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DEAR CUSTOMERS

It has been a considerable time since you have heard from us. We are now only doing newsletters once or twice per year, primarily because it is expensive and uses lots of trees needlessly.

We do send out two electronic newsletters most months, copies of these can be seen on our web site. www.comsci.org.uk. If you do not have a computer or think you can not use one go to your local library, the librarian there will be willing to help you and once started you will be surprised how easy it really is. If my 83 year old mother can do it; so can you! You will be able to have access to all our newsletters and health tips.

In this paper version of our newsletter I will try to condense as much of the information as I can from the electronic newsletters. If you want to receive our e newsletter just send an email to this address chyslop@comsci.org.uk and add our address goodvitality@ekmsend.com to your safe senders list (to prevent it ending in your Junk Folder) and you will receive our monthly newsletters.

EcoZapper (Product code 5206)

This new Zapper has the same output specifications as our previous 14 volt sweeping frequency Zapper, yet consumes 20% less power. This will make considerable savings on batteries.

As many of our customers know we have always tested and proved theories of various ideas to see if, and how they work.

If you look closely at our product guide you will see that when we compared the Becks Zapper to the Clarks Zapper on the growth rate of cultures of bacteria, yeast and moulds, we found the Clarks Zapper had no effect on culture growth rates. Yet Clark claims that she saw these organisms being destroyed under the microscope by using the resonant frequencies of that specific organism. For example E coli is killed at 356Khz.

So why?

Well later on Clark starts to explain that the Zapper affects white blood cells making them kill the organisms.



Clarks Zapping and frequencies

We have performed another experiment to show that the skin literally absorbs all frequencies above 50Khz. A good example of this is to imagine your neighbours playing loud party music; you can only really hear the base frequencies, the higher frequencies are absorbed by the walls. Interestingly when Clark first launched her Zapper it used just one resonant frequency of 32Khz, only later did she develop all the other frequencies and subsequent expensive and complex Zappers.

Our new Eco Zapper has a sweeping frequency between 10KHz and 100KHz as there is no point in going any higher than that.

We have been supplying Clarks Zappers for 15 years and many of our customers have reported fantastic results. So what's going on and why?

Well my theory is simple, the Clarks Zapper makes white blood cells more aggressive (how, is another matter) this makes them far more active at fighting infection and resolving the healing process. This is why so many customers are so pleased with the results.

Advantage

The Clarks Zapper does have the advantage of being able to be used anywhere on the body. The Becks Zapper is too powerful for some areas. Because all of our Zappers come with crocodile clips rather than fixed tubes, you can easily clip them on to Biotabs which you can put anywhere on the body.

Here are a few examples:-



Frozen shoulder being Zapped



Arthritic finger Joint being Zapped.

All you have to do is put a Biotab on either side of the ailment and Zap it!

Parasites

After the summer and eating lots of raw produce like salads we are far more likely to be infected by parasites. In fact the more raw food you eat the more you are at risk. Unfortunately raw foods are also the most healthy.

Now is a good time to clean your guts of parasites with the Hulda Clark parasite program. The herbs used in the program are:-

1. Wormwood

A traditional remedy for treating worms; it is moderately effective.

2. Clove

The anaesthesia effect of cloves helps to paralyse the worms so they detach from the gut wall.

3. Black Walnut Hull

Not only kills the worms but is also a mild purgative to help eliminate them.

Combine these three herbs together and you get an enhanced effect, making all three of them together far more effective at killing parasites.

Remember if you buy all three herbs together ([Product code 7007](#)) you save 10%.



The Colloidal Silver Maker CST3 ([Product code 5110](#))

In August of 2009, we launched our new Colloidal Silver maker. It was very popular and it took a while to catch up with demand.

The new CST3 model is a vast improvement over the old CST2. It has the high voltage, current controlled output of the CST2, but now has digital control.

This means that it can provide accurate time intervals. For example 2 minutes is great for making tap water grade CS, where as 20 minutes is great for making yellow grade Colloidal silver. It also has digital failure protection, meaning that when the battery is fully drained the unit switches off CS making, illuminate the red battery failure lamp and beeps at you too.

