

DR. CHAPPELL'S

4 Step Natural Cure Plan



***“30 Days to
Optimum Health
and Longevity.”***

by Dr. James Chappell

DrJims-Natural-Cures.com

Dr. Chappell's Four Step Natural Cure Plan

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What Is “Disease”?

Diseases are collections of signs, signals and symptoms that have been classified as such by medical doctors. Their treatment swings into action when a “disease” is diagnosed. They set out to suppress the symptoms of disease and they declare victory if they can make the symptoms go away.

Most of the patients I see have already tried this symptom-suppression approach but it did not work. Many were told that nothing more could be done for them and that they were “terminal”. They had exhausted the options of conventional disease-care and were left with their health broken and their finances ruined.

Like all natural doctors, I do not regard symptoms, troubling though they may be, as the core issue. I see symptoms as signs that the body is out of balance. In fact, some symptoms are often positive signs that the body is working to repair itself. Therefore, the goal of my approach is not to suppress symptoms. Rather, I want to address the imbalance in the body that gave rise to the symptoms in the first place. When the body is restored to harmony, symptoms can be relied upon to fade away.

It's like how you would respond to an engine light coming on in the dashboard of your car. Conventional doctors want to put out the light; natural doctors want to fix the engine.

So rather than treating this or that disease, natural doctors teach people how to restore the fundamental balance that their bodies constantly strive towards. Their orientation is to work *with* nature, which is viewed as wise and powerful, rather than to attempt to outsmart nature with tricks and gimmicks such as “miracle drugs” and other nostrums.

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What Is A Natural Cure?

Natural cures come about when the body eases the inner turmoil and “dis-ease” caused by (usually) long-term neglect. This means that patients may need to make some adjustments in the way they are living. After all, if we have gotten sick, we might want to change some of the things that have gotten us there.

This runs against the notion that we are “victims of disease”, which is one of the worst ideas about health that you could have. It not only opens us to exploitation by those who profit from disease, but more importantly, it distracts our attention from what can really help us – namely, *our behavior*.

The very first thing I tell my patients is that if they want to get well, they need to stop doing the things that are making them sick and start doing the things that will make them well. For instance, Americans consume over 150 pounds of sugar every year and create an environment in their bodies that strongly favors sickness - which can express itself in all sorts of ways, from cancer to diabetes. (By the way, this doesn't mean you have to give up your sweet tooth. It just means you have to be smart about how you satisfy it.)

In the short term, we need to make a break from what has gotten us sick and we need to create a new environment in the body that fosters health and wellness. That is what my Four Step Natural Cure Plan is for. It starts a powerful process in the body that moves us towards radiant health. It develops a natural cure that comes from within. It does not depend on special products or silver bullets, natural or otherwise. In fact, it draws upon the life-force that is our birthright and that it is available to every one of us, once we give it a chance to work.

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How Natural Cures Work

Natural cures work by creating an environment in the body that fosters wellness, specifically, by making sure that the body is unburdened by toxins, that it has an alkaline pH, and that there is an abundant supply of oxygen available to every cell. Then the body can rid itself of harmful conditions of all kinds and restore itself to radiant health.

Our goal is to create an environment in which viruses, harmful bacteria, fungi and other destructive forces cannot thrive. Louis Pasteur, the founder of the modern germ theory of disease, conceded in his private journal that "it is not the germ that causes disease but the *terrain* in which the germ is found." So the way to get rid of disease is by improving the terrain or environment of the body. That is how natural cures work.

In contrast, orthodox medical doctors and the pharmaceutical industry still believe that the way to health is by waging war on germs and other *outside forces* said to create disease. For patients who have been subjected to the "wage-war" approach of conventional medicine and have had their bodies turned into battlegrounds, all without the desired result, it is helpful to understand that this whole approach may be misguided and that there are radically different options that could be a lot more effective. This discovery can restore and bolster their hope and leave them open to a natural cure.

It is not a matter of taking a new, only this time natural, product. There is no liquid lightning, natural or otherwise, that will do the job. I've been helping seriously ill people get better for 38 years. In my experience, the only reliable way to get healthy and stay healthy is to bring your body into harmony with nature. My Four Step Natural Cure Plan is the most direct way I know to get that done.

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Why Four Steps?

It's simple. The body always goes through 4 basic steps to restore its health. These steps are all familiar to us.

