



The Little Book of ORME

For thousands of years there have existed natural health-promoting substances known to man, that could revolutionise the way we approach being and staying healthy.

HOWEVER...

...there are also powerful commercial forces at work aiming to manage our health in a way that keeps us unhealthy, while making vast profits, and governments with a vested interest in keeping us under control.

There is an ethical battle in progress that could determine the very survival of the human race, and the rules of engagement have been clearly drawn up.



The Little Book of ORME

by Herman Mittelholzer

For Barbara...

...without her unflinching support and encouragement, this book may never have seen the light of day.

Copyright © 2013 by Herman Mittelholzer (Edition 1)

Any person is free to share and distribute this book, subject to the additional copyright limitations specified below. This book is a free open publication, and money must never be exchanged for its receipt. Should any person wish to quote or reproduce parts of this book, by any means, for republication in any format, please read the additional copyright notification below.

Additional copyright notification: Free Distribution Agreement

The Little Book of ORME is intended for **free electronic distribution** with all rights reserved.

No part of this publication may be plagiarised, copied for inclusion in any other publication, electronic or otherwise, and may only be reproduced, copied or distributed in its entirety without seeking permission from the author. This is specifically to ensure that opinions or statements made retain their intended context. If parts of this book are to be reproduced, this is permissible only with the author's knowledge, approval and written consent, which will never be unreasonably withheld.

Contents:

INTRODUCTION

What is an ORME?

A little about me

The Voyage of Discovery Begins

Evolution, evolution! It's all evolution?

Where is the Remote?

Earth is 'unique' because only Earth has (sentient) life?

Do 'Scientific Laws' really work?

The universe is energy, just energy.

Nature wastes nothing

Are we 'only' what we eat?

Let's talk about cars and DNA

Have I missed out something important?

The good, the bad and the ugly face of corporations

Now, we get to the interesting part

Let's start putting all of this together

Patterns

The question of life

Where do ORMEs fit into the pattern?

Are we starving in an ocean of food?

Ormus and health

Breaking the obesity cycle

The obesity mechanism and dieting

Effects of putting monoatomic elements back into your diet

Ormus: finding the genuine article

A few closing words of advice

APPENDIX



INTRODUCTION

Orbitally Rearranged Monoatomic Elements, or ORME for short, is probably one of the most fascinating branches of nutritional science 'not' being investigated.

Why this should be, may become apparent as you delve further into the subject. In reality, *monoatomic elements* appear to be a very important new branch of bio-science that has ramifications for many aspects of our lives, both physical and social.

What is an ORME?

ORME, 'ormus' and 'm-state' are all generic terms that apply to any normally metallic elements in a spectroscopically "invisible" nonmetallic form.



A little about me

Welcome to the world of ORMEs. In the following pages I hope to challenge conventional thinking and, hopefully, begin to open your mind to the fascinating subject of bio-superconductors. First, though, let me introduce myself by providing you with a little background.

As I sit down to begin writing this I am seven months past my 60th birthday. I began my true voyage of discovery, however, at the age of twelve, after finding out about of my father's suicide, headlined as "*The Human Torch*" on the front page of The Daily Sketch newspaper. This discovery was made while I was, as many youngsters do, walking my paper round in Mill Hill, North London, where I grew up.

As you can imagine this is not the ideal way to learn about the death of your father, and in many ways caused me to adopt a survival strategy of looking inward for strength and certainty. It also marks the exact time that I lost the balance, of what little there was, of my religious faith, more imposed and traditional than by personal choice, and set me firmly on a course of agnosticism. It was also the time when I felt my life change significantly as I asked the questions of why and how my father reached the decision to end his own life.

My relationship with my father was at best fairly cursory, as my parents separated when I was just six years old, and I was amazed at how little a reaction in me his death caused. I have to this day tried to rationalise my feelings at the time and I can only describe them as, detached. I realise today that this was because I really didn't know him very well. On the morning in question I remember returning home, where my mother had already received a phone call, and her pointedly asking me whether I had looked at the newspapers that morning. I also pointedly remember lying to her that I had not.

Following the breakdown of their marriage, and my father leaving the family home, he attempted suicide using sleeping pills on two separate occasions. These may have been cries for help or attention rather than genuine attempts, but on the third occasion he made no mistake about it being his final act of departure. He was aged 55 when he walked out into Farnham Woods, in Surrey, with matches and a can of petrol, selected his final spot, and ignited.

I am intrigued by what his state of mind must have been at the time. According to his second wife he had given little outward indication that he intended to end his life at that particular time, but to have made his decision, not hysterically but calmly and considered, he must have reached a state of peace with his own mortality that perhaps only bushido warriors, knowing that they face imminent death on the battlefield, ever attain.

Having past the age where I had outlived my father in years (new territory), I found it increasingly important to reach my own understanding (in the words of writer Douglas Adams) about life, the universe and everything. No sense in aiming low.

In short, that was my first real encounter with death. The second was a lot more personal and much more puzzling.

At the age of twenty I had secured a job which even today I look back at with great affection. I was engaged by the UK company Marconi as a research technician, working at their avionics and defence research facility at Borehamwood in Hertfordshire. Working at Marconi meant that every day I would rub shoulders with some of the best brains at the edge of their chosen fields. People with a real enthusiasm for what they were discovering and working on, but also with their scientific feet firmly on the ground.

I had four brilliant years working on civil contracts (*I had indicated that I was uncomfortable with defence research*), so my time was spent developing such devices as the lasers used to guide the tunnelling machines for the London Underground construction and medical X-ray control devices, amongst other projects.

To work at Marconi required that I had government security clearance, as part of my job was conducted in an AWRE building (*Atomic Weapons Research Establishment*) and very soon I realised, in the early 1970s, there were projects under way that even today might be classed as science fiction. I shall, however, not be telling you about those.

There's a little background to set the scene, so what you may ask, was my puzzling encounter with death? It was on the way to work one morning that I had an experience that perhaps I have only recently managed to find an explanation for.

To get to work I used to catch a bus from Mill Hill to Borehamwood, and to reach the bus stop I needed to cross a very busy six lane intersection at a place called Apex Corner. This junction was, and still is,

extremely busy, which is why a big roundabout complete with a sunken inner section and underground subways was constructed in the 1960s, to enable pedestrians to cross safely. It was here that one morning I experienced an event that has remained vividly in my memory, and has taken me two-thirds of my life to reason out. I have not, until recently, worked out why I was not killed or seriously maimed in 1973.

On the morning in question I had walked from my home, about twenty minutes away, and reached Apex Corner. I was running late and glancing across the roundabout I could see that my bus had almost arrived. Perhaps it was my Swiss German genes kicking in, but if I missed the bus I would be late for work and I hate (still do) being late. I made the decision not to use the subway but to cross the road instead and, as chance would have it the traffic was backed up and stationary. I made a sprint for the other side. What I had failed to notice, in my haste, was a fast moving oncoming car in the empty middle lane.

There is absolutely no way that I should have avoided being hit by that car. The car was travelling fast, the driver had no time to break, but somehow, despite running at full pelt, I was able to stop dead in my tracks before impact and avoid going under the wheels or, alternatively, going over the top of that car.

Later on I tried to figure it out analytically. I used maths, a calculator, factored in mass, velocity, trajectory and reflex reaction time, but no matter how I skewed or reworked the figures the outcome came out the same. I should have ended up under the wheels of that car. Today, however, I believe what really saved my bacon was a combination of 'chillectricity' (my own term) and bio-superconductors.

In other words Orbitally Rearranged Monoatomic Elements. ORMEs!



The Voyage of Discovery Begins

A little more about me and how I lost my fear.

I have always had a way of acquiring answers. I don't know why, how or where the answers come from, but even as a child I would pose silent questions and invariably get an answer.

It could be something very ordinary, like, I wonder how Uncle Albert is? Within days or perhaps weeks, and with no apparent effort on my behalf, the answer would arrive. Perhaps someone, in conversation, would mention Uncle Albert and I would listen in and have my curiosity assuaged. I can still do this today, although the answers seem to take weeks and not days to arrive and, of course, there is now Google. Perhaps it is being open and alert for news at the right time. Maybe it is more than that. I have no intention of analysing this or even explaining it further. Buddhists have the belief that if you 'chant' for something enough, it will happen for you. Perhaps this is some form of silent chanting going on in my background babble. I am sure it is not a unique ability and probably every person has at some time experienced it. So, enough said.

I consider myself extremely lucky to have grown up in the time that I have. I was born in 1953, coronation year, when Britain gained a new

monarch and also when Britain was the country that was most looked to in the world as a leader of technological and social revolutions; a very exciting period of change.

During my formative years I was inundated with change, economic and social, as well as technological. The real start of the modern age began when Britain, having emerged from the days of post-war rationing, started looking forward with optimism to a new world filled with exciting possibilities. Without being aware of, or really appreciating it, I also grew up immersed in a family surrounded by people who in many ways operated on the edge of social change.

Although conceived in Bagshot in Surrey, I ended up being born in Montreal, Canada, where my family had moved so that my father, writer Edgar Mittelholzer, could negotiate book rights with his American publishers. He was an ardent anti-racist and didn't go to New York where he would, potentially, because of his mixed race, be required to ride at the back of the bus, due to America's then very racist laws. Just as well really, since given my father's personality, if confronted with the actual choice, he would invariably have chosen to sit at the front of the bus and been arrested. He was never afraid to challenge authority, and indeed, probably would have relished the opportunity to do so. He also possessed the intellectual capability to run circles around most who would challenge his actions, and possessed a powerful presence. Going to America would definitely have been a bad idea and it was probably my mother, ever the practical and pragmatic one, who persuaded him that Canada was a far more sensible option.

Shortly after my birth, my parents chose, probably because Canada had been so cold, to move to Barbados before returning to Britain. I

therefore spent my first three years of life immersed in a paradise rich with colour, character and heat. I still remember, as a two-year-old, sneaking off to the beach, secretly following my father when he went for his ritual daily immersion in the Caribbean. I say immersion because he never learned to swim, and I think he was afraid of water, but I distinctly remember him walking into the sea, up to his neck, and then coming out again. My father was very habitual. He even approached his writing in this way. Every day he would sit at his typewriter, regardless of whether inspiration was present or not and attempt to put words to paper. He treated the whole creative process much as one would treat a regular job and kept a strict timetable. He would intersperse his day with regular walks, and I suppose by today's jargon would be adjudged as having an obsessive-compulsive personality. You could set your watch by him.

