. It is suggested a distance of 3 feet be maintained between you and food high in oxalic acid from electrical devices and appliances which emit strong **EMFs**.

To identify high sources of **EMFs** in your home and at work, testing with a gauss meter is suggested. Meters are available through catalog sales.

A complete discussion of **EMFs** and decomposition of oxalic acid is contained in a companion book that is in the process of being published.

Readers of this book are urged to contact their Congressional Representatives and Senators and demand that the government either affirm or deny the claims read. It is vitally important for the safety of you and your family at home, at school, and in the work place.

PYRIDOXINE

VITAMIN B6 IS PYRIDOXINE

The USDA established recommended daily allowance for **Vitamin B6** is 2-4 milligrams per day. **Vitamin B6** will remove oxalic acid from the blood as it travels through the kidney. Excessive amounts may result in lowering the level of oxalic acid within the blood.

Pork and the white meat of chicken and turkey are high in **Vitamin B6** and should not be eaten. Most red meat, with lamb as an exception, is to be eaten sparingly. The dark meat of fowl is acceptable. Servings in small portions (6 to 8 ounces) daily of meat and fowl is recommended. The foods in the diet will provide adequate **Vitamin B6**.

There are no limitations on fish regardless of types or amounts consumed.

An overload of oxalic acid in order to rid your body of cancer may result in a backache due to irritation of the kidney. When this occurs, you are advised to take one (1) 100 milligram **Vitamin B6** tablet. The backache will disappear when the pyridoxine flushes the oxalic acid from the kidney. Do not make a habit of this. The goal is to keep a highly effective level of oxalic acid in the blood. A slight reduction in oxalic acid foods will prevent the backache.

Examples of recipes low in **B6** follows:

SPAGHETTI WITH MEAT SAUCE

12 ounces spaghetti - cooked and drained
1/2 to 1 lb. ground lamb
1 (26 ounce) jar Bertolli Vidallia onion with Roasted Garlic Pasta Sauce
 OR Bertolli Garlic and Mushroom Sauce
1 Tbl. Extra Virgin Olive Oil
2 Tbl. sugar

Cook spaghetti according to directions using distilled water. Brown lamb and drain fat. Add spaghetti sauce, dried parsley, and sugar. Heat through. Top spaghetti with meat sauce. Serve warm.

CHILI

1 lb ground lamb
1/2 onion - finely chopped
1 tomato (peeled and chopped)
1 (16 ounce) can chili beans - rinsed and drained
1 (16 ounce) dark red kidney beans - rinsed and drained
1/4 cup ketchup
1 1/2 cups distilled water
1 Tbl. chili powder
1/2 tsp. black pepper

Brown lamb and onions until cooked. Drain fat. Add chili beans and kidney beans. Add ketchup, tomatoes, and water. Add chili powder and black pepper. Simmer until tomatoes are softened.

ALCOHOL

Alcohol may well be a favorite beverage for some on the diet. All **alcohol** will flush oxalic acid from the blood. Alcoholic beverages are to be avoided, except inexpensive red wine. Inexpensive red wine is generally lower in **alcohol** content than the more expensive brands. Red wine is acceptable to drink on special occasions. It is derived from concord grapes which provides a significant amount of oxalic acid. Thompson grapes used for white wine contain no oxalic acid.

Alcohol may well be a reason the scientific world knows oxalic acid only as an industrial chemical and poison. In general practice, ethanol, an organic **alcohol**, is used in laboratory procedures to wash toxic substances from specimens being analyzed. By washing the specimens with ethanol, most of the oxalic acid is washed away. This practice may account for the USDA Handbook-8 listing only 39 items under the "Oxalic Acid Content of Selected Vegetables" section.

Oxalic acid is "God's Natural Chemotherapy." Interestingly, the first miracle performed by Jesus was turning water into red wine.

VITAMIN SUPPLEMENTS

As stated previously, it is not known what effect all vitamin supplements have on oxalic acid. It has been written many times you should consider that any chemical or mineral in excess may have a toxic effect on your body. As an example of a good vitamin gone bad due to excess, consider the following:

- Vitamin C occurring naturally in foods is necessary for good health.
- Vitamin C can be a precursor in the formation of oxalic acid.
- In 1960, it was first discovered that when ascorbic acid oxidized, it became a free radical. Within the last two years, this was again demonstrated in laboratory experiments.
- Dr. Linus Pauling, known as “The Champion of Vitamin C,” believed mega doses of Vitamin C would cure and prevent the common cold, treat a variety of diseases, and prevent and treat cancer. Dr. Pauling died of cancer in 1994 at the age of 93.

HAIN OR HOLLYWOOD BRAND

100% PURE CARROT JUICE

The following information gives you an approximate amount of Oxalic Acid in this carrot juice.

3.5 ounces of carrots	=	.50 grams oxalic acid
2.77 ounces of carrots	=	.38 grams oxalic acid
2.77 ounces of carrots	=	1 ounce of juice
1 ounce of juice	=	.38 grams oxalic acid
1 - 12 ounce can of juice	=	4.56 grams oxalic acid

Hain or Hollywood 100% carrot juice has the most effective pH level. The carrot juice is labeled as Hain or Hain Pure Foods Hollywood 100 % pure carrot juice. It is found in the canned juice section of most chain food markets. **This carrot juice is not subjected to electric magnetic fields during the manufacturing process.** If your local store does not carry the juice, call the distributor at 1-800-423-4846 for a location near you that does carry it.

NOTE: No more than one can of the carrot juice is to be consumed per day.
Any brand of carrot juice is acceptable provided it was not exposed to high magnetic fields.

This is not a paid advertisement by Hain Pure Foods

OXALIC ACID CONTENT OF SELECTED FOODS

The following table provides information derived from many published sources. Oxalic acid content is based on 100 milligrams (3.5 ounces) of food and/or beverage.

<u>FOOD AND/OR BEVERAGE</u>	<u>OXALIC ACID</u> (mg/100g)
Brewed Tea	375 - 1,450
Spinach	356 - 780
Stewed Rhubarb	260 - 620
Swiss Chard	645
Cocoa Powder	623
Green Pepper	476
Black Pepper	419
Nescafe Instant Coffee	57 - 230
Soybean crackers	207
Pecans	202
Roasted Peanuts	187
Parsley (fresh)	166
Mustard Greens	146
Chocolate (dark)	124
Boiled Beetroot	121

The pH value following the foods and beverages below indicates the acidic level measured by an Oakton pH Tester 2. A low reading indicates a high level of acid.

Hain or Hollywood Brand 100% Carrot Juice**	(5.2)
Sun Ripe Nature's Nectar Grape Juice	(3.4)
Mother's Made Purple Plums Liquid	(3.5)
Sun Ripe Beets Liquid	(4.4)
Gilroy Minced Garlic Liquid	(4.8)
Canned Yams Liquid	(5.2)
Black Tea seeped 10 minutes	(4.9)
Riunite Lambrusco Wine	(3.3)
Canned Butter Beans Liquid	(6.1)
Canned Carrots Liquid	(5.2)
Canned Peas Liquid	(5.3)
Chef's Cupboard Italian Classic Minestrone	(5.4)

Note: The pH values above reflect the acid level. Oxalic acid is not the only acid present in these items. The primary acid present in the carrot juice is oxalic acid. Therefore, we recommend the carrot juice in the Cancer Diet Procedure.

ADDITIONAL FOODS AND BEVERAGES HIGH IN OXALIC ACID

Carrots	Dried Parsley*	Collard Greens
Dried Chives*	Watercress	Green Beans
Wheat Germ	Snap Beans	Beets
Beet Leaves	Walnuts	Okra
Garlic	Pokeweed	Brussels Sprouts
Sprouts	Nuts & Peanuts	Carob Powder
Escarole	Dandelion Greens	Leeks
Onion	Concord Grapes	Sweet Potatoes
Walnuts	Celery	Lettuce
Kale	Strawberries	Blueberries
Currants	(Black & Red) Blackberries	Raspberries
Peppers (Red & Yellow)	Orange Peel	Lemon Peel
Radishes	Peas	Plums
Amaranth	Fresh Chives	Cilantro*
Cassava	Endive	Broccoli
Gooseberries	Soy	Summer Squash
Wheat Bran	Currants	Turnip Greens
Eggplant		

* Tones, Spice Island and French's brands of spices are recommended. They are not radiated.

PYRIDOXINE (VITAMIN B6) CONTENT CHARTS

Below is a chart of pyridoxine content for various meats in 3.5 ounce servings. The information is selectively derived from published data primarily from The U.S. Department of Agriculture, Agriculture Handbook Revs. 1992, 1989, and 1986.

Meat	Vitamin B6 (mg/100g)
Chicken (White meat, flesh only)	.540
Pork leg, loin, shoulder	.445
Ham, whole	.401
Pork Back Ribs	.395
Rib Eye Steak	.380
Veal (all cuts)	.310
Turkey (White meat w/ skin)	.290
Beef Ribs	.280
Ground Beef	.280
Turkey (Dark meat w/ skin)	.190
Pastrami	.180
Chicken (Dark meat w/ skin)	.170
Bacon, Cured	.140
Lamb (all cuts)	.130
Beef Frankfurter	.120
Tuna	.090

The discovery of decomposition of oxalic acid clears the mystery of why there were more deaths from after effects than the direct explosion of atomic bombs dropped in WW II. The radiation not only decomposed oxalic acid in the blood of exposed mammals, including humans; it also decomposed the oxalic acid in all foods and beverages stored in areas not affected by the direct explosion, but unprotected from the radiation. The human diet was void of oxalic acid, and provided no natural chemotherapy against increased abnormal cell formation.

This discovery also explains why field mice were the least affected mammal after the Chernobyl power plant accident. Field mice live underground and mainly feed on roots of plants, the most protected and quickest to recover from radiation exposure.

A SECRET: You can protect your family from a nuclear terrorist attack by having a shielded and protected source of oxalic acid.

It is also believed you can protect yourself from an Anthrax and/or Small Pox attack by having an oxalic acid source.

Information on preparation and direction for use of oxalic acid dihydrate is discussed in a later section.

PRECAUTIONS

- * The microwave oven is never to be used. Disconnect and/or remove microwave from kitchen.
- * Bring distilled water to a boil, then add foods and reduce the heat setting to medium or low when using an electric stovetop.
- * Preheat an electric oven before placing food in oven. A gas stove and oven pose no problem.
- * Place foods and beverages high in oxalic acid on the top shelf of your refrigerator.
- * Do not store cans of carrot juice in the refrigerator. Chill carrot juice, if desired, by using ice cubes made with distilled water.
- * Non-refrigerated foods high in oxalic acid should be stored in cabinets at least 3 feet from the refrigerator and dishwasher.
- * Use a handheld can opener, mixer and juicer.
- * A cell phone is to be used only in an emergency.

ACCEPTABLE DIET FOODS AND BEVERAGES

Any food or beverage is acceptable provided it contains no Blockers, and is not calcium enriched. Manufacturers periodically change the ingredients of products. Unless indicated, there are no limitations on food amounts consumed. Read ingredient labels.

MEATS:

Lamb (all retail cuts)
Chicken, Turkey, or Beef Hot Dogs
Chicken thighs and drumsticks
Turkey (dark meat and ground)
Beef, Chicken or Turkey sausage (check for citric acid content)
Pastrami (6 ounce portion per week)
Fish (fresh water and seafood)
Fatty Bacon (3 slices per week)

Note:

- The higher the fat content, the lower the B6 content.
- Limit allowed chicken, turkey and beef foods to 6-8 ounce portions per day, unless otherwise noted.
- Bacon is the ONLY exception for pork.

MEAT ALTERNATIVES:

Soy Meat-Flavored and Cheese Products (not calcium enriched)
Eggs
Peanut Butter (Smucker's Natural Peanut Butter)
Nuts (all nuts and peanuts)
Beans/Legumes

Walnuts and Olive Oil are a source of long-chain fatty acids (oleic and linoleic) that affect the permeability within the small intestine allowing oxalic acid to be more readily absorbed.

The following recipes are examples of meat alternative recipes:

Bean Burgers

1 (15 ounce) can Best Choice Vegetarian Refried Beans
2 egg whites
2 Tbl. Lea & Perrins Worcestershire Sauce
1 medium onion - finely chopped
1 cup oatmeal
2 carrots - grated
2 celery stalks - finely chopped
1 small green pepper - finely chopped
1/4 cup flour

Combine all ingredients. Spray frying pan with Pam. Drop mixture from a spoon onto greased frying pan. Pat into a patty shape. Cook thoroughly using medium heat just as you would a hamburger. Good with ketchup.

Diane T.

Omelets and Scrambled Eggs

2 eggs (beaten)
1 Tbl. butter
1 tsp. black pepper
Assorted sauteed vegetables (onion, green, red, yellow peppers,
mushrooms, tomatoes, etc.)

Melt butter in skillet. Saute your favorite vegetables. Add beaten eggs and stir or fold until cooked. Try topping with salsa.

VEGETABLES:

All Vegetables (Check canned vegetables for citric acid content)

Consume the juice of canned vegetables.

FRUITS:

Fruits with the exception of: oranges, lemons, limes, grapefruit and pineapple

Note: Canned and frozen fruits, especially peaches, may have citric acid added.

BEVERAGES:

Tea (Black and Green) (Decaffeinated or Regular)

Distilled or Softened Water ONLY

Coffee (Decaffeinated or Regular)

Great Value Tomato Juice (most brands contain citric acid)

Grape Juice (free of citric acid)

Rice Milk - not calcium fortified

West Soy Milk (plain or flavored not calcium fortified)*

Eden Soy Milk (plain or flavored not calcium fortified)*

Soy Dream (plain or flavored not calcium fortified)*

Inexpensive Dark Red Wine

Apple Juice

Cranberry Juice

Heavy Whipping Cream (not canned) **

* These soy milk products are boxed liquids found in non-refrigerated areas of the grocery store.

** Heavy whipping cream may be used as a coffee creamer or used very sparingly as a dessert topping.

Note: Check fruit juices for citric acid content.

Inexpensive Dark Red Wine is the only exception to alcoholic beverage restriction.

Soft Drinks and Sodas are to be avoided.

BREADS:

Lender's frozen plain, blueberry, or raisin cinnamon bagels
Bagels - no calcium content
L'Oven Fresh Oat Bran Bread
Pillsbury White, Honey White, or Wheat Bread
EarthGrains Premium Bake and Serve French Bread
Oatmeal (Old Fashion only)
Grits
Pasta/macaroni (dry and fresh)
Rice - all brands (brown and wild rice are highly recommended)
Popcorn - air popped or popped using non-hydrogenated oil.
Premium Saltine fat-free crackers
Alessi Bread Sticks
Melba Toast - Plain only (check for partially hydrogenated oils)
Fat-Free Pretzels
Baked Tostitos

FATS AND OILS:

Extra Virgin Olive Oil
Butter (Avoid margarines)
Peanut Oil for high temperature frying *
* Locate Peanut Oil that is cold pressed and unrefined. You will need to refrigerate this oil after opening. Many health food stores carry this oil

Note: Natural fats and unrefined oils are suggested. Read labels and avoid foods that list partially hydrogenated oils as an ingredient.