- 1.** First, it opens up the elimination channels -- the liver, colon, kidneys, lungs and skin. Sometimes, we may have symptoms like diarrhea, a cough, or a skin rash when this is happening.
- 2.** Second, the body increases the viscosity of the blood and lymph so they can handle more waste products. There can be additional mucous and an increased flow of bodily fluids at this time.
- 3.** Third, the cells are detoxified. Sometimes, this can give rise to headaches or a general feeling of malaise as toxins are expelled from where they have been become lodged and moved into the blood and lymph for removal.
- 4.** Fourth, the body modulates its immune system to kill any pathogens that are attacking it. It will often generate a fever at this point, or adopt some other method for increasing immune activity. Again, this is normal.

When the body cannot complete this process, it gets sick. The main things that get in its way are de-hydration, lack of oxygen, and poor nutrition – often made worse by medications that suppress each step of the process. If left to itself, a vicious downward spiral can develop that draws us into more and more serious illnesses.

Our goal is to turn around the negative spiral as quickly as possible. We do so by *cooperating fully* with each of these four steps used by the body to restore its inner harmony and health.

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Four Step Plan Overview

The plan takes about 30 days to complete. Each successive step is layered on to the one that comes before it. The sequence of the steps is vitally important. If you start detoxifying out of sequence you can wind up feeling a lot worse than when you started. That's why haphazard approaches to natural healing have very mixed results. You need a plan that puts all the pieces together, in the correct sequence.

Four Step Plan Overview

Step 1 Open the Elimination Channels
Starting on Day 1
Opening the colon, liver, kidneys, lungs and skin
Your pathways for getting rid of health problems

Step 2 Re- & De-Polarize the Blood and Lymph
Starting on Day 2
Getting the blood and lymph to flow better
Prime your internal transport system

Step 3 Detoxify the Cells
Starting on Day 3
Releasing toxins from your body
Begin safe, deep cleansing

Step 4 Modulate The Immune System
Starting on Day 4
Supporting your fight against pathogens
Now you can really fight back!

This plan is a blueprint for your transformation. If you are happy where you are, I'm happy for you, too - no need for you to do anything. But if you want to do everything you can to restore your health, then I encourage you to get started right away.

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The 2 Levels Of The Plan

Even though there is nothing more important to invest in than our health, some of us find ourselves strapped for money, especially if we have become seriously ill. Just when we need money the most, we have the least of it! Other people like to make changes more slowly and see how things go before they jump into anything new. So I have arranged the Four Step Plan into two levels.

Level 1 is the more gradual, more affordable version. People can actually save money while on Level 1 because they stop buying things that are expensive and deliver no health value to them (sodas, processed food, and random “supplements” come to mind). At the same time, the health benefits of Level 1 can be enormous. For instance, the simple act of properly hydrating the body can make a huge difference to your health – and good water is remarkably affordable.

Level 2 is for the more committed person. This is the version of the Plan used by the majority of my patients. You will appreciate that when a person is facing severe health challenges, there is no time to lose. Level 2 is my first choice. It is not particularly challenging, but for the reasons I've already stated, not everyone is ready for it.

You can decide which Level you want to follow by reading the step-by-step instructions that follow. My recommendation is that you read the instructions all the way through before you decide. At first sight, it may seem like there is a lot to do, but in fact, the program does not take much time, once you learn how to do it. All the information you need is included in this book.

Once you start, it is best to stick to Level 1 or Level 2 until you complete the 30 days of the Plan.

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Step 1 – Open The Channels Of Elimination

This table shows all of the parts of Step 1. The “Level” column shows how the parts fit into Level 1 and Level 2 – if there is an “x” in the column, then that part is included. The column on the right shows the page where you can find more information and instructions about each part.

Four Step Plan – Step 1			
Step 1: Open The Organs Of Elimination	Level		Instructions
	1	2	
Hydrate with pure water and electrolytic minerals	x	x	Page 14
Give yourself a coffee or lemon enema twice per week	x	x	Page 15
Take an intestinal stimulant with your evening meal		x	Page 17
Take 2 probiotic capsules before bed		x	Page 18
Drink 3 cups daily -- Red Clover or Green Tea	x	x	Page 19
Add Goldenrod & Horsetail Tincture to tea		x	Page 19
Add Milk Thistle & Dandelion Tincture to tea		x	Page 19
Add Lobelia & Fenugreek to tea		x	Page 19
Dry skin brushing before morning shower	x	x	Page 20

(A Complete List of Supplies Needed for the Plan is on Page 28)

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Step 2 – Re- & De-Polarize The Blood and Lymph

(Start Step 3 the day after you start Step 2)

This table shows all of the parts of Step 2. The “Level” column shows how the parts fit into Level 1 and Level 2 – if there is an “x” in the column, then that part is included. The column on the right shows the page where you can find more information and instructions about each part.