The West Indies region, where my parents were born, was a huge melting pot of nationalities and cultures. My mother's genealogy was a mix of European (French, Dutch, Scottish, Welsh and English), combined with African, South American and Chinese. Her maiden name was Halfhide, which originates in Ware, Hertfordshire, UK. My father's genealogy was similarly diverse, being European (Swiss, German and French) mixed with Indian, South American and African. Mittelholzer, my family name, originates from Appenzell, Switzerland.

Genetically, in the early 1950s, I was, therefore, ahead of my time, being one of the first, as I have always chosen to describe myself, genetic multinationals. This is a very privileged position to be in, since I feel it has always provided me with the ability to sit in the middle of any discourse, especially on racial or social topics, and be genuinely able to draw my own conclusions free of opinionated bias. I can be as critical or

complementary of just about any nationality or culture, firm in the knowledge that any opinions I relate apply, genetically, just as much to me. I have never felt constrained to be careful or politically correct, particularly on social or racial topics. It's a very pleasant place to be since I have always been able to view life, I think, in a racially and culturally balance way, but can never be intellectually ambushed by any who might seek to use the 'race card'. I really enjoy being one of the first genetic multinationals, as it has provided me with a very rich and, I feel, unique perspective on life.

At school in north London, I suffered more than my fair share of racial abuse, and was definitely made to feel very different. I suffered regular racist insults and taunts, as was pretty-much par for the course at the time, as well as a fair degree of physical bullying. I was aware that my peer group were reflecting the opinions of their parents, and in some way I managed to get through the first four years of senior school without coming to much physical harm. Being picked on for being different was quite an isolating experience, and as I reflect now, is probably the main reason that I have maintained no strong friendships with former classmates from school, although no animosity either. That period of my life has been firmly consigned to history.

My fifth year at school was pretty traumatic in some ways, as the bullying reached a peak. I should mention here that I had taken up Judo as a means to learn to defend myself, and always being athletic, had progressed quickly. The main problem arrived when, having won the local Judo Championships for the second year running, the result was headlined in the sports section of the Hendon Times newspaper. This should have been something of which, in normal circumstances, I should

have been proud, however, I was more than aware that it was something that I was keen to keep quiet. It painted a big red target on me for the bullying sixth form. Not good.

My Judo instructor, Geoff Freed, was an inspirational character. He was a Buddhist and one of the calmest and self-assured people I have ever met. He advised me that it is always wiser to avoid conflict, if possible, and not allow one's abilities or ego to drive one to violent action. I therefore spent several months departing the school building via the teachers' only rear exit in order to avoid conflict with the sixth formers who would stalk me on my way home from school most days. Although hurt by the continuous taunting, this time not only racial, but also of being a coward because I wouldn't fight, I chose to shrug this off because I felt it was the better way.

However, this came to an abrupt end when, since I was avoiding conflict outside school, I was attacked in school. I pushed off my attacker without any problem, but he vowed to get me after school, and as he had vowed this in front of his friends, before a teacher intervened, I knew at this point that avoidance was no longer an option, but that I would have to face up to this conflict.

In a strangely calm, and focussed mood, I left school, that afternoon, by the regular exit.

We met in an alleyway on the South side of the school and after a minute or so of schoolboy taunts and posturing, he picked up a stick and came at me. From that moment the full memory of what really happened has eluded me, but the next thing I remember was being dragged off him by his schoolmates and him lying unconscious on the ground. I had probably been no more than a few moments away from killing him. I

stood up and walked away, only learning the next day when I returned to school that my attacker had been emergency ambulated to hospital. Our fight had, apparently, lasted less than thirty-seconds.

He recovered. I had apparently intercepted his blow, sidestepped him and threw him to the ground on his back, winding him, and then applied a Judo stranglehold. He had passed out within seconds.

The bullying abruptly stopped, and oddly enough, since that experience I have never been frightened by anything, or anyone since. It was an epiphany moment for me, to realise that *'living in fear'* is probably the biggest self-inflicted obstacle we build into our lives. Facing up to and overcoming fear is one of the most valuable lessons one can learn.

Having said that, my former Judo instructor had been right. It is always better to avoid conflict whenever possible, but when confronted with no other choice, (and only in self-defence) action should be swift and decisive. I have lived my life ever since by this code. I always avoid situations of conflict, if I can; will not get involved if asked to judge others, but will always step back, question and draw my own picture. I have tried to instil this principle in my own children, by challenging them to look beyond what may be apparent on the surface of any given situation and reach their own conclusions. I think, and hope, it's worked.

In writing this piece it would have been so easy to have put together a book of 30,000 words; the subject is so big. However, taking into account the internet generation (mostly skimmers) I decided it would be better to make *The Little Book of ORME* as brief as possible and allow, possibly stimulate, my readers to do their own research.

With that stated, let's begin the journey.



Evolution, evolution! It's all evolution?

Science tells us that human beings are just biological machines?

Human beings are physical, biological machines possessing a body made of water, bones, flesh and cellular matter topped off, compared with most other species on Earth, by a large and complex brain. With the development of artificial intelligence we seek to emulate the workings of our brain in machine form, but are we mistaken to assume that humans are a type of machine that can be copied in a non-biological form?

The process of evolution is now well known, and apart from by strict religious groups, almost universally accepted as being correct. When Charles Darwin first postulated his theory of evolution by natural selection and challenged the old truths promoted by the church, he was considered by many to be a heretic. Now that we are unravelling the double-helix mysteries of DNA we are also beginning to understand more about the bio-mechanisms by which we developed into the sentient beings we are.

The brain, as a physical entity, plays a central role in providing us with the sufficient number of connected brain cells required to provide the potential to become more than the sum of our evolutionary parts.

How we choose to use that potential is crucial to how we evolve in the future. At our current stage of physical development we are probably past the point where our physical evolution will play a critical part in our species survival, because we now use our brainpower to overcome the day-to-day needs of eating and keeping warm. Being able to manipulate our environment, means that our past pure survival needs can be addressed through the societal structures and the technologies we have developed.

This is where the real fun begins, though. Where our evolution goes from here presents a genuine challenge. Our development of machine intelligence may play an important part in our species growth, and very soon we will be able to produce computers with, theoretically, equal or superior thinking capabilities. These will probably not be conventional processor on the desktop, conveniently encased in a box and connected by wires, but be more pervasive than that. This generation of computer that will have the potential for sentience, will probably be more of the virtual variety; connected by the 'Grid' – reported to be a thousand times faster than a typical broadband connection. This mind will be capable of being everywhere at once and potentially within every object we use, from toasters to laptops, and iPods to communication satellites. It will be capable of independent thought and action and perfect recall, with a speed and accuracy we will never be able to match. It is also likely that we will eventually be able to directly interface with this new mind through wireless technology. Artificial intelligence will possibly trigger our next physical evolutionary step.

A valuable asset in examining the development of artificial intelligence is an ability to take a step backwards and look at the patterns

involved in the process. Patterns are very revealing, and can provide microcosmic insight into the developmental aspects of the universe we inhabit. The patterns uncovered could reveal many truths. We are inextricably part of the universe, and by so being, also locked into the patterns that formed and operate the universe.

As a first step let's go back and look at the very first computers, basically nothing more than jazzed-up adding machines. The processes involved in developing these machine-based assistants are essentially the same processes nature used to evolve the species, and the purpose is also the same – to make better, faster, wiser beings that can move on and take the next evolutionary leap.

The first computers were very basic. They were big, cumbersome – a bit like the dinosaurs – plus, needed a lot of space and power to operate and were very expensive. The kind of processing power available in the early days compared with today means that a mainframe computer, occupying a whole room, would be roughly equivalent to that of a basic pocket calculator, now costing pennies to buy and weighing grams. The trend is moving towards smaller and more powerful, with a reduced energy footprint.

In our quest to create intelligent machines, without perhaps consciously realising it, we are emulating ourselves and extending our own culture, values and personality into these artificial devices. The final target will be to produce a sentient machine, one with far superior thinking capabilities than us, and with perfect memory recall. The result should be fascinating and, provided we imbue it with as much of our good personal characteristics as well as our faults, will be a very interesting being. This being will be an accurate mirror of who we are as a species,

and contrary to the scenario of fear and trepidation often portrayed in science fiction, should be a fascinating being in its own right. The more likely personality of any sentient artificial intelligence is probably more realistically portrayed within the Iain M. Banks Culture novels, as opposed to the James Cameron Terminator screenplays. If we build it right; if it is an extension of human character, it will be a good friend, not an enemy. If we build it wrong, then we are stupid and deserve the extinction it may lead to. I have confidence that we will build it right and, in so doing, open up a complete new universe in the process.

However, there may be a very big problem here; something very important may be missing. A big, but simple, omission may have been made in our basic scientific assumption that we are mere bio-machines, and this would radically change many of the rules.



Where is the Remote?

Here is a hypothetical scenario that may chime a few bells.

You have been entrusted with looking after a friend's apartment for a couple of weeks, while they are away on holiday. It's a very pleasant

apartment, very modern, well equipped with technology and comfortable. You gained entry by punching in a six-digit personal access code on the front door's keypad, and you let yourself in. The apartment is imbued with lots of tech; automatic LED mood lighting, electric blinds on the windows, an electric tilt mechanism on the bed; a wonderfully equipped kitchen with every conceivable gadget an aspiring cook might desire.

The centrepiece of the living room is a giant high-definition 3D flat-screen TV. You know it's 3D because you discovered the 3D specs and the logo on them matches the logo on the TV. You cannot wait to give it a try but, the TV has no external control switches or buttons; you cannot find the remote control and your friend is not answering their phone.

Well, the human mind seems to be similar to the above TV. It's complex, capable of doing a lot more than we may know, but where is the switch to turn on the areas currently off-line? Our brains remain, largely, in standby mode.

The assertion that Human Beings are mere bio-machines is not my personal opinion, but the official opinion of science. In science, the body is viewed as a mechanical entity, composed of physical measurable constituents that work together on a cellular and chemical level to function. According to science, consciousness is a mere result of having reached a level of complexity and size of the brain, whereby self-awareness somehow becomes present. We choose to call this sentience, and then go on to claim that on our home planet, Earth, we humans are the only sentient beings.

