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# Healing Feats News

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Just when you thought you'd never see another Healing Feats newsletter again...look who's here with a little surprise! **Hello there**-there-there-there! I'm **back**-back-back-back...

## **What's UP Herbal Cat?**

Needless to say, I, Frankie Avalon Wolfe, aka known as The Frankinator, Dr. Wolfe, Dr. Avalon, Frankster, Witch-Doctor-on-the-Hill and *Mr.* Frankie Wolfe to solicitors who don't know who I am...have been busy.

Why would you care that I'm busy, you ask? Because I am always busy for the benefit of YOU! Studying, applying and engaging in the ways of natural health to help you live a better life! And of course, I manage to squeeze in enough fun so I can still keep you entertained at parties.

Anyway, here's the quick rundown of what's new. I'll give each subject a heading so you can skip to whatever you might be interested in reading about. After that I'll pick a topic, and get on with a little lesson for the day.

Certainly the most exciting addition to my practice is the...

## **BIOLOGICAL TERRAIN ASSESSMENT**

(BTA)



This new laboratory device I have obtained has dramatically enhanced what I offer my iridology/herbal clients. Although I was getting pretty smug about how good I am with the iridology—I see that the BTA has taken my herbal nutritional programs to higher levels—faster than before.

The short take on BTA is that it measures your interstitial fluid via the saliva and urine. This interstitial fluid is what all of your cells are bathed in. It is this fluid that carries nutrition in, and wastes out of cells tissues and organs. By measuring three factors, pH, rH2 and resistivity—we can profile your nutritional requirements, and track your

progress within specific scientific parameters. This device also tells your physical age vs. your biological age (not a pretty picture for most), where nutritional stresses are in the body, how acid or alkaline we are, if our minerals are being absorbed well or not, our hydration levels and our body's ability to detoxify itself. It can also pick up the presence of heavy metals, bacteria, fungus or viruses—things that iridology may hint at, but not technically assess. This device comes with software that also suggests an herbal/supplemental program (which I muscle test you on) and includes blood type diet guidelines for your blood type.

To top it off, I let *you* keep the first, 10-20 page, full color report on your results!

## **NEW CLIENTS**

Those who have become clients since I received the device (2002) will have the BTA test prior to every follow up appointment, (of course this remains an option) but my follow up fee remains \$60.00 regardless if

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you opt to have the BTA follow up or not.

### BTA IN IDAHO



If you are one of my students or colleagues here in Idaho, I offer you access to the BTA reports for *your* clients at a special price. Contact me for details.

### BTA 4 EXISTING CLIENTS

My existing clients (anyone *prior* to 2002) keep the option of regular follow-ups at your existing follow-up fee (as my policy has always been to not raise my consult fees on existing clients). This will NOT cover the BTA test, however. If you wish to have the BTA test along with any follow up appointment, the follow up fee will be \$60.00.

### BTA AROUND THE COUNTRY



I have been visiting Natural Health Practitioners in other

states to run BTA's for their client base. Contact me for details if you'd like to arrange for me to visit your area.

### Current plans for traveling BTA include:

**COLORADO**—August 2002

**CALIFORNIA**—(tentative for October 2002)

**GEORGIA**—November 2002

*A Word To my Students & Colleagues...*



### *Iridology/Herbal Students Growing!*

Just months after I attended Dr. Jensen's last iridology class in September of 2000, he passed on at the age of 92. Since then, I have hosted two more Dr. Jensen Master Teaching Series iridology classes here in Idaho, taught by Mary Frazee, of Health Wealth from Colorado. We are attracting an excellent and diverse group from all over the country. Students consist of Naturopathic Doctors,

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Massage Therapists, Ex-Pharmacists, Nurses and lay people who just like to help others with herbs and nutrition. The classes continue to expand and be more demanding, as I've been adding additional days to teach adjunct forms of assessment and extra assignments to help everyone anchor the information.

