

HEALING IS VOLTAGE!

Marlenea La Shomb

How to Recharge Your Body-Battery



MD license prevents him from doing, and as he calls it, to cross over “from church to state” and to bust current science paradigms.

He states: “Almost all chronic disease is characterized by low voltage. Just as a new Mercedes without a battery isn’t going anywhere, a body without a functional electrical system doesn’t work either—thus, the title of this book is *Healing Is*

Voltage. Since we are a portable system, we must have a battery system that provides voltage as we move about. Our MUSCLES are voltage generators, as well as rechargeable batteries!

Spring is getting here, and sometimes it feels like moving mountains to go from the dark, cold days of winter and shift gears (*jumpstart our bodies*) into the long, warm days of summer. That process is well described in Dr. Jerry Tennant’s handbook, *Healing Is Voltage*.

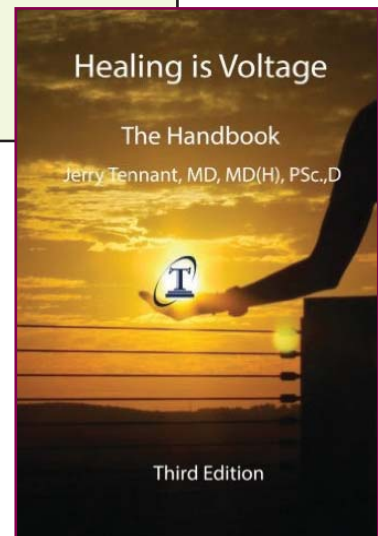
Jerry Tennant graduated with high honors from high school at age 16, then from the U. of Houston School of Optometry by age 19; he graduated from SW Medical School in the top ten at age 23. Truly a genius, he began his career as an ophthalmic plastic surgeon, his work to this day is extensive and groundbreaking. He practiced from 1964 to 1995 in the US and abroad until he developed encephalitis neuropathies and other nervous-system defects in 1994. What he didn’t know at the time was that the laser eye surgeries he performed were not killing the viruses; the laser would strike the cornea and release the viruses, which would float upward airborne,

Every cell in the body is designed to run at -20 to -25 millivolts. To heal, we must make new cells. To make a new cell requires -50 millivolts. Chronic disease occurs when voltage drops below -20 and/or you cannot achieve -50 millivolts to make new cells. Thus chronic disease is always defined by having low voltage. This book tells you how to measure your voltage in each organ, how to correct it, and how to determine why your voltage dropped enough to allow you to get sick.

—*Healing Is Voltage: The Handbook*,
Jerry Tennant, MD, MD(H), PSc.,D

through his surgical mask and into his nose and brain.

For seven years, Jerry needed to sleep 16 hours a day, yet he survived. He knew if he could figure out how one cell worked properly, he could heal all of them. His condition was considered incurable within the medical world, so he became a homeopathic and naturopathic doctor and ended up healing himself. He now runs Tennant Institute for Pastoral Medicine, (see TennantInstitute.com). He wrote this book, not as an accomplished MD, but as a licensed, pastoral health practitioner and counselor, which allows him to discuss medical concepts that his



However, this system only works when we are moving and exercising. Without exercise, our battery system goes dead. In addition, it is exercise that activates our lymphatic system to remove waste protein

from dead cells from within our body. Without exercise, our sewage backs up...

“The main things that control voltage are: thyroid hormone, fulvic acid, dental infections, scars, and exercise. To reverse chronic disease, we must look for the reasons why we have lost the ability to make new cells that work. Making new cells requires: -50 millivolts of energy, amino acids to make the inside of cells, fats to make the outside of cells, vitamins and minerals to make the metabolic processes work, oxygen as a fuel system (to metabolizing fats and glucose), and the lymphatic system to remove toxic substances...

“You must ask the question, why can't I make new cells that work? We are constantly wearing out and damaging our cells



being. (In 1905, Einstein wrote that light absorption can release electrons from atoms, called *the photoelectric effect*, and for this he received his only Nobel Prize for Physics in 1921.)

Tennant explains further that the acid-alkaline balance, or pH (short for potential hydrogen), is really a measurement of voltage. He highlights the difference between electron stealers (free radicals) and electron donors (antioxidants). The chart here helps us understand the differences as they relate to the human body and pH.



<u>Electron Stealer</u>	<u>Electron Donor</u>
Free radical	Antioxidant
Cellular damage	Cellular repair
pH 0–6.9	pH 7.1–14
Acidic	Alkaline
Positive pole	Negative pole
Destructive	Constructive
Spins left	Spins right

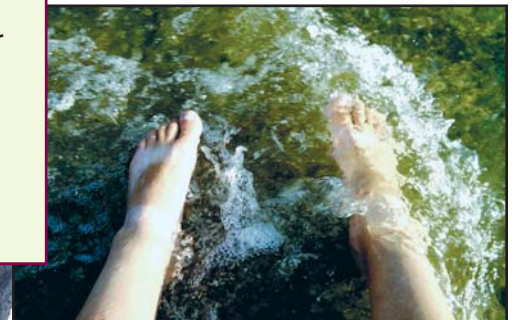
and have to replace them. We get new cones in our retina and replace the lining of our gut every two or three days. We replace our skin every six weeks and our entire liver every eight weeks. Chronic disease occurs when we lose our ability to make new cells properly...

