



Bob Beck Legacy

GUIDE TO USING THE BECK PROTOCOL

THE FOUR PARTS OF THE BECK PROTOCOL

1. **MicroPulsing** to revitalize the blood. MicroPulsing is also known as Blood Electrification or Microcurrent Therapy.
2. **Pulsed Magnetic Fields** for lymph and tissue electrification.
3. **Ionic Colloidal Silver** to help the immune system.
4. **Freshly Ozonated Water** to help flush wastes.

A key to overcoming almost all body discomforts and diseases or to regain health is a strong immune system. Robert C. Beck, D.Sc., simply known as Bob Beck, developed this protocol to help strengthen the immune system and better allow the body to heal itself. The following guidelines for using the Beck Protocol have been developed based on personal experience and feedback from others since 1997.

In this guide we bring you the basics about how to use each of the three units that comprise the Beck Protocol. A guide assumes that we are all alike so before we get into the basics, we include reports from individuals to give you a better idea of the broad range of use that has led to successful healings. We suggest you combine the reports from individuals (including our testimonials) with the basic recommendations for each of the four steps to decide what will be best for you.

Every area of the body affects the whole body. An understanding of the electrical nature of the body helps to recognize how all body systems work as one. Every cell works in concert with all other cells. The chemical reactions from the food we eat occur as a result of electricity. The subtle currents of the body's electricity are key to health as they stimulate and control the chemical reactions so the nutrients nourish our cells. We invite you to learn more about the electrical nature of the body and how the body may benefit from adding microcurrents to either the blood or tissues:

[Booklet: Electricity for Health in the 21st Century](#)

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PURPOSE OF THE BECK UNITS AND HOW OTHERS HAVE USED THE UNITS

MicroPulsing or Blood Electrification is the most important element of the program. This is the unit that Bob first developed based on laboratory research at a medical college. It is fundamental to the Beck Protocol as the blood circulates throughout our bodies and cleansing the blood of pathogens is a key to strengthening our immune systems.

Bob Beck developed a simple way to apply microcurrents. By positioning the electrodes over the arteries on the wrist—the radial and ulnar arteries—electrons enter the blood. The arteries are close to the skin at these pulse points so the electrons are better able to enter the bloodstream.

Anna S., a woman who had surgery as a result of uterine cancer when she was 79 years old, was told it had metastasized and she must follow-up with chemotherapy. She decided instead

to use the Blood Electrification unit. She did so for only one hour each day for many months. Her cancer markers declined steadily to the safe range. She quickly returned to an active life—instructor for computer skills at a community college and looking after her cats.

Mike, who was in good health, decided to test the use of Blood Electrification. He gradually built up to 20 hours a day and continued to apply Blood Electrification for several months. His blood was dubbed “immortal blood” after having live blood analysis using a darkfield microscope. This procedure requires a drop of blood on a slide and a cover slip is placed over it. After the fresh blood has been viewed, within a couple days the blood usually turns a muddy brown color. Twenty-nine days later, when the microscopist was discarding a batch of used slides, he noticed one still had a reddish color. After 29 days, this slide labeled with Mike’s name, still had active red and white blood cells. Thus Bob Beck called it “immortal blood.”

A friend of John, a young man with AIDS, called to let us know he had been hospitalized after using the Blood Electrification unit. John had quit the protocol after a little more than 3 weeks as his symptoms had disappeared and his energy had returned. He discovered that was a big mistake as his immune system was not yet strong enough to keep the symptoms at bay. The symptoms had returned with a roar so he had to be hospitalized. With any major illness, it is necessary to stay with the Beck Protocol for months and even years to ensure the body is ready to function well. After that a maintenance program is always recommended.

Jill, a young woman exhausted and depressed by Lymes Disease, stayed with the Beck Protocol for a full year before her energy returned to the point she could resume her active, outdoor life and once again enjoy her teaching job. Today she is an active mother with children.