In my opinion we will eventually consider this to be as outdated as the belief that the sun orbits the Earth, or that the Earth is flat. The fact is that, no matter how entrenched this 'body mechanical' assertion is within

the scientific community, it is just that, an assertion, an opinion. It's a very restricting opinion, so where on Earth did it originate? Aristotle.



Earth is 'unique'
because only Earth
has (sentient) life?

This statement is so ludicrous as to be laughable. It is a classic manifestation of Aristotelian thinking taken to an extreme, because in our science-dependent society nothing truly exists until it has been proved.

Socratic analysis would probably encourage the thinker to approach the question of life from an inward viewpoint, and for the viewer, involved as part of the analysis process, to ask questions that would either support or deny the analogy contained in the observational statement. The resultant 'truth' would be acquired by approaching the analogy from an internal location, looking outwards. In this way the questioner becomes part of the question.

Aristotle's method would fall on the side of approaching the statement by working from an 'objective' point of view, and reaching a conclusion based on what can be observed, recorded, proved or disproved to be fact, and then repeated.

This method requires the viewer to be uninvolved in the process, and to distil what is 'truth' or 'not truth' by being outside of the process, and just observing and recording the events. This 'proved' or 'not proved' (binary) approach is how we have incorporated Aristotle's form of logic into our societal development. Because we live in a largely Aristotelian world, this approach means we must accept as the official conclusion that we 'are' the only intelligent life in the universe, until irrefutable proof is provided that will challenge and then amend that conclusion.

This kind of thinking has been useful in helping us to develop much of the technology that surrounds us, but in sociological terms it limits our development potential to an accepted view based on a narrow 3-dimensional world. It confirms our physical existence and provides practical ways to make our physical lives more comfortable.

The downside, however, is that it also limits our thinking to a largely binary pattern. It's 'on or it's off', 'yes or no' when, in reality, our natural intelligence tells us that life is never as simple as making black and white choices. By this method we reach our conclusions by looking for, and therefore seeing, only part of the answer. Although useful for making physical advances, this Aristotelian technique does not enhance or promote our natural intelligence, and in many cases creates a conflict between our potential physical, spiritual and social development.

There is an alternative that is less restricting, and that is to use methods of logic where logic best applies, and to engage common sense and intuition where logic falls short. The answer that *feels* right may well be the right one. This method enables the engaging of natural intelligence as opposed to blindly following fixed rules and methodology.



Do 'Scientific Laws' really work?

The answer is yes and no. Scientific laws are guidelines not fixed rules. These, so-called, laws only work consistently when limited to very specific boundaries and should always be challenged.

Light, for instance, travels in a straight line. This accepted 'law' is perfectly true, but only true when one keeps within the limited confines in which the rule applies. Expand the physical boundary beyond the Earth to an interstellar scale and we discover that light is subject to gravitational forces, and it curves. Until relatively recently, this remained one of Albert Einstein's 'mathematical theories' until confirmed by physical observation.

In reality, our lives are not governed by the certainties of scientific constants, but governed by the varying hues of grey that exist within the boundaries of 3-dimensional space. So, given this obvious facet, why are we happy to accept our chosen binary method of analysis as the means of establishing our laws? Black or white, true or false. The answer is simple; it's convenient and it makes us feel safer. It gives us a more stable platform, of pseudo certainty, on which to stand our feet in an otherwise uncertain universe. However, it is a classic example of self-delusion.

We have derived our acceptance of what is truth in a fashion derived from Aristotle's logic. By attempting to remove the influence of ourselves, as observers from the equation, we have sought to distil objective truth into a form that is immovable and unchanging. However, by so doing, we are attempting to create fixed points in an ever-moving, ever-changing universe. Perhaps this is one of the primary reasons we, as a species, tend to describe our development as the 'conquering' of our environment, instead of a process of 'growing' with our environment.

Science no longer wishes to observe that we are part of it. We try to stand above the environment which supports us. Long term, this is a formula that will inevitably lead to extinction, because it requires that we continue to take from the system much more than we are able to replace, plus much more than a finite world can ever provide. Unless we change our thinking we will simply run out of resources.

The solution that science offers us is that we should expand our physical boundaries, aim to colonise new worlds and start the whole process somewhere else. Rather than seeking ways to live with our own world we are now considering exploiting the resources of other worlds, as if our current way of living off, as opposed to living with, our environment is both healthy and natural.

This appears to be another law we have imposed on ourselves; the law that as the species at the top of the food chain we have an inalienable right to spread our version of reality as far and wide as possible. This is as insane as our choosing to believe in the scientific laws that we have chosen to adopt as fixed points in reality but, are we right to do this?

The answer, oddly, is probably yes. To function efficiently as a coherent global society we do need fixed points to act as guidelines and

keep as all working off the same page. What we do not need is to continue the delusion that there is only one way to achieve our objectives, and that we should blindly follow one single path, despite the reality that the universe around us thrives on diversity.

Globalisation, however, tries to force the same belief systems on all of us, and insists we all adhere to the same set of rules, no matter how insane or illogical. As a species we may be very clever but we are patently not very intelligent.

Albert Einstein in many ways exemplifies some of the most interesting demonstrations of intelligence. Not was he just a visionary, he was also a brilliant mathematician and social philosopher with a sense of humour. He summed up the definition of insanity with a degree of simplicity that we would do well to remember.

"Insanity is: doing the same thing over and over again and expecting different results."

As history will attest, we insist on repeating the same social patterns, but somehow fail to recognise that it will always lead to the same result. Perhaps it is coded into our DNA; perhaps we are unable to take control and use our intelligence to see a new pattern. Perhaps this means that our extinction has been preordained in our genes and will ensure that as a species we will fail. Then, we also claim to have free will and the ability to change direction. So, why don't we? Why do we perpetuate the same patterns that we know will inevitably lead us to species failure?

That's a genuine question, by the way. I really don't have an answer.

One thing though is certain. The path we currently tread leads to a dead-end and the inevitable outcome is extinction.



The universe is energy, just energy.

We often restrict our interpretation of energy to being heat (e.g. volcanic) or light (e.g. the sun!) or movement (e.g. kinetics), but in reality energy is everything: the tangible physical description being no more than a description of the storage method. Ordinary, everyday manifestations of energy may be electricity or heat, but by looking deeper it is much more.

Energy can be stored long-term in substances like wood, coal or oil, and readily converted into heat energy when burned. Energy can also be stored in inert objects such as rock or metal and biomass. All come from the same common source, the universe, and all are in a constant state of change, no matter how large or small, fast or slow that change may be. The only difference is the storage medium.



Nature wastes nothing

This is perhaps an obvious statement, the depth of which is not perhaps fully apparent until you choose to look. It all comes back to energy, and the way that energy is converted.

Humans generally quote an end of the world as a means to describe the worst that can happen, but in reality this scenario actually applies only to humans. We find it hard to imagine a world without humans here to observe and experience it. If we do manage to completely mess up the ecology of this planet, and it results in our extinction, that is all it probably means; the extinction of 'human life', not the life of the planet.

The planet will find a way to adapt and continue, with us being consigned, like the dinosaurs, as another failed experiment. If we don't succeed in totally ruining our biosphere, maybe the whales and other intelligent sea-dwelling mammals, or perhaps the insects, will get their chance to evolve and take our place. Perhaps their more cooperative social structures will give them a better chance at survival and development. Either way, if we fail to change the way we live, failing to become more sensitive to the balance of nature, nature will wipe us out.

Perhaps this should be more correctly stated as, nature will allow 'us' to wipe 'ourselves' out.

The biggest affliction we humans possess is greed. Greed reflected in the social structures we have built that revolve around money and a lunatic obsession with acquiring more of it. Money that is not being concentrated in an effort for planetary survival, but concentrated in efforts for a few to acquire power and more money. Our biggest profit-earners also hold the key to our survival but appear to be prepared, like lemmings, to jump into the abyss of oblivion while fervently clutching their wallets to their chest. Money, particularly in the case of intellectual property is too often used to suppress innovations that could assure our survival.

Perhaps this selfish factor is due to our short lifespan, but our obsessing with money is one of the primary factors leading us to extinction. Perhaps nature's experiment with our genetics means we were doomed to extinction before the first Homo Sapiens walked the planet. Either way, we have been blessed with a level of potential that could enable us to overcome this, but perhaps not the will or the skill.

So much money is concentrated in the hands of big energy and pharmaceutical corporations, who also hold and suppress much of the technology that can assist our survival. They suppress this as a way to maximise the potential profits in 'money' that can be made and to ensure that we become, and remain, dependent on their technologies.

Money dispersed around the globe as government aid programmes is done so in a way that procures social changes in the beneficiary, and not for altruistic reasons. In this case money is exchanged as the means to gain power and influence, often over resources and minerals.

Money is a tool. Money is a lubricant that oils the global sociological machine. However, money provides no more than a means to keep the machine running. If it is not properly dispersed, or sits dormant in the sump of the rich First World, then it is failing to help avert our demise. Money is not good or evil, or anything in between. Money is an abstract that we currently utilise to measure and promote our differences, and will ultimately portend our downfall, unless we develop a way to use it more wisely or find a way to get rid of it altogether.

Global society could, at present, be described as driving at high-speed against the flow of traffic on a busy motorway. Unless we can slow down, change direction and start to move with the flow, all we are doing is trying to avoid colliding with oncoming obstacles, but certain in the knowledge that eventually we will. We even have the crazy audacity to measure in terms of money, options we should be measuring in terms of survival. Our obsession with money is clearly clouding our judgment to the extreme.

Nature, by comparison, wastes nothing. Even the pollution we are creating today will at some time be transformed into something useful or provide an energy source for a new organism. Even the plastic we have polluted our oceans with, it has recently been discovered, has fostered new bacterium, that is now living off this waste product and is eating it to provide an energy source.

Nature is not constrained by our limited lifespan or by social ineptitude or greed. Nature is the ultimate survival machine. We can either choose to control it or fight it and die, or embrace it and grow with it. Which path we choose, nature doesn't care. That choice is left to us to make and is our's alone.



Are we 'only' what we eat?

Perhaps the western world's obesity crisis isn't just a result of overeating, but a bizarre example of undernourishment.

This may seem like an odd divergence from the previous topics of energy storage and wastage, but please bear with me, and I think it may all begin to make sense.

