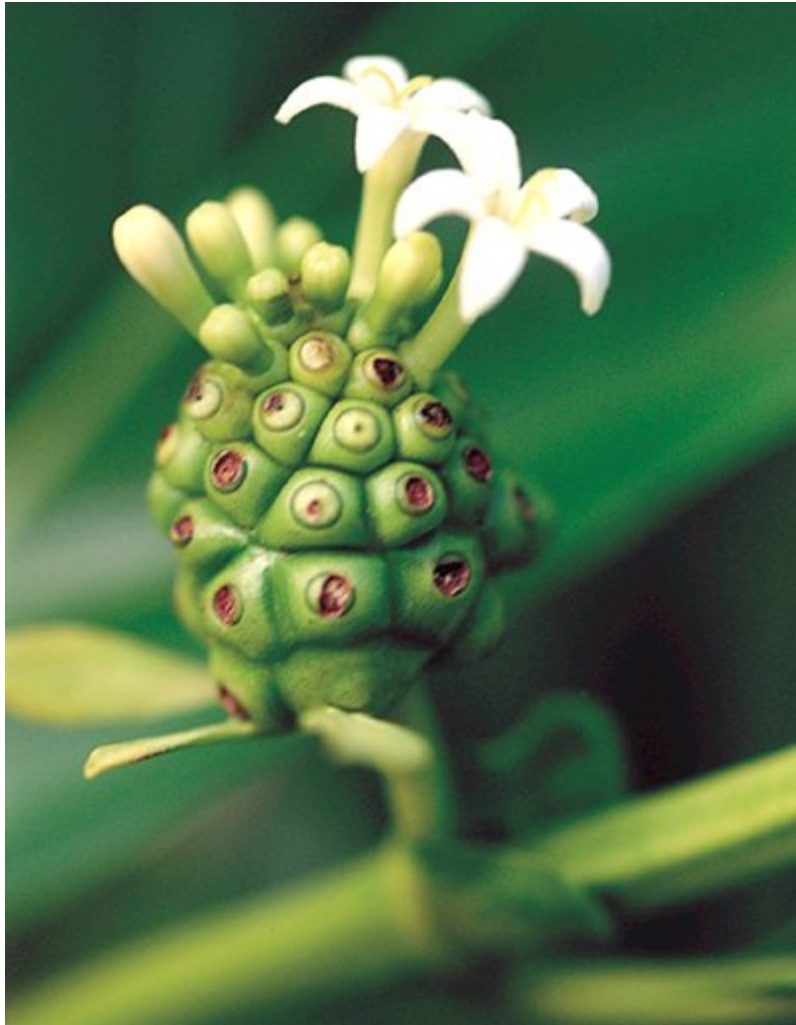


Take Control of Your Health



---

## Healing and Repair

---

A Special Report by Dr. Richard Williams

Presented by

[www.AskDrRichardWilliams.com](http://www.AskDrRichardWilliams.com)

Copyright © 2007 AskDrRichardWilliams.com. All rights reserved. [www.AskDrRichardWilliams.com](http://www.AskDrRichardWilliams.com)

For more info, please contact Rod & Melanie Alfred at [rod.alfred@westnet.com.au](mailto:rod.alfred@westnet.com.au) or +617-3841-6066.

## NOTICE

**ALL RIGHTS RESERVED.** No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the publisher.

## DISCLAIMER

For questions or comments concerning Noni use directed to the author, please send an email to [DrWilliams@AskDrRichardWilliams.com](mailto:DrWilliams@AskDrRichardWilliams.com)

These documents are for educational purposes only. They are not intended to diagnose or treat. TNJ is not a medication and is in no way therapeutic or directly affects a disease or condition. The fundamental nutrients in TNJ support many of the systems of the body and, thus, improve the outcome of standard care. Improved system function is the true basis for Prevention and Optimal Health.

Taking personal responsibility for your health and the health of your family is vital. Educate yourself and seek information on all of the aspects of a healthy lifestyle. Learn how to manage the inherited or acquired health challenges you face. Understand the benefits of proper diet, adequate and special nutritional supplementation, and exercise, and stress management, emotional and family support. Become a team member with your doctors. Ask questions and make informed choices.

The information and guidelines in this booklet are intended to encourage personal responsibility and to supplement proper medical care. Have your doctor review and approve or modify these techniques based on your personal requirements.