Note: Small amounts of bacon grease is acceptable for use in cooking

SOUPS:

Hormel 98% Fat Free Turkey Chile with Beans
Chef's Cupboard Canned Soups (check for citric acid content)
Great Value Canned Soups (check for citric acid content)

Note: The cream content in soups is natural fat and acceptable.
As a general rule, generic canned soups tend to be free of citric acid.
Avoid canned soups with partially hydrogenated oils listed as an ingredient

JAM AND JELLY:

Most brands contain citric acid or lemon juice. The recipe following the section “Citric Acid” contains an example substitute recipe.

CANDY:

Hershey’s Kisses
Hershey’s Milk and Dark Chocolate Bars (with or without almonds)
Zachary Chocolate Covered Peanuts, Peanut Clusters, and Chocolate Raisins

York Peppermint Patties
All Milk and Dark Chocolate Candy containing no citric acid
Hard Candy free of milk, citric acid

Note: The milk in milk chocolate is overpowered by the oxalic acid in cocoa.
Avoid candy with partially hydrogenated oils as an ingredient.

**f preferred, a simple chocolate candy recipe, which requires no cooking
llows:**

Chocolate Candy with Variations

4 Tbl. butter
2 Tbl. cocoa
1/4 tsp. vanilla
3 Tbl. soy milk
2 cups powdered sugar
1/2 to 1 cup nuts or peanuts (your choice crushed or whole).

Melt butter and pour into small mixing bowl. Stir in cocoa, vanilla, and soy milk. Stir well. Add powdered sugar. Stir until smooth. Add nuts, peanut or raisins. Drop by teaspoon onto waxed paper. Refrigerate one hour. When hardened, place in plastic bag and store in refrigerator. Recipe makes 2 dozen candies.

Variations:

Substitute one tablespoon of butter with one tablespoon of natural peanut butter for a peanut butter chocolate candy.

Add 1 tablespoon of flaked coconut to recipe for coconut candy.

Add 1/4 tsp. mint flavoring for a chocolate mint candy.

Add a few mini marshmallows with the nuts for rocky road candy.

Substitute one tablespoon of soy milk with 2 tablespoons of raspberry jam (free of citric acid) for a raspberry chocolate candy.

Becky C.

MISCELLANEOUS:

Sugar
White Flour (not calcium enriched)
Wheat flour (not calcium enriched)

Salt*
Corn Starch
Syrup (avoid pure maple)

Kraft prepared Tartar Sauce	Pickles (dill and sweet)
Hellman's Reduced Fat Mayonnaise	Vinegar
Miracle Whip (regular and light)	Marshmallows
Bertolli Spaghetti Sauce (no meat)	Jell-O
Vanilla and Almond Extract	Honey
Kraft prepared Horseradish	Salsa and Picante Sauce
Pure Horseradish (all brands)	Ketchup
Mustard (check citric acid content)	Oyster Sauce
Olives (Black and Green)	Yeast
Barbeque Sauces	Clam Juice
Baking Soda	
Kraft Salad Dressing:	Chicken Broth (no citric acid)
Catalina	Hershey's Chocolate Syrup
Thousand Island	Soy Sauce
Fat Free Caesar Italian	Fresh Herbs
Hidden Valley Lite Ranch Dressing	Spices**

* For cardiovascular diseases and Alzheimer's Disease, restrictions apply

**Use Tone's, French's, or Spice Island brands. They are not radiated.

Note: Generic brands of tomato sauce generally contain no citric acid.

Note: Baking Powder is a nutritionally unbalanced calcium source.

Substitute: 1/4 teaspoon cream of tartar plus 1/4
teaspoon baking soda in place of 1 teaspoon baking powder.

No brand name foods mentioned within this book are paid advertisements.

APPLICATION

Now you will read the reason you bought this book.....

APPLYING THE DIET TO YOUR SPECIFIC HEALTH NEED

By following the diet, YOU will treat yourself, rid yourself of the disease, and return to a healthy life.

After you have accomplished your goal, there are certain diet and lifestyle changes you must follow to prevent return of the disease. These changes are not complicated or difficult but will require due diligence.

The diet for cancer, virus, bacteria and vascular disease is essentially the same for the first three weeks. It is important that you get started correctly to stop growth or spread of the cancer, to stop spread or increase of the virus or bacterial infection, and to stop deterioration of your vascular condition.

Following the Cancer Diet, there is a section entitled “Emergency or Urgent Life Saving Procedure” designed for you if circumstances are dire or you are unable to eat. This procedure will quickly elevate the oxalic acid blood level.

CANCER DIET PROCEDURE

It is recommended that your diet include a variety of high oxalic acid foods. All Blockers are to be avoided. One 12-ounce can of Hain or Hollywood 100% carrot juice is to be consumed every 24 hours. No more than one can of carrot juice is to be consumed daily. If it is necessary to choose beet or grape juice as a substitute for carrot juice, consume only twelve (12) ounces in 24 hours.

To avoid any degree of decomposition of oxalic acid in the carrot juice, do not store the juice in your refrigerator or within 5 feet of any operating electrical appliance.

Diane found it difficult to enjoy the Hollywood carrot juice. She found that by taking a breath, drinking a few swallows of the carrot juice, then before breathing out, swallowing some grape juice. She did not notice any taste of the carrot juice. She followed this procedure until she was able to finish the required can per day.

A handful of crushed walnuts daily is recommended to aid absorption of oxalic acid into the blood. If you have an allergy to nuts, use olive oil liberally in cooking. Walnuts and olive oil provide two fatty acids, oleic and linoleic, that will increase oxalic acid absorption. You can also add to your daily diet a food item with a high amount of oxalic acid. Chocolate is very high in oxalic acid.

Diane T. suggests mixing the required crushed walnuts with chocolate syrup and peanut butter. Spread the mixture on toast for an afternoon snack.

Drinking plenty of distilled water throughout the day is suggested. This promotes flushing the body of waste that will be increased by the diet.

Do not underestimate the importance of avoiding **EMFs**. Familiarize yourself well with the material covering this information.

Within 5 to 8 days, the increase in oxalic acid will cleanse the blood. You may experience an increase in energy, a yellow tint to your urine, softer stools, and an improvement in complexion color. Some have reported a slight weight loss. Clean blood in this instance means the oxalic acid is now preventing the development of abnormal cells. This indicates tumor growth has stopped.

Once the blood is cleansed, oxalic acid will begin its attack on the cancer. Generally, 10 to 14 days into the diet, you may experience a slight elevation in temperature. This is not uncommon and is considered an indication that tumor cells are being killed and returned to solution. The length of time of the fever could be as short as eight hours, or could be experienced steady or at intervals for up to two weeks or longer. This could be cyclic in nature occurring at approximately ten day intervals until the cancer is gone. Depending on the location of tumors, you also may experience night sweats. It is not uncommon to experience aches and pain. If during the periods of fever you are experiencing pain, over-the-counter analgesics may be taken such as Aleve or Advil.

The objective is to increase the oxalic acid level within your blood to just under the discomfort level.

If diarrhea occurs, this is an indication that the level of oxalic acid is more than your system can absorb. It is not all bad; it has cleansed your lower

intestine and colon. To address this, slightly decrease the amount of oxalic acid foods consumed each day until your system is back to normal. Do not decrease the amount of carrot juice or add Blockers to your diet in an attempt to stop the diarrhea.

Should you experience indigestion, this is an indication that too much oxalic acid has been consumed at one time. You can get relief by eating 2-3 tablespoons of crushed pineapple. Then, adjust your intake accordingly. Remember pineapple is a Blocker, so try to avoid repeats. If indigestion occurs after drinking the carrot juice, drink smaller portions of the juice during the day.

You may experience a nagging backache just under the rib cage after the second week of the diet. This is an indication that oxalic acid may be building up within the kidneys. This is remedied by taking one (1) 100mg B6 vitamin at bedtime. The B6 will flush the kidneys. Take the B6 only when and if the backache presents itself. Do not continue to take the B6 once the backache has been eliminated.

When the cancer has been eliminated, eat according to the preventative and maintenance diet guidelines outlined later in the book.

The cancer diet can be followed in conjunction with traditional chemotherapy, although many choose to rely solely on the diet.

Medications your doctor has prescribed will require periodic adjustments as symptoms subside. Consult with your doctor.

NOTE REGARDING PRESCRIBED MEDICATIONS:

Because oxalic acid is a normal blood value in all warm-blooded mammals, prescribed medications, as a general rule, will not interfere with the therapeutic action of oxalic acid. Certain resin or statin-based medications do block the action of oxalic acid. Consult with your doctor.

NOTE REGARDING HERBAL SUPPLEMENTS:

No herbal supplements are recommended. Ingredients within the supplements may add to or interfere with the action of oxalic acid. Supplements prescribed by your doctor should be taken following the procedure outlined under the section, Note To Those Who Must Supplement Their Diets With Calcium.

NOTE REGARDING BREAST CANCER:

It has been noted by women with inflammatory breast cancer that drinking soy milk lessens the pain associated with this disease. Recent studies link the development of cancer with use of hormone replacement. It is recommended you discuss use of hormone replacement therapy with your physician.

**STRICT ADHERENCE TO GUIDELINES OF THE DIET
IS PARAMOUNT**

HOME PROTECTION

Chances are you have not been provided with information concerning the precautions you must take to protect you or your loved one, the cancer victim, from being exposed to a fatal infectious viral disease. If the patient has received radiation and/or chemotherapy treatment, you must consider that radiation has completely decomposed oxalic acid within the blood. This, and chemotherapy, reduces the patient's immune system's ability to prevent acquisition of an infectious and often fatal viral disease. If the patient is confined to the home, it is critical for the first eight (8) days to:

Take the Following Precautions:

- Use disposable cups, glasses, plates and utensils.
- Use straws for drinking between meals.
- Wash hands and wear disposable gloves when handling patient's food.
- Provide a telephone for patient's use only. Remote phones may be used.
- Use of face masks are recommended for all visitors who enter the patient's room, including family members.*
- Do not allow children under 12 years of age to enter the room at any time.
- Have a bathroom for patient use only.
- Clean bathroom, stool, and sink with Lysol disinfectant cleaner.

- Allow no electric blankets, cell phones, or digital/clock radios in the patient's room.
- Place all other electrical items 3 feet from patient.

* It is mandatory that Hospice personnel wear masks and gloves. They could be carriers of infectious virus and bacteria during visits. They unknowingly would then become angels of death.

It is strongly recommended that patients not confined to their homes take all possible preventative measures to avoid exposure to infectious diseases during the first critical eight (8) days of beginning the diet.

TO THOSE WHO ARE DIABETIC

You are familiar with the foods you can and cannot eat. If carrot, beet, or grape juice is to be avoided, black tea, prepared and used as directed below, can be a substitute.

Bring 12 ounces of distilled water to a boil. Remove pan from stove top and place 5 regular sized, decaffeinated or not, tea bags in water. Allow to steep 10 minutes. Squeeze tea bags well. Additional distilled water may be added, also ice made from distilled water. Drink the entire 12 ounces once per day.

Avoid all **Blockers**. Include in your diet high sources of oxalic acid foods, emphasizing rich oxalic acid vegetables, parsley, chives, garlic, etc., allowed for the diabetic condition. The objective will be to bring your body to just under the discomfort level.

Two recipes submitted for diabetics follow. Heavy cream is used; however, heavy cream is a low source of calcium and similar to butter.

Chocolate Walnut Cake Roll

8 eggs - separated
Pinch of cream of tartar
1 or 2 drops Stevia (a natural sweetener)
1/4 cup walnuts - chopped
2 tsp. vanilla
2 cups heavy cream
1 drop Stevia
2 Tbl. sugar-free cocoa

Beat egg whites with cream of tartar until stiff peaks form. To egg yolks, add vanilla, Stevia (a drop at a time), and walnuts. Fold yolk mixture into egg whites. Spray a 10x15 inch jelly roll pan with olive oil non-stick spray. Spread mixture evenly in pan. Place in preheated 375 degree oven and bake 13 to 17 minutes. Remove and cool enough to handle. Roll lengthwise, cover with a damp cloth, and allow to cool. Whip cream with 2 tablespoons sugar free cocoa. Add a drop or 2 of Stevia to desired taste. Unroll cake when it is completely cooled. Spread with half the whipped cream, roll up again, then frost with remaining whipped cream.

Ruth Y.

Chocolate Mousse

2 Tbl. unsweetened cocoa (1/2 bar of unsweetened chocolate may be substituted)
2 cups heavy cream (1 pint)
1/2 package unflavored gelatin
1 Tbl. distilled water
Stevia (amount needed to achieve desired taste)
1/4 cup walnuts - chopped
1 tsp. vanilla
2 egg whites (room temperature)

Combine cocoa or unsweetened chocolate with 1/2 cup heavy cream. Heat until dissolved. Combine gelatin with distilled water. Add gelatin to cocoa/cream mixture. Heat to boiling point, then remove from heat and cool. Add walnuts and Stevia, according to desired taste, to cooled cocoa mixture. Whip remaining cream with vanilla. Add a drop of Stevia. Beat egg whites until stiff. Add a drop of Stevia. Fold chocolate mixture into cream. Fold combination into egg whites. Pour into a dish and refrigerate for 4 hours.

Note: Stevia is very concentrated and adding only a drop at a time will make it easier to control sweetness.

Ruth Y.

TO THOSE WITH ANEMIA

If your doctor has diagnosed you with an anemic condition, the following foods need to be included in your diet. Unless indicated, there are no restrictions on the amounts eaten.

- Clams
- Beef Liver (6 ounces, once per week)
- Oysters
- Cooked Spinach
- Egg Yolks
- Dark Green Vegetables
- Pasta
- Rice
- Breads (listed brands under Acceptable Foods section only)

Studies indicate that if tea is a beverage you drink, avoid drinking tea an hour before, an hour after, and during a meal high in iron. The tannic acid interferes with iron absorption.

Studies also indicate that foods high in Vitamin C aide absorption of iron when eaten with the meal.

It is recommended the Vitamin C rich foods consumed be from the lists provided. Examples would be strawberries, tomatoes, blackberries, Kale, collard greens, and broccoli.

An example recipe for those suffering with anemia follows.

Fantastic Liver

6 slices Liver (1/2 inch thick)
3 slices Fatty Bacon
1/2 cup chopped onion
1/2 cup chopped green, red, or yellow pepper
3/4 cup brown sugar
1/2 cup red wine vinegar
1/4 tsp. marjoram
1/4 tsp. rosemary

Place liver in 9x13 baking dish. Mix remaining ingredients and pour over liver. Cover and bake in pre-heated 350 degree oven for 25 to 30 minutes.