Magnetic Pulsing is a key step for the lymph system and also to apply microcurrents to specific problem areas such as tumors. After developing the blood electrification unit, Bob Beck realized the body needed help to clear viruses or other pathogens hiding in the lymph system. The lymph is a more extensive system than the blood and the lymph nodes trap pathogens. To create the necessary microcurrents in lymph, Bob Beck developed a Magnetic Pulse Generator. This unit can also target any problem area—to apply to sluggish organs such as the liver or kidneys, for injuries, to alleviate pain, and even to help reduce tumors. Pulsed Magnetic Fields create microcurrents in any body tissue as well as in lymph. After adding Pulsed Magnetic Fields many have reported better progress.

Bob’s design is based on Direct Current (DC). This means each side of the coil has a constant Polarity—North on one side and South on the other. For most applications it is best to use the North (-) polarity side of the coil against your body. North polarity is calming and is recommended for most conditions. North polarity is known to help alkalize the body, increase oxygen levels, and increase enzymes to balance or normalize cellular function. South polarity is stimulating so it is not recommended to use the South pole on tumors. Having provided this information, Dr. William Pawluk, researcher and author on the use of magnetic fields, states that polarity is not important with pulsed magnetic fields.

Don't worry about the head of the coil heating up—that is a natural effect of generating a Pulsed Magnetic Field as the coil must be encased. If you do find it uncomfortable, place some padding such as a towel under the coil. With the SOTA Magnetic Pulser, the pulsed magnetic field penetrates to a depth of 9 inches and will go through clothing.

Dr. Scott, a natural health practitioner with a wealth of experience using the Beck units, advises many clients to use a Magnetic Pulse Generator over the head and neck area extensively in the beginning in order to ensure the stronger bugs as well as the weaker bugs hanging in there are neutralized and then eliminated. He has his clients build up the time from about ½ hour of pulsing up to several hours per day for a couple of days. Dr. Scott used the Magnetic Pulse Generator extensively on his head and reports his memory improved dramatically after building up to several hours of use over a few days.

Jeffrey simply used a Magnetic Pulser Generator consistently when he watched his sports programs on TV. After his dentist told him he had gum disease and needed extensive surgery, Jeffrey applied a Magnetic Pulser Generator three or four days a week for at least 10 minutes at a time. With this consistent use, after many months he returned for a follow-up appointment. His dentist was surprised at the health of his gums and Jeffrey was happy to avoid gum surgery.

Ionic Colloidal Silver has been called a back-up immune system as it has antibacterial qualities. Prior to the advent of antibiotics, the medical profession used silver extensively. Today, silver is used medically in burn ointments and Ionic Silver is used in over-the-counter bandages. Silver is also commonly used in water filters. Health stores usually carry several brands of Colloidal Silver.

Many report they make their own silver solution and consume one to two cups a day for a few months when they start the protocol. Then they reduce the amount to an ounce or two a day as maintenance. It is best to take breaks from any supplement from time to time and that is true of Ionic Colloidal Silver as well. The addition of a probiotic supplement for periods of time is wise as well to ensure good bacteria replace the harmful overgrowth. With long-term use, supplementing with selenium and vitamin E is also wise—selenium, in particular, is used in the process of metabolizing silver in the body.

Bob Beck developed the simple system to make Ionic Colloidal Silver electrically.

Nancy reports she made and drank Ionic Colloidal Silver daily after reading it might be helpful for Multiple Sclerosis (MS). She consumed two ounces in the morning and two ounces in the afternoon. Fortunately, she kept a diary to note any changes. After 20 weeks, she was functioning so well, she cooked a big holiday dinner for family and friends two days in a row.

Many, like Corinne, report that ear infections and sore throats clear more quickly when they drink Ionic Colloidal Silver and during cold and flu season they drink it as prevention.