At the end of your selected time interval the CST3 beeps to tell you the time interval has finished and the power to the electrodes has been switched off.

CS Maker CST3 has had a very successful launch and our manufacturing has caught up with the high demand. We would like to say thank you to those customers who were very patient whilst waiting for delivery of their orders due to the high volume of demand during July. We would like to remind customers that we have a 60 minute DVD available on the making of colloidal silver. Price: £12.65 ([Product code 5170](#)).

POSSIBLE APPLICATIONS FOR COLLOIDAL SILVER

DISCLAIMER: The information below is not medical advice or recommendations. The EU has not included colloidal silver on the Approved Food List. Therefore we have to advise you not to take it orally, however we can legally sell our high grade colloidal silver for use on the outside of the body as a spray, gel or liquid. You can therefore continue to purchase our high grade colloidal silver (probably the best in the world).

How does the performance of colloidal silver compare with antibiotic drugs? Any single antibiotic has the power to kill perhaps half a dozen different disease organisms. Silver, by comparison, is reported to kill many different microbes, including all bacteria so far tested, and many viruses, fungi (e.g. *Candida albicans*) and parasites. The experts claim that resistant strains of bacteria have not developed.

The following collection of anecdotal reports have been made by individuals and health care practitioners using colloidal silver. It is important to note that these are not the result of scientific studies, but they may point to the need for future research. Colloidal silver is an effective anti-microbial agent but it is not a panacea.

Self-medication should never be used as a substitute for the care and expertise of a professional health care provider. Readers should consult their health care professional before using colloidal silver for any of the following conditions:

Acne

Spray the face twice daily with colloidal silver. Or a more effective treatment is to apply CS Gel twice per day. The CS will stay active for longer in a gel format.

Asthma

One of the most interesting reports is the effect that silver may have on asthma. Several people have reported that silver solution taken orally can stop asthma attacks (5ml three times per day under the tongue). One individual who reported that he has suffered from asthma since he was five years old and was taking broncho-dilators six times a day, said that he started taking a colloidal silver solution for a deep chest cough and was surprised when after about 10 days his asthma attacks completely ceased. He then stopped taking the solution to see if it was really the colloidal silver that helped his asthma. The asthma recurred after three days. When he restarted the silver the asthma improved again.

Athletes Foot

Sprayed directly onto the cleaned infected area and let dry, patients report rapid recovery. In addition, saturate a clean sock and wear this over the infected area once dry. Or a more effective treatment is to apply CS Gel twice per day. The CS will stay active for longer in a gel format.

Burns and Cuts

Reports suggest that the burns and cuts will heal very rapidly. One little girl had splashed scalding oil on her face and had a large burn area. Her mother sprayed the colloidal silver solution directly onto the burn twice daily and left it wet with the solution for 15-20 minutes. The girl showed an 85%-90% recovery within two weeks. Six months later, there was virtually no visible scarring on the girl.

Candida albicans and Yeasts

Not only has colloidal silver been shown to kill harmful bacteria, but in recent test work, it was shown to inhibit the growth of yeasts as well. When taking colloidal silver for a Candida overgrowth, a probiotic supplement should be taken at a separate time of the day (ideally leave 2 hours in between).

Cold Sores & Herpes simplex

Spray cold sores and other Herpes infection, ideally at the first onset of irritation, Repeat twice daily or as needed. Or a more effective treatment is to apply CS Gel twice per day. The CS will stay active for longer in a gel format.

Mouth Sores

Users report that approximately one teaspoon of colloidal silver solution held in the mouth for at least five minutes, two to three times a day, brings noticeable improvements within 24 hours.

Dandruff

Lightly spray the scalp with colloidal silver morning or evening.

Ear Aches

Most ear infections are caused by *Streptococcus pneumoniae* or *H. influenzae* bacteria. Colloidal silver has been shown to kill both organisms in laboratory studies. Patients suggest lying down with the affected ear upwards and placing 5-7 drops in the ear. Noticeable

improvement has been reported in as little as 4-24 hours, when remaining in this position for a minimum of 10 minutes, preferably for at least 30 minutes, two or three times per day.

Enema

Colloidal silver can be added to douches and colonic enemas.