TAHITIAN NONI<sup>®</sup> Juice (TNJ) is a trademark of Tahitian Noni International.

**If you have questions or would like to receive  
more information on Tahitian Noni Juice,  
please contact:**

**Name:**

**Rod & Melanie Alfred**

**Tel:**

**+617-3841-6066**

**Email:**

**rod.alfred@westnet.com.au**

**TNI ID:**

**128655**

**Web Site:**

**www.RodAlfred.com**

# TABLE OF CONTENTS

Investigation into Healing and Repair with Tahitian Noni® Juice	6
Tahitian Noni® Juice and Physiology	9
Healing and Repair Mechanisms	11
Tahitian Noni® Juice and the Scientific Community	17
Questions and Answers	18
Hydration and You	29
Get Started Today!	30
Full Immune Boost	31

**Join our mailing list to receive first-hand information on the use of  
noni juice at [www.AskDrRichardWilliams.com](http://www.AskDrRichardWilliams.com)**

## Meet Dr. Richard Williams



**Dr. Richard Williams**

Dr. Williams earned an M.D. from the University of Miami, a Masters degree in Tropical Medicine from Mahidol, Thailand's premier medical university, and has been licensed to practice medicine in both the U.S. and Thailand. He is board qualified in Family Practice and had served as a U.S. Navy surgeon for 8 years. He has worked as a physician for circa 30 years, 19 of which were in Thailand. Dr. Williams was a regular volunteer to a number of Thailand's charitable foundations.

### **Tahitian Noni® Juice information by Dr. Williams includes:**

- "Tahitian Noni® Juice & Modern Medicine" at [www.NoniTools.com](http://www.NoniTools.com)
- "Take Control of Your Health" DVD Sets available at [www.AskDrRichardWilliams.com](http://www.AskDrRichardWilliams.com)
- "Take Control of Your Health" Trifolds available at [www.AskDrRichardWilliams.com](http://www.AskDrRichardWilliams.com)

My experiences with Tahitian Noni® Juice (TNJ), a product of Tahitian Noni International, have been a revelation for me. An unexpected nutritional requirement plus the safety and efficacy of nutrients has changed my views on health and disease. The insights gained delving into the pathways of Noni's many benefits have helped to pull together very diverse elements of my own past as student, researcher, physician, athlete and coach. Time and available patients have not allowed us to cover the full spectrum of health problems and potential Noni benefits. Our work is continuing and we invite everyone who is interested in health, from a personal to a professional level, to join us in this exploration.

We are beginning to identify the specific connections between vigorous physical activity, diet and good health, as well as the hazards of a sedentary lifestyle. The earliest empiric lessons about a well-balanced diet and a well-balanced life are proven more valid the deeper we probe into stress and the metabolic syndrome. Clinical observations combined with advances in genetic and physiologic research have led to projections of the potential impact of this amazing product on the lives and futures of people around the world.

I am deeply grateful for the opportunities and support afforded me by so many.

Yours sincerely,

*Richard A. Williams, M.D.*

# **Tahitian Noni® Juice: Healing and Repair**

Welcome to this Special Report on Tahitian Noni® Juice, Healing and Repair, where we'll talk about Tahitian Noni® Juice and how all of the responses from Tahitian Noni® Juice fall into a pattern that is very clearly nutrient.

We are talking about nutrients, not nutraceuticals, not herbal chemicals, but nutrients that support our systems; nutrients that, in fact, are encoded in and under the control of our DNA by all of the patterns of responses that we have. You cannot open up the DNA and find an inscription that says "TNJ," but the pattern of responses says that it is under the control of our DNA.

We are going to talk primarily about healing and repair.

## **Investigation into Healing and Repair with Tahitian Noni® Juice**

The concept of healing and repair as a set of systems and mechanisms is not standard in medicine. I am going to take you through my journey into Noni and into the experiences and understanding that I have gained with now close to 3,000 patients in the last six years.

When I first heard about Tahitian Noni® Juice, a two-thousand-year-old fruit juice that fixes things all over the body, I thought it was absolute

nonsense. I was asked by people that had been using it for three years to investigate its long-term safety, because they were very pleased with the results they had seen.

The results included alcoholism, clearing up chronic low back pain, clearing up a daughter that was ADHD coming off of Ritalin and doing much better in school; better asthma, less migraines, better arthritis. And I said, “Wait a minute. Those things aren’t even the least bit related. How can that all happen with this juice?”