So far we have many success stories with our students. One of of whom was brave enough to give a speech about iridology, herbs and nutrition to a group of oncologists in her home state of Michigan. They were so impressed that she was quickly embraced by these doctors who invited her to assist their cancer patients with programs to help with the side effects of chemo and radiation! And the success stories continue as we change the world little by little.

I want to say that, although iridology is a lifelong study and practice (you will learn more every day if you put it into practice)—with this class, you can actually get the start that you need to identify body systems that need nutritional support. When you then use muscle testing to test your client, the body reveals more about what it needs. Don't be shy! Although, I hope and expect

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you to pursue your studies, you don't need all the years of higher education that I've chosen to begin this work! I am actually STILL using the same techniques that you are taught in this class. To be put on the list for upcoming classes in Idaho, please e-mail me!

### Become a Certified Natural Health Consultant

If you are helping others with herbal programs and/or iridology, PLEASE consider taking the Natural Health Consultant Courses that come to your area. You owe it to your customer base to be an herb specialist and get certified by doctors and experts in the field. NSP is hosting "Natural Remedies for Common Ailments" in Nampa, ID on August 3, 2002. This is taught by Dr. Hugo Rodier, MD who has a Integrative Medical practice in Salt Lake. Please join me at the class. (These classes count toward credit at other natural health colleges too!). Each class is only \$99.00. Call NSP to register: 1-800-223-8225.

### What's Frankie Been Learnin'?

This year has been busy and there is no slow down in site.

Beyond hosting and teaching classes, public speaking,



Frankie chatting with interested readers at a book signing

mentoring, book signings, traveling (sometimes up to two working trips/month out-of-state to see clients) and seeing clients in my spa locally, I have managed to squeeze in my continued studies. This includes working toward my **Master's in Herbology** (graduation date June 2003), **Certified Sclerologist** (graduation end of 2002), **BTA Clinician Levels I and II**, **Iridology Expo** (over 16 speakers), including a class with Denny Johnson—Rayid Method (personality type iridology), **The Clayton College Annual Herb Conference** (where I was also a guest speaker!), **A Natural Health Consultant Class** taught by Dr. Rodier, and coming up is **NSP's Herbal National Convention** held in Nashville this year. Convention consists of four days which imbue us all with the latest information from medical doctors and many successful health

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practitioners and herbal/nutritional experts. All NSP Distributors, Members are invited!

Don't fret, I have not lost the desire to write more books, there are still many in my head, but right now I'm still enjoying the time "off"!

### ADDITIONS!

Healing Feats Welcomes two new additions:

**Nancy King, Body Worker**—Has offered to see clients at the Healing Feats Spa by appointment. I have been to Nancy for bodywork several times and have always left relaxed and flexible! She specializes in deep tissue massage. To schedule, please contact either myself or Nancy directly at: **208-331-1948**.

Remember, if you desire to have massage at the Healing Feats spa, before or after your appointment with me, or even without seeing me, please just let me know and we can set you up with one of our great therapists.

**Chellé Carson**—Chellé is a new iridologist and colonic therapist who will be taking over Vanessa Haycock's colonic practice in Boise. (Vanessa is leaving us—happy ventures to you!) Chellé and I will be working

together to have her give colonics on our gravitational equipment here at Healing Feats, by appointment. She is also welcome to see you for iridology consults/muscle testing at my office as well. Cleaning the colon of toxic matter periodically is a great acceleration to healing and maintaining a clean system. Read more about the benefits of colonic therapy—what it is, etc. on my web site on this page: [www.healingfeats.com/colonic.htm](http://www.healingfeats.com/colonic.htm)

### **A few other Idaho practitioners I recommend:**

**Chiropractic Care**—Tim Dudley, D.C.—208-344-3610

**Vision Care:** Jeffrey C. Johnson, O.D. 208-377-1310 (His guidance with vision therapy corrected my astigmatism). Plus he thinks iridology is cool!