Eye Infections

The US EPA (Environmental Protection Agency) has reported that silver is neither an eye nor a skin irritant. Spray or drip a few drops of silver solution into the eye, two to three times a day to combat infection. Good results have been reported within 1-3 days.

Flu

Patients report that, provided one takes the colloidal silver at the onset of the 'flu, noticeable improvement has been reported in 1-3 days. If the 'flu has become entrenched in the body, improvement is slower. Hold the solution in the mouth (gargle, if possible) for 3 to 5 minutes before swallowing.

Food Poisoning

In laboratory tests colloidal silver rapidly kills the six types of bacteria that commonly cause food poisoning. Reports recommend drinking three teaspoons of solution at the onset. Positive results have been reported in as little as 10 minutes, and as long as 3 hours.

Fungus Infections of the Feet

An American podiatrist treated one patient with fungal (mycotic) toenails with colloidal silver. The results were sufficiently impressive over a 4 month period that he began treating others with this solution. He suggests filing the shine off the toenail (to increase porosity) and then spraying the solution directly on the infected toenail or applying the solution directly with a cotton ball, repeating two to three times daily. Or a more effective treatment is to apply CS Gel twice per day. The CS will stay active for longer in a gel format.

Inflammation of the Joints

Laboratory personnel have observed that in addition to its ability to kill bacteria and inhibit the growth of yeasts, colloidal silver seems to be an anti-inflammatory agent. Researchers have suggested that this may be one of the reasons that the pain from conditions like earaches and cold sores recedes so quickly. In order to test this theory informally, one researcher donated a bottle of colloidal silver to a young woman suffering from fibromyalgia, which causes a painful swelling in the joints and also the muscle tissue. She reported that after using one teaspoon per day of the solution for one week, she was able to reduce her joint pain medication by 90%. She claimed that almost all the swelling was gone from the joints and also that her energy level had dramatically improved.

Insect Bites

Excellent results have been reported using colloidal silver to alleviate the burning and itching of insect bites and stings. Relief from a multitude of different bug bites have been reported including mosquitoes, spiders, hornets and even blue centipedes from Hawaii. Spray or pour onto the affected area for 10-15 minutes, three times a day. Good results have been reported in as little as 30 minutes. Or a more effective treatment is to apply CS Gel hourly. The CS will stay active for longer in a gel format and has reduced inflammation in some cases.

Laryngitis

Spray on the back of the throat and gargle with at least 1 teaspoon three to four times per day. Relief within 2-3 days has been reported. If the laryngitis is accompanied by a sore throat, see the section on "sore throat".

Mastitis

Nursing mothers may be hesitant to take antibiotics while nursing their babies. It has been reported that taking one teaspoon of colloidal silver, four times a day, has cleared up mastitis in 2 days. Alternatively it could be sprayed onto the breasts.

Nappy and Other Rashes

Mothers report that for nappy rash, spraying the affected area with colloidal silver at each change, leaving damp and putting on the new nappy brings improvement in most cases within 24 hours. For other skin irritation and rashes, spraying the affected area and leaving it damp for at least 5 minutes, two or three times per day, has shown results. Or a more effective treatment is to apply CS Gel twice per day. The CS will stay active for longer in a gel format.

Sinus Infection

Patients report irrigating with half to a whole teaspoon per nostril, 3 times per day can bring noticeable relief in 24 hours, with complete remission often occurring in 2-3 days.

Skin

Colloidal silver may be applied topically by spraying cuts, scrapes, warts, open sores, skin cancers, eczema, acne, mosquito bites or other skin problems. If necessary, spray over bandages. Or a more effective treatment is to apply CS Gel twice per day. The CS will stay active for longer in a gel format.

Sore Throat

Both the antibacterial and the anti-inflammatory properties of colloidal silver may play a role in its affect on sore throats. Reports indicate noticeable improvement with 12-48 hours when taking one to two tablespoons, gargling for four to five minutes, and then swallowing, two or three times a day. It may also be helpful to spray or drip some solution into the nasal passages.