Media reports circulate from time to time about a darkening of the facial skin, a condition known as argyria. This condition is extremely rare. We've received three reports. The facial skin of two of

the individuals turned bluish after using tap water or added salt to the water instead of following the recommended procedure to use only distilled water. They also drank up to four cups every day over several years. The third person did make Ionic Colloidal Silver with distilled water. After drinking one cup a day for four years, the moons of her fingernails turned bluish.

Ozonated Water was the last step added by Bob Beck. He realized this part of the protocol was needed to better help the body flush toxins or wastes produced by the other three steps. Ozone is Nature's purifier and a great detoxifier.

Bob Beck always reminded us to drink a glass of water before and after using the Blood Electrification unit or the Magnetic Pulse Generator—drinking ozonated water is even better. A plus that some have reported is increased mental alertness and energy as a result of the extra oxygen formed in the body. Mild stomach upset when first drinking ozonated water is the only adverse effect reported.

Paul, reports: "I take a flask of ozonated water to work with me, as I find it has an energizing effect. I have access to a blood gas analyzer in the hospital where I work and this unit measures oxygen and CO2 levels in the blood. With this instrument I measured the oxygen level in my flask of ice water, 4 hours after ozonating it. It was tightly capped. The oxygen level was 36 kPa.

"This is considerably higher than the 20 kPa oxygen in air, and suggests that the energizing effect my wife and I have observed is not merely placebo effect. I assume that, as ozone is much more soluble in water than oxygen is, the high concentrations turn back into oxygen over time, resulting in a super-oxygenated water."

IMPORTANT TO KNOW FOR A SERIOUS ILLNESS

When dealing with a serious illness, it can be difficult to make an informed decision, as it is easy to be desperate for a solution. To help you make a decision about using the units designed for the Beck Protocol, we offer the following information based on the experiences of those who have used the protocol.

Please understand there is no guarantee that this protocol by itself will be enough to restore your health. It has helped many people. In some cases it has helped to completely restore health. In other cases, people have extended their lives and enjoyed quality time before passing on. In a few cases, there was no noticeable help. In other words, as with any health therapy, results vary.

The Beck Protocol is meant to help support body processes for better health. The Blood Electrification unit, in particular, seems to work by boosting the immune system. No matter what the disease, a strong immune system is crucial to regaining health.

It is important to understand the commitment that is needed before starting the Beck Protocol or using any of the units. In some cases it may only require a few months, but more than likely, you will need

to use the protocol regularly for two or more years or for life.

The following experience illustrates some very important points about the Beck Protocol when using it for a serious illness:

Peter was diagnosed with liver cancer that had spread to other parts of his body. It was so severe that the doctors took him off the liver transplant list. A transplant had been his last hope and he was devastated. He was told to go home and get his affairs in order as he had only about 6 weeks to live. He knew next to nothing about natural health and up to now had never considered other options. At home, he remembered some information a friend had given him weeks before.

The literature from his friend was about the Beck Protocol. He decided he didn't have anything to lose so he plunged wholeheartedly into taking care of himself. Some say that this man was desperately clinging to false hope. He was certainly frightened but he also decided not to give up. Life took on new meaning.

He used a MicroPulsing unit for several hours a day and also applied a Magnetic Pulse Generator to his lymph glands and over his liver every day. He took natural supplements, he improved his diet, and he drank Ionic Colloidal Silver. At first he felt terrible. His body was having difficulty getting rid of the load of toxins. After a time, he started to feel better—much better than he had in a long time.

He used the protocol faithfully every day for the first year and a half. His quality of life was very good. Because he was feeling so good, he stopped using the units on a regular basis without a consistent maintenance program. Soon he was going many days without applying the microcurrents or drinking the silver solution. His roommate later told us that Peter had also returned to his earlier more stressful lifestyle.

Just over the two-year point, his cancer returned and he succumbed very quickly. In good spirits, he admitted he had let his guard down and had stopped paying attention to his health. He was so very happy, however, to have had that extra two years of quality time. He didn't just exist by trying to get through one day at a time. He had really lived.