**NAET (allergy elimination)**—Greg Callis, D.C. 208-895-0977.

**Thermography (non-invasive pre-cancer screening)**—Rose Thomas, ND. Dr. Thomas is also heading up the Coalition for Natural Health Chapter in Idaho to protect your rights to seek traditional naturopathic consultants (like me!). Contact her for more on the

latest to keep our freedoms here in Idaho.

**Massage:** Pepper Dobson, CMT 208-345-8422 (Massage Central). After leaving us for the Hawaiian Islands, one of our favorite therapists is back! Pepper is one of the best.

**Massage Training:** The Center for Health Touch 208-429-0699 (The owner, Wanda, is also working on putting together the classes for our reflexology program—contact the school for updates or to be put on the list to be notified when we're ready to launch).

### **Frankie Playing Hard to Get? Naaa!**

Although I'm almost always busy, my work schedule is so inconsistent it is difficult to hire someone to be here habitually to answer the phone, etc. As you might know, I don't choose to keep a "regular" 9-5/M-F office type schedule. Although I probably work sometimes 70 hours/week every week's set up can be entirely different. I do this in order to keep my own holistic health in tact! So for the time being, please continue to communicate freely with either one of my full time assistants: —my ANSWERING MACHINE and my E-MAIL!

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I do have a cell phone that I take with me on all my working trips. My office line forwards to this phone wherever I am. I always take my lap top computer on working trips too—so I am able to receive your emails no matter what time zone I'm in. Please use these to communicate with me as much as possible.

### **Other Solutions**

For some of you local (Idaho) folks who just don't jibe with my schedule when I'm working out of town or teaching, I'm happy to refer you to one of my students/colleagues who I trust to help you with your specific needs. I also work at a few offices in town that I can see you in instead of you having to come to my mountaintop spa facility!

### **Solidarity...**

Just know that I'll *always* be doing this work, and I will do whatever I can to accommodate your schedule. Please check my online schedule at: [www.healingfeats.com.boisepg.htm](http://www.healingfeats.com.boisepg.htm) for updates as well.

**Now, onto the topic for the day...**

## The Tooth About My Past



I feel I was really groomed for the work that I do now starting about 17 years ago when I worked as an expanded duty dental assistant (EDDA) for a Holistic Dentist. I didn't know what *holistic* meant until I met this wonderful, healing, woman dentist who had a practice in Winter Park, CO. I needed a job and wanted to do the work that I loved—watching people get well—at least dentally! What I learned was that her father had died from mercury poisoning, and as a dentist, she refused to use mercury in her office—this meant she did not use any "amalgam" or "silver" or "metal" fillings as they are commonly called. She, instead, used the composite—"tooth colored" materials. The ADA shunned her because of this single fact! She didn't let that bother her, because she cared about her patient's health first! Folks loved her—she also took advantage of using color therapy with the use of colored lens glasses to positively affect her patients, she used an H-wave machine

(a device that numbed you electronically, so you didn't have to receive a needle injection), she'd even had herbal teas in the waiting room and had plants and furniture placed "just right" in her office to set the environment. She was certainly ahead of her time!! I learned so much about holistic healing and non-toxic dentistry, that by the time I actually started on my *holistic-oriented* education, years later, the dangers of toxic dentistry (i.e. mainstream dentistry) was common knowledge to me!

### **Dental Health=Mental Health?**

Do this for me: Stand in front of a mirror, open your mouth and take a look—do you see "dark colored", grayish, metal looking fillings in your teeth? How many do you have? These fillings are called amalgam (*ah-mal-gum*) fillings. Today, many dentists are scrapping the use of amalgam altogether but it is still the first choice of material used by the majority of dentists in America to fill cavities in molars. And dental insurance pushes it because it is cheaper.

The fact is that about ½ of this amalgam material contains one of the most

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deadly toxic substances known to man—mercury.

It's hard to believe isn't it? I was once in an argument with an Environmental Protection Agency (EPA) Inspector about a medical building I was managing. She would NOT believe me that mercury is used in dental fillings! And therefore wouldn't believe that the dentist's office possessed mercury in their office. I had to actually show her the dispenser of mercury. She almost passed out when she realized I wasn't lying!