To investigate, I went to the Internet and pulled up testimonials. The first thing that you have to understand about a testimonial is that it is a non-professional statement, for the most part. Now, if you have got a doctor or a nurse making a testimonial, it can be a different story.

As I looked at testimonials, I saw literally hundreds of different conditions where people were sick, where medicine was not working, where they started on the juice and got an amazingly profound and significant benefit.

It included every system of the body, and it seemed impossible to me that within two weeks of using Noni with my patients that I’ve treated for anywhere from 6 to 10 or 12 years, I saw the same thing.

I did not understand how you could have that dichotomy, that division in people who were having tremendous, profound benefits and people who said they did not feel a thing at all.

The first Noni user I talked to with a truly objective, measurable benefit had a vascular (blood vessel) problem.

This man had something that could be measured very clearly once or twice a day. He had a severe case of hemorrhoids, which does not sound like much of a problem, until you stop to realize that when we do bypass surgery in the heart, we use veins to replace the arteries.

Those hemorrhoids were dilated, stretched, torn, damaged, enflamed veins. If you can turn that around without having to use a surgical knife, like I do, then you can repair blood vessels all over the body. This was the first insight I had into some of the mechanisms that were going on, and, subsequently, I ended up with many people that had clear benefits with their hemorrhoids.

Let me tell you some more of the healing things that I've seen so that you can understand how we have begun to be aware of what is going on.

I saw a 12-year-old boy, who fell off a motorcycle and slid down the side of the road in the gravel on his face. From his eyebrow to the tip of his nose, the cheek, the cheekbone, the upper lip, lower lip, chin, all on one side were just scrubbed, not right down to the bone, but a very deep abrasion with imbedded dirt and gravel.

He was started on Noni on the second day after the accident, and by the sixth day all of that was healed and gone without a scar. Never in my entire



medical career have I had anything heal and respond that way. And this was the first of many instances.

I also had people with chronically swollen legs and skin that was so stretched and thin that it was like parchment paper, that when they got an injury to the skin, it would take a month or more to heal.

With Noni being applied topically, you could see it heal up in less than a week.

### **Tahitian Noni® Juice and Physiology**

We were looking at profound responses to Noni, yet there were limitations. In other words, there were some benefits that you got at 2 ounces, some additional benefits that you got at 4 ounces. Occasionally, you needed 8 ounces. But until we got around to where we were working with the immune system and multi-system severe acute damage, we almost never had to use more than 8 ounces.

If you gave 2 or 3 or 4 liters a day, you got no increase in benefits. But, of course, you also did not get any toxicity or side effects.

This was where we began to formulate the concept that what we were seeing were nutrient responses, where the nutrients were turning on elements of our own physiology.

We came to understand that we all suffer from a deficiency in fundamental and basic nutrients that our systems were designed to use when they were laid down over the last 100,000 years, and that the last 10,000 years of agriculture have led to soil depletion and nutrient depletion.

What happens is the systems that you use every day have had the opportunity to adapt to the gradual decline in nutrients that have occurred over the last 10,000 years.

The understanding then came that, if you do not use a system, it does not have the opportunity to adapt. For instance, if I take you in a helicopter and fly you to 18,000 feet at base camp on Mount Everest and say, “Tomorrow, we're going to climb up the hill,” your body is going to say, “No, I don't think so,” because it is not ready.

Now, if I fly you to the base of Mount Everest and we spend three weeks walking up to 18,000 feet, the next day we can walk further up the hill because the body has already adapted considerably over that three-week period of time of using those mechanisms.

When you think about what we are seeing, the mechanisms that did not have a chance to adapt were the mechanisms that were not used every day, and those were the healing and repair mechanisms.

## Healing and Repair Mechanisms

We were looking at a scenario where we have systems that were designed to use nutrients that have been missing for 10,000 years that did not have the opportunity to adapt, because they were not used frequently enough. And that is our healing and repair capacity in every system of the body.

The nutrients in Noni allow the healing and repair mechanisms that are encoded in your DNA to turn on. That's why we see such dramatic responses in people who are severely ill, and why, in fact, we see bigger and more dramatic responses with people who are very ill than with people who are a little bit ill.

This is the way we came to the understanding that these were nutrients that were turning on healing and repair mechanisms throughout our bodies. It is now that we can start to sit down and look at system by system examples of how those mechanisms can be demonstrated and the types of problems that you can see where Noni can provide a benefit.