Note: Recipe may be cut in half.

Col. Joe

TO THOSE WHO MUST SUPPLEMENT THEIR
DIETS WITH CALCIUM

If you have been diagnosed with osteoporosis and calcium supplements are to be taken as directed by your doctor, it is recommended that you take your supplements first thing in the morning and wait four (4) hours before eating or drinking any food or beverage that is high in oxalic acid. **Foods and beverages not high in oxalic acid and not identified as blockers may be consumed.** This will allow the calcium needed to be absorbed by the body and avoid the inhibiting effect.

It is suggested you compare composition of the doctor-recommended supplement against the composition of almonds. A natural supplement is recommended because it is believed Nature knows best. What do you believe?

TO THOSE RECEIVING RADIATION TREATMENT
OR EXPOSED TO ROUTINE X-RAYS

As soon as possible after receiving treatment consume one can of carrot juice. This is in addition to the diet instructions.

Should you be exposed to x-rays during a dental exam or as part of a diagnostic procedure while following the diet procedure, drink the required 12 ounces of carrot juice immediately or as soon as possible following the x-ray exposure.

EMERGENCY OR URGENT LIFE SAVING PROCEDURE

You have read and heard that chocolate is a great antioxidant. This is true. Chocolate is very high in oxalic acid.

This procedure was developed after reading that a scientist learned that relief for angina was quicker by placing medication outside of the gum against the skin of the cheek. The medication was absorbed into the veins inside the cheek within minutes. It was decided that oxalic acid from chocolate could be absorbed in the same way.

Many people listened, almost in disbelief, when told of the following procedure. The author tried the procedure to be sure it could be done easily. Using Hershey Kisses, available in most stores, unwrap 4 Kisses and place 2 on each side of the mouth, outside of the gums and up against the cheeks.

DO NOT CHEW THE KISSES.

Allow the Kisses to dissolve and hold the liquid against the cheek. When the Kisses have dissolved, swallow the liquid slowly. This allows the oxalic acid in the Kisses to be rapidly absorbed into the blood.

In one case, a victim was in the hospital and was told there was no hope. The circumstances were such that she was unable to eat. Death was anticipated to occur in approximately two weeks. Most hospitals have restrictions on food for patients. They do, however, allow candy and this procedure was the only

way to get oxalic acid into the patient's blood. The procedure was described over the telephone and started within an hour. The procedure was repeated at 45 minute intervals for 48 hours. Whenever the victim requested, distilled water was provided to rinse the mouth. The victim left the hospital four weeks later. Unfortunately, because she had improved so much, the doctors and her mother were able to convince her to take a third chemotherapy treatment. The result: pulmonary edema and death; and not from cancer.

This procedure can be used by anyone, any place at any time.

If you have access to oxalic acid dihydrate, the procedures outlined under the section, "Therapeutic Oxalic Acid Solution For Self-Treatment Of Disease," may be used. It is recommended you consult with your physician regarding its use.

CHECKLIST OF SYMPTOMS AND OBSERVATIONS

1. Generally 3 to 4 days after the start of the diet there will be a coloring of the urine. It will be a light yellow and gradually darken to an amber color. This is an indication your system is absorbing the oxalic acid.
2. In 5 to 8 days, your blood will be clean. There will be no free radicals or cancer cells being developed and carried in the blood.
3. After 8 days, foam may appear in the urine. This is a sign of good absorption. At this time you may also notice an increase in energy, a slight weight loss, and an improvement in complexion color.
4. After 14 days, stools should be softer or begin to soften. At this point, a fever may also present itself. The duration of the fever varies. It is low grade and an indication that oxalic acid is attacking the sites of disease. This is not an indication of infection. You may also experience night sweats.
5. At the 21 day mark, if this has not yet happened, pain, slight at first, but manageable in most cases, may occur. Arthritis and fibromyalgia victims many times experience an increase in pain by the end of the first week on the diet. For these individuals, the third week into the diet will bring with it a lessening of discomfort. For high pain take an Aleve or

Advil. This should be all that is needed to manage the pain. If you touch the area of pain, you may also feel heat.

6. From this time on, you may be able to feel softness in the tumor. This occurs as oxalic acid kills the abnormal cells which go into solution. If you were to have an x-ray taken during this period, it would look as though it had grown. This is not growth; it is an increase in volume, and may confuse examiners if they have not seen this previously.
7. In days following, it will reduce in size. This cycle may repeat until the tumor is in complete solution.
8. There have been many observations that confirm tumors are eliminated in the reverse order of appearance. The first tumor is, therefore, identified as the core tumor, which will be the last to be eliminated. If more than one tumor exists, you will know the body is free of cancer when the core tumor disappears

NOTE: For confirmation and/or questions, consult with a qualified health professional. These are symptoms and observations of physical changes due to the diet. They are not to be considered medical evaluations.

CANCER DIET FOR ADOLESCENTS AND YOUNGER CHILDREN

Information for the treatment of cancer in humans is based on experience with adults. The cancer diet can be used for children; however, modifications to the diet must be made for children under the age of 12 years. It is the responsibility of the guardian to consult with the child's physician to determine the amount of oxalic acid required in the diet based on referenced calculation of dosages for infants and children in the Merck Manual.

For children 12 years of age and older, it is suggested their diet be carefully monitored and carefully watched for symptoms described in "Checklist of Symptoms and Observations." Any adverse reactions as described in "Cancer Diet" that develop are to be addressed as indicated therein.

CANCER TESTIMONIALS

Date: November 9, 1999

RE: Cancer (breast cancer)

Dear Col. Joe,

I have a dear friend who has just been diagnosed with breast cancer.

Could I please get a copy of the cancer diet you speak of? I know it works because I know of another young woman in West Fork, Wanda Z., whose cancer had metastasized before she started the diet & she is now clear of cancer !! She says her oncologists don't know what to do with her!

If there is a charge I will pay it joyously. I hope you are able to grant this request.

Sincerely,

Jcannine P.
Fayetteville, AR

Date: December 10, 1999

RE: Cancer (throat cancer)

DEAR COLONEL HART:

HOW DELIGHTED I AM TO BE ABLE TO OFFER YOU A BRIEF TESTIMONY, RELATED TO THE USE OF OXALIC ACID AND THE RELATED DIET WHICH YOU SUGGESTED. ON 8 JUNE 1999 THE ENT SURGEONS AT THE VETERANS AFFAIRS MEDICAL CENTER IN LITTLE ROCK TOOK A BIOPSY OF A GROWTH ON MY RIGHT VOCAL CHORD, WHICH PROVED TO BE MALIGNANT. ON THE ADVICE OF A FRIEND WHO HAD HEARD YOU ON AN RADIO INTERVIEW, I CALLED

YOU AND THAT VERY DAY YOU HAD IN MY HANDS A COPY OF THE DIET AND A JAR OF YOUR MIXTURE. I BEGAN TO USE IT REGULARLY AS A WASH AND GARGLE. THIS WAS COMBINED WITH TWO OTHER 'THERAPIES' FOR A PERIOD OF THREE MONTHS. THE PRIMARY ONE WAS A CONCERTED PRAYER EFFORT BY MANY PEOPLE LOCATED ACROSS THE COUNTRY. THE OTHER WAS A SERIES OF THIRTY-FIVE RADIATION TREATMENTS AT THE NORTHWEST ARKANSAS RADIATION THERAPY INSTITUTE WHICH WAS COMPLETED
16 SEPTEMBER 1999.

WHEN I CONTACTED YOU MY VOICE HAD BEEN REDUCED TO A LOW WHISPER, AND IT REMAINED SUCH AND LESS THROUGHOUT THE RADIATION PERIOD. AT THE END OF SEPTEMBER IT BEGAN TO RETURN, AND ON 7 NOVEMBER I WAS ABLE TO DO MY FIRST LIVING HISTORY PRESENTATION AT THE HEADQUARTERS HOUSE IN FAYETTEVILLE IN MORE THAN EIGHT MONTHS. CLINICALLY, AND EQUALLY IMPORTANTLY, WAS MY FOLLOW-UP VISIT TO THE VAMC, LITTLE ROCK ON 3 NOVEMBER, AT WHICH TIME THE VOCAL CHORDS WERE FOUND TO BE CLEAR, REQUIRING PERIODIC CHECKS EVERY TWO MONTHS FOR A YEAR THEN DECREASING. I AM STILL USING THE MIXTURE EACH MORNING AND ATTEMPTING TO STAY WITH THE DIET AS A PREVENTATIVE TO FUTURE INVOLVEMENT WITH CANCER, AS I HAVE SEVERAL SKIN LESIONS AND REGULAR UROLOGICAL CHECKS SCHEDULED. IT WOULD SEEM THAT YOUR ADVICE HAS BEEN OF MAJOR BENEFIT IN COMING TO A POSITIVE STATE OF RETURNING TO GOOD HEALTH. THANK YOU AND GOD BLESS YOU.

GRATEFULLY YOURS,

DANIEL B.
Fayetteville, AR

Date: September 5, 2001
RE: Cancer (lung and bone)

Dear Joe; I received the packet of information today. Thanks! I am keeping a diary on my dad's progress, and wanted to share with you. Here is what I have so far:

8/8/01 - Small Cell Carcenoma diagnosed. Tumor on lung was found to be 1/2 dollar size, and found bone cancer in both ribcages and upper spine.

8/7 through 8/9 - Chemotherapy

8/14/01 - WBC - (White blood count) below 1,000 (Normal is 5,000 to 10,000).

8/15/01 - Got shot for WBC. Also, put chocolate in mouth to melt and absorb through gums/cheeks every 2 hours all night.

8/16/01 - Started Hart Diet Procedure. Got 2nd shot. WBC - 1,386 (Dr. said no need to come back for rest of shots - usually takes at least 5).

8/21/01 - WBC - 1,800

9/01/01 - Bill reported that he has had virtually no pain for up to 2 weeks. Pain was in lower ribcage and upper back between shoulder blades. Is not taking any pain medication at this point. Still tires out easily, though.

9/4/01 - WBC - 5,500 ! ! ! ! ! X-ray show: Tumor gone except for 2 to 3 tiny (maybe pencil point size) spots.

9/4/01 through 9/6/01 Chemotherapy

Dr.'s office set up appointments for 9/10/01 through 9/18/01 for Lab tests and shots for WBC. We will ask what WBC is before taking shot.

We won't know what kind of affects the diet may be having on the bone cancer until they do another full body bone scan.

We are very excited about the results so far. Will keep you informed as progress is made. Thanks again, and God Bless you.

Janice S.
Arkansas

FOLLOW- UP:

Date: March 9, 2002
Re: Cancer (lung and bone)

Hi Col Joe,

It's been 6 months since I last wrote to you about my dad's progress. If you remember, at the age of 75 he was diagnosed with lung & bone cancer on Aug. 1, 2002. They said he had maybe 2 months to 1 year to live. He had chemo in Aug/Sept/Oct. He also started the Hart Diet Plan in August. In November x-rays showed that the lung tumor was gone, and his white blood count was normal. The doctor was amazed that the tumor was gone so quickly. He decided to wait on the chemo for a couple of months. When Dad went back to him in January, 2002 the doctor said that the tumor was still gone. He didn't understand why. He said that when chemo is stopped the cancer usually takes over rapidly. He even said that he would almost venture to say that Dad had been misdiagnosed, but he knew better. Dad went to see the doctor again March 8, and he said pretty much the same things. It has been 7 months and he is feeling great. He even went back to work as a security guard in January.

We believe that prayer for Dad's healing has had the most effect, but also that your information is an answer to these prayers as well. Again, thank you and our God for the Hart Diet Plan.

Janice S.
Arkansas

Date: April 25, 2001
Re: Cancer (Bladder)

Dear Col Joe,

I am writing you today to thank you for making me aware of an alternative avenue in the cure of cancer, "OXALIC ACID".

I have been working with Becky since the end of January. She provided me with menu's, etc., and even came to my home to help. Bless her heart.

In 1997, I was diagnosed with bladder cancer - an operation followed. I refused the Chemo and Radiation as a follow-up. Had the tests every 3 months the first year, and then every 6 months the second year. The third year was now on an annual basis. No reoccurrence was noted. I move to Arkansas in Feb of 2000. My annual check up was not due until February of 2001. I made an appointment with a urologist for a cystoscopy, the end of January. The results were at first devastating as according to the urologist the cancer had returned. He suggested I go into the hospital immediately for a biopsy and then if it proved to be as the thought (cancer) then I would undergo another operation. I declined his suggestion and decided to seek a second opinion. I then contacted you and from there was in constant contact with Becky. The diet was started and although it was a bit difficult at first, I stuck to it.

Just saw another urologist on the 23rd of April. He gave me a clean bill of health in regards to the bladder. After the exam and the results, I told him of your "Magic Bullet", of course, he did not have much to say. I also told him of the urologist I seen in January and what he had to say. Again, he told me that he did not detect any problems in the bladder and as a matter of fact, could not even seen any adhesions or scarring where the first surgery occurred. He supported the other urologist, however, in that his reputation was very good. I showed him the letter the first urologist had sent me (I felt it was a threatening letter, but my daughter said he was jut covering his butt), again, the last urologist had little to say.

I hope that you can use this as a testimonial. I know it is a bit lengthy, but if you would like me to shorten it, I will do that.

Again, THANK YOU! Most likely saved my life, and how do you say

thank you for that. God Bless. Laurel L.

Letter sent to Laurel L. by her Urologist Dated January 22, 2001

Dear Ms. L.:

Based on your conversation with my nurse today, you stated that you did not feel that it was necessary to biopsy the abnormal bladder lesions that I found during your recent evaluation with cystoscopy. It is my feeling that these are probable recurrences of bladder cancer and without a biopsy we would not know definitively. Of course, you need to understand, that if these are cancerous and if they go undiagnosed, they could grow and become invasive, potentially spread and significantly alter the quality of your life and your life span, including the possibility of developing incurable bladder cancer which may lead to death.

You certainly ought to obtain a second opinion if you feel that my assessment is not adequate and I will be happy to submit all of my records to you or another physician that you might choose.

If you have any questions, don't hesitate to call me.

Sincerely,

Dr. A.

Letter sent to Laurel L. by another Urologist dated April 23, 2001

Laurel L.

SUBJECTIVE: This is a 66-year-old patient self-referred. She was diagnosed with Grade II superficial papillary transitional cell carcinoma in 1997. Since that time she has had initially three month checkups, then six month checkups and now annual checkups with no recurrences. She does smoke about a half pack per day and would like to quit if possible.

Her past history is significant for tonsillectomy, appendectomy, hernia repair, TURBT and hysterectomy. Medications include Ortho-Est 1.25 one-half daily; Synthroid.1 daily; Glucosamine; Mega MSM, vitamin E and Aleve. **She is**

allergic to some types of arthritis medicines, specifically FELDENE. She smokes one-half pack per day. She has done so for 50 years. She does occasionally drink alcohol.