In the West we have an abundance of food, at least measured in quantity, and we also suffer from huge levels of obesity. So, what influences people to overeat? Why is it that despite all the information available on the health issues that obesity causes, more than half the population of some western nations are dangerously overweight? Add the fact that we have witnessed a dramatic rise in the incidence of cancer, to 1 in 3 of the population, a rise in liver, heart, kidney and pancreatic disease, as well as a host of other ailments like dyslexia, dyspraxia, ADHD and mental illness, and it is apparent that something is seriously wrong.

In the West, with our mechanised volume farming techniques, we are capable of producing vastly more food than we need for our survival, but we still cannot seem to get enough. Is it just the quantity we consume causing obesity, or is there another underlying factor at work?

Pregnant women provide interesting examples of diet changes driven by instinctive nutritional need rather than purely a requirement for calorific intake. Pregnancy requires a woman's body to assume the role of feeding and nurturing two lives, plus ensuring that nutrients perhaps missing, or unnecessary, in a regular solo diet are supplied. This sometimes results in bizarre 'cravings' for foodstuffs or combinations of foodstuffs that can appear quite strange.

What drives these cravings, and how is the selection for the diet made? Does this indicate that perhaps there is something else in operation here, and that that something may have nothing to do with the physical body as described by biology?

The 'body mechanical' as described in science operates on the simple principle that obesity is the result of too much energy input, and not enough energy output. In reality though, we all know people who eat like horses and never put on any weight, and we all know people who constantly diet, and watch their food intake, but still find it difficult or impossible to lose weight.

However, it doesn't matter how you configure the differences, in terms of 'body mechanical', it is all supposed to come back to energy. So, perhaps a more salient question to ask might be, do slim people who eat a lot (higher-burners) burn the energy at a higher rate, and in that case where does this energy go, or do overweight people (low-burners) process energy less well and store it as fat?

According to the Laws on conservation of energy, nothing really adds up. So, should we be asking another question, namely; does the answer lie somewhere in between, and if it does, how might this work?



Let's talk about cars and DNA

At this point you may have assumed that I have completely lost the plot and gone off-subject, but please bear with me. Cars provide an elegant analogy to describe how the human body may really process energy.

Simply put, cars consist of two main determining factors; energy in; the fuel, and power output transmitted through the tires. Much happens in between though, and how efficiently it happens makes a big difference.

For the sake of my car/body analogy let's call the fuel food. Let's call the engine and its surrounding parts the body, and let's call the lubricant (oil) the blood and the blood's octane rating DNA. For a body or a car to operate at peak performance all these ingredients need to be working at the top of their game. If not, then damage may occur, sometimes fatal.

The completion of the Human Genome project unravelled many of the secrets of how the control and building mechanisms that created our physical bodies work. The sequencing of the genome has led to some Frankenstein gene-splicing that in many ways is very unnatural. My personal feelings, that seem to be reflected by mistrust in the general public on the subject of GMOs reveals, I think, an instinctive revulsion with meddling with the building blocks of nature.

My personal take on GMOs is a little more compromising than many of the die-hard naturalists I have spoken with, who oppose tampering altogether. My take is that we cannot undo what we have already done, in the same way that we cannot un-know what we know. Therefore the best compromise to manage GMOs would be to create guidelines for genetic modification that respect nature's natural genetic boundaries.

For instance, crossing the genes of one plant with another would be acceptable to me - no matter how unlikely, the possibility is that this could happen naturally. However, nature segregated organisms into specific groups animal, mineral and vegetable and given that this is the case there could be the possibility, no matter how remote, that cross pollination might occur naturally. GM would therefore just be cutting a few corners.

Where I strongly disagree with GMOs is when natural organisms are modified simply for cosmetic purposes or to corner a market through a patent, or where organisms are gene-spliced across groups. There is the faintest chance, for instance, that a potato gene might cross naturally with a pineapple gene, but there is no chance whatsoever that a fish gene would ever cross naturally with a tomato. Nature has put a block on that ever happening naturally, and I believe for good reason.

DNA might be microscopic compared with the size of the main body organs and even compared with individual cells, but it plays a crucial role in regulating the body's functions. We are each born with a unique pattern of DNA that, supposedly, never changes throughout our lives, but is this really the case? DNA is built from 4 nucleotides, Adenine, Thymine, Guanine and Cytosine and, apart from hair colour and other visually obvious traits, the order in which these are organised in individual DNA

strands and groupings indicate the genetic strengths and weaknesses inherent in different people. Each person's DNA is a combination of both of their parents DNA, hence family characteristics are passed from generation to generation. This, however, should not mean that DNA is immutable in individuals. In fact, were this the case then there would be little difference in racial structures across the globe.

Think about it. Over millennia humans have colonised the planet, at the same time assuming different genetic characteristics determined by their environments in a relatively short time. Eskimos have developed thicker, more viscous, blood to contend with their low temperature environment, a process that assists in retaining blood heat and core temperature. Humans who migrated north from Africa to regions of less intense sunlight shed use of the genes that originally provided them with higher levels of melanin to protect them from the sun's radiation.

In faster reactions the DNA, in a single generation, can respond to enhanced levels of protein in the diet. In Japan, for instance, the post-war generation children who began eating more protein in the form of beef, grew much taller than their parents, who were raised on a diet mainly of fish and vegetables. This new generation, in turn, will pass on their height gene to their offspring, potentially radically increasing the average height of Japanese people in less than fifty years.

The DNA reacted almost instantly to environmental change, in this case diet, lending credence to the argument that DNA in individuals is not fixed but much more dynamic and responsive to external factors.

Geneticists may legitimately argue that point and claim that the higher protein diet did not alter the individual's DNA but instead triggered an existing gene sequence that, in turn, gave the height gene

permission to switch on. They may be right, but equally they may be mistaken in that assumption. A conclusive way to prove or refute this hypothesis would be to completely gene sequence a person at birth and subsequently every seven years thereafter, and note whether the DNA sequencing has altered. If none of the nucleotides in the DNA sequence had changed positions it would ratify the fixed sequencing model, but if they had change positions it could be a major game-changer. It would indicate that lifestyle had a much greater bearing on species development than environmental and dietary factors. It would mean that DNA was not fixed, but might itself evolve in each of us as we grow.

Returning to the analogy of the car/body. Put simply, the octane level (DNA) in the fuel determines the amount of compression (squeezing) that the fuel and air mix that powers the car's engine needs before it will spontaneously ignite. The lower the octane level the less compression the fuel needs to ignite. The higher the octane level the greater the compression needed. A small engined car will need less compression to run efficiently and a more powerful engine will need more compression. The lower octane compression will return less performance, (acceleration and overall power) than a high compression engine, but will run equally efficiently if the correct fuel is supplied to its engine.

If the octane level is wrong then the fuel will not ignite at the proper time, either too early or too late. This mistiming induces what is referred to as a 'knock' in the engine which then, runs inefficiently. The outcome, as well as resulting in poor energy efficiency and performance of the car, also puts other mechanical parts under stress and creates unnecessary wear and tear on the engine as a whole. Damage can then spread through

the whole vehicle creating a build-up of carbon in vital areas plus damage to the exhaust system. Repair will soon be required.

Human DNA also plays a vital role in the body's self-repair. The DNA is responsible for the efficient running of this repair system by providing the blueprint used by adult stem cells to know how to replace cells when they die and how to recognise alien cells and get rid of them. DNA has to know what part of the body is damaged and what type of cells are required to be manufactured to repair the damage.

Cancer, for instance, is not an illness. Cancer is a condition where the DNA transmits the wrong information from the blueprint it holds that results in the body producing rogue cells. These cells are not recognised as being alien and therefore needing to be destroyed and disposed of. Instead, they are aided and abetted in their growth as if they were normal body tissue. When a rogue cell mass grows to a certain size the body will manufacture a blood supply for it, called vascularisation, which then permits much more rapid growth. Since the blood supply is plumbed into the general circulation, the rogue cells can then migrate to other parts of the body, where they can grow new colonies, termed as secondaries.

In the case of the car, as with the human body, when damage occurs this may be caused, perhaps through age and use, but also through operating outside its intended parameters; when the machine is mechanically 'stressed' or forced to work beyond its design limits.

It is also now known that a major trigger for cancer is stress, especially mental stress. Under these conditions the body produces an unhealthy cocktail of chemicals, like adrenalin, noradrenaline and cortisol with the imbalance, in cases, becoming a self-sustaining cycle, in which stress leads to worry and worry leads to more stress. Cortisol, in some

studies, has also been shown to destroy brain cells. Stress puts the body into a cave-man-type, 'fight or flight' mode, but with nowhere to go.



Have I missed out something important?

There is part of this analogy that I have missed out, and for good reason. I have left it until last because I consider it to be the most important part. The mechanically minded among you will have already spotted that no car can operate without another essential ingredient. Electricity. This is the most important and, I think, the most exciting ingredient.

Not only is electricity essential but, relative to western bio-science, probably the most under-researched area of human physiology. In the East the body's electrical system has played a central role in Chinese medicine for thousands of years, but in Western medicine has been ignored, in favour of a purely 'mechanical' approach, concentrated on cells, organs, blood and more recently, DNA. Western science has assumed a purely curative approach, while eastern techniques remain centred on prevention. Cures in the West focus on aggressive and invasive methods, while in the East the concentration is on balancing and strengthening the body's natural defence and repair mechanisms.

These two very different approaches both have a valid place in the world, but both fall short of providing answers to basic questions relating to health. This is another example of Aristotelian intervention.

In modern cars the central processor, often referred to as the car's brain, is what controls and monitors the operation of the key components; the fuel and air mix, the timing of the spark plug ignition, the measuring of speed, with feedback provided through the dashboard telemetry. None of this would be possible without electricity providing the link between the mechanical operation and the monitoring systems required to optimise the efficient working of the whole vehicle.

This is very similar, probably not by accident, to how the human body works on an autonomic level, to regulate the unconscious functions of the body, breathing, blood circulation etc., leaving our minds free to get on with the more exciting, or mundane in some cases, processes of experiencing life. We can measure this micro-electrical activity on an organic level with instruments like EEGs and ECGs however, according to Eastern medicine, there is more than just the 'local' organ-based and chemically generated electricity flowing through the body. This energy is not possible to measure with standard scientific instruments but exists, can be imaged utilising Kirlian photography, has been extensively mapped and, according to Eastern practitioners, can be manipulated using techniques like acupuncture. This type of energy is similar to, but not the same as, electricity and is called 'Chi'.