Four Step Plan – Step 2			
Step 2: Depolarize Blood & Lymph	Level		Instructions
	1	2	
Continue Step 1	x	x	
Add Stillingia & Red Clover Tincture to tea		x	Page 19
<i>Optionally</i> , use Beck's Lymphatic Magnetic Pulser and Beck's Blood Depolarizer		x	Page 22

(A Complete List of Supplies Needed for the Plan is on Page 28)

The next Step is always one you can easily take. It's something you do *additionally* to move yourself towards radiant health. All you do is simply *add* the next Step to your program.

It goes like this: Day One – Start Step One

Day Two – Start Step Two

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Step 3 – Detoxify The Cells

(Start Step 3 the day after you start Step 2)

This table contains all the parts of Step 3.

The “Level” column shows how the parts fit into Level 1 and Level 2 – if there is an “x” in the column, then that part is included. The column on the right shows the page where you can find more information and instructions about each part.

Four Step Plan -- Step 3		
Step 3: Detoxify The Cells	Level	Instructions
	1 2	
Continue Steps 1 and 2	x x	
Use Drawing Compound to chelate toxins from body	x	<i>Page 23</i>
Add Wormwood Tincture to tea or enemas (removes parasites)	x	<i>Page 24</i>
Drink 1 oz Flor Essence daily (tissue cleanser)	x	<i>Page 25</i>
Eliminate processed food & refined sugars from diet	x x	
Eat only organic food	x x	
(A Complete List of Supplies Needed for the Plan is on Page 28)		

Again – the way the Plan works is you *add* each Step to the one before.

It goes like this: Day Two – Start Step Two

Day Three – Start Step Three

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Step 4 – Modulate The Immune System

(Start Step 4 the day after you start Step 3)

The “Level” column shows Level 1 and Level 2 for Step 4 – if there is an “x” in the column, then that part is included. The column on the right shows the page where you can find more information and instructions about each part.

Four Step Plan – Step 4			
Step 4: Modulate The Immune System	Level		Instructions
	1	2	
Continue Steps 1, 2 & 3	x	x	
Raw Organic Garlic – 1 clove per day	x	x	
Vitamin D3 – 5,000 international units per day		x	Page 27
Immune Support – 2 capsules daily		x	Page 26
Echinacea Tincture – 1 eye-dropper, 3 times daily depending on condition		x	Page 27
Colloidal Silver (10 parts per million) – 1 eye-dropper per day		x	Page 27

(A Complete List of Supplies Needed for the Plan is on Page 28)

Again, the next Step is always one you can easily take. It's something you do *additionally* to move yourself towards radiant health. All you do is simply *add* the next Step to your program.

It goes like this: Day Three – Start Step Three

Day Four – Start Step Four

... continue all Steps for 28 Days to complete the Plan

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Hydration

Many of us have come to think that feeling sluggish and tired is normal. It's not. You'll be amazed how much better you can feel when you drink enough good water. The benefits are immense. Tea, coffee, sodas and other drinks – including all forms of alcohol – actually take water out of the body. Pure water is the essential requirement. Without enough of it we become run-down and vulnerable to illness. Tap water is not recommended, due to the high level of toxins it contains. Distilled water is best. Eight glasses a day is generally a good amount. You can get the most out of the water you drink if you charge it with electrolytic minerals.

Every cell in a healthy human body has an electrical potential that ranges from -70 to -90 millivolts. But when the body's acid / alkaline balance is thrown off-kilter by the Standard American Diet (SAD) and sedentary lifestyle, the body becomes acidic. When that happens, the red blood cells lose their zeta (or electrical) potential and clump together, which greatly reduces their ability to carry oxygen. As the zeta potential drops, so does our energy and ability to resist infections and support health.

Losing electrical potential is synonymous with losing life force itself. Electrically charged, distilled water helps maintain zeta potential. When we are ill our zeta potential drops from a healthy, normal range of -70 to -90 millivolts to a lower range. In cancer patients, it can drop to 15 millivolts or lower. Electrical potential is a measure of living and dying.