Family history is significant for hypertension, tuberculosis, cancer, arthritis and asthma. Review of systems is significant for some shortness of breath with exertion, palpitations, ringing in her ears and difficulty hearing.

OBJECTIVE: On examination today vital signs are stable. She is alert, oriented and in no distress. Her urinalysis is normal by dipstick. Cystoscopy was performed revealing a normal urethra. Inspection of the bladder revealed no mucosal abnormalities. The trigone was normal with clear efflux. No bladder mucosal abnormalities were identified and I could identify no obvious scarring from her previous TURBT.

ASSESSMENT:

No evidence for recurrent transitional cell carcinoma
Tobacco addiction.

PLAN: We will see her in a year for her next cystoscopy. She is to contact us should she have hematuria or other difficulties. She was given a single Cipro following today's exam. I also wrote her a prescription for Nicoderm patches starting with 14 mgs daily for a month and then dropping to 7 mgs daily for a month. I stressed that she cannot smoke while using the patches. She does plan to establish with a primary care physician here at Rogers Diagnostic Clinic.

Dr. B.

Date: July, 1999

Re: Cancer (pancreatic and bowel)

Dear Col Joe Hart:

My name is Sharon E. I was diagnosis with a tumor in the Pancreas, a tumor between the kidneys and one in the bowels. Also, I had cancer in all of my lymph nodes.

So, on Dec. 31st 1998 I had surgery and the Doctor took out 3/4 of the tumor between my kidneys and 1/2 of the one in my bowels!

Then he referred me too a Cancer doctor which started treatments.

The treatments was some new stuff call Fludra and it was I.V. form. 5 Days a week. 2 Hours a Day. Once a Month and it, only cost \$10,200.00 a week.

So, I've been on those treatments since January.

But, a friend of mines husband listens to you on the radio so he got the number and I called you and received your tape and diet.

I was a Milk Drinker and ate loads of margarine. And used the microwave every day.

When, I listen to your tape and read the diet. I've almost quit drinking milk and I don't eat very much margarine and as of June 7th I was told I was in remission. Thanks to God and for your your diet.

Thank you very much:

Sharon E.
Arkansas

Date: October 16, 1999

Re: Brain Tumor

Dear Col. Joe,

I am in Springdale, visiting my foster mother, Lucille C. We are celebrating a miracle - the fact that her brain tumor has disappeared !!! We believe your diet was an answer to prayer - her mailman told her about you at a critical time when it seemed she might have to face a fourth surgery. In May she had pain in her head and sleepy spells. She had been told the part of the tumor down in her brain could not be removed so surgery was, at best, only an opportunity to remove part of the tumor. She prayed and many who love this wonderful woman (who has given so much to so many) prayed as well. Then your diet came along, and she followed it faithfully. A recent problem with a foot caused the doctor to order a CAT-Scan to see if the tumor could be creating trouble with the foot. Last Monday the doctor told her the tumor is no longer there! I teased her that the foot problem might have been God's way of getting her to have the CAT-Scan so she would learn the tumor was gone! The foot is, by the way, improving!

Col. Joe, words are inadequate to express the joy we feel with the results of your diet...we believe, an answer to prayer. My foster mother believes God is

using you in a special way.

We tried to call the radio station several times, but the line was busy.
Feel free to use my letter as a testimonial to the efficacy of your diet.

Thanks for your research and generosity in sharing with others.

God Bless you.

Judi L.

Arkansas

Date: January 7, 1999

Re: Cancer (Prostate and bone)

Dear Joe,

I'm writing to let you know once more what the diet you gave me has meant to me and my family. In June of 91 I was diagnosed with Prostate cancer for which I underwent 37 radiation treatments. In January of 95 - It Broke out in Bones. Bone Scanes showed it in all my ribs and spine. I suffered severe pain both from cancer and treatment. In July of 1997 I learned of your diet. Have been on it ever since - feel better than I have in years. Nothing bad showed on my last Bone scan we thank and Praise God for you and what you're doing for my family and others like us.

Always Your Friend

Kenneth S.

Arkansas

Date: September 13, 2000

Re: Cancer (ovarian)

Col. Joe:

Once again through e-mail, We thank you for the Oxalic Diet which we have been using. Now that my wife has been shown to be cancer free; along with the chemo treatments—your diet and other holistic treatments which we are privy to use, we are on our way to a healthy life.

We can not pin-point which one of the treatments has been the most successful. However, we continue to use your maintenance diet for the rest of our lives.

We also thank Becky for her tireless effort in always being available to answer all questions that arise using the diet plan. Never stop your continuing efforts with this labor of love diet plan.

Respectfully yours,
Bill M.
Fayetteville, Arkansas

Date: December 2, 1999
Re: Cancer (Skin and Prostate) Arthritis

Dear Col. Joe:

About a year and a half ago I sent you a letter and called the Tim Brooker show on the radio telling about my uncle John. He went on your cancer diet with the carrot juice and distilled water etc.

In 1991 they started giving him shots and pills for cancer once a month. Those shots were \$1500.00 every time he went to see the doctor. That's a lot of money since 1991. Also he had cancer sores all over his arms and hands and face, which they would burn off with a laser every month when he got the shot.

He had prostate, and skin cancer, all through his body. He was taken to the hospital in an ambulance 2 times because he was bleeding to death internally.

Just after that he went on Col. Joe's cancer diet. The next month when he went to the hospital to get his shot there were no more sores on his face and arms to burn off. His skin was cleared up and no more cancer.

The doctor ask what he was doing. He told him he just changed his diet a little bit. He has never told the doctor he is on the diet and will not tell what he is doing. He also had a tumor on his upper leg and after about 3 or 4 months that tumor disappeared. They kept giving him the shot every month for 2 or 3 more months until he had to go for his next 6 month check up. At that check up they quit giving him any pills or shots because he tests ok with no more cancer. He has been free of cancer since then. He has not been sick since going on the cancer diet. He looks good and feels good, since about 2 weeks on the diet. Since they quit giving him his shots he has had 2 more 6 months checkups and has been free of cancer and well for over one year. The 25th of last month was his last 6 month check up which came out good.

They must be trying to figure out how he was cured of cancer because

they called him in for a battery of tests on a Monday. Then he had to go back the next Monday for more tests.

Well yesterday he got the results of those. All tests came out good. They can't find anything wrong with him. He hasn't had any cancer for a little over a year now.

Uncle John just turned 90 yrs. old a couple of months ago. He is still drinking the carrot Juice and distilled water and is very happy. He is very thankful to Col Joe for saving his life and getting rid of all the pain for over a year now.

Also he had arthritis very bad which has mostly reduced the knots on his hand and finger joints and that pain is now gone.

After about 2 weeks on the diet his urinary and bowel problems were straightened out every since.

I cannot understand how all the doctors can let all the people suffer and die of cancer when their is a cure that is this simple. I hope they enjoy all the money they are cheating people out of, when Col. Joe is showing them the cure for free. That is my opinion.

Thank you.

Darrell Y.
Eagle Rock, Missouri

Date: October 25, 1999
Re: Cancer (Prostate)

Col. Joe:

We are home at last from visiting our kids and grandchildren in the midwest, a good end to the summer.

As we last discussed, the details of your diet may be sent to:

CA P Cure
1250 4th St. - Suite 360
Santa Monica, CA 90401

Information such as yours goes before a committee that decides whether to proceed or not. Since Michael Milken is a strong practitioner of a diet approach

to control of prostate cancer, I would expect you to get a good reception.

The following is a brief synopsis of my history:

I was diagnosed with prostate cancer in Fe. 1997. My PSA peaked at 7.6. It is not uncommon to have a PSA on the low side in aggressive prostate cancer although there is no known reason for it at this time. On a scale of 1-10, my Gleason was a 9.

I was put on hormones at once and my PSA was 2.5 by mid March. I underwent 38 radiation treatments and stayed on hormone treatment through April of 1999.

I had given your diet to two close friends, one with breast cancer and one with throat cancer. We had all been diagnosed about the same time. They never used it and both died this past winter.

Needless to say I was greatly distressed that I was unable to convince them to try it in light of your successes. In April of this year I began to feel some of my old symptoms returning. My bone scans had been clear, but voiding was once again becoming a problem and some localized pain was returning. On April 23rd, 1999 I began your diet. My weight had jumped 35 lbs. and my cholesterol had jumped to 265.

In mid-May I ejected a large, dark mole from my back. In June, my weight had dropped 20 lbs. and my cholesterol was at 229. I sent for Michael Milken's cookbook and followed his diet ideas modified to fit your diet requirements. My urologist looks at the ultrasound of my prostate, shudders and says "Wow, that's ugly. You know your cancer was not contained." On my September visit to my urologist who had always smiled at my mention of diet, he could hardly palpitate my prostate for it is now so small. He also requested a copy of my diet.

I void with ease and completely; I am pain free; my energy level is way up. I am 70 years old.

A note on my diet -

1. Very low fat
2. Lots of soy base
3. Lots of cooked tomato, greens and cole crops

4. Plenty of onion and garlic

Each morning I have blended:

1/4 cup soy isolate

1 banana

1 cup non-citric juice, usually cranberry

At noon I blend:

1 x 12 oz. can of Hollywood Carrot Juice

1 x 8 oz. can of tomato sauce

I am convinced this diet is the reason for my current good health.

John M.
Ingram, TX

Date: November 30, 1999

Re: Cancer (lung)

Dear Col Joe,

In 1985, I was diagnosed with an extremely bad case of emphysema. Very little of my lungs was functional. The doctor said I was no longer able to work, and put me on oxygen and other medications to stimulate my heart and lungs. Periodically, he took x-rays to examine my lungs.

About three and a half years ago, the x-rays showed spots on my lungs that the doctor described as tumors. After several months, the doctor did a CT scan to clarify the tumors, and considered them to be malignant. The spots had spread to the other lung.

I couldn't take kemo or radiation because of the condition of my heart and lungs. The doctor gave me two years, at the most, to live.

I heard about your "diet" through our son's field representative with Cargill, Inc., Ron Y. (My son is a turkey grower.) I started the "diet". After being on the "diet" six weeks, the x-rays showed no additional growth of the tumors.

My wife and I went on vacation to N.C. for a few weeks and I was off the "diet," and continued to be off the "diet" for sometime after returning home. The tumors spread again. I got back on the "diet"; the tumors have actually

decreased somewhat in size.

By the way, my time, according to the doctor, was up July, 1999. I'm still here, I'm active, I do light work around the house, and most of the time I feel good. Thanks to God and the "diet" I think I will be around for a while yet, and thanks so very much to you for coming up with the "diet" that has done so much for me and sharing it with me.

Sincerely,

Kenneth K.
Arkansas

Date: Unknown
Re: Cancer (prostate)

To Whom it May Concern:

I introduced my brother to the diet in October of 1997. He was diagnosed with prostate cancer. The doctor scheduled him to come back the first of December to schedule surgery to remove the prostate because he opted not to have radiation treatments. After being on the diet 4 weeks he went back for the final checkup before surgery and to the doctors great surprise there was no indication of cancer remaining. He advised my brother to keep doing what he had been doing to get rid of the cancer.

Sincerely,

Ron Y.
Arkansas

Date: January 20, 1999
Re: Cancer (skin)

Dear Colonel Joe,

I have been interested in your oxalic acid program for over a year now. You went over your experiences on a radio talk show I heard and subsequently made contact with you for more detail. It seemed safe and effective when

followed carefully.

My personal experience with oxalic acid has to do with a lesion on my left ear. It has been exposed to sunburn over the years. For more than six months it has been slowly growing to about the size of a small sweet pea. Lately, it was slightly ulcerated and it oozed pink serum on my pillow. It was indurated under the skin and was scabbed over and no pain or bleeding occurred.

For a month I was on a program of no sugar, citric acid, B6 or calcium food products. One teaspoon of oxalic acid was swished around in my mouth for a minute or two and spit out. I then rinsed out my mouth with more water. This was done two to three times a day. Twice I incurred a dull low backache and some general achiness for which a 100mg of B6 relieved within two hours. I reduced the amount of oxalic acid intake and am totally clear of the lesion on my ear.

I am a physician with training in recognizing this type of skin problem. Certainly, a biopsy would have made a definitive diagnosis but this lesion had the earmarks of a malignant lesion, most likely a basal-cell cancer.

Thank you for your devotion in developing this method of a natural way of healing.

Sincerely,

Dr. K
Arkansas

Date: October 22, 2001

Re: Cancer (breast, eye and bone) Blood Clots, Hip Fracture

Dear Col. Joe,

I started on your diet around the middle of August of 2001. I was diagnosed with Breast, Eye, and Bone Cancer in 1997. A friend told me about you and since I live with my daughter I have to eat and drink what she gives me, because she does not believe "What you eat is what you are" like me and my friend believes. Keep in mind that my daughter has to fix all my meals for me. When I am able I go to the kitchen and get my vegetables and all I am doing on your diet is a 1/2 can of Carrot juice a day, 2 cups of Green Tea and the green vegetables. My daughter fixes my dinner at night so I have what ever she fixes me along

with my cup of Green tea.

I went to the Dr. in August to find out that I have a fractured hip that I didn't know about because I had blood clots from my hip to my knee. They kept me from feeling the pain from my fracture. After being on the diet like I've told you about, my blood clots are all gone but one small one and the fracture that the Dr. told me would never heal "IS HEALING UP:" I can see out of my eyes with the use of glasses, my breast cancer is gone.

I am on some medication for the Cancer and the pain. I will not take the high amounts of them like the DR's want me to. I feel that I don't need them.
I am on Amidex 10 mg once daily,
I take a shot of Aredia once a month for energy.
I was on Oxycontin for 3 1/2 months for the pain. I AM NOW OFF OF IT.

Col. Joe, I can't begin to tell you how much this has helped me. If I could get my daughter to fix me what is on the diet I'm sure that I would be out in the yard on my feet instead of being in a wheel chair. My friend told me she would do what ever I needed but I feel she has enough with her own family and her health conditions. I feel so strong that one day I will be able to do for myself so that I can get totally well will stay with the carrot juice and green tea as long as I'm able to fix it for myself.

Thank you so very much for the information
You are my very own Angel.

Your Friend.

Joyce W.

Date: 1999

Re: Cancer (prostate)

Dear Sir

I was tested positive for prostate cancer in Dec. 1997 at the V.A. in Fayetteville, Ar. I heard you talking about your diet on the radio. Called you and in 3 days received it.

Your diet infomed me of what food I should eat, and those I should

avoid. The diet also explained to avoid certain electrical appliances.

After getting on your diet my PSA no. was smaller ever time I had a blood test. When the PSA was down to 2.4 All Hospital Medicines were stoped for 6 months. On Oct. 9, 1999 my PSA was down to 0.18. No more cancer. Your diet did what you said it would do.