Sunburn

Silver is the number one treatment for burns across the U.S. One doctor has been using colloidal silver for over a year to treat radiation burns on his patients, and has reported outstanding results. Success has also been reported using the product for sunburn. Spray the affected area; leave the solution wet on the skin until it dries. Repeat two or three times in the first 5-6 hours after occurrence. Relief has been reported in as little as 4-12 hours.

Teeth

A toothbrush sprayed with colloidal silver (or standing in a half glass of water to which a teaspoon has been added) is a sterile toothbrush.

Tooth Decay

In laboratory tests colloidal silver has been shown to kill two of the primary bacteria implicated in tooth decay. Reports suggest taking one teaspoon; circulate the solution in the mouth for 4-5 minutes, and then swallow.

Tooth abscess

Spray the abscess or abscessed tooth to reduce the pain and inflammation.

Ulcers

Colloidal silver may be applied to skin ulcers. It may also be taken for internal ulcers.

Urinary Tract Infection

A woman who had a recurrent urinary tract infection for five years, reported that antibiotics would kill the infection, but that it would reappear soon after she stopped taking the antibiotic. She took two teaspoons a day of colloidal silver for 10 days and the infection had cleared up completely. In laboratory tests it has been shown that colloidal silver kills the 7 different types of bacteria that cause urinary tract infections.

Vaginal Yeast Infection

Users have reported that infections have cleared up in as little as 2 days when taking 1 teaspoon by mouth three times per day and using four to six teaspoons of colloidal silver in a six-ounce douche twice a day. Or a more effective treatment is to apply CS Gel twice per day. The CS will stay active for longer in a gel format.

Purchase colloidal silver from GoodVitality



50ml High Strength
Colloidal Silver Spray
(Product code 5127)

15ml High Strength
Colloidal Silver Spray
(Product code 5124)



30ml High Strength
Colloidal Silver Gel
(Product code 5130)

60ml High Strength
Colloidal Silver Gel
(Product code 5140)



200ml High Strength
Colloidal Silver
(Product code 5126)

50ml High Strength
Colloidal Silver
(Product code 5125)

HOW GOOD IS YOUR COLLOIDAL SILVER AND HOW DO YOU REALLY KNOW???

There are many claims from makers and suppliers of Colloidal Silver of the potency, parts per millions it contains, how much of it is ionic etc. How much of this is true and are the claims relevant? What really matters is their effectiveness at killing off micro-organisms. As far as we know our competitors are not making any assessment of microbiological activity. We have tested our Colloidal Silver against some of the major brands on the market. Below you will find the results. Our test consisted of diluting the Colloidal Silver with grow media in the following dilutions. 1 part in:- 10, 20, 40, 80, 160. Each growth tube was inoculated with E.coli and left to incubate for 24 hours.



This photograph illustrates the type of test carried out. You can see the first culture (1 in 10) tube is clear, the E coli was unable to grow. However, the 2nd tube (1 in 100) is cloudy showing that the E coli was able to grow.

Below are the results and products tested:-

Dilution	1 in 10	1 in 20	1 in 40	1 in 80	1 in 120
Higher Nature CS Spray £6.30 15ml	growth	growth	growth	growth	growth
Holland and Barrett £12 120ml	growth	growth	growth	growth	growth
Good Vitality High Strength CS £8 50ml	NO growth	NO growth	growth	growth	growth

Conclusion. It is evident that the commercially available grades of colloidal silver have no effect on the growth of E coli. So buy ours, or make your own and its pretty good value too!

Arthritic Joint rejuvenation

There are two types of Arthritis. Osteo-arthritis is caused by wear and tear of the joint and Rheumatoid arthritis caused by an auto-immune disease where the immune system attacks the joints. This feature is about Osteo-arthritis, which usually affects the larger joints first. This condition can be very painful, more so at this time of year as the weather gets colder and damper. In my clinic over the last 20 years I have seen many patients with this problem and have had a great deal of success. Here is a basic version of the protocol I would use, which in some cases have resulted in complete recovery of the joint.

1. Diet

You need to eat more alkaline foods than acid foods. For a copy of my alkaline diet plan visit this link:- www.chris-hyslop.com then select dietary protocols and alkaline diet (or request a copy with your order). Remember it is not a diet as such, just guidance on eating more alkaline foods and less acidic foods.