Electrolytic minerals can be used to "charge" water and maximize its zeta potential. They are very affordable. Just add one quarter teaspoon to a gallon of pure water, and you have the very best water for your health. I supply an electrolytic minerals product called *Zeta Crystals* for this purpose.

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Coffee Or Lemon Enemas

- cleanse the colon
- flush the liver and gall bladder
- provide immediate relief for constipation
- raise the energy level
- relieve headaches and pain
- support detoxification programs

How To Do A Coffee Or Lemon Enema

1. Buy an enema bag from the pharmacy or online.
2. Make two cups of organic coffee (the chemicals used in commercial coffee are harmful and should not be introduced directly into the colon, only organic coffee is to be used) *OR* you can use the juice of 1 organic lemon
3. Prepare the bathroom with towels on the floor and a pillow.
4. Put a little olive oil in the bathroom.
5. Make sure the clamp on the enema bag's hose is closed and pour the fresh-made coffee or lemon juice into the bag. Fill the rest of the bag with warm pure (not tap) water. The temperature of the coffee and water should be comfortably warm to the touch.
6. Hang the bag on the door knob inside the bathroom, or on a towel rail or somewhere else at about the same height. You can use a coat hanger, if the hook on the enema bag is too small. (You hang the coat hanger on the door knob, and hang the enema bag from the coat hanger.)]
7. Apply a little olive oil to the tip of the enema hose and to your anus.

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8. Lay down on your left side, making sure you can comfortably reach the clamp on the enema's hose.
9. Insert the tip of the enema into your anus and open the clamp on the hose.
10. As coffee water is entering, gently massage the left side of your abdomen. Once you have allowed enough fluid to enter, based on the pressure that you feel, close the clamp, remove the tip, and hold the coffee water for at least three to five minutes, then void into the toilet. (Deep, easy breathing during this time will lessen cramps and help you to relax.)
11. Lay down on your back and repeat the process, this time massaging the center of your abdomen. Again, hold the coffee water for a few minutes while breathing deeply, then void.
12. Finally, lay down on your right side and repeat the process, this time massaging the right side of your abdomen.
13. If you have a tremendous amount of fecal matter coming out, repeat the enema using just distilled water without added coffee.

Recommendations for Use:

- Coffee enemas can be stimulating and should be done in the morning.
- The coffee enema is to be used as part of a detoxification program, not just to perk up your energy level.
- If you are doing my Four Step Natural Cure Plan, you could do one enema every day, one every other day, or one a week, depending on your condition.
- Once you have completed the Four Steps of the Natural Cure Plan, you would do a coffee enema much less frequently - perhaps once a month.

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Intestinal Stimulant

In the Four Step Plan, an Intestinal Stimulant is used to strengthen the normal activity of the colon, restore peristaltic action, and increase bowel activity. Two bowel movements a day are signs that your elimination is working properly - less than that and you are constipated. An Intestinal Stimulant can get you back on track and create an inner environment free of industrial pollutants that have been added to our food and our world, and free of the festering by-products of months and years of partially-digested meals.

When waste products build up, the digestive system can become a perfect breeding ground for harmful bacteria, parasites, and disease. At the same time, the accumulated waste causes the body to be denied the nutrition it needs - even though your diet may be highly nutritious! You just cannot absorb good food through organs that are lined with garbage.

The Standard American Diet (SAD) levies a heavy tax on our digestive and elimination systems. De-natured, processed food does not pass through us easily. We are not designed to handle it - nor can we handle the quantities of meat, dairy, and refined sugar that we typically consume.

After a while, the colon becomes coated with hardened mucous that forms a plaque like tar. It causes the peristaltic muscles to shut down and freeze, which multiplies the problem. We start to experience sluggishness, poor concentration, fatigue and malaise. This is the onset of dis-ease that can cause major health problems if left unchecked.

Recommended Use:

Take 1 capsule each night with your evening meal. Increase dose until desired effect is obtained, then reduce dose so long as effect is maintained.

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ProBiotic Formula

Ideally, you should have 80% beneficial bacteria in the intestinal tract, and 20% so-called harmful bacteria - but the "normal" person has just the opposite, due to the hostile environment that is created by toxic build-up. Your body needs beneficial bacteria, but only harmful bacteria can thrive in poison.