I'm a vet (Ex Marine) from the Korean conflict (52-53).
I am forever grateful.

George J.
Arkansas

Date: January 2, 2002

Re: Cancer

Dear Col. Joe & Francis,

Thanks so much for the literature, etc.

To my delight we found no return of the cancer when they did my CT today. He (doctor) said no sign, Clean as a Whistle.

I'm gonna stay on the diet and see if I can get-rid of my Arthritis (RA).

Thanks again for your kindness.

Sincerely,

Alice B.
Arkansas

Date: February 15, 1999

Re: Cancer (prostate, lymph, lung and bone)

Dear Joe,

At long last I am replying to your request for a letter detailing my cancer history.

In March of 1997, I had blood in my urine and had difficulty urinating. I went to my family doctor who did a blood workup and found my PSA to be 11. He sent me to a Urologist. Following an exam and biopsy, the diagnosis of prostate cancer was confirmed. Further tests confirmed that it had spread to the lymph nodes and to the left lung.

Surgery was performed and a small portion of my left lung was removed. A biopsy of the lung tissue confirmed that it was prostatic cancer. At the same time they reamed out the urethra and inserted a stent between a kidney and the bladder.

Postoperative treatment consisted of hormonal treatment with lupron and casodex. The treatment was successful and my PSA went down to 0.1. My remission lasted until approximately December of 1997, when the symptoms returned and my PSA went up to 49. It was about this time that you contacted me after hearing from my friend Dick B.

It was also about this time that I was accepted into an experimental program at UCLA. The UCLA program lasted for four four week periods in which I had one shot of interleukin and one of GM-CSF each day for seven days and then 7 days without medication, repeating for the 16 weeks. UCLA also discovered that the cancer had spread to the bone in the hip socket area.

I started their program and your diet about the same time, however I did not stick very close to your diet and after a few weeks just about quit. At the conclusion of the UCLA program my PSA level was down to 13. They felt that the continuing PSA was coming from the bone cancer and recommended radiation. I then went all out for your diet. It took a week or so to get into the radiation program and after starting it lasted for three weeks. My next PSA was 2.3. This was about a week after concluding the radiation.

At my three month check up by UCLA, my PSA level was down to 2.3 and the next test was 0.8. I was told at that time that I was the only person in the experiment that was in remission. I have continued to have the lupron shot every 4 months.

I firmly believe that my continued good health is a result of the diet. The UCLA program helped, but it is the diet that put me into remission. I am looking forward

to my six month checkup at the end of this month and fully expect another drop

in my PSA level.

Thank you Joe

David B.
California

Date: 1998

Re: Cancer (Breast)

In December of 1997 I was told I had a breast cancer by my doctor. I had a biopsy which proved this to be true. On December 24th the doctor who performed the biopsy called me to tell me this. He wanted to do the surgery on December 29th. I asked both doctors to allow me two weeks to think about it.

In the meantime my daughter, through a friend at work, heard about Mr. Hart and his diet which has helped so many people. I called Mr. Hart and received a copy of the diet.

After considering both choices and talking with my physician about them, I decided to use the diet. So I began drinking carrot juice and distilled water on January 11, 1998.

In a week my general health began to improve and I felt better. I continued with the diet until June. Then my doctor sent me to radiology where a mammogram and a cat scan did not show a cancer. Nor could either doctor find any either.

It seemed like a miracle that I was well.

I am still continuing the diet. I have had two infected teeth since June and it has helped with that problem.

I am very thankful to Mr. Hart for his patience and help in my recovery.

Dorothy M.
Fayetteville, Arkansas

FOLLOW UP:

Date: 1998

Re: Cancer (Breast)

I was told by a doctor on the morning of Dec. 24th, 1997 that I had

cancer of the breast. He wanted to operate on Dec. 29th. I asked him to give me 2 wks. to think about it.

During that time I heard of Col. Joe Hart and his diet. My daughter wanted me to try it, so I decided to do that. In June of '98 I was told by both doctors and the radiology clinic that it was gone.

In the meantime my body is refusing to accept drugs, so I went to a new doctor who will prescribe drugs and herbs both.

On my first visit I had to describe all the health problems and surgeries that I had had.

On hearing about my cancer he made the following statement -
"Dorothy, you are the only living person I know who has had cancer, used the natural healing method and is alive today.

Dorothy M.
Fayetteville, Arkansas

Date: November 19, 2001

Re: Cancer (Breast and Bone)

Hi Col Joe

I wanted to bring you up to date on my progress. Since you can't keep records here's a quick summary. I was diagnosed with breast cancer 3 years ago. Went through chemo, radiation and chemo. Last July it had spread to my bones and other breast. My tumor was tested very strongly for estrogen. The diet was effective in stopping the progression of the cancer. But not until I started taking an estrogen blocker did I really get results. The tumor in my other breast has shrunk 3 cm in two months. My bone scan showed where some of the cancer has died and is being replaced by bone. I am much more mobile and practically pain free. It is possible that it just took 3 months before getting any results but if there is a young woman who is not improving have them block the estrogen. The estrogen blocker does not shrink tumors! My doctor is stumped and did an extra blood test. She even reminded me that it is still terminal. They get a little testy when things don't go their way. I'll keep you updated.
Hope you have a great Thanksgiving! Thanks for making it possible for me to enjoy this Holiday. God Bless You. Diane T.

FOLLOW UP:

Date: May 29, 2002

Re: Cancer (Breast and Bone)

Hello Col Joe

Hope you had a wonderful Memorial Day! I did thanks to you! Let me fill you in on what's going on with me and your diet. In July 2001 I was diagnosed with metastatic breast cancer and was told I was terminal. The Doctor could only make me comfortable until my death. The cancer had spread to the bones in my shoulders, spine, hips, ribs, and right leg. I also had an 11cm tumor in my left breast. They think that the cancer was in my bone marrow because my white blood count was very low. Any disease would have been my demise. The tumor was tested estrogen positive so the Doctor started me on Tamoxifen (an estrogen blocker) and Aridia (takes calcium from blood and puts it back in the bone). Bone cancer causes dangerously high leakage of calcium into the blood. The Aridia was used to help the high concentration of calcium. I also started your diet in July 2001. The tumor on my spine was causing extreme pain in August 2001 so I underwent 13 days of radiation. The diet as you know did not stop nor help the cancer during this time but the radiologist was amazed at my physical condition. He said that he had never had anyone recover as quickly as I did from the radiation. In November 2001 my bone x-ray showed evidence of the bone healing from the cancer in my shoulders, hip, and ribs. This month May 2002 the Doctor could not feel the 11cm tumor in my left breast! Since July of 2001 I've only caught 1 cold even with having a low white blood count. My family has had more illness than me. My white blood count is improving and is just about normal. It has been almost a year and I feel great! I've gained weight and am pain free!

I am spreading your diet to others and am here if you need me. I am willing to open up my medical records just as soon as I get a mammogram and bone x-ray to prove your diet works.

Some co-workers of John's said they saw you last week at a restaurant and they mentioned that your book is just about ready to hit the stores. I want one.

Does your diet help victims of Multiple Sclerosis?

Memorial Day is the day we think of our military heroes. You saved my

life and will always be my hero. I pray that some day Col. Joe will grace the lips of every medical professional.

God Bless,

Diane T.
Arkansas

FOLLOW UP:

Date: December 4, 2002

Re: Cancer (Breast and Bone)

Hello Col. Joe

Your magic bullet once again has worked its magic. This is my follow up letter since May 2002. On November 21, 2002 I had a bone scan done at Vanderbilt Medical Center in Nashville, TN. Then on November 22, 2002 John (husband) and I met with my Doctor to discuss the results. She compared the scans of November 2001, when cancer was prominent in my bones, to the scans of November 2002 and found no evidence of bone cancer. When asked if I was in remission she said yes. On November 22, 2002 I felt like I was taken off of death row.

Diane T.
Arkansas

Date: September 14, 2002

Re: Cancer (throat and esophagus)

Dear Colonel Joe:

I don't know you, but Barbara C. has told me much about you and given my Mom, Hazel Y. your recipes and she has been faithfully using them.

About 2 years ago my Mom was having trouble swallowing. Finally it came to the point that she couldn't even swallow water. She went to the doctor and was

told that she had a 2 1/2 centimeter cancer in her throat. She began to use your recipes shortly thereafter. The doctors had her take radiation treatment and Chemo for 3 months and then began to realize that the cancer was shrinking. My Mom also had many people praying for her as well. When we asked about the tests, the doctor was very evasive, because the cancer was shrinking. One day I went to the doctor with her and he could find no trace of the cancer. He kept doing all kinds of tests and exams, but could not find it! Even when radiation supposedly works it doesn't disappear in 3 months. Finally they declared that it was gone after 4 or 5 months.

In December, 2001 I went to the doctor with my Mom for another test. She was having a pain in her shoulder. Through a series of tests they discovered esophagus cancer. They said it was 12 inches long. She was given 3 months to live. After a month they lengthened the time to 6 months, which would have been July 25, 2001. My Mom was sent to the hospital to have a feeding tube put in her stomach in case she would be unable to swallow. She again began to eat the diet you prescribed. Before she began to eat this she was losing weight. She also lost all her hair from the Chemo, which didn't happen the first time. Two weeks ago she went to the doctor and she said she had GAINED 2 pounds and that she was doing very well. She is eating through her mouth, the cancer has not grown, she is feeling well and has now been planning for Christmas. She keeps telling us "I am not going this season" as if death were a trip to Florida. My Mom is 80 years old (last May) and appears to be getting healthier by the day. I attribute this to

answered prayer and the diet you have come up with. Thank you.

Sincerely,

Kathie E.
Olympia, Washington

P.S. My Mom works 5 days a week at the senior center in town and is in charge of the food service there. She has hardly missed a day of work since all this cancer has taken place. She has no plans for leaving this world at this time. We praise God for this.

Date: October 7, 2002
Re: Cancer (Prostate)

Colonel:

In early spring, 2000, Gary went in for his regular physical and his PSA count was 7.9 immediately the M.D. referred him to a Urologist. Before we left his office he wanted to do surgery the following Monday. We remember my sister Georgia's friend talking about the Colonel and that he had a diet for cancer. Immediately we contacted him and Becky got all the information for a diet that was high in oxalic acid that had helped other people with cancer. We started the diet and couldn't get carrot juice here in Wa and Dear Becky sent the juice and milk that we could use in the diet. We followed the diet to the tea. We started the diet around the first part of July. By 7/17/00 the count went up to 8.2 at this time we were having our doubts about the diet but the Colonel assured us it was o.k. trusting him and the testimonies of the others we continued on the diet. At the end of August, 2000, the PSA was at 6.2. The first of October, 2000, the count was at 4.3. In January, 2001 the count was at 3.5. The M.D. was astonished and his remark to us was I wish I could believe this diet works. His father had died the year before from Prostate Cancer.

It does work.

Today is PSA count is 3.5 10/17/02

Thank You, Colonel and Becky You have saved me from surgery and my life.

Gary C.
Olympia, WA

CANCER DIET FOR DOGS

No citric acid should be in any food. No milk is allowed. Access to distilled or softened water should be available at all times. Keep your dog away from outside electric junction boxes, transformers, air conditioners, and other electric units. When current flows, they emit electric magnetic fields (EMFs).

Add to the dog's diet, canned carrots and the juice, using the following instructions.* Hollywood brand /or similiar carrot juice may be used as a substitute for carrots & juice using 1 tablespoon per 10 lbs of dog weight.

25 lbs and under:

1/3 can of a 14 to 16 ounce can of cooked carrots per day. Add a tablespoon of the juice to the food.

26 lbs to 50 lbs:

1/2 can of a 14 to 16 ounce can of cooked carrots per day. Add 2 tablespoon of the juice to the food. If the dog is fed twice daily, give one-half (1/2) the amount for each meal.

50 lbs and up:

These dogs are to be fed twice daily.
A 14 to 16 ounce can of carrots and juice divided in half and added to food for each meal.

Your dog must be monitored: Watch for a loss of appetite or experience of loose stools. If the dog sits with its front feet forward in an odd stretch, it is

an indication the oxalic acid level is high and is irritating the kidneys. For relief, give dogs 25 pounds and under one-half (1/2) of one (1) 50mg B6 vitamin. For dogs 26 pounds and up, give one (1) 50 mg B6 vitamin. Continue the diet and decrease the carrots given by one-half (1/2) the diet amount. After the cancer is gone, eliminate the carrots and juice from the diet. Continue to provide food free of citric acid and supply your dog with distilled and/or softened water. Keep your pet away from outside electrical appliances.

* For very small dogs (less than 10 pounds), 1 to 2 slices of canned carrots is suggested. You may find it easier to use the juice from the canned carrots. For a dog the size of a Chihuahua, about one-eighth (1/8) teaspoon of juice would be a start; for a toy poodle (6 - 8 pounds), start with one-fourth (1/4) teaspoon. As with large dogs, you must monitor your dog closely at the start of the diet. If high oxalic acid symptoms warrant, give one-quarter (1/4) of a 50 mg B6 vitamin to dogs under 6 pounds and one-half (1/2) of a 50mg B6 vitamin for 6 pounds and up.

Note: Dogs weighing over 100 pounds should consume no more than 12 oz. of carrot juice every 24 hrs.

It is interesting to note that animals that normally will not eat carrots or other foods high in oxalic acid, instinctively will develop a taste for these foods when cancer is present.

Do not feed your dog more than the recommended amount of carrot and/or juice.

CANCER DIET FOR CATS

No citric acid should be in any food. No cow milk is to be given the cat. Access to distilled or softened water should be available at all times. Do not allow your cat to sleep near or on electrical appliances. When current flows, they emit electric magnetic fields (EMFs). Cats love the warmth and purring sound.

Adult cats (8 pounds and up):

Add to your cat's daily meal one-half (1/2) teaspoon of the Hollywood brand carrot juice, or carrot juice you are assured has not been exposed to EMFs at any time.

Kittens (under 8 pounds)

Add to your cat's daily meal one-quarter (1/4) teaspoon of the Hollywood brand carrot juice, or carrot juice you are assured has not been exposed to EMFs at any time.

Note: For kittens, you may substitute 1 or 2 slices of canned carrots for the carrot juice. You may also substitute the juice from a can of carrots for the directed amount of Hollywood brand carrot juice.

For adult cats, you may substitute 4 slices of canned carrots for the carrot juice. For adult cats, you may also substitute the juice from a can of carrots for the Hollywood brand carrot juice.

Should your cat or kitten exhibit signs of refusing to eat or loose stools, administer one-half (1/2) of one (1) 50mg B6 vitamin. Continue with

the diet and decrease the amount of juice by half.

When the cancer is gone, discontinue the addition of juice. Continue to supply distilled and/or softened water, do not allow your cat cow milk, feed the cat food free of citric acid, and keep your cat away from electrical appliances.

It is surprising to note that animals instinctively develop a taste for carrots when cancer is present.