At some point, after one or two years or more, if you really feel well, you can experiment by cutting back the use of the units to perhaps three times a week or your intuition may guide you on the frequency of use. It may not be necessary to use the units daily after that time but Peter's experience tells us that it will still be necessary to have a maintenance schedule for regular use, as well as creating a healthy lifestyle.

As the blood and body cleanse, more wastes are produced. Getting rid of the toxins is important. A flu-like feeling (Herxheimer Reaction) occurs if the body produces more toxins than the organs can eliminate. If this happens, you feel worse before you feel better. You may experience common detoxification reactions like rashes, open sores, discomfort, headaches, aches and pains. This can

sometimes be alarming. The liver, bowels, kidney, skin and lungs must be able to eliminate wastes quickly enough.

If you are in a weakened state, it is advisable to work with a natural health practitioner to guide you through the detoxification process—possibly using specific herbs and supplements to strengthen the organs.

The following two suggestions have helped others get through the initial detoxification:

1. Purified drinking water is very important in eliminating toxins ... drink at least 6 to 8 glasses a day. Drinking a glass or two of freshly ozonated water may be particularly helpful.
2. Reduce the amount of time you are using the units. It is not necessary to stop MicroPulsing because of the reaction, just cut down your time to a few minutes a day and gradually increase the daily time on the units again. Reducing the time and then increasing gradually may be necessary more than once until your body is able to efficiently get rid of the toxic wastes.

Once your eliminative organs are strong enough, you may want to consider using the units for three hours or longer on a daily basis as others have done.

It is also very important to realize how our stress and self-worth issues all play a part in healing. Negative emotions and thoughts create illness and are just as toxic as environmental toxins. Pay attention to all aspects of your life in a respectful and loving way.

William reported fluids were soon discharging from every orifice in his body shortly after he started the Beck Protocol. Then after only five days he noticed he was improving significantly. The pain of his cancer disappeared.

William also felt the lifestyle changes he made were very much a part of his return to health. He reduced his workload and moved to sunnier and brighter premises to better enjoy life.

Many, like William, report making healthier lifestyle choices that, in addition to using the Beck units, contributed to their healing.

Sometimes an illness teaches us to live from our heart rather than our head. It's important to make changes so we love to live our life. As we take responsibility for our own health, many of us have moved from feeling like we are a victim of a disease to recognizing what the journey to regain our health is teaching us. Life becomes a gift once more.

GUIDE FOR GENERAL HEALTH AND WELL-BEING

MicroPulsing to Revitalize the Blood

Initial Use:

To allow the body to keep up with the need to eliminate wastes or toxins, it is often best to build up the time gradually—starting with about 15 minutes a day and building to two hours or more daily. Use MicroPulsing for at least 2 hours daily for 6 to 8 weeks.

Maintenance Schedule:

After the initial program, suggestions for maintenance are a) 2 hours daily for 2 days per week, b) 2 hours daily for one week per month or c) 2 hours daily for one month twice yearly.

Tip:

If feeling the onset of a cold or the flu, use the unit for several hours a day. Some have reported that blood electrification reduces the severity of the symptoms and/or duration of the condition.

Pulsed Magnetic Fields For Lymph And Tissue Electrification

Initial Use:

Apply the unit once or twice daily over the lymph nodes and organs for 20-minutes. Continue use for 6 to 8 weeks. Pulsed Magnetic Fields can be used on the same days as MicroPulsing. They can also be applied at the same time if your body is able to handle the detoxification.

Maintenance Schedule:

After the initial program, suggestions for maintenance are a) one or two sessions daily for 2 days per week, b) one or two sessions daily for one week per month, or c) one or two sessions daily for one month twice yearly.

Tips:

The Magnetic Pulse Generator can be used as long as you want on any area of the body. It can be used for sports injuries, joint pain, dental sensitivity, sinus congestion, aches and pains, insect bites, as well as over organs such as liver, kidneys, and pancreas.

