

DALE NEUMANN MED CLUB

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Diarrhea? Take three crackers with peanut butter on them per

meal.  
until stops. wash down with a glass of milk.  
This procedure is NOT required at every meal time if you think  
you are  
eating too many crackers.

Constipation? In the morning, take One spoon Bronson Vitamin C  
powder in small glass orange juice.  
wait half hour, then take a cup of coffee.

PS. The above can be used for prevention.

Gaining weight?

You need to limit:

Bread  
Soda  
Pasta  
Cake  
Candy  
Eating more than one plate.

Sugar level too high?  
well are you eating a lot of ice cream? Cut back.

Tooth or Gum Problem?

Before bed, chew one, two, or three Calcium 600 tablets,  
preferrably  
on the side of the mouth where the problem is. wash down  
with a glass of milk. wait a few minutes to a half hour,  
then Rinse mouth with a teaspoon of salt ( You may  
be able to substitute a few drops of Hydrogen Peroxide solution  
mixed with water, but salt should be the preferred method. )  
dissolved in a glass of warm or cold water.  
Repeat until issue is resolved. Keep taking calcium,  
but watch that you do not take too much which might form  
stones. (Chewing it helps, even if it does not taste too good,  
but your tongue does get used to the taste.)

About toothpaste: Be sure and choose a toothpaste that is least  
"poisonous"  
and use sparingly. Brush teeth thoroughly and rinse several  
times  
until all the toothpaste "taste" is removed from your mouth.  
Do not go for any of these "whitening" types. Too many chemicals  
are no good for you.

About braces: If you have a serious bite problem, I can see where  
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this helps,  
but if you are worrying about having perfect teeth just because  
one or two is slightly misaligned, consider this.  
If you go:  
There will be pain.  
There will be a long wait to get your teeth aligned.  
You might be weakening your teeth and gums by moving them around  
and have more denture problems later.  
It will cost money.  
In short, do not do it just because you are vain.

why waste the toilet paper?  
Instead of using "gallons" of toilet paper to clean yourself,  
scratching your rear, etc. consider  
wiping sparingly, then going to the shower, backing up to the  
spicket at the bottom, then drawing the water and cleaning

yourself properly  
with a little soap on your fingers.  
...and you'll feel cleaner anyway. This has greater benefit when  
you have  
diarrhea.  
If you are not at home, get the toilet paper wet  
with a few drops of water from the sink before cleaning yourself.

Dirt getting in your ears?  
Buy a good supply of Q-tip ear cottonettes. Use one side in one  
ear and  
the other side in the other ear. Be VERY CAREFUL NOT TO GO TO

FAR INSIDE THE EAR,  
YOU DO NOT WISH TO GO DEAF! THERE IS A TINY HOLE THAT GOES TO

THE INNER EAR:  
DO NOT GO INSIDE THAT AREA AT ALL. Rotate Q-tip one direction

while cleaning  
to catch the yellow stuff that is on the inside of the ear  
for each ear. Observe Q-tip after cleaning to see how much stuff  
you got off. Do not re-insert (now dirty) Q-tip again.

Now, to finish cleaning,  
take another Q-tip: Dip one end in Hydrogen Peroxide bottle, then  
clean  
ear the same way. Then dip other end in the bottle and clean the  
other ear.

Let ear dry naturally; do not use third Q-tip.  
Do not use Alcohol or any other liquid besides maybe water in  
place of Hydrogen Peroxide.

If you are in the car, and all you have is a leftover soft drink  
i.e. with no soda,  
you can melt the water from an ice cube into your ear by placing  
the ice cube  
near the ear (but not directly in it - you do not wish to FREEZE

your ear drum.)  
then tip your head and the ice will melt from the warm skin into  
cold water  
which will enter the ear, flushing the dirt out. Take in very  
small shots, so  
you don't freeze the ear.

You can also tip your head to one side  
and spray the ear with a hair spritzer filled with pure water.

Throat scratchy? Take a clove of garlic. Don't wish to eat it  
pure? Press it through a garlic press into a bowl and add a  
teaspoon or two of sour cream, mixing well. Dip and Eat with  
Tortilla chips, crackers, or another snack food of choice.