2. Tea drinkers

Cut down to a maximum of three weak cups of tea per day. Yes, I know it's difficult, but, the tannic acid tea contains will dry out your joints, just like it would leather!!

DRINK A MINIMUM OF 1.5 litres OF WATER PER DAY.

3. Boswellia serrata.

Three capsules per day taken in between meals away from food.

Boswellia is ANTI-ARTHRITIC/ANTI-INFLAMMATORY.

Research suggests that the anti-arthritic activity of this herb is even more effective than phenylbutazone (a non-steroidal anti-inflammatory drug). Interestingly, boswellia also improved blood supply to arthritis-damaged joints and improved the integrity of the blood vessels in the area. Boswellic acid appears to open up collaterals (alternate blood delivery routes to specific regions of the body) to provide adequate blood supply to the joints damaged by arthritis. This is very important as it will help towards a potential full recovery of the joint. The beneficial vascular effects of boswellia may also aid other disorders where circulatory routes may be compromised, such as in cases of local oedema and vascular dysfunction in the lower limbs. You can buy Boswellia ([Product code 4114](#)) from us.

4. Magnetic Pulsing.

The joint being treated should be pulsed regularly i.e. one pulse every 2 hours. If that isn't possible then one pulse when you can. The magnetic pulsar helps with the pain in most cases and we are sure it speeds up repair and recovery of the joint. Customers who used the magnetic pulsar gained greater results far more quickly. Check out our magnetic pulsar ([Product code 5012](#)) at www.goodvitality.com or request information from us by phone.

The www.comsci.org.uk site has been greatly updated with much better links to the shop and we will keep updating information there about related health topics.

The Fountain of Youth by Lee Crock

Here is a small extract from Lee's Web site: <http://www.energycleaner.org/fountain.html>

"The body's magnetic electric energy pulls pollution in which in turn plugs up the body's energy channels causing the body to break down with all the incurable diseases of the world. The Fountain of Youth consists of a 6 seat hot tub that is filled with clean spring water with the minerals to make the water a good electric conductor and is energized with universal electric energy. Universal electric energy is the same as the human body's".

It is easy to re-create Lee's fountain of youth with our Aura Cleanser ([Product code 5301](#)) (pictured right). Simply fill your bath with water and add some Sodium Bicarbonate (approximately an egg cup full).

This will greatly increase the conductivity of the water. Then instead of using Aluminium foil in the water (aluminium ions are not healthy) we suggest you use stainless steel, like a stainless steel spoon. Clip the Crocodile clip of the output lead on to the handle of the spoon and dangle the spoon head in to the bath water. You can switch on the Aura B before you do all this. As it is battery powered, it is completely safe.

We would also suggest you use the latest 3 minute chip so you will get quite a few polarity changes while you are in the bath. Many of our customers have said it is a great help with aches and pains in general. We would also recommend you follow the rest of the protocol including water, herb and vitamin C. In our survey of customers we found the Aura Cleanser was most helpful in treating Arthritis. See our web site for more information about the survey.

www.comsci.org.uk

Blood Purifier

The Beck's Silver/Zapper was originally known as a Blood Purifier.

The reason for this was down to his early research, which involved the study of blood under the microscope. He used a special form of microscopy called dark field microscopy, which allows you to look at live samples under high magnification. He discovered that before treatment commenced the blood contained lots of debris, cell detritus and micro-organisms which should not be present in healthy blood. The picture right, is an example of blood before treatment and the picture below shows you blood after 30 days of treatment.

After 30 days of Zapping the blood became clean, the detritus had disappeared and so had the micro-organisms. The Blood had been purified. Hence the Beck's Zapper was originally called a Blood Purifier or sometimes a Bioelectrifier.

Blood transfusions.

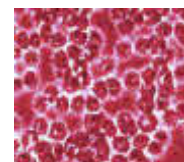
Blood transfusions are only given when absolutely necessary. Foreign blood can never be an absolute match with your own immune system and therefore will create immune complexes, which will need to be cleaned out from your blood. The transfused blood will, of course, contain other debris and dead cells, which will be added to your blood. Your body regenerates all your blood cells approximately every 120 days. The Beck's Zapper speeds up this process.