Do Not feed your cat more than the recommended amount of carrots and/or juice.

Note: This procedure outlined for the treatment of cancer in dogs and cats may be used for the treatment of viral and bacterial infections. When all symptoms of the viral and/or bacterial infection are gone, continue the diet for 3 to 5 days to insure all traces of infection are eliminated.

Due to the overwhelming response from owners who are desperately seeking help in treating four legged members of the family, information is added to provide an Integrative system of medicine that places you in charge of treating your loved one. One of the best treatments is prevention.

From information provided, melanoma appears to be the predominate type cancer among pet animals. A weekly examination is easily accomplished by touch and your buddy will love it.

Starting at front or back, place a hand on either side and rub the upper body for lumps or nodules, then rub the lower part being sure to rub in the pits of the legs. Start the diet immediately if a lump is discovered.

Following are email excerpts describing recipes, external application of the strong black tea solution described on page 48 and progress of "Candy" a very much loved pet by Julie and Sam who refused to give up.

Update on our girl. She is now acting like she did a couple years ago. She took a longer walk today. (it was warm and sunny, about 60) she

loves this weather. Doesn't like it when it is hot. When I say a longer walk that means she spent about 30 minutes outside checking her perimeter. She only goes about 200 feet but it is hers to protect or so she thinks. Lot's of wild critters around up here so there are tons of things that have to be smelled and checked out you see.

She has not done these things in a long time. She is acting more like her old self every day. We are both so very happy about her recovery.

Tomorrow I will get another picture of the tumor for you. And a picture of her face. She is such a sweetie.....

OK, now the news about her tumor. I told you that it had segmented into 3 pea shaped but joined together segments. Well, the segment that is closest to her neck has collapsed. And the one on the farther end is doing the same. It kinda exploded into the gauze pad last night when I put the tea solution on her. The middle one is still the same, but I expect it to do the same as the other two. I will keep you advised.

The other smaller pea sized tumors that had started are also decomposing and receding. I also dab some of the tea on those and wet them pretty good. I am amazed at the progress that I have seen.

She is currently getting 1/4 can of carrots twice a day. She also gets chicken thigh meat and the broth. I use dehydrated garlic in the broth and a little parsley. About 1/2 teaspoon of garlic and maybe 1/4 teaspoon of parsley to 4 thighs. She gets 1 thigh and about a half cup of broth plus I try to evenly split the juice from the carrots into those two meals a day. So I would say 1/4 cup of carrot juice to 1/2 cup of chicken broth. Also, she gets about 3/4 cup of whole grained cooked rice.

She loves it. And she seems to be doing well on it. I am not giving her dry dog food anymore. When she begs for a treat she gets two saltine crackers (no bad stuff in them) with a little peanut butter. No more dog bones or other doggie type treats.

You should consult with a veterinarian concerning the Diet and your dog's or cat's condition. There may be pharmaceuticals available that will aid in your pet's return to a healthy state.

FAMILY PET TESTIMONIAL

Date: August 9, 2002

Re: Cat Liver Disease

Colonel Joe,

Monday, July 2nd, of 2001 was a day that changed an ending to a beginning in my family, and it can all be traced back to the use of your cancer diet. On that Monday night, my wife Laura called me at work to tell me that she was worried that our Abyssinian cat, Jacob, was very lethargic, and she was afraid he was going to die. To appreciate my wife, you must know that pets are everything in our home and are treated as part of the family. After listening to her, I told her that maybe we should look at using the diet to help Jacob feel better. She told me she would take him to the vet the very next day. I agreed that she should have him checked out.

The news on Tuesday, the 3rd was not good. The veterinarian told Laura that Jacob's liver was practically destroyed and that he was not going to live long. For months he had thrown up whenever he ate, but in our ignorance we had chalked this up to him being a pure bred cat. When Laura told me what the vet had told her, I asked her to call you and see if we could adapt the cancer diet to help him. Time was running out for Jacob. He had taken to hiding in closets and using his natural instincts to find a place to die. Then he had just started lying prostrate on the floor. Laura called you and followed your recommendation of feeding him tuna (no citric acid) and "Hollywood" brand carrot juice. It was tough to get him to eat or drink any amount at all, but Laura was able to get him to drink a little of the carrot juice.

July 4th Laura was using a dropper to keep putting carrot juice in Jacob, but he still was not responding. He just laid on his side in the dining room and did not move at all. He was still alive, but barely. Things looked so bleak

that I went and picked up my 15-year-old daughter from her mother's house so she could come and say goodbye to Jacob. During the day Laura had decided that on Thursday the 5th I would take Jacob to the vet and have him put to sleep. All in all, not a good day, but thanks to it being a holiday, we had another day to see the effects of the carrot juice. Had it not been a holiday, July 4th would have been the date Jacob made his final trip to the vet. During the night of Independence Day, I was working late on the computer and was keeping an eye on Jacob, looking for any signs that he might be improving. Then it happened - during a break in my work I looked over at Jacob and he was gone. The cat that had quit moving around and was just lying on his side had moved at least two feet. He was still lying on his side and at first I thought maybe I was just hoping that I had seen something positive. I stayed up later than I had planned and kept checking. Every time I did, I noticed that he had moved again. By this point I knew I wasn't just hoping for a miracle, but that I had seen one. By the next morning it was my pleasure to tell Laura that we were not taking Jacob to the vet because he was improving.

Jacob slowly responded and developed back into the cat that he had been years before. He once again was acting as his normal self. It was great to have been able with your help to give him a new lease on life. Most of all, it was great that Laura was able to spend more time with her boy Jacob.

Colonel Joe, we were able to have another great year of love and companionship from this cat that was a big part of our family. I am sad to say that he passed away this past Thursday (August 8th, 2002) afternoon. He knew it was time. He came and found Laura and then me and purred and meowed for us and then later that afternoon he went to our master bathroom, lay down and left us. It is bittersweet, but when he passed he was feeling no pain, unlike when just over a year ago it was everything he could do just to stay alive. We got to spend so much more quality time with him and Laura was able to deal very well with his passing knowing that his last year had been one of his best in the last several. We all thank you for your advice that allowed us to extend the life of a treasured family

pet to well past the age of 16. From all of us, me, Laura and my daughter
Kayla, thank you so much.

Sincerely,

Mark B.
Fayetteville, Arkansas

BACTERIAL INFECTIONS DIET PROCEDURE

The Hart Dietary Procedure Plan for bacterial infections is the same as that provided for all disease. During the first eight (8) days, you must avoid the **blockers** 100 percent and you must drink 12 ounces of carrot juice each 24 hours. After the first eight (8) days, reduce your carrot juice intake by one-half (6 ounces). Continue with the carrot juice and follow all diet directives until all signs of infection are gone. To prevent a possible rebound, continue with the diet for 3 full days after all signs of infection are gone. You doctor can confirm you are no longer infected.

Should you experience any side effects as outlined in the Cancer Diet, address them as indicated therein.

Chronic Bacterial Sinus Infection can be treated by using a tea nasal spray. Bring to a boil a cup of distilled water. Remove pan from stove and place 3 regular-sized tea bags in water. Allow to steep for 10 minutes. Cool. Pour tea into an empty and clean plastic nasal sprayer. Spray once or twice into nostrils and sniff deeply three times per day until all signs of infection are gone. Prepare new tea daily as tea will mold.

AFFORD TREATMENT OF BACTERIAL INFECTIONS USING OXALIC ACID WITH THE SAME RESPECT GIVEN ANY ANTIBIOTIC. FOLLOW THE INSTRUCTIONS AND CONTINUE UNTIL ALL SIGNS OF INFECTION ARE GONE.

BACTERIAL INFECTION TESTIMONIALS

Date: September 19, 2000

Re: Bladder Infection

Dear Colonel Joe:

First it is my privilege to met you through the e-mail. I first learned about your work through my sister Georgia when I visited Arkansas this past April. It is like I always say, unless you have a need for information, it doesn't register. At that time it didn't register what this was all about.

Not until I came home and my brother-in-law Gary was diagnosed with an enlarged prostate and we received the diet along with other information did I realize the full impact of what you had discovered. I am so thankful you didn't give up your search for the truth about oxalic acid, i.e. that it cures cancer, viral infections, vascular disorders, bacterial infections etc.

I came home from Hawaii in January with an acute bladder infection. I had been given sulfa to which I had an immediate allergic reaction from one tablet. My doctor gave me another antibiotic and again hives covered my back. The third one and last type of medicine used for bladder infections was given to me in a low dose which I had to take for three months. Again I had a reaction and finally gave up on traditional methods of eliminating the infection. Enter your Hart Diet which I followed for two months and have had no problems since. We did have the carrot juice but I felt Gary needed it more than I did at this time for his tumor. I stayed with the foods high in oxalic acid and eliminated the blockers. There has been no reoccurrence of the infection.

My life's work has been research. I used the "experts" where I worked in many cases to find the needed answers. There is a network of Special Librarians in the area that help each other with difficult questions that I would also call. The question you gave to me I gave it my best try with the limited tools I now have since I retired from my state job. When I did ask the question of other, after a time, I felt I was asking the wrong question to get the answer I needed. Or looking in the wrong databases I searched. I so appreciate your sending me the tobacco test results and will read every word.

I can now devote my spare time to contacting two local physicians and other I know, with your information. I have also given the information to a chiropractor and a naturopathic doctor. I must get back to them and see if they have any questions which I will direct them to your e-mail.

Hopefully we will have an Alzheimer's patient willing to use the diet. I saw her today and when her daughter gets moved to Albany Oregon, it will be easier for the daughter to cook for her mother.

Becky has become a dear friend and I hope some day to meet you both. Don't give up, don't ever give up. just look at all the individuals that have been cured so far. It has been worth it all.

Blessings on you dear Colonel. Most appreciative of what your diet has done for me.

Sincerely,

Barbara C.
Olympia, WA

Date: March 17, 2002

Re: Ear Infection

Dear Col Joe:

One day last week I got up that morning with my ear hurting. As the morning went along my ear was hurting more, so I thought about the mouth rinse. I wondered if it would kill the pain in the ear like it has on other things. I went and dropped 2 drops of the mouth rinse in the ear that was hurting, this was around 9:00 a.m. and I done this again around 1:00 and again just before bed. When I got up the next morning I done 2 more drops in the ear. I had no pain in the ear I done the drops so the pain would stay away. I went to work without the mouth rinse and by mid afternoon I started waiting on the pain hit in the ear. Guess what? THE PAIN HAS NOT COME BACK!!!!!! I can't tell you how wonderful the mouth rinse is. Thank you again for everything, you have done

more for me than you will ever know.
Thanks again,

Your Friend,
Roxie
Arkansas

VIRUS DIET PROCEDURE

This section will cover virus that we have knowledge of from our own experiments and the experience reported to us by victims of different viral infections. Oxalic acid is viricidal, meaning it kills virus. As we gain knowledge of other virus infections, they will be reported in future editions.

In the Hart Dietary Procedure Plan you were advised that the diet procedure for the first eight (8) days is the same for all diseases. You must avoid the **Blockers** 100 percent, and each twenty-four (24) hours, drink one (1) 12-ounce can of Hollywood brand carrot juice, or selected substitute, of any brand you are assured was not exposed to high electric magnetic fields at anytime.

After the first eight (8) days, your blood will be clean. The amount of carrot juice to be consumed each 24 hours can now be reduced to one-half (1/2) can. Remember to continue consuming the crushed walnuts and use olive oil in cooking.

If you are infected with the common cold, influenza, smallpox, or West Nile, the diet, together with a mouth rinse described in the section entitled, "Therapeutic Oxalic Acid Solution For Self-Treatment of Disease," will kill these viruses in three (3) or four (4) days. For these viruses, you are advised to continue the procedure for a minimum of five (5) days after you are well. This is to insure all the virus is killed so there is no return of the infection.

If you are infected with the virus that causes rheumatoid arthritis or fibromyalgia, follow The Hart Dietary Procedure Plan for the first two (2) weeks. After the second week, reduce the amount of carrot juice to one-half (1/2) can each twenty-four (24) hours. It is suggested you drink the carrot juice

at mid-day if you are taking calcium supplements.

Your first indication the acid is attacking the virus will be a lessening of pain and an elevated temperature. The temperature will be low grade, not uncomfortable, and initially you may experience night sweats. The temperature will gradually return to normal. It is suggested you consider reducing pain medication once you notice lessening of pain. You should consult with your doctor or pharmacist for advice on the best method of reducing prescribed medication. If you are taking an over-the-counter medication, a recommended plan is to reduce use in the middle of the day first, followed by elimination of your morning medication. Elimination of the medication before retiring should be last, to insure you get a good night's sleep.

Following the lessening of pain, you will experience a reduction of joint swelling and a softening of tissue as oxalic acid begins the decalcification of calcereous material in the joint. Swelling will slowly be totally reduced and mobility restored. Look for the beginning of reactions to the diet no later than the start of the third week.

Victims with osteoarthritis and fibromyalgia will experience a similar pattern of temperature increase and may experience an increase in pain initially. The period of increased temperature and pain may last as long as 10 to 14 days. It has been reported that Aleve does relieve the severity of pain, and there has been no report of a temperature high enough to cause concern. The temperature should return to normal as the pain lessens. The pain will stop.

Do not discontinue the diet until seven (7) to ten (10) days after all symptoms have disappeared. You must be sure you kill all virus so that there can be no re-incubation.

The first five (5) items on the Checklist of Symptoms and Observations are the same for victims following the virus diet. The virus specific pain and swelling patterns are described in this virus diet.

For victims of various neuromuscular diseases, i.e., MS, MD, there is optimism that oxalic acid is viricidal against the viruses that cause these diseases. A victim of ALS, "Lou Gehrig's Disease," appears to have been successful in stopping the wasting of muscle and reports gaining weight. There will be more on this in the next edition of this book.

VIRAL INFECTION TESTIMONIALS:

Date: September 19, 2000

Re: Arthritis

Becky and Colonel Joe:

It was 3 years ago that my knee suddenly hurt so bad I couldn't walk yes I did go to the Dr. and he told me I had acute severe arthritis and he gave me a shot of cortisone and told me to take it easy for awhile It did help for awhile but started hurting again and I kept babying my knee but still moving. I could barely walk the stairs putting all my weight on the left leg was a killer, So I would go down with the right leg and then bring the left down beside it.

Today I walked down a flight of stair with no pain what so ever. I have been on the diet since June and I am pain free and it feels great. I can't thank you both enough you have given me back my freedom and health.

Thanks to you Becky, and the diet from Colonel Joe. You made a believer out of me the DIET does work.

Ruth C.
Olympia, Wa.

Date: August 17, 2001

Re: Arthritis

Colonel Joe:

My name is Georgia C. and I had Arthritis in my hip joints for the past 20 years. The doctor told me I had deteriorating Arthritis and had given me cortisone shots to help me with the pain. I did not like getting the cortisone shots, so I just lived with the pain and eventually my hips became frozen to some extent. I was very limited to how far I could extend my legs, or climb up on a high object such as steps. If I tried to force them, the pain was excruciating.

