



**CONQUER
PAIN
& DISEASE**

**THIS
INFORMATION
CAN SAVE
YOUR LIFE**

INTRODUCTION

At last, the most exciting new health care program in America. **Dr. C. Samuel West**, Chemist and Registered Lymphologist dedicated the last four decades of his life making discoveries “to teach people how to take care of themselves.” He produced a **Self-Help Education Program** that is designed to teach you what must be done to free your body of pain and disease and give you the energy you were designed to have.

Dr. West is the Father of **Lymphology**, (study of the Lymphatic System, ie. your immune system) and the **Sodium Potassium Pump** (generates the electric power for cells to function and makes life possible, NA-K pump, was 2003 nobel chemistry prize nominee).

Lymphology is a term that was adopted by the **ISL (International Society of Lymphology)**. This society was formed in 1966 with the help of Dr. Hymen Samuel Mayerson. And with the help of international military forces, including the U.S. Army, the top medical minds in the world who were doing research on the lymphatic system, even from behind the “Iron Curtain” were pulled together. The ISL consisted of approximately 370 members, most of which were department heads of universities and medical schools. Only about 65 of these Lymphologists were located in the United States. In 1979 Dr. West was accepted as the 379th member of this society. While other doctors were focused on solving Lymphedema by either manual lymph drainage, compression stockings, or surgeries, Dr. West had taken upon himself the enormous task of teaching the lay public how to activate their own lymphatic vessels to stop all disease.

THE PROBLEM

To understand the immediate need for this Self-Help Program we must first understand the present

health crisis facing America. The United States has always been considered one of the most advanced countries in the world. Yet we find the answers to the crippling and killer diseases eluding us. Today cancer and heart disease alone account for 3 out of 4 deaths in America. This is a shocking but true statistic and one that very few people even realize. As Joe Nichols M.D. states in his book *Please Doctor Do Something*, “We have an epidemic of heart disease and cancer in this country that will destroy America unless something is done quickly to stop it.” It is for this purpose that this program was organized.

People everywhere are realizing that what we do or don't do for ourselves each day makes a very real difference. A government document published in 1977 entitled *The Dietary Goals for the United States* tells us “As a nation we have come to believe that medicine and medical technology can solve our major health problems. The role of such important factors as **DIET** in cancer and heart disease has long been obscured by the emphasis on the conquest of these diseases through the miracles of modern medicine. **TREATMENT NOT PREVENTION HAS BEEN THE ORDER OF THE DAY.** The problems can NEVER be solved by more and more medical care.”

With health care costs skyrocketing as never before, **Clarity University** was formed to meet the every day increasing demand for new information in the exciting area of prevention through education. With the help of research done by top medical minds, and the discoveries made by Dr. West, we now have a clear picture of what we must do to prevent and reverse disease that we might have the energy of our birthright. With this brief introduction we will now explain the research and discoveries upon which our program is based.

THE CAUSE

The lymphatic system is sometimes referred to as our 2nd circulatory system. Unlike the blood stream which carries nutrients and oxygen **to** our cells, the lymph system carries wastes, excess fluids, and other materials **away** from our cells. (See figure 1) This material is dumped back into the bloodstream at the base of the neck after the lymphatic system has had the chance to purify the fluid and destroy any harmful bacteria, viruses or waste products. We have all recognized lymph glands swelling in various parts of our bodies when we have an infection. This is the amazing lymphatic system working to make us healthy again. It is the lymphatic system that helps to produce antibodies and organizes the white blood cells into action. This 2nd circulatory system is truly marvelous, but we have only recently begun to understand it's true divine function.