It's no wonder the average person gets sick year after year with the same illnesses to which they should already be immune - parasites and harmful bacteria thrive in toxic waste - your cells do not!

A good probiotic formula will introduce beneficial bacteria that can re-colonize the digestive tract and ensure absorption of nutrients. This is particularly helpful during the Four Step Plan, when cleansing is under way, and enemas are being used.

Recommended Use:

2 capsules just before bed with a glass of pure water. You may wish to "jump start" your re-colonization by taking 4 capsules after dinner for one month, then cut back to regular dose of 2 capsules.

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Herbal Teas & Tinctures

The Four Step Plan uses Red Clover Tea and Green Tea. You drink 3 cups of them per day. I generally recommend alternating between them from day to day. If you find Green Tea too stimulating, you can use a decaffeinated Green Tea.

If you are doing Level 2 of the Plan, you will add herbal tinctures to the tea. Add 1/8 teaspoon of each tincture to your three cups of tea every day while the tea is still very hot. Make sure the tea is very hot when you add the tinctures so that the alcohol in them evaporates off.

The tinctures in Step 1 open the lungs, liver, and kidneys. Just add these on the first day of the Plan. When you start Step 2 (on day 2) add the fourth tincture to the tea. It re- and de-polarizes the lymph and blood, so that toxins can be efficiently removed from the body.

Step One

Lobelia and Fenugreek tincture is used to dilate the bronchial tubes and work as an expectorant to get rid of excess mucous from the lungs.

Goldenrod and Horsetail tincture is used to open, repair, rebuild and protect the kidneys and bladder.

Milkthistle and Dandelion Root tincture is used to open, repair, rebuild, and protect the liver.

Step Two

Stillingia and Red Clover Compound tincture is used to re- and de-polarize your blood and lymph. This tincture contains herbs similar to those found in Hoxsey's Formula, a combination which has helped many cancer patients.

Each bottle will last about 28 days, which is the right amount for the Four Step Plan.

NOTE: Therapeutic herbs should not be taken continuously. If your condition is severe and you decide to repeat this herbal natural cure, you should wait four days after one set of tinctures is used up before starting on a new set.

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Dry Skin Brushing

Skin brushing works by stimulating the lymph system and blood and toning the skin. Once you get started with it, you'll feel and look better.

Your skin is designed to expel toxins when it breathes and sweats, but often its pores get clogged and the skin isn't able to do its job very well. You can open the pores by dry-brushing them before you shower. This opens them up and tones the skin. You'll likely feel more invigorated right away, and you will have opened a major detoxification channel.

Just beneath the surface of the skin lie the lymphatic channels that carry lymph and its burden of cellular byproducts out of the body. Unlike the heart, the lymph system has no pump; instead the lymph is activated by your breathing, as well as by vigorous exercise.

Skin brushing, done lightly, moves the lymph towards the elimination channels and enables you to actively build your vitality by moving toxins out of your body. It is an easy way to support your long-term well-being. It's good to do it every day, right before you shower.

Here's How To Do it...

Take a couple of minutes before you shower while your skin is still dry to lightly brush all over your body in long circular strokes. The strokes should be in the direction of your heart - so, for instance, you would start at the bottom of your leg, and stroke upwards. Avoid any sores or sensitive skin and don't skin-brush your face. Start from the feet. The whole process should take no more than two minutes.

You can get a long-handled natural bristle brush for this from the health food store. Keep the brush dry. The whole idea is to brush the skin when it's dry.

When you shower, I recommend that you use only Dr. Bronner's Castille Soap. You can get it at health food stores or Trader Joe's. Work the faucets so that you take a hot shower and then a short cold shower. Repeat this cycle a few times, ending with a cold shower. You won't

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freeze or catch a cold. You'll be doing yourself a big favor, and you'll feel the difference.

For those with major health challenges, I recommend two sessions a day of dry skin brushing followed by hot and cold showers. For everyone else, once a day is ideal.

The skin brushing natural cure removes dead skin cells, stimulates the lymphatic drainage system and the blood, and leaves the skin's protective oils in place. It also helps dissolve cellulite. This technique has been used for thousands of years to tone and rejuvenate the body.

You'll feel a lot better when you get your skin working. It's your largest organ of elimination. But remember, it's a two-way street. If you put junk lotions and oils on it, they will be absorbed into your body and may delay your full return to radiant health. Natural deodorants from the health food store are usually OK. Anti-perspirants are to be avoided.