If I have a leg that is broken and out of place at a 90-degree angle, how much Noni do I have to drink to make it straight? The answer to that is very obvious. That is a mechanical problem that has to be dealt with first.

First, we have to get the leg straightened out and put in position, and then the optimized healing responses will allow the fastest repair.

We see similar situations in people with a deviated septum in the nose, where the bone is out of place and creating obstruction. We see it in some forms of long-term scar tissue that is fixed and not an active process.

We see it in some forms of damage in the brain and the spinal cord where the degree of damage has been long enough that the healing and repair, as evidenced by the scar, is permanent. The blood supply is not there, the scarring has impeded the blood supply, and we then cannot reverse that degree of damage.

We also see this in the kidney. You can prevent damage on an ongoing basis. You can take acute damage and repair it. You can take chronic exposures and protect organs from damage as well.

If you take a kidney and infect it with a virus, you have a viral glomerulonephritis. People end up going on dialysis, and some of them recover while some of them do not. But if these people are given the right amount of Noni Juice and the right protocol, you can reverse the damage in that kidney with Tahitian Noni® Juice.

On the other hand, if you take someone who has had longstanding hypertension, longstanding lupus, longstanding diabetes, and some of the other long-term conditions that produce end-stage chronic renal failure, you have a kidney that starts off being 3 to 4 inches high, 2½ inches wide, and about 2 inches thick, and it is just as soft and mushy as normal liver.

At the end stage, it has shrunken down to half of its size or less, it is almost as hard as a rock, and you can bounce it off the floor like a golf ball.

This degree of long-term, permanent scarring and shrinking and the blockage of blood supply into an organ are not reversible. It is permanent. The end stage of damage cannot be reversed, but if it is in the mid-range as an active process, there we have the opportunity to recover at least a portion of that function.

We can take that lupus, hypertension, diabetes in mid-stage, give them the benefit of nutritional support to their healing repair mechanisms with Tahitian Noni® Juice, and a significant amount of the damage can be reversed, and the progression of damage that is there can be stopped. That is what happens when the nutrients turn on the healing and repair mechanisms that are a part of your DNA blueprint.

We see scarring processes in the lung. This can be caused by infections. It can be caused genetically, like with cystic fibrosis. It can have other mechanisms like radiation damage, chemotherapy damage, inhalation of different kinds of dust, including asbestos and coalminers, and the fine silica they used to get with sandblasting; the different damages that occur to lungs in people that are exposed to grain and in silos, both nitric oxide type damage, and others.

This is an ongoing type of process that can benefit from the healing and repair mechanisms being turned on and be reversed. With a combination of

Tahitian Noni® Juice at 8 ounces a day and deep breathing exercises, you can reverse that scarring, soften that scarring, stretch that lung back out, and get that lung back to where you have full, normal function.

If someone has emphysema, this is torn lung tissue. This is torn apart and scarred where it cannot be put back together. This is totally analogous to having a broken leg that is still bent at 90 degrees. The juice cannot make that straight, nor can it repair that healed and damaged torn lung tissue.

There is an inflammatory component to that. Even after people have stopped the damage by stopping smoking and stopping their exposure to chemical inhalants, the inflammatory process will continue to eat away at their lung capacity at anywhere from 2% to 5% a year. The healing and repair mechanisms in the lung can reverse and stop, so that they don't lose anymore function in the lung.

It increases 3 to 4 times higher than normal. It overloads the right side of the heart and it fails to pump properly. And when the right side of the heart cannot pump properly and cannot get enough oxygen to the left side of the heart, then the left side of the heart fails, as well as the blood vessel responses in the lung, the hypertension itself, and the diversion of blood coming out of the heart into the lungs through large blood vessels back to the heart.

In other words, it creates what is called a shunt. It is difficult to pump it out through the fine capillary beds and then back into the heart. It opens up an

arterial venous shunt and bypasses the lung tissue, and then comes back to the heart without ever getting any oxygen.

When you pump that back into the other side of the heart, then the heart gets damaged from not having enough oxygen.

The reflex pulmonary hypertension is turned off in 15 to 20 minutes with 4 ounces of Tahitian Noni® Juice. The shunting is turned off in 10 to 15 minutes with 4 ounces of Tahitian Noni® Juice. You have then taken the overload off of the right side of the heart.