It all starts when you start thinking like an electrician instead of a physician; check the voltages in the wiring system of the body (the meridians in the acupuncture/acupressure system) and you will be on the way to finding the problem and its solution.”

Dr. Tennant takes us to the beginning with atoms. Since atoms make up cells, and cells make up all the systems in our body. He describes how it's the sunlight-activated photons, discrete particles/waves of light, which are absorbed and released as electrons that comprise the non-physical light-energy aspect of our

You will hear statements such as, “All diseases occur when you are acidic.” What this is really saying is that all disease occurs when your voltage is low and in an electron-stealing state. You must have electrons available to do work, or your cells will die. A free radical is a molecule that is missing electrons. It is like a mugger looking for someone's purse to steal, thereby damaging cells.

An antioxidant is a molecule capable of giving away electrons. Tennant has measured that we



maintain our cells and heal primarily by making new cells, which requires a voltage of -50 millivolts.

Disease is always defined by having low voltage—not enough horsepower for cells and organs to do their jobs properly. Low voltage = low energy, toxicity and degeneration—we get sick and

tired. Sound familiar?

THIS IS KEY: Our cells are 70+ percent water! The amount of oxygen that will dissolve in water is dictated by the voltage of the water. When voltage is raised, more oxygen will dissolve in the water and be available to release electrons. However, when voltage drops, oxygen comes out of solution and leaves the water, and thus, our cells.

So we see that we need the basics: exercise, sunlight, fresh air, and clean water! But how do cells normally get voltage? There are many ways that the body is intended to access free electrons. However, our modern lifestyles, clothing, and equipment have tended to eliminate and/or insulate us from most of these sources:

The **EARTH** is a huge electromagnet. An area of higher voltage always causes electrons to flow to an area of lower voltage. If your body has lower voltage than the Earth, walking barefoot on the dirt or grass will cause electrons to flow from the Earth into your body, recharging you. But if you walk with insulating rubber or plastic shoes, this cannot occur.

WATER from the ground contains electrons (alkaline water). But when chlorine and fluoride are placed into tap water, it turns into an electron stealer. Swimming in stagnant or chlorinated water will steal electrons from you. Moving water is always an electron donor. Swimming in moving water will give you electrons (more effectively through the conductive minerals in the ocean).

FOOD. We lose electrons by drinking carbonated, caffeinated, and alcoholic beverages, and by eating junk food. Unprocessed and overly cooked food has no voltage. When you eat processed food, your body must rob electrons from other sources to digest it. Eating raw, live, whole foods provides electrons.

AIR/OXYGEN. Free electrons are all around us and oxygen is the most abundantly available antioxidant. Breathe deeply often, which is especially great while walking outside, and even better when barefoot! However, moving air (as in wind, air conditioning, sleeping with fans, or hair dryers) is an electron stealer.

TOUCH. When any two living things touch—through hugs, massage, even petting your dog or cat—voltage is exchanged. With doctors, nurses, loving parents, and any human touch, electrons are transferred from the donor with the higher voltage. If we lean against a tree, it will donate its voltage to us!

PRAYER, MEDITATION & POSITIVITY. It's no longer a mystery or a "quackery" to believe that optimism and a great attitude prolong life span, promote immune health, and accelerate healing. Electrons will follow conscious intent; they are attracted to positivity! The phrase: "Reconnecting to the source for a recharge" applies to plugging your electronic device into a charger AND, for many, it also applies to connecting with their spiritual Source. As we come to understand quantum realities and their significance, we see that electrons ultimately come from their Ultimate Source. This is the nexus point between particle and wave, between matter and spirit.

You now can see that we humans are electrical beings and are designed to recharge ourselves simply in the ways that our grandparents did: They worked outside in the sun, drank water from a well, ate unprocessed foods, gardened and touched the Earth with their hands and feet, leaned against a tree, stood in moving water while fishing, and

weren't afraid to stand in the rain. They stayed active. They hugged their family and friends, went to church, and could charge you up with a smile! ■

This article summarizes just the first 100 pages of this 550-page book, Healing Is Voltage—a must read! Marlenea La Shomb is a massage therapist and a holistic-health practitioner. She can be reached at Mountain Sky Guest Ranch at (406) 333-4911.



<u>Cell Voltage</u>	<u>Cell pH</u>	<u>Body Changes</u>
-50	7.88	Make new cells
-45	7.79	
-40	7.70	
-35	7.61	Normal for kids
-30	7.53	
-25	7.44	Normal for adults
-20	7.35	
-15	7.26	Tired
-10	7.18	Sick
-5	7.09	
0	7.00	Cells change polarity
+5	6.91	
+10	6.83	
+20	6.65	
+30	6.48	Cancer occurs