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Beck's Technologies

Blood and lymph fluid are the body's internal transport system. They move nutrients into the cells, and carry waste away from them. It's important to have this transport working properly before you start detoxifying.

For people with severe health challenges who need to turn their health around very quickly, I recommend two devices for improving blood and lymph flow: Beck's Lymphatic Magnetic Pulser and Beck's Blood Depolarizer. They cost a few hundred dollars. For many people, I believe this is money well spent, but I have listed them as “optional” for Step 2 as they are not *required* in the majority of cases.

Many people have also reported that, in addition to improving blood and lymph flow, these devices also kill bacteria, viruses and other pathogens.

You can find out more about them and order these devices on the SOTA web site.

Intestinal Drawing Compound

Once the Blood and Lymph are flowing, it is time to start drawing toxins out the body. Intestinal Drawing Compound is one of the best ways to get this done. This compound has activated charcoal as its cornerstone. Four capsules provide an absorbent surface area of more than 5,000 square feet. The charcoal absorbs many times its own weight in toxic gases, heavy metals, poisons and other chemicals, rendering them harmless while removing them from the body.

It is important to ensure the colon is working properly before taking Intestinal Drawing Compound. I always recommend that it be used in combination with an Intestinal Stimulant.

Recommended Use:

Take 4 capsules each night just before bed with a glass of pure water.

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Wormwood Tincture

Almost everyone has parasites. Most of us don't know it.

I use wormwood compound as part of my Four Step Natural Cure Plan to remove parasites from the body. I recommend that my patients detoxify themselves of parasites twice a year.

If you have any of these symptoms, you may be suffering from a parasitic infection: fatigue, depression, bloating, allergies, gas and cramping, itching or flu-like symptoms.

Wormwood and black walnut have been found to kill 100 different parasites, provided they are taken together, as in this compound. Cloves kill the parasites' eggs. The other ingredients have strong parasite-cleansing properties.

Parasites take your energy, your oxygen, your nutrition. They release toxic waste into your body. You cannot always see them - parasites can be microscopic as well as long worms. There are three main types of parasites. You need to get rid of all of them.

Wormwood Compound contains 10 natural parasite cleansers that work together to eliminate all types of parasites. They are expelled when you defecate; also through the tear ducts, the nose, and through coughing. One of the best ways you can tell when you have gotten rid of them is that you will start to feel a whole lot better. But if you want to be really sure, you can have your doctor order a blood or a stool test. Some parasites also show up in sputum and saliva tests.

Recommendations for Use:

The best way to take this tincture is to put one dropper into a cup of hot tea three times a day. The alcohol in the tincture will evaporate off in hot tea. You can add it with the other tinctures you are using in the Four Step Plan. You can also add it to coffee enemas.

There is enough in the bottle for about 28 days. Stop taking it for a few days before resuming another 28-day cycle, if indicated.

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Flor Essence and Essiac Tea

Flor Essence and Essiac herbal teas have been helping cancer patients since the 1920's. They come from a recipe given by a native American healer to a woman who used it to cure her breast cancer. She passed the recipe to a Canadian nurse named Rene Caisse who used it to cure cancer patients.

Rene Caisse presented evidence of the curative power of her tea to the medical authorities in Canada. She received considerable support from the highest levels of government and was able to continue her work with cancer patients for years. Dr. Charles Brusch, President Kennedy's physician, Dr. Charles Brusch, cured himself of liver cancer with Essiac tea. He took up the cause and refined the recipe, which is now provided as Flor Essence and is available in health food stores.

It contains the eight herbs in the original Native American recipe - whereas Essiac (Rene's last name spelled backwards) contains only four of them. These herbs are: Burdock Root, Sheep Sorrel, Slippery Elm Bark, Turkish Rhubarb Root, Red Clover, Blessed Thistle, Kelp, and Watercress.

Scientific studies have proven that these herbs contain substances that are very beneficial for cancer patients and for anyone wanting to detoxify their body. Rene Caisse and Dr. Brusch believed that the benefits of the herbs are magnified when they are taken in combination with each other. Cancer patients reported significant clinical and quality of life improvements in a survey of 5,051 users conducted by the University of Texas. 72% of them said the results they obtained were very good or excellent.