My husband Jim and I had dinner with you one night you suggested I try the Hart diet. So, I did, and also put my husband on it who complained of pains in his hips. We stayed on the diet on and off, (mostly on) for approximately 5 months.

I am happy to say, I now have more movement in my hips, and am able to do more things than I have been able to do for the past 20 years. My husband said that his pain in his hips have miraculously disappeared. I also had pain in my knee joints and climbed the stairs with difficulty, but now I go up and down the stairs like a normal person.

Jim also had a small brown blemish appear on his chest, that looked like a mole, but was hard and crusty like. It also dried up and fell off.

We are very thankful to you for suggesting that we try this diet. We are firm believers that it really works.

Georgia and Jim C.
Rogers, Arkansas

Date: February 16, 2000
Re: Unknown Body Pain

Colonel Joe:

Approximately 6 months ago I set an appointment with a doctor for diagnosis of pain I was experiencing. I had pain that ran from my stomach all the way around to under my shoulder blade. I was in constant pain, tired all the time, and my attitude was lousy. My joints ached and I would awaken early in the morning and have to sleep in the living room chair for relief. A series of tests were run which included an ultrasound, dye test to check for gallstones, a test for stomach bacteria, a liver check, stool samples, blood workup, and a chest x-ray. Everything checked out fine, the doctor charged me \$3,000.00 and suggested I take Advil.

I knew of your diet procedure and decided to give it a try. I am not a sedentary man and knew I wasn't out of shape. Getting older wasn't an excuse I'd accept. You told me it would be a couple of weeks before I felt better once I started the

diet. You were right. At the end of three weeks, I felt terrific. I have continued following your preventative diet and drink a can of carrot juice once or twice a week. I just keep getting better and better. I have found that joints which were painful to move 20 years ago are now limber.

Thanks Joe.

Bob C.
Springdale, Arkansas

THERAPEUTIC OXALIC ACID SOLUTION FOR SELF-TREATMENT OF DISEASE

What you are going to read will allow you to begin treating a disease immediately when symptoms provide signs of infection. This is important since we have been warned to expect exposure to anthrax bacteria and smallpox virus. West Nile virus has now been added to the customary influenza viruses.

You must use the following instructions carefully in preparing the solution.

The solution is comprised of 300 milligrams (mg) of oxalic acid dihydrate and 600 milliliters (ml) distilled water.

Retail chemical dealers and some pharmacies carry oxalic acid. Measuring, and you are cautioned not to guess at the weight, may take some ingenuity if you do not have a scale capable of measuring milligrams. If you know a hunter who loads his own ammunition, they have the scale and knowledge to measure the acid for you. Pharmacies can sell a container of oxalic acid and assist their customers by weighing oxalic acid and marking the level on a small diameter vial. To measure and store oxalic acid use number Lilly 2 Gelatin Capsules.

You must follow the instructions carefully in preparation of this solution.

Mixing is easy. A glass quart-canning jar with ounce and milliliter markings is an ideal container. Place 300mg (milligrams) oxalic acid in the jar, add 600ml (milliliters) distilled water heated to boiling, cap the jar tightly and shake lightly. Take precautions in handling the jar as it will be very hot. Label the container noting the contents. The solution can be used after cooling. When the solution is not in use, store where it is safe from children and not exposed to

high levels of EMFs.

All recommended use is by a swizzle and spit procedure.

Avoid swallowing the solution. If accidental swallowing occurs, drink a large glass of regular tap water. You may experience a loose bowel movement. The procedure is the same to treat all infectious disease. There is a frequency of use for a specific disease. The **Blockers, citric acid, cow milk, and EMFs** should be avoided when using this method for treating the disease.

The following procedure is used for treatment of all virus and bacteria infections. Usually, the first symptoms of infection are a running nose and burning in the throat. The rinse solution should be started immediately three times a day.

Take into the mouth the same amount one would use of an over-the-counter mouthwash. Swizzle once or twice, then hold in the mouth between the teeth and gums for a minimum of 2-3 minutes, gargle and spit out solution. Rinse mouth and gargle with warm tap water and spit out. The first and most important time is as soon as possible after rising in the morning before anything else is placed in the mouth. Repeat the rinse mid-day before eating lunch and again before retiring. If you awaken in the middle of the night repeat the rinse before continuing your rest.

Normally the common cold symptoms exist for 2 to 3 days, and flu symptoms may last 5 to 7 days. Because West Nile Virus may have symptoms more severe than normal influenza, the rinse procedure can be repeated approximately every 3 hours. If the victim has been diagnosed as being infected with Smallpox (variola major) virus, the rinse procedure should be repeated every 2 hours until a break in the symptoms is noted. And to emphasize: The first rinse after rising in the morning is the most effective rinse.

A normal treatment for relief of virus and bacterial infection in lining of nose, throat and large airways is a nasal spray. An effective tea solution is described on page 48 for those who prefer to use a natural remedy. An over-the-counter nasal spray bottle emptied and rinsed with distilled water can be used for the tea solution. The tea solution may be sprayed in each nostril 2 to 3 times daily. As with the mouth rinse the nose spray should be used immediately after rising in the morning and again before retiring at night. One spray in each nostril while inhaling is recommended.

For major viral infections such as West Nile, Smallpox and Creutzfeldt-Jacob disease (CJD) or mad cow disease use of oxalic acid rinse solution may be used 3 or 4 times daily.

If you experience a backache at any time, take one (1) 100mg Vitamin B6 at bedtime. Take the B6 only when necessary.

This information is not a substitute for professional health care. You are prescribing for yourself, which is your right; however, it is recommended you consult with and seek your doctor's approval.

You can protect your family from a dirty nuclear bomb, Anthrax or Smallpox terrorist attack by having a shielded and protected cache of oxalic acid dihydrate.

VASCULAR CONDITIONS DIET

This section covers vascular diseases, disorders, and calcereous conditions using information provided by victims and "kitchen experiments." If you are taking medication and have had no reactions, there is no concern of conflict with oxalic acid in the diet. However, you may have conditions that will require you to make adjustments to this diet procedure. If it is necessary to add an item that is a Blocker, care should be taken to add only the minimum amount necessary.

What you are going to read teaches that every partner should support a loved one on the diet by following the Vascular Conditions Diet Procedure. The first indications that oxalic acid would be an effective treatment for vascular diseases came from spouses who joined a loved one on the diet and discovered and reported that there was improvement in abnormal blood pressure and cholesterol levels.

In the Hart Dietary Procedure Plan, you were advised that the diet for the first eight (8) days is the same for all diseases, and so it is for vascular diseases, disorders, and calcereous conditions. You must avoid the Blockers 100% and each 24 hours drink one (1) can of Hain brand carrot juice, or any brand that you are assured was not exposed to a high electric magnetic field at anytime.

After the eighth (8th) day, you may reduce the carrot juice intake to one half can every 24 hours.

There are so many vascular conditions; you can only be advised of the reports received on specific conditions. The reports received cover abnormal blood pressure conditions and high cholesterol readings that gradually return

to normal levels. These changes occur due to foods eaten on the diet, and the function of oxalic acid in the reduction of plaque within arteries by keeping natural fats in a soluble form.

It is strongly suggested you avoid foods with hydrogenated or partially hydrogenated oils of any kind. In "kitchen experiments," partially hydrogenated oils tend to return from a soluble form to a solid form, whereas natural fats when changed to a soluble form remain soluble and are controlled by normal body functions.

The cardiovascular condition of plaque in the arteries causing partial or complete blockage is also relieved by means of the diet. Research teaches that oxalic acid decalcifies calcerous material. This, combined with the changing of fat to a soluble material, reduces blockages in the arteries. At the end of this discussion is a testimonial which validates the efficacy of the diet in treating blocked veins. Only oxalic acid could have changed the form of the material blocking the veins as no medications were involved. This testimonial was received from a victim who suffered with blocked veins in both legs. The victim required medication throughout the entire day for pain control. Her mobility was so restricted, she was confined to a wheelchair. After being on the diet, the blocked veins have cleared, there is no pain, and the wheelchair is in storage.

Medication is no longer needed to control high blood pressure as pressure dropped and stayed normal without the medication. The diet has similar effects on abnormal cholesterol levels.

Reports of reduction in the percentage of blocked arteries confirms oxalic acid will decalcify calcerous material.

You have been reading a new word, "calcerous," developed and used in writings in the U.S. patent recently issued to Colonel Joe. Calcerous material is

the material in most, if not all, plaque in the vascular system.

The condition of Alzheimer's disease is discussed following this section. Alzheimer's disease is gradually growing into a mysterious and critical disease in the same pattern as cancer. Speculation as to its cause is gathering speed, and eventually billions of dollars will go to research for man-made medicines.

Recently, information from a very credible source confirms the theory, based on research and observations, that oxalic acid will decalcify micron flecks of plaque in the capillaries of the brain. Micron flecks of plaque are gaining popularity as a cause of Alzheimer's disease. There are two compounds that must be considered as a part of the calcereous material: sodium and calcium oxalate. By elimination of added salt in your diet and control of the amount of free calcium, it is believed that a constant and controlled amount of oxalic acid will decalcify calcereous material, thus dissolving the plaque.

ALZHEIMER'S DISEASE DIET PROCEDURE

As you read in the Hart Dietary Procedure Plan, the diet for a specific disease for the first eight (8) days is the same. You must avoid the Blockers 100% and each 24 hours drink one (12 ounce) can of Hain brand carrot juice. Other brands are acceptable if you are assured the juice was not exposed to a high level of electric magnetic fields at any time.

After the eighth day, you may reduce the carrot juice intake to one half can each 24 hours. This schedule can be continued until there are symptoms that the oxalic acid level in the blood is more than required. The patient at this stage can adjust the amount of carrot juice to a level that will eliminate reoccurrence of the symptom(s). At this time, you can, by drinking strong black tea as outlined under the section, "To Those That Are Diabetic," discontinue the carrot juice intake on a continuous schedule. Provided you are avoiding the Blockers of **citric acid**, all **dairy products**, and avoiding exposure to **EMFs**, the patient can have small portions of red meat or white fowl, two to three times weekly. No pork is to be ingested.

For this diet, two (2) additional items to avoid to the maximum extent possible are salt and hydrogenated or partially hydrogenated oils. No salt should be added to any food or beverage, and the ingredients on each prepackaged item should be read. Added salt in food items is to be avoided. Bakery goods that are made from natural ingredients containing no salt or partially hydrogenated oil may be the only choice for breads and dessert.

Since there are concerns that elimination of the calcium in dairy products from the diet will have an impact on individuals who currently are

taking calcium supplements, the following is suggested as a substitute: The patient should consume 1/2 cup or more of almonds daily. The nutritional breakdown of almonds is fully covered in the section covering Blockers entitled, "Free Calcium." You will also find there additional sources of nutritionally balanced calcium sources.

Patience is absolutely necessary when caring for an Alzheimer victim. You must be very observant as it will be rewarding to know when you have stopped further loss of memory which is the first step in memory recovery.

There are many excellent Alzheimer Support Groups available to assist you in care giving and communicating with your loved one. You can also assist other Alzheimer's victims by advising the Support Groups of your progress and successful efforts.

All readers should consider having family members age 55 and older go on this diet as a preventative measure. And you should treat dementia of any degree as a precursor to Alzheimer's disease.

And you are now privileged to read an epidemiological study of diet and life style and the lack of disease infections of U.S. Prisoners of War by two (2) common infectious viruses, rhino (common cold) and influenza (flu).

What is important to understand is the study teaches you it is not what you eat, it is what you do not eat. Many timesaving conveniences and comforts of modern-day life will shorten your life.

INFECTIOUS DISEASE AMONG U.S. AIR CORPS PRISONERS OF WAR DURING WORLD WAR II

The following is an epidemiological study of diet and lifestyle and the lack of disease infections of U.S. Prisoners of War by two common infectious viruses: the common cold and influenza.

A BRIEF OBSERVATION OF DIET AND LIFE STYLE OF A GROUP OF 2,000 U.S. ARMY AIR CORPS OFFICERS PRISONERS OF WAR

These are the recollections of the author who was a member of a 9-prisoner element, of a 200 prisoner section, of the 2,000 prisoner study group for the period April 29, 1944 through April 29, 1945.

To delineate the health hazards in the prisoner of war camp, the prisoners were provided the bare necessities to sustain life and observations were made continuously.

The prisoners lived in prefabricated buildings in rooms holding from 2 to 15 prisoners. There was no central heat or air conditioning. No electrical appliances of any type were available with the exception of one electric light bulb provided for each room. There were no other electric magnetic fields present except for that of the Earth's.

Although a description of the toilet facilities may seem unimportant about life style, it is important in making an observation. In each barracks building at one end, there was one stool and a concrete wall for urinary use at night only. This stool and urinary wall were used by both the guards and housed

prisoners within each barrack. The main latrine was one large outhouse. The building had two concrete urinary sections and contained an estimated 120 toilet holes. This observation allows you to understand the sanitary conditions and close contact the prisoners had with each other.

The main food items in the diet were bread, potatoes, beans and dehydrated cabbage soup. When available, the diet was supplemented by items from Red Cross parcels. These items were chocolate bars, raisins, prunes, sugar, Spam, powdered milk (a 16 ounce can), and coffee. The main source of protein was from the small white grub worms in the cabbage, black beans, and the beetles within the beans. There was one American doctor present, and the only medical advice rendered was, "Eat the grubs and beetles. They are protein."

Through the Red Cross, the prisoners were given soap and cigarettes. Toothbrushes and toothpaste were non-existent luxuries. Aspirin and other medications were never mentioned because they were never needed. There was a small sick quarters building for the care of prisoners. Most patients in the sick quarters were there because of injuries that happened when they were shot down or because of various camp activities.

The most important observation of this study is that I have no recollection of any prisoner in my element or section ever having a cold or influenza. Further, there was never an announcement of either infection anywhere within the group of 2,000. Had there been an infection, there would have been an immediate isolation and quarantine of the element and section. There never was a requirement to take a number at the main latrine, which would have been necessary had there been an influenza epidemic. And of significance, infections began toward the end of a forced march under harsh winter conditions when ordered to evacuate the camp.

When the prisoners left the camp, the diet was mainly what the prisoners carried and vegetables acquired through bartering cigarettes and chocolate for food with the natives. The life style changed exposing the prisoners to a civilian population and a loss of sanitation control, especially during a final leg of the evacuation when prisoners were forced into filthy cattle boxcars. Dysentery, diarrhea, and some cases of bacteria infections appeared. There were no heart attacks or strokes during the march, but many prisoners died from hypothermia and exposure to the elements as temperatures fell below -30 degrees. There were no known cancer cases.