Unlike electricity, which, it would appear operates solely in our own 3-dimensional plane, *Chi-lectricity* (as I have chosen to name it) operates at a quantum level, which essentially means that it is cross-dimensional. In

other words it operates on the border of our measurable universe. So what, in the terms of our day-to-day living, does this mean?

An answer would be that the borders of our 3-dimensional universe are both clear and fuzzy at the same time. By that, I mean that the 'scientific rules' determining how it 'should' work are very clear, but the reality, as the borders are approached, become very blurred, as can be exemplified by looking at low temperature science.

When we reach the boundaries all scientific 'laws' break down and we enter realms where reality is very different. At this point we have stepped up and are knocking on the door of the 'quantum' universe.

A practical example would be to observe how gasses are supposed to behave and compare it with how they really do. When temperature is reduced, in theory the gas should merely contract as it gets colder and the heat energy, which energises the movement of the molecules (measured as pressure) reduces. This theory works perfectly up to the point where the gas changes state and becomes a liquid. This liquid state steps outside the behaviour predicted by Boyle's Law, which describes the nature of gasses, and the law has never been amended to explain or account for this variation. We simply accept that this happens. Not very scientific.

This is just one example of how our scientific 'laws' (fixed rules) break down when tested at the limits. There is, in fact, no 'scientific law' that holds true for all conditions, which tells us 'laws' are, really nothing more than 'guidelines' for behaviour that work perfectly only when the conditions remain optimal. This also exemplifies the scientific community's willingness to work with reality, but ignore facts when they disagree with the laws or cannot be measured empirically. So it is with the human body. Western medical science refuses to ratify that there is anything other than

the 'body mechanical' despite the reality that the efficacy of alternative sciences can be demonstrated, most famously in the use of acupuncture in anaesthesia, where the manipulation of *Chi-lectricity* can be shown to display profound effects on a body in the real world. *The question; why isn't this sort of science being explored more by western medicine? The answer; because it has no 'commercial' value.*



The good, the bad and the ugly face of corporations

Commerce is a two-edged sword. It can drive huge advances in progress across a wide variety of human activities, but conversely it can be misused to stifle innovation and research, perpetuating an insane waste of resources and energy, simply for the acquisition of power and profit.

Life-essential elements are now subject to the whims of commercial profit-driven corporations who, aware of the fact that substances from nature cannot easily be patented, seek to repress not just access to natural substances, but the banning of substances that could compete with their patented or branded products. Corporations have become extremely powerful. They have created their own commercial ecosystems, where

globally they now control the production of food and pharmaceuticals purely for profit; where farmland has been systematically stripped of nearly all natural minerals, replacing them with artificial chemicals derived from oil. We have corporations buying the right to sell the surface water, subterranean water and the rain that falls from the sky, in some cases making it illegal to collect or store rainwater.

Corporations that supply essential life-science or energy services, in particular, are not entrepreneurial organisations, they are organisations that seek to control their market, not enhance it. These are organisations run not by visionaries but accountants. Corporations ultimately seek to dominate their markets, often utilising methods to suppress or eliminate competition. The techniques engaged for achieving this vary from industry to industry and range from the buying-up of patents to prevent development, to telling downright lies. Some corporations, although illegal, form private cartels to fix selling prices or get together to create industry standards authorities, that are subsequently abused to eliminate competition and limit newcomers from entering as competitors.

The most high profile of these in the field of Big Pharma would be the US FDA (US Food and Drugs Administration) who along with their European counterpart, European Medicines Agency (EMA) are supposed to set, monitor and maintain safety standards and consistency in the foods we eat and the drugs that are allowed to be released for public consumption. These organisations are supposed to work in opposition to commercial enterprises in order to provide checks and balances, but in reality they have more of a hand in glove relationship, that works to protect the commercial profits of Big Pharma, while actively working to marginalise or criminalise alternative, herbal or natural therapies.

These regulatory authorities are publicly funded, in the US by the federal government and in Europe by the EU. The people who run these regulatory authorities, however, tend to have been recruited from Big Pharma and take the position that all substances, whether natural or laboratory manufactured should be subjected to the same level of scrutiny. Since the process of scrutiny is extremely expensive, and only Big Pharma has the budget to be able to afford to carry this out, this is leading to the banning of natural substances, simply because they have not been through the bureaucratic testing process.

One would probably assume that the regulatory authorities, being government funded, would test these natural substances themselves and either approve or disapprove them, based on their efficacy, but this is not the case as these authorities insist that they are privately tested. We therefore end up with the ridiculous position whereby substances produced by nature are banned for sale, whereas, their artificially manufactured, and commercially branded, substitutes are approved, simply for the sake of having the right paperwork. Madness!

This is just one of the ways Big Pharma can skew the market in their favour and ensure they can maintain a monopoly in the provision of a, probably, inferior product. The same burden of proof is also placed on alternative medical practices, which results in natural based remedies and therapies, which cannot be patented, being excluded for use by many state and private health insurance providers, as well as often being debunked by conventional practitioners in order to protect their incomes. The health of the human race is now in the hands of accountants and lawyers, where profit, not excellence, is the driving force. This is a non-sustainable situation, whereby the public pay and then get the worst of both worlds.

How does this play out in our everyday lives?

The short answer: *in more ways than you may realise.*

In the West we live in a world run by ever growing corporations and ever decreasing choice, and although it may look as if we have many more 'brand items' to choose from, the fact is that many of these are owned by the same corporations, and contain the same ingredients, simply packaged in different wrappings. What is being sold as choice is exactly the same stuff. What is being lost is diversity.

The solution needed is a revolution in thinking and action, and an important key to unlock this potential may be provided by linking our modern world with our distant past to look at ancient civilisations that were operated under very different rules. For this we should step back in time several thousands of years to the time of the dawn of human civilisation.

One of the first things that needs to be noted about the Egyptians was that they didn't use money. The value of any member of Egyptian society was measured by what they could contribute, what they could do; how intelligent or creative they were. In this way Egyptians organised society in a much more meritocratic way. Yes, they had their hierarchies, kings and pharaohs, but for ordinary people their worth and rewards were measured related to what they could contribute to society.

The big difference between the aristocracy and ordinary people was that the high echelons consumed a substance called Ormus (Manna from Heaven), and this gave them more than just status, it gave them **power**.



Now, we get to the interesting part

According to history, Sumerians created the first human civilization, established on Earth around 7,000 years ago in Mesopotamia, a region now called Iraq. What triggered this civilization is unknown, however, over the following millennia the population spread out to populate the fertile Nile Delta, migrating over time to create the Egyptian, Greek and Roman civilizations, and today occupying the whole planet.

One of the obsessions that drove the age of science was the search for the Philosopher's Stone, the mystical substance that would turn base elements into gold. This, fuelled by the desire for wealth and power, created a rush of experimentation to rediscover this substance from mythology, and was the major driver in the creation of the science of chemistry. This hunt for the Philosopher's Stone, though, would never be successful, probably because the alchemists failed to factor into their thinking that the ancient Egyptians did not use money, therefore, gold did not have the same value. If they had, then perhaps the outcome may have been different.

The ancient Egyptians were prolific builders. Even today it remains a mystery how they built the great pyramid because, even using the giant

machines we have today, we would find trouble lifting and positioning the stone blocks in the oldest (Cheops) pyramid, and do so to an accuracy that we currently use lasers and GPS to achieve. The Egyptians supposedly only used physical 'people power' and rolling the stones on logs to do this. Remember, also, that they needed to transport the stones to the building site as well, all 5.9 million tonnes of them. This mystery remains unresolved to this day, and I shall proffer no theories either.

The part of Egyptian civilisation that captured my interest was a substance that apparently played a significant role in their life and diet; a substance called Ormus. *Orbitally Rearranged Monoatomic Elements*.

Why Ormus should have played any role and how they came by the knowledge of how to make it, to this day remains a mystery, however records enshrined in hieroglyphics indicates that it was regularly consumed as part of the ancient Egyptian diet and that it was a very important defining factor in their social hierarchy. There was great effort put into its production and it appears was a central part of the transition to the afterlife. Ormus was ingested mainly by the religious and ruling classes as their means to accessing higher physical health and mental powers and was also taken to provide longevity; to extend their lives. More mysteriously Ormus in dry powder form was produced in large quantities for reasons that are only recently beginning to come to light.

Ormus is found in matter and minerals that were created originally from organic matter. The common link appears to be sea water, and one of the most prolific sources of Ormus today is from the concentrated seawater salt from the Dead Sea.

All the Earth's land masses were once below sea level and have over time risen to form the continents. The Dead Sea is an example of the land

mass rising in the African continent to strand part of the ocean to form an inland sea. Other sedimentary rocks were also pushed out of the oceans as the planet's tectonic plates moved around the globe from their original single land mass, raising up with it large amounts of the original constituents and organic matter formed in the seas. The presence of Ormus in a substance appears to rely on it having organic origins. It may be for this reason that Ormus resonates with living matter, and it appears that 'resonance' played an important role in the process that enabled the ancient Egyptians to access knowledge and wisdom.

Ormus takes two different states; 'wet form' which is liquid and 'dry form' which is a fine white powder. The dry form has some very odd properties in that it can disappear when exposed to direct sunlight, and when analysed using mass spectroscopy reveals the presence of totally new, to science, constituents now officially referred to as 'exotic matter'.

These exotic matter elements appear to resonate with the body's DNA and endocrine systems to regulate the production of hormones. For instance, monoatomic gold enhances the operation of the *pineal gland* in the brain that produces, among other substances, melatonin, crucial for regulating the body clock. The pineal gland also produces a substance called DMT (*Dimethyltryptamine*), which is responsible for dream sleep. DMT is also present within all 'living' organic matter and is often referred to as the '*Spirit Molecule*', following extensive and revolutionary research and book of the same name by *Dr Rick Strassman, MD*.

Put *very* simply DMT appears to facilitate a link between the '*Mind*', the '*Chi*' (*often referred to as the 'Light Body'*) and the '*Physical Body*' - a link that can enable thought and physical health to move to a much higher level. *Could this be a reason for the ancient Egyptian's obsession with it?*

Gold is just one part of the spectrum of exotic matter discovered to be in Ormus. Other elements include Palladium, Platinum, Ruthenium, Rhodium, Iridium and Osmium all held in what is termed a 'high-spin' (monoatomic) state. These elements are relatively new to science, and currently not included on the periodic table. They are stimulating a great deal of debate, interest and new research in fields as diverse as medical science and energy generation, right through to space travel.