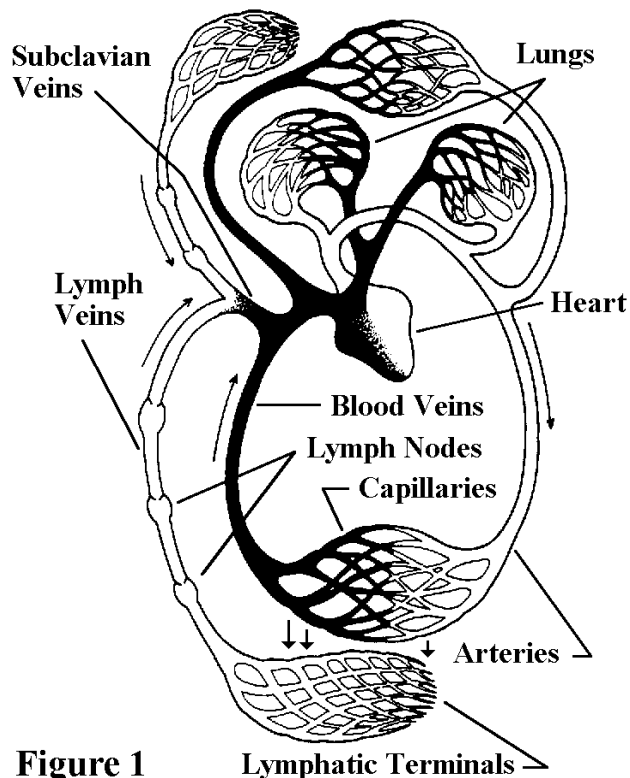


Figure 1

In 1961 a man much ahead of his time made an important discovery. Dr. Arthur C. Guyton, author of the *Textbook of Medical Physiology*, published research that revealed the most important, but least understood function of our lymphatic system. He said, “*The lymphatic system represents an accessory route by which fluids can flow from the interstitial spaces into the blood. And, most important of all, the lymphatics can carry [plasma] proteins and large particulate matter away from the tissue spaces, neither of which can be removed by absorption directly into the blood capillary. We shall see that this removal of [plasma] proteins from the interstitial spaces is AN ABSOLUTELY ESSENTIAL FUNCTION, WITHOUT WHICH WE WOULD DIE WITHIN ABOUT 24 HOURS.*” Imagine this role of our lymph system that if not properly performed will cause our **death within 24 hours or less!** If our lymphatics cannot work properly then the body is unable to maintain what science refers to as the “**dry**” state around our cells. (See figure 2) You can see how the cells on the left are packed close and tight against each other. This is the perfect condition where true health occurs. The cells on the right are flooded by excess fluid and are in effect drowned and cannot receive adequate oxygen and nutrient supply. In this condition the cells are damaged and become subject to disease. The only substances that can cause this to occur are the plasma proteins Dr. Guyton refers to. These proteins can become “**trapped**” in the spaces around the cells, if not removed by the lymphatic system. This happens in our bodies when we disobey the natural laws of health and overburden this system. A new science called “The Art of Lymphasizing” reveals what we must do to keep the blood proteins circulating in the body via the lymphatic system.

THE SOLUTION

Do not be fooled by the simplicity of the things you will learn in our Self-Help Program. They have been tried, tested and proven by 40 years of experience with literally hundreds of thousands of people. Of course the best test is practical application in your own life.

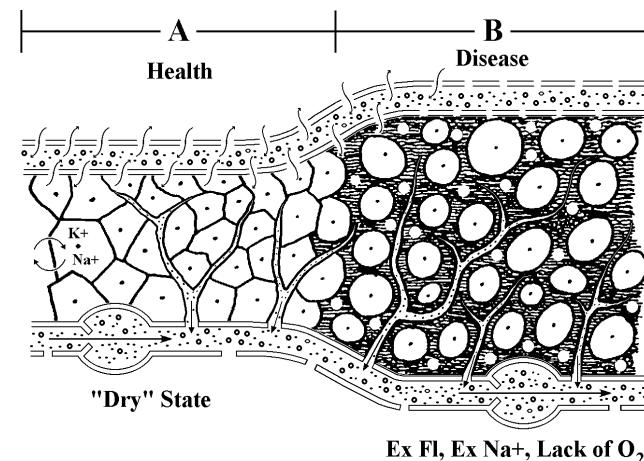


Figure 2

We have a number of educational materials available, such as a **full collection of literature, audios, and videos.** The book, *THE GOLDEN SEVEN PLUS TWO*, explains these new concepts of prevention in detail. This text is truly a masterpiece on natural health and a must for every home. Our new up-graded *Applied Lymphology Course* is marketed through *Zero Disease, LLC.* The multi-media presentations make *The Golden Seven Plus Two* come alive.

With your new found knowledge, you'll find how quickly you can deal with injuries such as smashed fingers, turned ankles, low back pain and migraine headaches. We will teach you the simple scientific equations, which have been placed before top medical minds, which explain how trapped plasma proteins produce the conditions that cause heart disease, cancer, obesity, high blood pressure, allergies, M.S. and polio. Understand as never before the factors of cause and prevention, of these and other crippling and killer diseases. **Learn how easy it can be to relieve pain, reverse injury and bring true energy and vitality back into your life** as you apply easy Power Heal™ techniques.