The observation was during the confinement at the permanent camp. During this period, the diet had no significant amount of oxalic acid blockers and no infectious diseases were experienced. The Germans provided basic foods, supplemented by items in the Red Cross parcels, which together provided adequate oxalic acid to keep the blood clean.

PREVENTATIVE AND MAINTENANCE DIET

Now that you have returned your body to a healthy condition, do not get lazy and allow it to degrade to a condition that requires return to a full diet regimen.

You can maintain good health for you and your entire family by following a simple and easy diet.

First, you should, within reason, to the maximum possible, avoid the **Blockers of citric acid, cow milk and cow milk products**, with the exception of butter and heavy cream. High levels of EMF's should be avoided at all times, or your environment should be shielded, including your work environment.

It is recommended that you continue to avoid partially hydrogenated oils.

There are exceptions to the **Blockers** of red meat and white meat of fowl. These meats may be included in meals using the following schedule: 2 to 3 times weekly in 6 to 8 ounce servings.

Incorporate into your daily diet a few sources of high oxalic acid foods. If too much oxalic acid is present, side effects will exhibit themselves. These are to be addressed by slightly decreasing the amount of oxalic acid foods in your diet.

Alcohol consumption is to be kept to a minimum with the exception of inexpensive red wine.

The therapeutic oxalic acid solution referred to may be used to address any viral or bacterial infections that may occur.

FREQUENTLY ASKED QUESTIONS AND ANSWERS

Following are some of the most often asked questions and answers for you to consider. If you have a question that is not answered here, and/or a different opinion about the answer, please contact the author.

QUESTION: Why isn't smoking prohibited? I thought it caused cancer.

ANSWER: The author has extensive tutoring and training in the simple principal that without knowing the cause an anomaly cannot be corrected. Since it was widely accepted that smoking caused cancer, with the assistance of a noted Biochemist, the author located the primary scientific tests accomplished in 1959 and early 1961, and one (1) mortality study, (in the author's opinion a statistical analysis) that allegedly contained the scientific evidence of the cause. The tests and study absolutely do not provide clear and unquestionable data that smoking causes cancer. In fact, based on later scientific data, the tests exonerate smoking as a cause of cancer. The author will accept a challenge to discuss the findings, but only in a setting open to the public.

QUESTION: If you are pregnant, can the diet be followed?

ANSWER: If necessary, yes. However, if there is no infectious disease or cancer condition, the current diet should not be changed except on your doctor's advice. The author has no knowledge of any pregnant woman being on the diet, or finding it necessary to be on the diet. Should a pregnant woman be diagnosed with a condition of disease or cancer, following the diet would have no adverse effect since oxalic acid is a normal blood-borne chemical, and adverse effects

that might occur, will be known. Before going on the diet, you should consult your doctor. Special attention should be paid to calcium intake, as suggested under the notation regarding calcium supplementation.

QUESTION: Everything I have read pertaining to oxalic acid is about the formation of calcium oxalate kidney stones. Will I get kidney stones by going on the diet?

ANSWER: No one following the diet has reported development of kidney stones. It is believe this is because of the avoidance of free calcium, and oxalic acid being utilized in the cellicidal process in tumors and disease.

QUESTION: I understand high intakes of Vitamin B6 are to be avoided. Does this apply to all B Vitamins?

ANSWER: No. The diet requires avoiding only high Vitamin B6 foods and supplements.

QUESTION: It would seem that if you drink more than one can of the carrot juice you will see faster results. Is it all right to drink more?

ANSWER: No. The oxalic acid content in one can of the carrot juice daily is adequate. Oxalic acid, even in its natural form, can be toxic if more than is required by the body is consumed. The only exception to supplementing the carrot juice with other juices or tea is addressed previously for those with urgent and emergency health situations.

QUESTION: I have been told that too much sugar or salt in the diet isn't healthy. Shouldn't we cut back on these?

ANSWER: Provided you do not have a diabetic condition, sugar appears to present no problem. Salt added to foods needs to be avoided by those addressing vascular and heart related disorders and disease and those following the Alzheimer's Diet Procedure. There is no clear data that it does not contribute to the formation of calcereous material.

QUESTION: Is it all right to eat deer and wild game when on the diet?

ANSWER: Nutritional information regarding the value of Vitamin B6 in these meats has not been found. If you can verify that deer and/or wild game meats are as low in Vitamin B6 as lamb, these meats may be eaten when following the diet.

QUESTION: I have to eat out a lot of the time. How do I follow the diet when away from home?

ANSWER: Brown bag as often as possible. You will have to become particular when eating in a restaurant. Your best choices would be salads, broiled or grilled fish, steamed or fresh vegetables, and fresh fruits. Do not hesitate to request that sauces and cheeses be left off certain foods. Avoid, as well as possible, foods that are cooked using partially hydrogenated oils.

QUESTION: I have HIV and/or AIDS. Will the diet work for me?

ANSWER: To date, no one with HIV or AIDS has tried the diet. It stands to reason that HIV and AIDS could be addressed. It is recommended that the Virus Diet be followed.

QUESTION: I have Hepatitis C. Will the diet help me?

ANSWER: There have been reports that appear promising, but no confirmation to date that indicates the diet definitely eliminates the disease. Given the viral nature of the disease, it is recommended that the Virus Diet be followed.

QUESTION: Can neurodegenerative diseases and autoimmune diseases be treated by the diet?

ANSWER: Encouraging reports from victims of ALS, Lou Gehrig's Disease have been reported. At the time of this writing, some action in slowing the progression of the effects of the disease are being reported.

QUESTION: Can the diet be used for treatment of Alzheimer's disease?

ANSWER: It is believed it can. Alzheimer's is a condition wherein plaque deposits inhibit brain function. Plaque is also the culprit in arterial disease. It is known the diet works well on plaque buildup within the arteries. It is suggested that if the diet is used for treating Alzheimer's, one should follow the Diet for Alzheimer's disease.

QUESTION: Is the use of skin creams containing alcohol and citric acid prohibited?

ANSWER: Our skin is a great transporter. Medications in the form of skin patches are commonplace. If the lotion or cream used has a high alcohol or citric acid content, it would be wise to avoid use of the product.

GROWING PLANTS FOR YOUR DIET

Susie and Steve, professional horticulturalists, have provided the following information for readers who are gardeners and others who will become gardeners. There is satisfaction in knowing the source of foods, high in oxalic acid, and essential for a successful diet.

The following starter plants are usually available at your local nursery.*

Chives	Broccoli
Cilantro	Carob
Parsley	Raspberries
Peppers (most varieties)	Strawberries
Onions	Blueberries
Eggplant	Gooseberries
Garlic	Currents
Kale	

The following plants are usually available as seeds.

Carrots	Pea
Beets	Collards
Peanuts	Brussels Sprouts
Green Beans	Okra
Snap Beans	Radishes
Garlic	Pokeweed
Peppers	Leeks
Broccoli	Summer Squash
Escarole	Lettuce (most varieties)
Cilantro	Turnip Greens

* For readers living in northwest Arkansas and adjacent areas, Susie and Steve Davisson own and operate *Perennials Etc.* located 1 and 1/2 miles East of Garfield, Arkansas.

For the purist, they have available **organic** and standard commercial starter plants.

**APPLICATIONS OF OXALIC ACID IN THE
TREATMENT OF CANCER AND DISEASE IS IN ITS
INFANCY.....**

IMAGINE THE POSSIBILITIES

The human heart begins to beat several weeks after conception and continues throughout our earthly existence. A program of evaluating the blood oxalic acid level of the mother immediately after conception and each month during the third trimester would assure a baby born with 100 percent immunity. There would be a significant reduction in cancer, virus, and other birth illness.

Every human could have a blood profile to establish the normal level of oxalic acid. This would allow evaluation when diseases strike. Adjustments could be made by current medical practices. The health of the entire population could be improved and protected immediately.

GARDENING GOD'S WAY

PLANT THREE ROWS OF PEAS:

Peace of Mind

Peace of Heart

Peace of Soul

PLANT FOUR ROWS OF SQUASH:

Squash Gossip

Squash Indifference

Squash Grumbling

Squash Selfishness

PLANT FOUR ROWS OF LETTUCE:

Lettuce be faithful

Lettuce be kind

Lettuce be Obedient

Lettuce Really Love One Another

NO GARDEN WITHOUT TURNIPS:

Turnip for Meetings

Turnip for Service

Turnip to Help One Another

WATER FREELY WITH PATIENCE AND CULTIVATE WITH LOVE:

There is much fruit in your garden

Because you reap what you sow.

TO CONCLUDE OUR GARDEN WE MUST HAVE THYME:

Thyme for God

Thyme for Study

Thyme for Prayer

Author Unknown

LET'S START COOKING

The following compilation of recipes are the result of generous contributions by those who have followed the Hart Dietary Procedure Plan successfully, together with recipes from family and friends passed on throughout the years. Unless indicated, the origin of these recipes is unknown.

The following recipes are simply examples of foods to eat while following the Hart Dietary Procedure Plan. Once you are familiar with the diet directives, venture out and become creative in your cooking. Add additional recipes and tailor the example recipes to your particular tastes.

The section, "Precautions," previously outlined apply with regard to the use of electric stovetops, preheating ovens, avoiding the microwave, etc.

All references to water are specifically to distilled or softened water.

All references to milk are specifically to the soy milk products listed in the diet's "Acceptable Diet Foods and Beverages" section. Rice milk may be used as a substitute for the soy milk if you desire.

Spices and herbs are to be fresh or packaged under the brand names: Tone's, French's, or Spice Island.

Cooking and baking from scratch is time consuming and inconvenient at times. The effort though is priceless to your health and your family's.

HELPFUL HINTS

Purchase large packages of fresh chicken thighs and legs. Bring distilled or softened water to a boil. Stew the chicken until thoroughly cooked and juices run clear. Remove the skin and bones. Cut up chicken meat and place 1 1/2 cup portions in a small zipper-sealed plastic bag. Freeze until ready to use.

Purchase packages of fresh turkey legs and prepare as directed for chicken. Freeze small portions of meat until ready to use.

The example recipes indicate soy milk as a substitute for cow milk. If you prefer, rice milk may be used instead of soy milk.

Stock your kitchen with a large variety of dried herbs and spices. Sam's carries large containers of Tone's spices at a reasonable price. Use dried parsley flakes in as many recipes as possible. It is a great source of oxalic acid and the flavor is mild and goes nearly undetected.

Have on hand Extra Virgin Olive Oil - cold pressed if available. Store oil in a dark, dry area of kitchen.

Large packages of nuts (natural walnuts, almonds, pecans) are available through large discount stores such as Costco or Sam's. Have plenty on hand.

Large discount stores such as Costco or Sam's have prepackaged frozen fish. It is less expensive and more convenient to buy the fish or seafood products this way. Also, small portions of the item may be used when needed.

If you do not have access to fresh vegetables and fruits, purchase frozen large bags of frozen vegetables and fruits. You may then use as little as needed without the rest going to waste.

If you are restricting your salt intake, modify the example recipes or

your recipes to meet salt restrictions. Many products are labeled "salt free," or "reduced sodium." Take advantage of these foods if a salt reduction diet applies to you.

If the recipes included are too large for you or your family, simply cut them in half.

If recipe calls for peeled fresh tomatoes, simply bring a pan of water to a boil. Turn off heat and place tomatoes in hot water for 30 seconds to 1 minute. Remove tomatoes and peeling will be very easy.

Some recipes call for Dijon mustard. Most Dijon mustards contain citric acid. One brand, Maille Old Style Whole Grain Dijon Mustard, at the time of this writing, does not contain citric acid. Prepared mustard may be substituted in the recipes that call for Dijon mustard.

When cooking vegetables on stove top, bring distilled water to a boil, then add vegetables. Reduce heat to medium/low or simmer. The liquid from cooked vegetables (especially greens, beets, and other high oxalic acid vegetables) can be used in vegetable juice drinks.

Always preheat your oven before placing into it food to bake. As the oven warms, if foods high in oxalic acid are present, the oxalic acid will decompose from exposure to the EMFs present during the heating process. Maintaining the temperature exposes the food to lower levels of EMFs.

When preparing yeast breads which require allowing the bread to rise, simply bring a saucepan of water to a boil and place it on the bottom of your oven. Place the dough in a bowl, cover with a towel, and place it on the bottom rack of the oven. Close oven door. The dough should double in size within 30 to 40 minutes.

Investing in a sturdy meat grinder is worth considering. Through

experimentation, a handheld steel meat grinder found in kitchen specialty stores works best. To grind the lamb, semi-freeze the meat prior to grinding. A boneless roast of lamb found at a butcher shop, Sam's, or Costco will save you money and provide enough meat for approximately five meals. The use of ground lamb as a substitute for ground beef works well in dishes such as chili, spaghetti, casseroles, meatloaf, meatballs, and barbequed sandwiches. Because of lamb's low vitamin B6, you do not have to concern yourself with portion size. There is little taste difference when combined with tomato sauces, onion, spices, etc.

Use of a sturdy meat grinder is terrific for preparing your own Italian, Polish, or favorite sausage. Casing the sausage is not necessary. Substitute dark chicken or turkey meat for pork or beef. Many cookbooks offer recipe variations. Two example recipes are included under the Chicken and Turkey recipe section.

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A question I have been asked many times is; why the Hart Dietary Procedure Plan book isn't available in Health Food or Book stores.

The answer is: I entered my book in the Barnes & Nobles screening process and it was rated a D minus and they declined to carry it. Problem was the screener did not have cancer nor did he recognize that it was written in everyday language and anyone who completed the ninth grade could read and understand it. They also get cancer.

The first retail outlets visited were local health food stores. With exception of one store which sold a small number of books, no health food retailers showed interest in carrying the book. It was very perplexing. I had difficulty accepting that result until I realized the bottles, jars, cans and packages that filled the shelves in every store would just gather dust if the Hart Dietary Procedure Plan was offered. It would sell nothing on those shelves.

One morning having a cup of coffee with my good friend John Wells owner of "CATFISH JOHN'S" restaurants, I was describing my disappointing experience with Health Food stores when John without hesitation said "Col Joe I will sell your books", and sell them he has. And John refuses to take profit on the sales; his reason "I want to help my customers who may be struggling with health problems".

It is a humbling experience when one meets ordinary people who do extraordinary things to help others. If you visit Northwest Arkansas stop at one of CATFISH JOHN'S restaurants and shake hands with a fine man, my good friend, John Wells.

Col Joe

Perspectives and References

Since Perspectives and References mean very little to those using this book in self-treatment of a diseases, none were provided.

However, lives among those in the Medical and Science industry, and academics in general, including family members, have been lost because of rejection of this book and disdain for the author who has no letters after his name, therefore an apology is offered.

The Author has added RR after his name to indicate "Resident in Research" respectfully earned after thousands of hours of research.

The following is provided making available Perspectives and References:

US Patents issued to Francis J Hart, Author

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COMPOSITION AND METHOD
OF TREATMENT |
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