In the case of this book, I wish to concentrate on the biological aspects of Ormus and especially the connection between monoatomic elements and DNA. When tying this in with history a pattern seems to emerge that points to us having rediscovered the substance the ancient Egyptians placed at the centre of their civilisation and who appeared to have used for multiple purposes.

Each monoatomic element appears to resonate with and enhance a different part of the body's endocrine system. For instance, gold resonates with the *pineal gland* in the brain, responsible for the production of melatonin and DMT. Iridium resonates with the, '*pituitary gland*', responsible for the production of Serotonin, a neurotransmitter, and for important body functions like growth, blood pressure, the operation of the thyroid gland, the conversion of food into energy, water balance and the kidneys, temperature regulation and pain relief.

Significantly, monoatomic ruthenium resonates with DNA. If a ruthenium atom can be attached to each end of a DNA strand the effect is to turn it into a bio-superconductor, enabling the DNA to become 10,000 times more efficient. Since the purpose of DNA is to provide the blueprint to guide the body to correctly replace defective cells as they die off, the ramifications of it becoming so ultra-efficient could be huge.



Let's start putting all of this together

Scientists have, for many decades, been avidly searching for the key to how the universe works. *A Unified Theory of Everything*. The search has been concentrated around mathematics, physics, astronomy, particle physics and research into smaller and smaller particles, leading to nano and quantum physics. Some seemingly bizarre terminology has emerged to describe various lines of research and theories postulated, that attempt to promote a myriad of different ideas, including dark matter, dark energy, the big bang, string theory, parallel universes, quantum realities. The list goes on.

There is, however, another way to look at the universe. There is a common theme that runs through the whole of nature and it only needs a small change in direction of thinking to open up infinite new possibilities for progress. Oddly enough, the clue to this has been described in one word of the very title ascribed to the research objective, and that word is '*unified*'.

It's a bit of a paradox that a simple factor has been ignored by researchers for so long, but the fact remains that the real stumbling block, I believe, to developing a unified theory, once again, is an outcome of following Aristotelian methods of research. This process needs to change if researchers are to stop running into brick walls. It needs to be recognised that singularly

following an Aristotelian process is very likely to lead to a dead end. We will never find a unified theory unless scientific research itself becomes *unified*, and in its simplest form that can be achieved by engaging one simple *human* attribute; an open mind.

For most people Aristotle enters their life from birth with being registered as legally existing. The next stage is when formal education begins, which rather than acting as a means to educate for life, functions to educate for work. The result is a distilling of learning whereby, even from a very early age, children are required to choose, and narrow their thinking to specialise before they have even left junior school. The outcome is to produce narrow thinking and to squeeze children into small boxes of learning dogma, as opposed to encouraging free and integrated thought and intuitive learning. The world's most successful entrepreneurs are often distinguished by the fact that they circumvented the formal teaching methodology and dropped out before the system had had the opportunity to squeeze them into narrow thinking modes and methods. Two obvious examples of modern-day movers and shakers, who avoided the constraints of an Aristotelian education system, would be Sir Richard Branson and Steve Jobs.

Specialisation does have its benefits, but it also results in isolationism. Experts in many different fields of research may have acquired astute knowledge of their specific subjects, but fail to share their knowledge with researchers from other fields. The physicist will stick to physics, and not share with botanists, the biologists or the nutritionalists in any meaningful way. Individually all may be experts but the dots are not joined between the varying disciplines, leading to each reaching dead ends that could perhaps be resolved through greater cross-pollination; a sharing of knowledge that would inevitably result in greater spin-offs and practical progress.

Specialisation predominates in the field of pure research, but an increasing number of commercial companies have become aware of the downside of specialisation, and are using some clever ways to circumvent the negative aspects. Some achieve this by using a clever management and organisational technique called Effective Intelligence. Effective Intelligence (EI), founded by Jerry Rhodes, recognises the downside of individual specialisation and uses psychometric testing to uncover the true potential of an individual, regardless of their area of expertise, then uses this information to enable management to create balanced staff teams, who can work cohesively together to complement each other's individual aptitudes.

People may have studied and developed to very high level of expertise, but putting these skills to productive benefit is what will result in a positive outcome in terms of innovation.

EI strives to draw out from 'objective' Aristotelian educated personnel the 'subjective' Socratic drivers that allow them to get the most personal benefit from what they know. I shall not go into detail on how this is achieved; instead I will encourage you to research this for yourself, however EI helps to join the dots in a practical way by analysing the undercurrents of what motivates individuals to 'enjoy' how they work, and to create teams of people where those motivations and skills will complement each other.

EI uses psychometric testing procedures to tease out knowledge about the elements of work that will provide the most pleasure and motivation. For instance, some people have good recording skills (paperwork, monitoring and keeping written accounts) and enjoy this process. If you are looking for a member of a team who will be really good and diligent at keeping records and organising agendas, then this would make a good team member. Some have high imagination (creativity). So, if the job requires a person who enjoys

'thinking outside the box', and is motivated by problem solving, this can be another valuable member of the team. EI analysis devolves to three personality characteristics, *Intelligence*, *Imagination*, and *Organisational* skill, and visually reflects these as a percentage pie chart of three colours.

As an example, in my own case, EI testing revealed that I scored very high on both intelligence and imagination, but revealed a very low score on organisation and recording. This does not mean that I am bad at organisation and recording, but reveals, quite accurately, that I do not '*personally enjoy*' that part of the process so, if working in a team I would not contribute my most positive attributes by being assigned to that role. If complemented by another team member with high organisational a recording aptitude, the overall performance of the team would be much higher.

If our educational systems were geared more to this kind of testing, as opposed to just testing memory, imagine how much more benefit each child may be able to take from the learning process, and imagine what effect this could have on society in general. A society where work becomes a form a play, a motivational and positive experience, as opposed to simply a way to earn enough money to pay the bills and buy food would be very beneficial.

I recall in my 20s watching a BBC television lecture by business guru Tom Peters, describing an American company that made sausages and how they started a policy of sponsoring their staff's interests outside work. They discovered that in their spare time their staff had a diverse range of activities from running scout groups, fund-raising for charities and being sports trainers. They recognised that there was a deep well of untapped potential; leadership, marketing and organisational aptitudes, that they as a company were wasting, and by placing these people into positions in the company where they could utilise those skills both the company and the staff members

would benefit, by having staff that not only were good at their job, but also be getting more enjoyment and motivation from doing it. It seemed to me to be paradoxical that a company producing sausages should have recognised that the last thing they needed to do to enhance their business potential was to treat their employees like sausages. Conversely, our educational systems, continue to promote policies that churn out sausages, when their real objective should be to aim to spot and maximise and tap into the potential by building on natural intelligence. This negative pattern, though, may be hard to break, which brings us neatly on to the subject of health and nutrition.



Patterns

Everything in nature operates to patterns. Searching for *the unified theory of everything* is really a process of trying to discover the pattern that was used to design the universe. This can best be achieved by looking for the common themes that run through everything around us. The ecosystem; the motion of the planets; the motion of the stars; the cycle of birth, life and death, are all part of same big pattern. Chip off the tiniest fragment of granite and examine it under a microscope, then compare it with the biggest granite mountain on Earth, and the pattern will reveal that both

have the same form because they are made from the same material. The rule applies at the smallest scale as well. We can identify the genealogy of an individual by looking at their DNA and comparing it with their parent's DNA. The pattern persists down to the smallest scale, so that, although the general shape of the whole DNA strand identifies it has human, we can go deeper into the matrix and discover more. Small is very important. It is when the pattern is 'artificially' broken that things can start to go wrong. Big Pharma and food science often breaks the pattern, leading to some bizarre and sometimes negative outcomes.



The question of life

If we take our home planet, since it is the best example we have, what becomes apparent is that everywhere we look there is life. From the coldest regions of the Arctic to the hottest on the equator, life finds a way to thrive. Our natural intelligence should tell us that in nature life is the *norm*, not the exception. Wherever conditions allow, life will begin, no matter how basic or primitive. How far, or fast, it advances on the evolutionary scale may depend on how optimum the conditions may be, but regardless, the spark of life will try to get things started.

No doubt, it sometimes fails. There may be chance occurrences, like the meteor strike that ended the era of the dinosaurs 65 million years ago, but still the planet moved on and life continued. One constant that persists is that the drive for life is a major factor in the universe. It is not delicate, as regularly portrayed by zoologists and biologists, life is tough, flexible and ingenious in its determination to persist.

Science behaves as if it will eventually discover a unified theory through physics, astronomy and mathematics, by simply studying and analysing the 'mechanics' of the physical universe. Science continues to act as if we, who possess life, exist outside the mechanism. It continues to follow lines of research that says that we are not part of the system. However, the 'elephant in the room' is telling us that if we rule ourselves out of the equation we are omitting a major factor.

We continue to search for an answer by looking back further and further in time, both astronomically and mathematically. We spend billions designing and building bigger and bigger particle accelerators as the means to isolate smaller and smaller particles. We've come up complex mathematical theorems based on an assumption that the universe started with a 'big bang', and we set off to test the theory using physical observations. Always, though, a dead-end is reached where physical observation fails to return meaningful answers. We repeat the same pattern of investigation, and each time we hit another brick wall. The forces of gravity, magnetism, atomic fusion and fission are all well understood as a result, and many physical sciences have benefitted from this research, but still the big answer is elusive. Why should this be?

Could the answer be because our research methods, so far, have ignored a major, perhaps the most important, force in the universe? Life!



Where do ORMEs fit into the pattern?

Orbitally Rearranged Monoatomic Elements (ORMEs or Ormus), presents science with a genuine conundrum. ORMEs do not fit any pattern that our scientific research can explain. Since its rediscovery by Arizona farmer, David Hudson, in 1975 and its subsequent examination by the scientific community, Ormus has probably provided more questions than answers. It may require a complete inversion of current research techniques and direction of thinking to be able to understand it.

Ormus appears to exist on the very boundary of the 3-Dimensional universe in which we exist, and seems to have the ability, under changing conditions, to hop from our dimension into another, and back again. This borderline behaviour also promotes other factors, like the ability to suspend the rules of gravity, displaying antigravity properties. Its position on the border also presents the prospect of developing complete new sources for generating unlimited quantities of sustainable, pollution-free energy. Ormus may also have played a significant role in the development of Human life. Ormus may, indeed, be the single-most important substance that enabled us to become what we are, but Ormus is also substance that we are now being starved of. Consider this.