We didn't know all of this earlier. In dental tech school I played with it, and for years I freely mixed it for fillings to put in the teeth! The American Dental Association (ADA) still approves its use. (Too bad that these licensing groups and boards seem to be more concerned with their own inner politics, rather than the health of the American people!) Although the EPA labels it as a toxic poison with specific hazardous waste protocols for its removal, the ADA says it's approved to put right into your head.

### **Madder Than A Hatter?**



This news about mercury being toxic to the brain may not be new to you, especially if you've ever studied your history about the Mad Hatters during the time they were making top hats and using mercury to stiffen them. These workers commonly went "mad" from mercury toxicity. Hence the phrase, madder than a hatter. There are thousands of studies showing how dangerous mercury is to the human body. The problem with its use as filling material is that once placed in the teeth, the mercury vapors continue to get released into the system every time you chew.

Mercury has an affinity for the central nervous system. It accumulates in the pituitary gland (in the brain) which interferes with all the rest of the glandular functioning of the body including metabolism, body temperature, hormone balance, and it even interferes with our ability to detoxify other harmful substances we are exposed to—which makes one more "sensitive" to foods, additives and toxins

in the environment. Amalgam fillings have been linked to kidney and liver damage, all nervous system disorders including MS, Lupus, Parkinson's, Alzheimer's, Depression, etc.. Metal fillings are commonly linked with autoimmune disorders such as Rheumatoid arthritis and Fibromyalgia, Chronic Fatigue Syndrome and Epstein Barr Syndrome. This is because the mercury vapors enter the system and inhibit the body from being able to process (or uptake) important nutrients that nourish our organs, our brain and keep us in health and balance. Remember, it always comes back to nutrition! Our bodies run on nutrients. If heavy metals are interfering with our enzymes or pH and our mineral absorption, then we cannot stay in balance nutritionally—Nutrition = Biochemical balance. (Another thing the BTA testing will reveal!).

Here's an example: Fibromyalgia patients have been found to commonly have abnormal chemical processes that interrupt the sodium-potassium balance at the cellular level and inhibit the cell's ability to make energy (ATP). These patients also seem to have an inability to utilize calcium properly to keep glutamate from causing inflammatory conditions in

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the nerves, which adds to pain. Guess what? Mercury exposure is known to cause both these abnormal processes! Documents show that Fibromyalgia patients (and just about anyone with autoimmune illnesses) have significant improvement in symptoms after fillings have been replaced with less harmful materials. Know how this information was discovered? Because so many people have been helped with Fibromyalgia symptoms with the use of HERBS and SUPPLEMENTS that researchers began to study the nutritional effects of the supplements and how they influenced the body, and thus discovered the nutritional/chemical linkage.

I'll definitely touch on some of the nutrients/herbs that can help detoxify you if you have amalgams, but for now, just trust that your nutrition is saving you!

My philosophy—always go to the CAUSE of the problem! Remove the irritants first and you can rebuild faster!

### No Brain No Pain?

Mercury also compromises the blood brain barrier (the protective coating around the brain)—making other brain toxins such as aspartame (i.e. Equal, NutriSweet) and MSG

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(both common food additives) easier to invade the brain and cause damage and/or reactions. Over time, these food additives can also build up in the brain and interfere with our brain synapses. This causes memory problems.....Now, what was I saying?

Ohh...

How do you know if your dental fillings are negatively impacting you? All amalgam fillings will have some negative effects. But let me give you a quick list of some common indicators that your fillings could be at the core of your issues:

### **Symptoms of Mercury Exposure**

Migraines or Headaches

Metal Taste in your mouth

Poor Immune system

Central nervous disorders—i.e. M.S., Parkinson's, tics, epilepsy, tremors—note if you had any of these symptoms come on BEFORE your metal fillings?