With the inherent healing mechanisms in the heart, over two weeks that heart can recover 70% or more of its function. Within that day, it begins pumping oxygenated blood into the left side of the heart, and that allows the left side of the heart to heal and repair as well.

We see people who are in frank failure, what we call cor pulmonale, which is heart related to lung. The right side is in failure, the left side is in failure, because the right side failed. And yet, we see them regain 25% to 50% of normal function within two weeks.

We see people who are dependent on oxygen and lying in bed and cannot get up and move around, but who are walking around in their house in a week. Very frequently, by two weeks or a month they are no longer dependent on oxygen, because the healing and repair mechanisms in the

body have allowed the heart and lungs to go back to normal function and heal and repair.

It does this without interfering with any of the medications that these people are on. As they get better they require less medicine, so they can decrease their medications. Their heart likes that, because many of these medications have a negative impact on the heart as well.

In the liver we are used to seeing damage that progresses to the point we call cirrhosis. Most of these people damage their liver with alcohol. It is a very similar process that goes on when the liver has been damaged by viruses.

The statin drugs can produce liver damage that leads to cirrhosis. There are genetic phenomena we call biliary cirrhosis, where the aspect of the upper liver that drains bile gets plugged up, it does not work, and you end up creating cirrhosis and impaired circulation from blockage.

This is generally considered an end-stage condition and one that cannot be reversed with medication. With Tahitian Noni® Juice, this active scarring process can be reversed up to at least 70% of the way toward true end stage. The circulation can be restored to the tissue. The tissue can re-grow, and you can actually see re-growth and regenerating nodules in 3 to 4 weeks with an ultrasound scan of the liver.

Over 3 to 6 months you can return that liver to 50% or more of normal function, and that is enough that you do not need a transplant. You can live

16



very well with 50% function in a liver. You can actually live with about 30%.

We are talking about mechanisms in our body that are nutrient dependent, that do not turn on until you take Tahitian Noni® Juice. But when you do, 70% of the people who are on the list waiting for a heart transplant, a liver transplant, or a lung transplant can be returned to normal lifestyles and never need a transplant, if they were given the opportunity to take Tahitian Noni® Juice at 8 ounces a day.

## **Tahitian Noni® Juice and the Scientific Community**

The majority of nutrients we are talking about have probably been missing for at least 3,000 to 5,000 years. The entire scientific community has a body of knowledge that thinks that this is absolutely and totally impossible. It has never been described.

It is our job to bring cases to the attention of the scientific community so that they can see this and understand it, and then begin the very difficult process of changing an entire educational lifetime, shifting things around that were thought to be totally impossible to where they can see that.

It is up to us to bring every possible example of what Noni can do to the attention of responsible, caring medical and scientific people so that we can begin the difficult process of teaching them the things that they thought were

impossible are very possible, very real, and so unbelievably safe, because it is just a matter of having the right nutrients.

## Questions and Answers

It is my hope that the following real-life questions and answers about healing and repair and the effects of Tahitian Noni® Juice shed light on concerns you may also have, and that you are encouraged toward better health for yourself or for a loved one. The questions are specific to healing and repair in a rather general manner and also include other topics as well.

**These questions and answers are for educational purposes only.**

**They are not intended to diagnose or treat.**

**Q:** I have a friend who has asbestos in his lungs and he also has some very large cysts on his kidneys. He just came back from the doctor today where he did a lung test, a yellow test, and the doctor wasn't pleased. What would you suggest for both of those problems, the cysts on his kidneys and asbestos?

**A:** I am going to take the cysts on the kidneys first. There is a spectrum condition called polycystic kidneys. It is genetic. It is not caused by toxins. And when it is advanced toward late and end stage, the mechanical aspects

of those cysts compressing the blood vessels and the nephrons and the kidneys, it is a damage that is not reversible.

We think that in the early diagnosis of this that we can slow the progression of it and limit the degree of the disease, or at least significantly prolong it.

**Q:** He has kidney stones as well. Is that caused by the cysts?

**A:** No. The kidney stones may be related, some of the secondary problems from the cysts. The kidney stones did not cause the cysts.

With the lung and the asbestosis, there is a very heightened risk of lung cancer and mesothelioma, because the asbestos causes DNA damage.

Malignant mesothelioma and the lung cancer risk can be very dramatically reduced, and that can be followed by relatively simple tests, one of fluid washed out of the airways called bronchoalveolar lavage. You can look at the degree of abnormal cells and the number of abnormal cells in it. You can see that change dramatically in three months.