Are we starving in an ocean of food?

Monoatomic elements and natural minerals used to be abundant in our natural diets. Our bodies only need these in tiny 'trace' quantities, but nevertheless, they form an important part of a healthy diet that our volume farming methods have eliminated. No longer do these natural nutritional elements form part of our food since modern, quantity driven, farming has replaced them with artificial chemical substitutes derived, almost entirely, from oil.

The systematic stripping of the soil is well known and the Pharma industry now sells us artificially derived and manufactured mineral and vitamin supplements in their place, while attempting to make it harder for natural supplements to be readily available. Harmful chemicals have contaminated our water supplies, like fluoride, chlorines, oestrogen and other antibacterial chemicals, introduced as sterilisation agents, along with the off-wash of chemicals from intensive farming that also ends up in our drinking-water supply. Coming back to our car/body analogy, this is putting our bodies under 'intensive stress', creating a proliferation of side-effects for our health. Having stripped our farmland of monoatomic elements, we may have completely lost an important substance that could

assist us to offset some of the damage intensive farming has created. We may be growing greater quantities of food, but its nutritional value has fallen drastically, while the harmful effects have increased in proportion. If the purpose of food is just to provide calories this makes no difference, but if our food also needs to provide 'nutrition', today it clearly falls very short in that department. In the West we have enormous quantities of food but, in terms of nutritional value, we are being starved.



Ormus and health

The absence of Ormus and other natural trace minerals in our diets could be a major factor exacerbating the increasing health problems we are suffering in modern life.

Ormus enhances the endocrine system, so its absence may be a key factor in the rise of some of the most commonly reported human ailments today. Cancer, dementia, obesity, diabetes, dyslexia, ADHD are all on the rise and a major factor is that all rely on either a healthy endocrine system or the efficient working of the body's DNA. If the body is starved of life essential monoatomic elements, a number of things can happen.

Let us take a few of these and debate the effect that mineral and monoatomic element deficiency may be causing as a consequence.



Breaking the obesity cycle

Obesity is probably the West's biggest health problem, and it is rapidly increasing. In some countries, like the UK and the US, obesity now affects more than 50% of the population and its knock-on effects can be very serious, including heart problems, certain types of cancer, type-2 diabetes, obstructive sleep apnea, osteoarthritis and asthma. If we look at the health of the West in general, it is clear that obesity is *the* main driver of the West's health problems. Why though, should obesity be so rife?

I have a theory on this issue, that could provide a solution if taken seriously by the medical world. My theory ties in with an earlier reference I made regarding pregnant women's *instinctive* drive towards finding nourishment in response to unconscious cravings, to compensate for unknown deficiencies. I believe that the body has a mechanism (a type of memory) that knows what it needs and remembers where to get it. This memory may have been learned or even programmed into our DNA, but this survival mechanism is being corrupted and confused by the mixed

messages that our modern processed food presents. I believe that a substantial percentage of obesity is a result of the body unconsciously attempting to attain the required *nutritional* levels it needs, but since this is missing, but disguised in processed food and mechanised farm produce, overeating could, in fact, be *an instinctive drive to attain the nourishment level the body needs*, but to achieve it through eating quantity.

This triggers a serious imbalance in the endocrine system, which is fooled into thinking it is in *starvation mode*, which then stores the food energy in the form of fat. If the correct level of nutrients were available the endocrine system would fall into a better balance, and the correct messages would be sent to the brain, to turn off the 'I am still hungry message'. What is happening though, is that because the body is not getting the proper level of nutrients, this message is not sent, but worse than that, as the body stores energy as fat, its nutrient requirement increases, meaning that it calls for more food to make up the difference.

This creates a vicious cycle that it is difficult to break, unless nutritional intervention can be made. There is psychological slant to this cycle as well, because the body thinks it is in starvation mode, under stress and needs food. When an obese person then eats food this triggers a satisfaction message to the brain which eases the stress, but because body still does not get the nutrient levels it needs, the satisfaction cycle becomes shorter and shorter, triggering a consequent urge to eat again. Once again, the body which still thinks it is in survival mode, stores a proportion of this energy as fat, and the eating cycle continues to build.

This eating disorder cycle is supported by statistics from the multi-billion diet industry, where they know that 85% of people who begin

weight reduction diets will not only fail to permanently reduce their weight, but will actually end up *increasing* their weight.

Why should this be?



The obesity mechanism and dieting

To explore the obesity mechanism it's a good idea to look at how the opposite of eating - fasting - works, and then look at what happens to the body in its opposite state. Reversing the approach can reveal some very interesting patterns.

In simplest terms, fasting invokes changes in the body's condition. When glucose levels fall this results in a decrease in the production of insulin and a rise in the secretion of glucagon. Glucagon is a hormone produced by the pancreas in response to low blood sugar and signals a hungry state. This triggers a chain of chemical messages that tells the body that it is time to eat.

If fasting continues, a cascade of other chemical signals is triggered that puts the body into survival mode. This leads to a drawing down of emergency resources, often stored as fat. Nature is very clever and has

incorporated a built-in contingency measure to assist survival when food may be in short supply. The natural healthy weight of any person is not the optimum required just for survival, but the optimum plus a contingency, stored as fat. In terms of my previous car/body analogy, this can best be described as the reserve fuel tank.

In dieting, in the first phase, this switch to the reserve fuel supply results in a rapid loss of weight. Presumably, to assist better access to the energy stored in the body's fat cells, the body rapidly sheds water to assist in the dispersal of the reserve fuel. This results in a satisfying psychological boost for the person on the diet because their weight loss can show an immediate and dramatic fall. However, over subsequent weeks and months, this loss of weight begins to slow down, eventually reaching a plateau where it levels off. No matter how much the diet is maintained, the weight doesn't seem to go down any further.

To me, this seems like the point where the body says '*enough is enough*', proceeding then to redistribute the food energy intake equally between what is used to fuel everyday life, and what it chooses to store. However, the process of rapidly dieting has also placed the body into a 'shock state' where it has remained in starvation mode. When the plateau point has been reached it has adapted to the lower food intake, but still remains in the 'shock state'. The body realises that there is food available but has been programmed, by years of being overfed to a higher level of reserves, and consequently switches to place preference on energy storage. This process is, I believe, because despite the food intake having decreased, the endocrine system that regulates the whole process is operating '*out of sync*' with how it should be, and needs to be

reprogrammed to enable it to reestablish what should be a normal and healthy balance.

This rebalancing would happen with the assistance of the body's DNA, but this may either have changed, or alternatively, not be working efficiently enough to transmit the correct blueprint to enable the body to know what normal should be. In a previous section of this book (p.24) I conjectured that DNA may not be a fixed code, but evolve in individuals in response to environmental changes, the environmental change, in this case, being a surfeit of food. If this is true it would be worrying, since should an obese person also become a parent they may transmit this defective DNA strain to their offspring. In other words they could pass on their obesity as a genetic trait. Alternatively, if DNA is a fixed code, that is simply not working properly, this could be the result of *mineral malnutrition* making the DNA inefficient at transmitting its blueprint to trigger the endocrine system to rebalance.

In this case the monoatomic element, ruthenium if ingested as part of the diet could boost the efficiency of DNA and assist the endocrine system to establish a normal level of hormone production.

Boosting DNA, making it more efficient, would enable the other monoatomic elements to do their job. Iridium, which resonates with the pituitary gland, for instance, responsible among other functions, for controlling the conversion of food into energy, would be able to do its job better and help establish new levels of *normal*, so assist the body in managing a reduced food intake without going into starvation mode.

There are also psychological factors that lead to obesity, comfort eating often being the outcome, so a monoatomic solution is not proffered as the '*cure all*' for obesity, just I believe, a good starting point.



Effects of putting monoatomic elements back into your diet

Processed foods and intensively farmed produce, even organically grown produce is very unlikely to contain any monoatomic elements. Organic produce does, however, contain a much higher level of natural mineral content and is therefore a lot more nutritionally beneficial compared with its alternative, that probably contain no minerals at all.

Monoatomic elements, Ormus, is available to buy, or to make yourself, as a dietary supplement, for those interested in trying it out. My own experience with the Ormus I now make myself, and have been taking for the past 6 months, has resulted in a number of notable benefits.

The first was an immediate and big increase in my REM dream sleep. Since taking Ormus on a daily basis I have been dreaming vividly, and for longer periods each night. I have also been remembering my dreams, the way I used to in my childhood. It was not until I started taking Ormus that I realised how little I had actually dreamed, and how not dreaming had caused me stress; a feeling of having slept badly and a general sluggish and tired feeling throughout the day. I also now only need around 4¹/₂ hours sleep each night to feel totally refreshed and energised. Before taking Ormus I would aim for 6 to 7 hours a night.

Now, my maximum is 5 hours.

My motor coordination has improved substantially as has my sense of balance. The lower back pain I had suffered for over 25 years, due to fallen arches, vanished after 2 months of taking Ormus. It has not returned. This was my first noticeable physical improvement, and the odd part is that my back pain got worse, migrating to the right side of my lower back, from my left side, before gradually creeping up to my shoulders and going altogether. This increase in pain alarmed me at first, but I determined to keep on with the Ormus, and it now appears to have resolved the problem permanently. I have no back pain now and both the flexibility and my back strength has improved beyond where it was before I began taking Ormus. I no longer return from my twice-weekly Judo sessions with any aches and pains.

On another level my powers of concentration have improved substantially. I am a lot more focussed on whatever I do, whether it be physical activity or a task that requires mental focus. My memory has improved with my short and long term memory recall becoming faster and more accurate. My brain currently feels like it is on steroids. At the beginning of my trial, however, the Ormus made me feel detached, as if I was *observing* rather than being *involved*. That was a very strange feeling; almost one of being 'in' the world but 'not part of' it, and there was a constant high-frequency ringing in my ears, probably a bit like tinnitus.

I can now catnap at will, making travelling long journeys on coaches and planes pass in a flash. Whenever I wish to concentrate hard on any problem I can close my eyes, drift into a half sleep and wake up inspired. I have been doing this frequently during the process of writing and structuring this book.