Osteo-arthritis



Health Knee Joint

Hypertrophy and spurring of bone and erosion of cartilage



Your diet can help too. Eat plenty of dark green vegetables - an easy supply of iron (or meat and eggs). Drink plenty of water. If you have trouble assimilating iron you can use Gentle Iron (Product code 1249) which is non-constipating and easily broken down and Absorbed, unlike Ferrus Sulphate which is usually prescribed by your Doctor. Beck's Silver/Zapper (Product code 5000).



Bad Walnut Harvest

As many of you know we make one of the best Black Walnut tinctures in the world. We make it to Clark's original recipe; it is green in colour (as the photograph right shows) and contains vitamin C. Last year was not good for walnuts. Adverse weather conditions resulted in most walnut crops rotting. Because of this production this year will be limited. We will be giving preferential supply to our existing customers when stocks become really low.



EMF damage and dirty electricity.

In the Oct/Nov 2009 copy of Nexus magazine there is an article on the effects of electricity and the increased levels of cancer for people who are constantly exposed to high levels of EMF.

In the reputed scientific journal The Biologist Vol 54 No3., the production of the hormone melatonin is significantly reduced in those people exposed to high EMF. Melatonin is an essential hormone involved in important regulation of the circadian rhythms affecting several biological functions. Melatonin stimulates the production of growth hormone essential for repair throughout the body. There are many essential systems within the body that will be affected from fertility to cancer risk.

What most people do not realise is that everyday household items emit high levels of EMF. The only way to know where these dangerous EMF are, is to test for them. Our simple EMF detector could not be easier to use, just press and hold the button and a coloured scale reveals your potential risks from EMF.

When you locate EMF areas in your house make sure you spend as little time as possible in those fields. Make certain that your bed and especially your head are not being exposed. Purchase an EMF detector (Product code 7005) from us.



STOP PRESS:

Nutritional Analysis Launch

We are pleased to announce that our new nutritional analysis has now been launched. By simply clicking on the boxes that relate to the conditions that appertain to you, you will be able to see what vitamins you are lacking. You will then be able to buy these vitamins directly from GoodVitality without having to go to the GoodVitality web site.

We hope you will take time to visit the nutritional analysis page and as a thank you for purchasing vitamins from us you will receive a FREE 10ml jar of Colloidal Silver gel with every order. Colloidal Silver gel is for treating multiple skins conditions from acne to athletes foot.

Welcome to GoodVitality
Nutritional Analysis version 2010.1

Your nutritional requirements are as follows:-

Every new order includes a FREE sample of Colloidal Silver	Folic Acid	200 mcg	Info	Buy	Biotin	150 mcg	Info	Buy
	Vitamin A	10000 iu	Info	Buy	Vitamin B1	25 mg	Info	Buy
	Vitamin B2	75 mg	Info	Buy	Vitamin B3	100 mg	Info	Buy
	Vitamin B5	200 mg	Info	Buy	Vitamin B6	50 mg	Info	Buy
	Vitamin B12	10 mcg	Info	Buy	Vitamin C	4000 mg	Info	Buy
	Vitamin D	400 iu	Info	Buy	Vitamin E	100 iu	Info	Buy
	Calcium	150 mg	Info	Buy	Magnesium	75 mg	Info	Buy
	Iron	25 mg	Info	Buy	Zinc	25 mg	Info	Buy
	Manganese	10 mg	Info	Buy	Selenium	50 mcg	Info	Buy
	Chromium	100 mcg	Info	Buy	Potassium	50 mg	Info	Buy

What the colours mean:

- Available in a Multi Vitamin/Mineral
- Take in addition to a Multi Vitamin/Mineral
- Marked Deficiency
- Severe Deficiency

Our recommended Multi-Vitamin is Solgar's VM 75



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Becks Training Day

A reminder that we are now taking bookings for the next Becks Training Day. It is on Saturday 22nd May 2010. You can book your place by telephone 01293 446244 or via this GoodVitality website. Everyone attending the training day will receive a free 50ml Colloidal Silver Spray worth £12.50.