It is not as common to notice a flu-like feeling with Pulsed Magnetic Fields, as the need to eliminate waste products may not be as noticeable as it is with MicroPulsing. If you do feel a reaction, cut back on the time and build up your time gradually again.

Make Ionic Colloidal Silver To Help The Immune System

Initial Use:

1 to 2 ounces or more daily for 2 or 3 months.

Maintenance Schedule:

After the initial program, suggestions for maintenance are daily use: a) 2 or 3 days per week, b) 2 weeks each month, or c) three months per year.

Tips:

If feeling the onset of a cold or the flu, several ounces a day for a few days may help reduce the severity of the symptoms and/or duration of the illness.

Ionic Colloidal Silver can also be applied topically on wounds and burns. A spray bottle is a handy way to apply topically.

Freshly Ozonate Water To Help Flush Toxins

Initial Use:

16 ounces or more daily for 2 or 3 months.

Maintenance Schedule:

8 oz. daily. It is best to take a break from time to time.

Tip:

To avoid any digestive upset, drink ozonated water on an empty stomach—at least 30 minutes before or after a meal.

GUIDE FOR A SERIOUS ILLNESS

MicroPulsing to Revitalize the Blood

Initial Use:

To allow the body to keep up with the need to eliminate wastes or toxins, it is often best to build up the time gradually— starting with about 15 minutes a day and building to two hours or more daily. It may be necessary to continue for many months or even years.

Do not stop all four steps at the same time. When stopping the protocol, decrease use of each of the 4 steps gradually. To allow the immune system to adjust, it is best to reduce the daily time gradually

and stop only one of the 4 steps at a time. It is also important to continue the protocol for a long enough period of time. If any symptoms reappear when attempting to stop the protocol, it is usually a sign that the body still needs support.

Maintenance Schedule:

After the initial program, suggestions for maintenance are a) 2 hours daily for 4 days per week, b) 2 hours daily on a one week on and one week off basis.

Pulsed Magnetic Fields for Lymph and Tissue Electrification

Initial Use:

Gradually increase the amount of time using a Magnetic Pulse Generator. Then apply the unit at least four times daily for 20 minutes. Use over the lymph nodes, organs or any problem area such as a broken bone or tumor. More sessions may be beneficial depending on the severity of the condition. It may be necessary to continue for many months or even years.

Maintenance Schedule:

After the initial program, suggestions for maintenance are a) four or more sessions daily for 2–3 days per week, b) four or more sessions daily every other week.

Make Ionic Colloidal Silver to help the Immune System

Initial Use:

2 ounces, 4 times daily for a few months. Reduce to 2 ounces daily.

Maintenance Schedule:

After the initial program, use daily for one month. Take a break for one month. Keep alternating months throughout the years.

Freshly ozonate water to help flush toxins

Initial Use:

Increase gradually from 8 to 16 ounces three times daily for one month or more.

SERIOUS ILLNESS TIPS

- ◆ *It is wise to monitor progress with suitable medical tests.*
- ◆ *At the first intuition or return of even a small symptom, you may want to consider returning to the full protocol as well as consulting your health practitioner.*
- ◆ *Eventually, the maintenance schedule for all four steps suggested for General Health and Well-being can be followed.*
- ◆ *It takes a long-term commitment to create health.*

Maintenance Schedule:

After the initial program, use daily for one month. Take a break for one month. Keep alternating months throughout the years.

THINGS TO KNOW

Blood Electrification**How MicroPulsing Feels:**

1. You should feel the microcurrents but it is not necessary to turn the control up to an uncomfortable level. Adjust the unit to a comfortable level.
2. With repeated use, the microcurrents may not be felt as easily. It will then be necessary to turn up the intensity in order to feel the electric current.
3. Twitching of fingers is normal at a higher intensity.
4. If you don't feel the microcurrents, it is possible you need to drink more water. The body must be well hydrated.