You can also tap fluid off the outside of the lung, look at the exfoliated cells, look at the degree of abnormality in that, and also see that change very dramatically over a three-month to a four-month period of time.

**Q:** What would we have to do, Doctor, use a couple ounces a day?

**A:** There are a couple of things: 1) He needs to take Tahitian Noni® Juice, and 2) there are some very specific breathing exercises. And he may need the full immune boost.

Because we are collecting data, we want to bring every possible case that we can before the medical authorities, everyone who has a documented case of Noni benefit, whether it be heart, lung, liver, or other things. We try to get it documented by the doctors.

So, please, anyone that has a case that is potentially useful for documentation for us, please contact me through email, through [www.askdrwilliams.com](http://www.askdrwilliams.com) so that we can collect this data.

**Join our mailing list to receive first-hand information on the use of noni juice at [www.AskDrRichardWilliams.com](http://www.AskDrRichardWilliams.com)**

**Q:** COPD, is that along the same lines as emphysema?

**A:** That's another name for emphysema, yes. Chronic Obstructive Pulmonary Disease is sometimes called COPD, COPE, or emphysema.

**Q:** What amount of juice should you use for that?

**A:** Again, the lung damage itself cannot be reversed. The ongoing inflammatory condition that makes that get worse and diminishes it by 2% to 5% a year can be reversed with 4 ounces of Tahitian Noni® Juice a day.

The overloaded and damaged heart will respond best to 8 ounces of juice a day for three months, and then after that at 4 ounces a day you will progressively get better and better. Over the course of the next year or two, you will see continued improvement and repair of the heart rapidly in the first three months, progressively from 3 months to 6 months, to 1 year to 2 years, and be able to get back a much higher level of function.

The ongoing damage from inflammation is stopped at 4 ounces.

**Join our mailing list to receive first-hand information on the use of noni juice at [www.AskDrRichardWilliams.com](http://www.AskDrRichardWilliams.com)**

**Q:** That amount of Noni Juice, if you've got sugar diabetes, is that going to conflict with anything there?

**A:** Everyone who has type II diabetes needs to do a starting test of 2 ounces of Tahitian Noni® Juice and the next morning they measure their blood sugar. Seventy percent of them will come down. These people can continue at 2 ounces a day for a week, and then go to 2 ounces twice a day for another week. Depending on what they have, they may then be able to go up to 8 ounces if they need it for some other condition.

**Join our mailing list to receive first-hand information on the use of noni juice at [www.AskDrRichardWilliams.com](http://www.AskDrRichardWilliams.com)**

**Q:** I have a daughter and she's in the hospital right now. She has lung

cancer, and the doctors are pretty much saying that she's terminal. She's also on Coumadin right now. Will taking the Noni Juice make her blood thinner? Will that help her right now, or what's the underlying position?

**A:** Noni does not thin the blood. Of the people who take Coumadin, there is a small percentage, maybe 15% or 20%, who have to change their Coumadin dosage.

Taking Coumadin is not a reason not to take Noni. You just have to do the additional blood tests, so that if you're in that small percentage, that 15% to 20% that need to decrease their Coumadin, then they can then go ahead and do that.

**Q:** How much should she actually take?

**A:** At this stage, what you're looking for is as much increase in brain function and comfort and peace to be with the family.

Generally, I recommend 8 ounces a day for that. Start off with 4 ounces a day for a couple of days, 8 ounces a day for a couple of days, a half-bottle a day for about 4 days. And then do 8 ounces a day after that. That will allow many of the functions in the body to fall back into a normal range.

If you find, after doing what I explained to you there, that she is getting better and better, then you will want to do the full immune boost and turn that cancer around.

**Join our mailing list to receive first-hand information on the use of noni juice at [www.AskDrRichardWilliams.com](http://www.AskDrRichardWilliams.com)**

**Q:** If somebody has a kidney stone and it's been their second time, how much do they need to take?

**A:** Again, kidney stones can be caused by a number of different things. The vast number of them has been because people didn't drink enough water. Depending on the type of kidney stone and the size of the kidney stone, there may be other avenues that you want to take to break up the kidney stone and wash it out, not just to think that only the Noni will do that.

**Join our mailing list to receive first-hand information on the use of noni juice at [www.AskDrRichardWilliams.com](http://www.AskDrRichardWilliams.com)**

**Q:** I've taken Noni a while and I got a lot of benefit from it. But after about a month of using it, my kidneys started aching. And when I stopped it, the benefits I got went away, but my kidneys felt better.