Tingling in the skin—feeling of "crawling" skin, or pin pricks in skin

Thyroid disorders

Mental or Emotional disturbances

Drooling

ringing in the ears

Chemical sensitivities

Candida—especially if it seems to continue to come back (researchers are thinking that the candida is a protective mechanism to "soak up" excess mercury in the system)

Depression

Fibromyalgia

Fatigue

Dizziness

Panic Attacks

Vision problems

Intestinal Disorders

Cardiovascular irregularity

Asthma

Difficulty swallowing

You know I never leave you without an answer to correct the problems right? I always have some help for you...so here it comes...

### **The Heavy Metal Solution**

You need to do three main things if you have more than one or two amalgam fillings in your mouth

1. Remove/Replace

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2. Detoxify and

3. Rebuild

Here's what I suggest:

1. Find a dentist who refuses to use amalgams and find out what protocol they use to replace old amalgam fillings with newer materials. At the VERY least, they need to use what is called a Rubber Dam when they remove your fillings, and it's best to have a room well ventilated, and even oxygen or a respirator for you AND the dentist is an excellent idea when removing this toxicity from your mouth. Some dentists even do biocompatibility testing to see which materials are best in your mouth. (If they don't, ask them for a sample of your choices of filling materials, and I'll muscle test you on each).

2. Come see me at least two weeks before your dental appointments and we can create you a "detox" program. If you can't come see me, here are some guidelines and some good herbs/supplements to take to help you through:

**All Cell Detox**

**B-Complex  
Brain Protex  
Vitamin C  
CleanStart**

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**CoQ10-100**

**Detoxification Homeopathic**

**Germanium Combo**

**GreenZone**

**Urinary Maintenance**

**Seaweed baths**

**Distilled water for drinking**

I would continue to take your detox program before, during and for at least two-four weeks after your amalgam fillings have been replaced.

3. After that, please come see me again, so we can get onto the rebuilding stages of your program and restoring any long-term damage. Your body will be better able to bounce back once the daily assault is removed!

### **The Tooth Hurts!**

And for the pain of dental work—I always use the following:

**Nature's Phenyltol or Triple Relief**

**APSII** (herbal aspirin)

**Distress Remedy** (similar to Bach Rescue Remedy for trauma and mild bruising, aches/pains)

**Infrared lamp** on soles of feet

**Hot water bottle**—place over area worked on to circulate the local anesthetic out of the tissues

**REST!**

### **More to Chew On...**

Still can't believe it?! I always encourage you to do your own investigating! If you want to do your own research and read the thousands of scientific studies on amalgam, please visit any of the following web sites:

[www.dams.cc](http://www.dams.cc)

[www.amalgam.org](http://www.amalgam.org)

[www.toxicteeth.net](http://www.toxicteeth.net)

[www.flouridealert.org](http://www.flouridealert.org)

[www.home.earthlink.net/~bernie1](http://www.home.earthlink.net/~bernie1)

I ran out of space to touch on the toxic effects of fluoride as well. But trust me on this one too (and visit the above web site on fluoride). Stick with toothpaste such as Nature's Sunshine's Sunshine Brite Toothpaste, or Tom's of Main that does NOT contain fluoride. Be sure to also keep up your Nature's Spring reverse osmosis water filtration—or purchase r.o. drinking water.

### **More Than A Mouthful**

We all will have to be exposed to toxins in our life—it is just reality—they are in the air, in our food, emitting from

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electromagnetic devices we use, etc. And most of them are really beyond our control. In addition, some of us will choose certain things that are pleasurable for us, but that we know are toxic—such as certain foods, additives or intoxicating substances, etc. So I figure, why not **CHOOSE** to control or limit the toxins that we are getting by default (by purifying our water and choosing non-fluoride toothpaste and choosing NOT to have mercury in our mouths for instance). When we detox these things, the damaging effects of our chosen, and/or un-controllable toxins will have less impact on our health. We can then get on with the business of enjoying life and contributing to life more thoroughly!

I hope you all find good healing and health this year. I sure enjoy helping you on your way. Looking forward to hearing from you soon!

Always Sincerely Yours,



Frankie