Dietary Restrictions:

Common sense is the best guide to know what to eat when using the Blood Electrification unit. We achieve better health when we eat as healthy as possible—fresh foods rather than processed or dead foods. We take a variety of food supplements and herbs when using the MicroPulsing unit. If you are unsure about taking any specific herb or supplement, it would be best to consult a natural health practitioner.

Use of Drugs:

Bob Beck cautioned about applying Blood Electrification when it is necessary to take prescription drugs. He decided to err on the side of caution after reviewing research about electroporation. Electroporation means certain levels of electrical current open the cells to absorb more. While the output of the Blood Electrification unit is not strong enough to create electroporation, it may be that the cells absorb and expel ingredients to a mild degree during an actual session with the Blood Electrification unit. Bob suggested, therefore, to take any drug right after using the unit so there would be a minimal amount of the drug in the bloodstream by the time of the next session with the Blood Electrification unit.

Individuals willing to experiment have not experienced any heightened effect. One person let us know that he applied MicroPulsing while undergoing chemotherapy. He felt he had no additional toxic effects and achieved only beneficial results. It is an individual decision as to whether to use the

MicroPulsing unit while take a drug.

Because of the potential for adverse effects with many drugs, if you decide to experiment, it would be best to be cautious and apply the MicroPulsing for only short periods of time to test for any reaction.

Other Cautions:

1. Do not place the electrodes over skin lesions, abrasions, new scars, cuts, eruptions or sunburn.
2. Do not apply the bare electrodes to the skin.
3. Keep the cotton or paper covers on the electrodes damp. Both dry electrode covers and bare electrodes will cause an electrical burn that may scar.
4. Do not sleep while using the electrodes as the electrode covers may dry out. This could result in an electrical burn.
5. During the first weeks of use, the skin may become irritated. Over time, irritation usually decreases or disappears. Alternating wrists each session allows any irritation to better heal.

Sensitive Skin:

Some individuals may be particularly sensitive to microcurrents and the irritation may continue. Here are suggestions to reduce irritation:

1. Alternate wrists each day.
2. Wet the cotton covers with Ionic Colloidal Silver as silver has a healing effect.
3. If you do not feel the current when wetting with Ionic Colloidal Silver, avoid using salt to increase conductivity as it often increases irritation. Instead try a saline solution for the eyes or add a conductive gel to the wet cotton. Both products are available at health food and drug stores.
4. Using unbleached paper towel to cover the electrodes may also decrease skin irritation. A small square can be wrapped around the electrodes and will last for several applications. The paper may have fewer impurities than the cotton.
5. Wash wrists well after each session and apply a healing lotion—aloe vera, MSM cream or vitamin E oil are options.
6. Drink plenty of water. If you are well hydrated, especially before applying the electrodes, this may decrease skin irritation.
7. Reduce the time you use the Blood Electrification unit each day to allow the skin to better adapt. Once the skin irritation heals, you can gradually increase the time.

Do not use the MicroPulsing function in the following situations, as safety has not been explored:

- In the case of pregnancy, nursing or trying to get pregnant.
- With a pacemaker or other active implanted device.

Pulsed Magnetic Fields

How the Magnetic Pulse Generator Should Feel:

Most individuals will not feel any sensation while using a Magnetic Pulse Generator as pulsed magnetic fields are generally not felt.

Cautions:

1. It is possible that Pulsed Magnetic Fields can mask pain. It is wise to consult a health practitioner to determine the cause of the pain.
2. With major inflammation, symptoms may initially worsen as magnetic fields can cause a temporary stress to the body. Start slowly to allow the body to adapt.
3. The South (+) polarity side of the coil may tend to stimulate. With a unit that identifies polarity, avoid using the South side over tumors or any condition that should not be stimulated.

Do not use in the following situations as safety has not been explored:

- In the case of pregnancy, nursing or trying to get pregnant.
- With a pacemaker or other active implanted device.
- With metal implants.
- With peripheral Neuropathy or other nerve-ending related conditions as it may worsen the condition.

