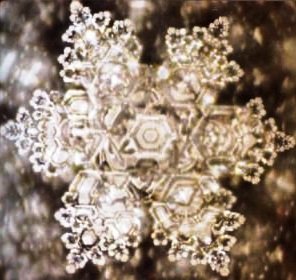
** JOHANNA’S NEWSLETTER No. 30**

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<http://groups.google.com/group/johannasnewsletter> <http://tinyurl.com/29c9fj2>

**LOVE YOUR WATER**

The photo above is if a water crystal when it is sent love. Just beautiful! No matter what impurities are in the water, giving love to it will make it fresh and pure. Dr. Masaru Emoto has done many experiments by freezing water and then looking at it under a microscope. (<http://www.youtube.com/watch?v=J4tZhMED-4M&NR=1> ) There are beautiful images online of water crystals sent different kinds of emotions. Send hate and you get a twisted, misshapen crystal, send gratitude and the crystal is beautiful. Everything is energy and has a vibration. You and I are vibrating at a particular frequency and are affected by the energy around us. We are affecting the energy of the people around us. So if we can change the energy of water, we can change the energy of everything around us by changing the energy we are emitting. What kind of energy are you sending out?

**MIRACLE MINERAL SOLUTION**

When we lived in Zambia one of our biggest concerns was getting malaria. I spent a lot of time researching how to prevent it and how to cure it if we got it. I have written about some of the remedies I found in previous newsletters so I won’t go over all of them now. MMS is one of the remedies I discovered and tried myself. We never got malaria so I didn’t have the chance to try it out as a cure, but I used it to prevent. As I got deeper into studying MMS I realized that it has the ability to prevent and cure many other dis-eases. The developer of MMS, Jim Humble, discovered the healing powers of this liquid by accident while working in the jungles of South America. He had taken the main solution, sodium chlorite, as a water purifier and, as the only thing he had with him, used it to cure malaria in several of his workers. He then began to experiment with the mineral solution and found that adding citric solution made it more potent and easier to use. To date, he has treated and cured over 75,000 people in Africa of malaria. Actually, MMS doesn’t cure anything; it kills pathogens so your body can heal. He has, of course, been hounded by the FDA and must live outside of the US. The FDA is pulling out all the stops to get this man prosecuted and out of business. The pharmaceutical companies are nearly frantic, I’m sure. He can cure malaria in a few hours or days with just a few cents worth of MMS as opposed to the high cost of medical treatments and preventions, not to mention the damage done to the body in the meantime. Most treatments kill the parasite in the blood stream, but leave it dormant in the liver. Many suffer from recurrent attacks because of this. MMS kills it completely wherever it is in the body. So, if MMS can kill this kind of pathogen, why wouldn’t it kill many others? Well, apparently it does, including cancer. We are facing a future of ever more deadly viruses every year. Scientists cannot keep up with the development of new antibiotics to handle the new strains. I have used Jim Humble’s MMS protocol several times at the highest doses with absolutely no side effects. I have read his books and believe the science behind it. The FDA has approved chlorine dioxide, the result of mixing the two solutions, to kill pathogens and the EPA has verified that it is a selective oxidant and does not harm the body. Please read the accompanying article. I would not hesitate to give the solution to my grandchildren if they came down with some deadly virus. MRSA is very prevalent and deadly and almost impossible to get rid of. I would rather trust my life to MMS than rely on the medical establishment. I take the protocol every few months as a precaution just to make sure I don’t have any errant pathogens lurking. It is very inexpensive, just $25 and it lasts forever. I just bought in bulk and have a good supply stored up for any emergencies in the future. I notice that it’s getting hard to find MMS online, but here are two after the info sites. Once again: PHARMACEUTICAL COMPANIES AND THE FDA HAVE ONLY ONE INTEREST—AND IT ISN’T TO CURE ANYTHING!

(<http://humblemiraclemineral.com/>, <http://jimhumble.biz/>, <http://www.bettermms.com/mms_store/ccp0-display/splash.html>, <http://sodiumchloritepowder.com/> )

*Half the harm that is done in the world is due to people who want to feel important.—T.S. Eliot, The Cocktail Party*

**KEEP A CAN OF WASP SPRAY BESIDE YOUR BED OR IN YOUR CAR. IT SPRAYS FURTHER THAN PEPPER SPRAY AND MAY GIVE YOU TIME TO CALL 911 OR ESCAPE.**

**VEGGIE RECIPE**

**Quinoa-Stuffed Peppers (Vegetarian Times)**

This dish freezes well for future meals. Quinoa provides whole-grain goodness and a serving of protein.

1 medium onion, finely chopped (1 cup)2 Tbs. olive oil 2 ribs celery, finely chopped 1 Tbsp ground cumin 2 cloves garlic minced 10 oz chopped, cooked spinach squeezed dry 2 15-oz cans diced tomatoes, drained, liquid reserved 1 15-oz can black beans rinsed & drained ¾ cup quinoa 3 lg. carrots grated 1 ½ cups grated cheese 4 large red/orange/yellow bell peppers halved & cleaned

1. Heat oil in saucepan. Add onion and celery, and cook 5 minutes, or until soft. Add cumin and garlic, and sauté 1 minute. Stir in spinach and drained tomatoes. Cook 5 minutes, or until most of liquid has evaporated.

2. Stir in black beans, quinoa, carrots, and 2 cups water. Cover, and bring to a boil. Reduce heat to medium-low, and simmer 20 minutes, or until quinoa is tender. Stir in 1 cup cheese. Season with salt and pepper, if desired.

3. Preheat oven to 350°F. Pour liquid from tomatoes in bottom of baking dish.

4. Fill each bell pepper half with heaping 3/4-cup quinoa mixture, and place in baking dish. Cover with foil, and bake 1 hour. Uncover, and sprinkle each pepper with 1 Tbs. remaining cheese. Bake 15 minutes more, or until tops of stuffed peppers are browned. Let stand 5 minutes. Transfer stuffed peppers to serving plates, and drizzle each with pan juices before serving.

**A LITTLE YOGA**

JUST BREATHE!

PS. Newsletters and Index are stored at: <http://groups.google.com/group/johannasnewsletter> . If there’s a subject you would like discussed or you have questions about something I’ve said, email me at jw\_alley@msn.com.

My disclaimer: I try to only recommend products or remedies that I have tried myself or someone I know has tried. I also recommend remedies from the newsletters I trust even though I may not have tried them as I wouldn’t be trying something to treat a dis-ease I don’t have. But ultimately you are in charge of making decisions for your body. I am sharing my experiences and suggesting ways that you can be healthier, not prescribing anything for anybody. I strongly suggest that you investigate these remedies yourself before taking anything and/or talk with your health care practioner.