Today it is estimated that 35% of cancer patients in Canada use these herbal teas as part of their program to combat the disease. All of the evidence shows that it is safe and can be used in conjunction with other forms of treatment.

I recommend Flor Essence as part of the Four Step Plan. Take 1 oz daily with water, ½ hour before a meal. My advice is to take it for 28 days, and then take three or four days off before resuming.

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Immune Support

Although I hadn't planned to, I started formulating my own nutritional supplements when I couldn't find what I wanted on the market. I was looking for the highest quality of therapeutic effectiveness for restoring and sustaining radiant health. I wanted this for myself, my family and my patients.

I want the very best for myself and those I care about. These products are formulated with health first in mind, rather than profit. No short cuts, no fillers, nothing but the best ingredients I can locate.

I manufacture in batches so small most companies would regard it as unprofitable. In this way I can stay on top of quality as well as provide the freshest possible product. It also enables me to fine-tune my formulas to the latest research discoveries, something that most companies can't do because of their bigger size.

My Immune Support product contains seven rainforest herbs that have been found to have anti-tumor, anti-inflammatory, and immune-stimulating properties. Research supports the traditional uses of these herbs as anti-microbials that help the body overcome infections. These herbs are now being studied to see how they can be turned into patented drugs for commercial exploitation. For now, they are still available in whole form to provide potent immune system enhancement.

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Vitamin D3, Echinacea Tincture, Colloidal Silver

Vitamin D3

People over 18 take 5,000 units twice per day with water, with or without food. Teenagers take only 5,000 units per day. Vitamin D3 from health food stores is fine to use for the program.

Colloidal Silver

The best product is actually a silver hydrosol called Argentyn-23 by Natural-Immunogenics. You may need to buy it online if your health food store does not carry it. You take Argentyn-23 3 times per day, on an empty stomach. Put 1 teaspoon under the tongue and hold it there for 30 seconds before swallowing.

Otherwise use regular colloidal silver products (at concentrations of 10 parts per million) but *only take these 1 time per day*, an eye-dropper-full under the tongue in the same way.

Echinacea Tincture

Take 2 eye-droppers daily. You can add them to one of your cups of tea, along with the other tinctures. It is available at health food stores.

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List of Supplies

Four Step Plan Supplies List		
Step 1	Electrolytic Minerals – Zeta Crystals	***
	Enema Bag	Pharmacy or online
	Organic Coffee	Health food store
	Intestinal Stimulant Capsules	***
	Probiotic Capsules	***
	Red Clover Tea	Health food store
	Green Tea	Health food store
	Goldenrod & Horsetail Tincture	***
	Milkthistle & Dandelion Root Tincture	***
	Lobelia & Fenugreek Tincture	***
	Skin Brush	Health food store
Step 2	Stilingia & Red Clover Tincture	***
	Beck's Technologies (optional)	SOTA web site
Step 3	Drawing Compound Capsules	***
	Wormwood Compound Tincture	***
	Flor Essence	Health food store
Step 4	Organic Garlic	Health food store
	Vitamin D3 (5,000 iu)	Health food store
	Immune Support Capsules	***
	Echinacea Tincture	Health food store
	Colloidal Silver (10 parts per million)	Health food store
<p>*** These products have been formulated specifically for the Four Step Plan. They are available as a bundle at reduced cost on my web site.</p>		

***** These products are available as a special [Four Step Plan Combo](#) on my web site. You can get information about all of my products by clicking [here](#).**

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Your Daily Program (Level 2)

Mornings:

- | | | |
|-------------------------------------|----------------|---|
| • Hydrate throughout day: | 8 glasses | Water + Zeta Crystals (1 scoop/gal) |
| • Dry brush before shower | 2 minutes | Brush stroking toward heart |
| • Shower | | Alternate Hot and Cold showers |
| • Coffee enema | 2 cups | Coffee (or 1 lemon, juiced) |
| • 1st Tea cup | (3 cups total) | Green or Red Clover |
| • Day 1: Add to Tea: | 1/8 tsp | Goldenrod & Horsetail Tincture |
| | 1/8 tsp | Milk Thistle & Dandelion Tincture |
| | 1/8 tsp | Lobelia & Fenugreek Tincture |
| • <i>Day 2: Add to Tea</i> | 1/8 tsp | Stillingia & Red Clover Tincture |
| • <i>Day 3: Add to Tea or Enema</i> | 1 dropper | Wormwood Compound Tincture |
| • <i>Day 3: 1/2 hr. before food</i> | 1 oz. | Flor Essence |
| • <i>Day 4: Add</i> | 1 tsp | Colloidal Silver under tongue / empty stomach |
| • <i>Day 4: Add</i> | 1 capsule | Vitamin D3 – 5,000 units |