Ionic Colloidal Silver

Cautions:

It is wise to take occasional breaks from consuming Ionic Colloidal Silver for two reasons:

1. Growth of healthy bacteria in the gut may be slowed so take a probiotic (friendly bacteria) to replenish the gut from time to time. Supplementing with a probiotic is often one of the steps in any natural health program.
2. Ingesting very large quantities of Ionic Colloidal Silver over a long period of time could possibly result in argyria. The risk of argyria is not an issue when Ionic Colloidal Silver is made with only

distilled water and used in moderation along with taking breaks from time to time. Argyria is a darkening of the skin, a bluish tinge, which occurs when silver molecules are pushed out to the skin and exposed to light.

The risk of argyria is greater if one is deficient in selenium or vitamin E. Drinking Ionic Colloidal Silver for long periods of time is known to deplete selenium. In addition to taking breaks from ingesting Ionic Colloidal Silver, it may be wise to supplement with both vitamin E and selenium.

We have not had any reports of argyria from individuals who follow the instructions in this guide.

Ozonated Water

Caution:

Breathing ozone may damage delicate tissue in the lungs. Do not breathe in directly from the airstone. It is best to operate the unit in a well-ventilated area such as under a stove-top exhaust fan.

HEALTHY LIFESTYLE TIPS

In addition to the consistent use of the Beck units, here are some tips others have found helpful:

How do you see yourself?

It is important to see yourself healthy and full of life. It can be helpful to reflect daily on the reasons you want to live, or what you appreciate and are grateful for in your life. You may also want to visualize yourself doing things you love to do. Allow yourself quiet time daily for this contemplative exercise.

CLOSING TIP

- ◆ *Staying on the protocol long enough is key. With a natural therapy, the body needs time to restore itself. If the body is in an extremely weakened condition, it is going to take more effort over a longer period of time.*
- ◆ *It has usually taken many years for an illness to develop so it is best to be prepared to allow sufficient time to reverse the process and build health. If the help the body needs is suddenly stopped, the immune system may not be strong enough to continue the healing process. The disease process may then escalate ... with symptoms overwhelming the body.*

Take steps to improve your lifestyle.

Changes to consider are:

- a) Improving diet—choosing fresh foods over processed and reading labels to check for food additives. Most processed foods are now contaminated with Genetically Modified Organisms (GMOs) that are known to create serious health problems.
- b) Reducing stress. This may mean checking for undue mental stress as well as getting clarity on emotional issues that are a constant stress.
- c) Participating in moderate exercise. Exercise can be as simple as going for a walk every day. Some form of movement is needed to stimulate the lymph system and help the body get rid of toxins.
- d) Deep breathing exercises also stimulate the lymph and increase oxygen intake.

Ensure wastes are readily eliminated.

It is important the eliminative organs are functioning well to handle the release of toxins. It may be necessary to improve liver, kidney and bowel function. Natural health practitioners offer programs to strengthen these organs.

Use programs to remove the build-up of heavy metals and environmental toxins.

Removing mercury fillings, eliminating heavy metal and chemical residues in the body, and avoiding environmental toxins—garden, household and industrial chemicals are all important. Helping the body clear heavy metals and environmental chemicals from the body may be necessary to fully regain health as they build up in the body from mercury amalgam teeth fillings, contaminated drinking water, the use of aluminum cookware and polluted air. These toxins, when stored in the body, interfere with nerve function and create diseases.

The body may also need additional assistance to clear parasites. Natural health practitioners can suggest therapies to chelate heavy metals as well as clear chemicals and parasites.

SUMMING UP

The four-step Beck Protocol is not meant for any specific disease. It is meant to give the immune system help in order to boost the ability of the body to heal itself. Testimonials offer inspiring glimpses into the lives of those who have healed themselves—some from serious diseases and others from everyday health challenges.