**A:** Thank you for asking that question. I'll explain two things that happen. One is that you were very likely not drinking enough salt and water.

The first thing that happens with Tahitian Noni® Juice is when you take it, within 10 minutes it dilates blood vessels all over your body. Most people run around with their circulatory system a quart low.

Your blood vessels then constrict around that smaller volume, so that you provide some degree of perfusion out to the hands and feet and brain.

When you don't drink enough water, or if you started off fully hydrated, Noni also increases the blood flow to the kidneys and increases the loss of salt and water through the kidneys in your urine. If you're not taking enough maintenance, then over three weeks or a month you'll become dehydrated and you'll feel achy and tired all over.

**Join our mailing list to receive first-hand information on the use of noni juice at [www.AskDrRichardWilliams.com](http://www.AskDrRichardWilliams.com)**

**Q:** What about people that have blood pressure problems?

**A:** Interestingly enough, many of these people are volume depleted, and the blood vessels having to try to squeeze down to compensate for the depleted volume actually add to their increased blood pressure. We see it quite frequently.

Generally, what I do with someone that is hypertensive is get them started on Noni at 4 ounces a day, have them drink 2 liters or more of water a day for two weeks, and just watch and see how they respond to that.

If they don't respond and their blood pressure is staying reasonably controlled, and particularly if their diastolic pressure drops below 70, then I have them do 8 ounces of electrolytes. I watch what their blood pressure



response is and watch what their resting heart rate response is in the morning.

With Noni you can gradually pick up their volume, but you need salt to do that, and they can respond to that.

**Q:** What if you can't have salt in your diet?

**A:** Everyone needs some degree of salt in your diet. If you did not, you would die.

**Join our mailing list to receive first-hand information on the use of noni juice at [www.AskDrRichardWilliams.com](http://www.AskDrRichardWilliams.com)**

**Q.** Just today, I have found out about a friend who has shingles. What would be your recommendation for that?

**A:** The first thing to understand is that shingles comes about when your immune system can no longer keep the virus under control in the dorsal root ganglion next to your spinal cord. It means that your immune system is slipping, so you need to understand why that is and to deal with it.

The pain that goes with that is also associated with muscle spasm along the spine. If you will turn off the muscle spasm on the spine, you will get a lot less pain, and you can take Noni at 8 ounces a day.

On the shingles themselves you can use the original extract, and you can use Noni soaked gauze that is then covered with plastic and taped down and sealed.

Change those dressings two or three times a day and that will heal the lesions faster. The faster you can get that done and the more you can get the muscle spasm turned off along the spine, the faster these people get back into relief.

**Q:** Do they need to start out at 8 ounces a day, or do they need to work up to that? They are not currently drinking it.

**A:** If they can tolerate it, just start them right off at 8 ounces a day. If they get diarrhea, then back down and start over again.

It's a very agonizing situation. You can do the topical applications 4, 5, or 6 times a day unless you're doing the occlusive dressings, and it's a pain in the neck to change those.

Soaking the gauze in Noni and putting it over it, and then taping plastic down over the top so it doesn't leak and make a mess on everything, and changing them two to three times a day will give them tremendous benefit.

**Join our mailing list to receive first-hand information on the use of noni juice at [www.AskDrRichardWilliams.com](http://www.AskDrRichardWilliams.com)**

**Q:** I have floaters and flashes in the eyes with no diabetic retinopathy, but the doctor is watching the condition.

**A:** Floaters are normal phenomena in the eye. We have frequent reports of floaters going away. Floaters are generally collections of little clusters of white cells that are floating around, and they were leaked out and exuded in there for different reasons. You need to know why they happen, what was going on, what caused them to begin with.

With flashes you're probably experiencing vascular changes to the optic nerve. With this, what I would expect is scoliosis. I expect that you've got significant tension in the muscles on the right side of your neck.

**Q:** What do you think about the Noni eye drops?

**A:** It does amazing things. It won't hurt the eye.

**Join our mailing list to receive first-hand information on the use of noni juice at [www.AskDrRichardWilliams.com](http://www.AskDrRichardWilliams.com)**

**Q:** What about Crohn's disease in a 15 year-old?

**A:** Generally, I first put these people on 8 ounces a day. In a week they are singing Noni's praises, and in a month it is unbelievable.