I gave Ormus samples to a number of my interested friends to try out and all have reported improvements in concentration and relaxation, except for one person who claims to have experienced no changes at all. One friend who suffers from glaucoma and who has eye tests every three months, was tested before starting the Ormus trial and, despite being under continuous medical supervision, generally sees a small decrease in vision range at each test. After three months of taking Ormus she was tested and informed by her doctor that she had suffered no further degradation in her sight, and her eye fluid pressures appeared to have stabilised compared with her previous test. This all sounds very hopeful, but I believe it is too early to attribute this to taking Ormus. She is now taking Ormus regularly and will tell me what her subsequent results are after her next eye test. Only after a second positive test would I be prepared to start getting a little excited.

Ormus definitely has a powerful affect from the moment it is taken. Most report a ringing in the ears, similar to my own experience, which passes after about two hours, but then after that everyone who tested my Ormus has had a slightly different experience. Ormus appears to be effective on a number of different levels and affects each person in an individual way. It seems to go to where it is needed and assist with both mental and physical states. I have had only one negative report from a friend who was testing it, who experienced severe nightmares, where before she had claimed to have stopped having any dreams that she could remember. She had recently lost a close member of her family and her nightmares centred on this subject. It appears taking Ormus was concentrating her subconscious mind on sorting it out. She stopped taking the Ormus after two weeks and her dreaming memory stopped again.

She has determined to restart her Ormus trial once she has had a little more time to come to terms with her loss.

Another friend who suffers from heart problems and blood pressure issues, experienced serious palpitations about ten minutes after taking the Ormus which caused him some distress. Instead of taking the Ormus every day he opted to take it less regularly. He is now six months into a world traveling tour, has continued taking Ormus, and has gradually phased out his prescription blood-pressure medication. He is having a very enjoyable time on his travels, free from his previous conditions and free from his cocktail of the prescription medications taken to manage it.

It would be easy to attribute these improvements to being solely the affect of the Ormus, but I think it is too early to conclude that it has been *entirely* responsible for his enhanced health. I would, though, be confident in claiming that Ormus has definitely contributed to his improvement, but then so has his change of environment to a warmer climate, his change of diet to one with more natural and less processed foods, as well as the overall reduction of everyday stress in his life.

You may realise by now that I am not a '*new age hippy*' but have retained a more skeptical approach to the whole subject of monoatomic elements. I needed to be properly convinced before accepting that this simple substance has the capabilities that it is claimed to have. Instead, I prefer to research, discuss and test before drawing conclusions. However, having revealed my starting point on this Ormus journey of discovery, I am now convinced that Ormus is a very powerful, highly effective and beneficial nutritional supplement that has greatly improved both my physical and mental health. As a naturally skeptical person requiring hard evidence and convincing, this opinion for me is a very big statement.



Ormus: finding the genuine article

Especially in the United States, the interest in Ormus-type products is growing rapidly. There are many products that claim to provide the same benefits, and the choice can be confusing. These, roughly, break down into two product groups; monoatomic (Ormus) and colloidal, and the difference needs to be pointed out.

Monoatomic and colloidal products are different. Though both operate on a nano-scale, colloidal products have retained their metallic atoms in a metallic form, whereas monoatomic products contain their metallic elements in a non-metallic form also known as 'high-spin'. Colloidal products do not possess the high-spin condition and are more specific in their targeted objectives. Colloidal silver, for instance, whether ingested orally, or applied externally, has a powerful anti-microbial and anti-fungal effect. Silver will attack and destroy harmful pathogens without harming beneficial microbes. Nobody has really researched this to be able to say exactly why this should be, but even in the world of Big Pharma, products are now available, like plasters, that contain silver as a safe sterilisation agent. Silver-based disinfectants are now commonly used to sterilise operating theatres. Silver is highly effective in eliminating super-pathogens, like MRSA, without the

superbug being able to adapt or become resistant. Silver is also frequently used in water purification systems plus in swimming pools, as an alternative to chlorine. Colloidal copper is another well-known colloid with some interesting qualities. Applied externally as a cream, copper has great healing qualities especially in the case of serious skin problems where, for Big Pharma, steroids are the solution. Taken orally, copper supplements can have some extraordinary results, including restoring hair colour. I have done a little research with copper colloidal solutions and found them to be very effective at dealing with skin problems, especially dry skin. I have declined taking copper as an oral supplement because I am aware that it is easy to overdose, and overdosing on copper can have some very serious health side-effects, including copper poisoning. Anyway, I am comfortable with allowing my hair to turn grey if that's where it wants to go.

In Ormus the atoms are in a non-metallic form and the substance, either liquid (wet-state) or in powder form (dry-state) contains a *wide-spectrum* of elements. Derived as a commercial product, mainly from sea salts, although all the elements are present in all types of Ormus, depending on where the sea salt comes from, these elements will be present in different ratios. The best and most effective Ormus that I have made comes from Dead Sea salt, which has a high percentage of monoatomic gold.

Originating from the region where, historians tell us, the first human civilisation began, it is possible (monoatomic gold resonates particularly with the brain), that monoatomic gold ingested as part of the diet helped trigger higher intelligence, thereby giving humans from this region the ability to take an evolutionary and cultural step forward. Some claim that knowledge was imparted by gods (and possibly by extraterrestrial genetic intervention) and that the evolutionary leap was assisted by external agents, Although this

seems terribly romantic and exciting, plus there *is* evidence to support this as a theory, for me the jury remains out. Hopefully, at some point in the future the mystery will be resolved, but in the meantime I prefer to continue to work with the facts as I know them, and to leave *speculation* to speculators.



A few closing words of advice

By way of advice I would like to add a few words for those who might be thinking about using Ormus as part of a weight reduction diet. I have just realized that I have omitted what may turn out to be some important pointers that could enable you to lose weight and keep that weight from returning. This would seem a good last opportunity to share my ideas.

First, as previously discussed, Ormus may help to make your DNA more efficient, but if you are aiming to lose weight you will need to break the pattern of body shock, that rapid weight loss will cause. For this reason, my advice would be to diet in a way that avoids this. It may provide a pleasant psychological reward to see weight drop off quickly, but by so doing you are also setting up a reaction that will almost certainly ensure that your weight loss will plateau, and you will end up eventually being heavier than when you started your diet.

So, instead of looking for a rapid weight loss, I would advise that once you have started taking the Ormus, you should aim for small but steady weight loss. Very gradually reduce your food intake, but aim to lose no more than 1-2 kgs. per week, while taking a small amount of Ormus each day. This suggested method is completely untested, but the theory is that the *ruthenium monoatomic element* can assist your DNA to work better, which in turn will enable the *iridium monoatomic element* to work with your *pituitary gland* which, in turn, will enable it to better regulate the hormones that otherwise might trigger a starvation response. In this way the idea is that the body will begin to slowly re-educate itself and relearn what a *healthy normal weight* should be, and the endocrine system will have the chance to *slowly rebalance* itself without going into the '*starvation shock state*' that rapid weight loss will automatically trigger.

As I mentioned, this is a completely untested theory, but given how the mechanism is known to work, seems to make good sense. For those who choose to try out an Ormus assisted diet I wish every success.

CONCLUSION

I am fully aware that many consider the whole subject of monoatomics to reside within the realms of conspiracy theory and pseudo-science. For this reason I have deliberately tried to approach the subject from a more logical, real world direction - more in the language of Aristotle than of Socrates. By so doing I hope to stimulate debate and get more people to ask more questions, then to begin making their own investigations into what I have discovered to be a fascinating subject.

You may have just finished reading this mini-book, then turned your eyes to the sky and concluded, '*here is a total nutcase looney conspiracy theorist, destined to be taken away by the men in white coats*', and I have to concede that I expect many will possibly hold to this opinion, and accept whatever comes as a result. However, I will also have to state that I began my investigation into Ormus from a starting point of high skepticism, but have had my mind changed by a combination of broad-spectrum research (by joining up many disparate dots), combined with personal experience of actually taking Ormus over an extended period of time.

I do not expect, or indeed encourage, anyone to take as a given fact anything that I have stated, but would challenge all my readers to open their minds to wider possibilities, and to keep an open mind, neither accepting or rejecting the force of any of my opinions or ideas without giving them proper consideration. To do otherwise, I believe, would signal a closed mind or a person who considers that they 'know it all' and will countenance no other opinion.

I am happy to have anything I have written here ripped apart, picked over or challenged, and am happy to defend any of my opinions, or even have my mind changed should convincing evidence be presented. I would demand only one thing of any person who challenges any opinion stated, and that simple demand is that; should you strongly disagree with any idea I have proposed, you must be able to present a credible alternative idea. Not a quotation of someone else's opinion or a scientific law that someone else came up with, but an original alternative idea that comes from your own mind or experience or research.

Q.E.D.

APPENDIX

Here are some of the sources of inspiration I used in writing this book, plus some links that may prove useful for those wishing to dig further into the subject.

.....

1. The writings and lectures of **Rupert Sheldrake**, specifically 2 video lectures available to watch on YouTube.
 YouTube: Search: **Rupert Sheldrake - Science Set Free**
 Alternatively, click the links for the two halves of the his lecture below:
[Science Set Free \(Part 1\)](#) (30 mins) : [Science Set Free \(Part 2\)](#) (28 mins)

.....

2. The video presentation by author and researcher, **Laurence Gardner**, Lost Secrets of the Sacred Ark, available to watch on YouTube
 YouTube: Search: **Laurence Gardner - Lost Secrets of the Sacred Ark**
 Alternatively, click the link below to watch his lecture: (1hr 20min)
[Laurence Gardner - Lost Secrets of the Sacred Ark](#)

.....

3. As part of my research I watched this video featuring **Richard Dawkins** who, as an example of a scientist who adheres to the '*body mechanical*' view of the universe, provided a good counterpoint to **Rupert Sheldrake's** world view.
 YouTube: Search: **In Conversation with Richard Dawkins**
 Alternatively, click the link below to watch his interview: (1hr 29min)
[In Conversation with Richard Dawkins](#)

Hypertext links to further information

These are some of the interesting web links I discovered during my research into the subject Ormus.

- Monoatomic Elements (ORMEs) What is the White Powder?
[YouTube video explaining ORMES](#)
- [Actions of Fluoride on the pineal gland](#)
- [Link to EI \(Effective Intelligence\)](#)
- [An alternative to our education system's producing sausages: YouTube video](#)
- [The endocrine system](#)
- [What is Monoatomic gold?](#)
- [The Four Brain States](#)
- [What is a superconductor?](#)
- [Cancer: The forbidden cures: YouTube video](#)
- [Ormus is readily available to buy on eBay : a search link](#)