Afternoons:

- | | | |
|------------------------------|---------------|---------------------------|
| • 2nd Tea cup (green or red) | | Add appropriate tinctures |
| • <i>Day 4: Add</i> | 1 clove | Garlic (raw) |
| • <i>Day 4: Add</i> | 1 capsule | Vitamin D3 - 5,000 units |
| • <i>Day 4: Add</i> | 2 capsules | Immune Support |
| • <i>Day 4: Add</i> | 2 eyedroppers | Echinacea Tincture |

Evenings:

- | | | |
|---------------------------------|--------------|---------------------------|
| • With Dinner | 1+ capsule | Intestinal Stimulant |
| • 3rd Tea cup (green or red) | | Add appropriate tinctures |
| • After Dinner | 2–4 capsules | ProBiotic Formula |
| • Before Bed: <i>Day 3: Add</i> | 4 capsules | Drawing Compound w/water |

Day 3 Onwards: Only organic foods: eliminate processed foods, and refined sugar.

Note: Italics means: Start supplements on that day and then continue for the rest of the days.

Advised: 20 minutes Daily Walking as good exercise.

Optional: *Day 2: Add Beck's Technologies*

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After The Plan – What To Do Next

The Four Step Plan is designed to reverse negative processes in the body that cause illness. Most people start to feel a lot better within a week of starting the Plan and they enjoy increasing levels of vitality and wellness after that. By the time they have completed the 30 days of the Plan, they find themselves well on their way to radiant health.

Some people – especially those with severe health challenges – may need to repeat the Plan. I advise my patients who are dealing with cancer, for instance, to repeat the Plan so long as they continue to make progress, until they are cancer-free. This can take 6 months or even a year. In those cases, there should be a rest of 3 or 4 days between each time that you do the Plan.

It is helpful to bear in mind that the key to optimum health and longevity is found in your daily life. This Plan is not a one-time fix-it-all that you can do and then go back to old habits that caused you to get sick in the first place. The whole idea is to bring your body back into balance -- *and to keep it there*. Good dietary and hydration habits are vital. Once you have completed the Plan, you will find cravings for unhealthy food and drink will fade a lot and you will find it easier to eat what is best for you.

One of the most important things to consider at this stage is the emotional climate that you live in. I have seen many people recover fully from so-called “terminal” conditions. All of them went through major emotional shifts. It is interesting how life-time habits can be changed when life is threatened! I counsel all my patients to “forgive the unforgivable”. Resentment and anger breed illness. You do not need them, not at all. The Emotional Freedom Technique is a remarkably effective way to break out of harmful emotional patterns. There are complete instructions on how to do it available for free on the Internet. Optimum health includes emotional health and that almost always means letting go of old emotions that

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have ceased to serve us.

I encourage you to look carefully at this aspect of your life, now that you have given your body a chance to re-establish its vitality and wellness. Your long-term happiness most likely depends on it.

Of course, *prevention* is the best medicine. The best thing you can do is to prevent destructive processes from even getting started. You can learn how to prevent them by reading about the “Causes of Dis-Ease” and the “HONSTEC Plan” on my web site. There, you will learn the basics of how to keep from getting sick, and how to increase your level of health, vitality and well being. It is not difficult, once you know how.

Please remember, there is no better investment you can make than in your own health. I hope this book contributes to your journey to radiant health and joy.

With my best wishes,

Dr. James Chappell

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About Dr. Chappell

Dr. James Chappell is a board-certified chiropractic physician, traditional naturopath, clinical nutritionist, and medical herbalist.

He is known for his work with chronic, severe and supposedly terminally-ill people. To date, he has advised over 10,000 patients one-on-one, and over 100,000 people in seminars throughout the country.



Dr. Chappell serves as a medical consultant for The Oasis of Hope Hospital in Mexico and, when necessary, will recommend orthodox medical treatment.

He has been formulating clinical grade nutraceuticals and botanicals for over 30 years. He was the first to create an organic, whole-plant, botanical formula to support normal glucose levels. Under different labels, this herbal compound is sold in the United States and other countries.