When they have had their tremendous response to that, I then have them do the full immune boost. That's a bottle a day for four days, a half-bottle a day for eight days. Then continue at 8 ounces a day for another two months.

With that 15-year-old girl, she should have a very dramatic response in a week on 8 ounces a day. Continue that for a month, and then do the full immune boost.

Her maintenance level would be 4 ounces a day.

We have set up a foundation called the International Foundation for Nutritional and Physical Wellness. It is non-profit and we would love to have you support that.

Please funnel as much information as you can into this so we can make full documentation of this and bring it to the attention of the scientific and medical community.

# Hydration and You

## **Instead of Feeling Energetic, Do You Feel Achy, Tired and Depleted of Energy After You Have Taken Noni Juice For A While?**

---

### **Hydration & You – Why You Must Stay Hydrated and How You Can Do So...**

---

Many people are significantly dehydrated and volume depleted. A senior physician in Australia prior to a big project decided to survey the community. He found that 85% of the people were significantly volume depleted. Add to that those that are sick and the numbers are even higher. When your volume is less than full, your blood vessels constrict around the smaller volume to provide some blood flow to peripheral tissues, just like putting your thumb on the opening of a hose so it will squirt further. When you take 2 oz of TNJ blood vessels all over your body dilate, and if you are not fully hydrated you get less perfusion, less food and oxygen to your tissues. You will feel achy, tired and no energy.

TNJ opens blood vessels and take the major load off the heart. It can put out more blood with each beat. TNJ increases renal blood flow and with ACE inhibition increases the amount of water and salts lost in the urine. Even if you were adequately hydrated when you started taking TNJ, if you do not drink extra salt and water for maintenance, you will become dehydrated in 2 to 3 weeks, feel achy and tired, and think that “Noni is not working for me anymore.” We also need more Potassium than is in our diets. Optimal Potassium is 5.0 to 5.2 mg/100ml of serum. Usual levels in the community are 4.0 to 4.5 mg/100 ml. Toxic levels begin at 5.8 to 6.0 mg/100 ml. Potassium is necessary to open blood vessels for hard work or exercise and to help the heart and muscles contract.

We recommend people get their salt requirement by either Gatorade or our "home-made gatorade" made by adding Morton Lite Salt a heaping 1/2 tsp, sea or table salt 1/4 tsp to a quart of water and flavoring (any flavor) to taste with a squeeze of lemon/lime and a splash of fruit juice or concentrate. If there is no high blood pressure (HBP), renal failure, or advanced liver disease, we replace losses with a liter of electrolytes daily for 3 to 5 days, then 1/2 liter 3 to 5 days a week, plus 1 to 2 liters of water every day.

Everyone drinking TNJ needs to stay well-hydrated with electrolytes and water. If you are tired, achy, out of energy, felt that “Noni is not working,” be sure to fill up with salt and water and you will feel great again.

Copyright © [www.AskDrRichardWilliams.com](http://www.AskDrRichardWilliams.com)

All rights reserved.

# Get Started Today!

## Get Started Today!

As a way of saying “Thank You” for reading this Special Report, we offer you the following FREE downloadable report on TNJ and the Asian Bird Flu:

“What Would You Do If You or Someone You Know Are Worried About the Asian Bird Flu (H5N1)?”

All you have to do to get this report is to join our private mailing list at [www.AskDrRichardWilliams.com](http://www.AskDrRichardWilliams.com) and the report is yours FREE.

In Addition:

You will find special resources to help you apply the principles from this book. By actively applying the principles, you can help many more people to “Take Control of Their Health.”

If you are serious about being a successful Tahitian Noni® distributor, visit [www.AskDrRichardWilliams.com](http://www.AskDrRichardWilliams.com) to find these resources now.

**Thank You!**

**Join our mailing list to receive first-hand information on the use of noni juice at [www.AskDrRichardWilliams.com](http://www.AskDrRichardWilliams.com)**

# Take Control of Your Health



## Tahitian Noni® Juice

### The Full Immune Boost

- Day 1 to Day 4 >>> 1 bottle a day**
- Day 5 to Day 12 >>> 1/2 bottle a day**
- Day 13 to Day 72 >>> 8 oz a day**

Join our mailing list to receive first-hand information on the use of noni juice at [www.AskDrRichardWilliams.com](http://www.AskDrRichardWilliams.com)