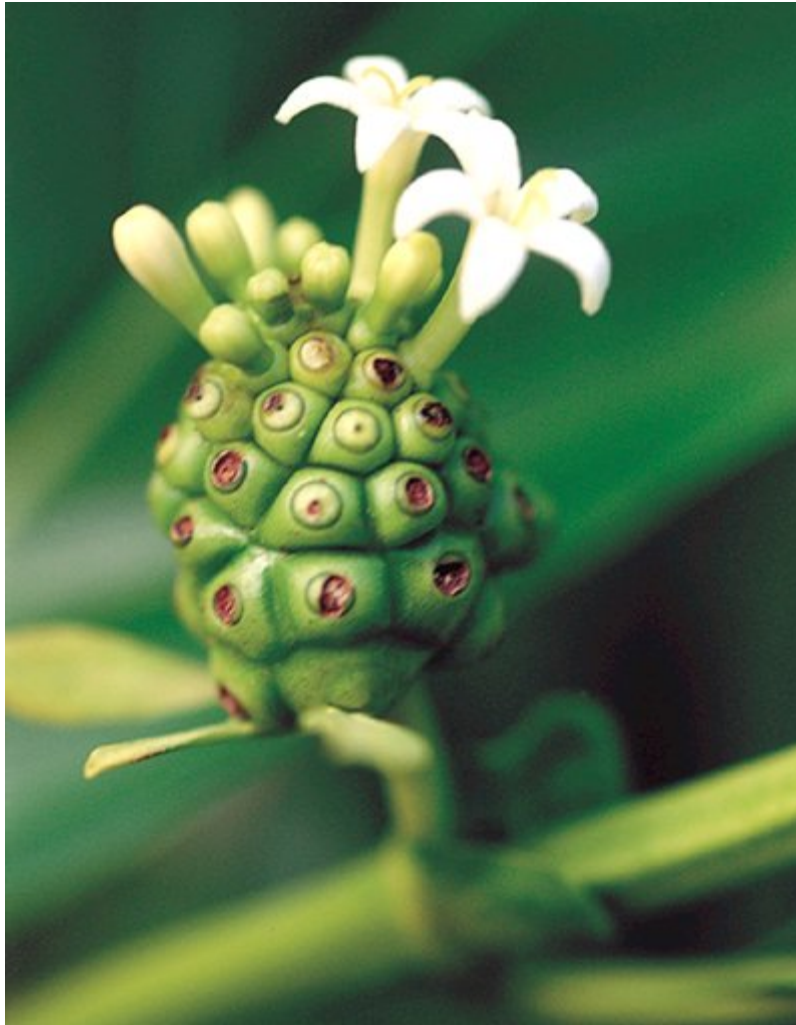


Take Control of Your Health



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## **Muscle Spasm, Vasospasm & Neurologic Function**

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A Special Report by Dr. Richard Williams

Presented by

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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.

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## 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: Muscle, Vaso, Neuro

Welcome to this Special Report on Tahitian Noni® Juice and **muscle, vaso, neuro**, 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're going to talk primarily about **muscle, vaso, neuro**.

## Tahitian Noni® Juice and Physiology

The topic that we are going to discuss is a very important one. This is an area of physiology that is not known and understood very well in the medical community. It does not matter whether you are dealing with an allopathic physician, regular MDs, whether you're talking to an osteopath, chiropractor, or a naturopath. We are going to be talking about elements of physiology and the way they interact and what they do.

This is information that has been developed over the last 30 years of my personal experience working with people as athletes, as injured people

needing rehabilitation, and as people who have had musculoskeletal problems and neurologic problems of many forms.

## **Muscle Spasm**

The important thing to understand is that muscle spasm has both positive and negative consequences. Muscle spasm is a normal protective function of the muscle system.

What does Noni do to our normal functions? It actually supports them. If muscle spasm is creating pain to protect you, then you can expect Tahitian Noni® Juice will make that pain greater unless you can turn off the problem, unless you can resolve the problem that is creating the muscle spasm.

Muscle spasm is a relatively primary phenomenon related to musculoskeletal things. We turn off the muscle spasm so that Noni can work without creating more pain and more spasm.

Then we take a look at the elements that muscle spasm plays in the process of producing full normal function, whether you are someone that has scoliosis and is relatively normal and functional, whether you have advanced degrees of scoliosis and the complications that can relate to it, or whether you have had neurologic damage from a stroke, from an injury, or from an autoimmune process like multiple sclerosis.

If you see and understand the component that muscle spasm plays, then you can deal with that directly and physically and relieve that.

Muscle spasm triggers spasm in blood vessels in a given region. It can be in the brain, if you have the muscle spasm in your neck and shoulders. It can be in the arm or in the leg or in the abdomen, depending on where the muscle spasm is.

Vasospasm can then create its own problems and limit the blood supply to an area, limit its function, and its ability to heal. There are many times when it can create a great enough problem that it can kill you, either by seizures or stroke, or it can kill an area of the body to where it has to be amputated.

Using very simple breathing techniques, we have helped people with cold, swollen, painful legs that were scheduled for amputation. Just by a breathing technique and a gentle signal being put into the muscles, just touching tight muscles, we were able to turn off that muscle spasm, turn off the vasospasm, and in 15 or 20 minutes the leg was warmer, softer, less painful, and the doctors immediately could see that amputation was not necessary.

That is very, very profound, because these are people that had all medical care possible, and the doctors could do nothing with that vasospasm. They did not know and understand.



I hope that someday we will be able to get this message across. That is a part of the goal of AskDrRichardWilliams.com to help to spread this message of wellness so that many more people can be helped.

If you look at the physiology of a muscle cell, it has membranes and compartments and shifts salt, primarily sodium and potassium, but also magnesium and calcium. It shifts it to various sides of the membranes, just like you charge a battery. Then when it needs to, it gets discharged. That discharge can then be used to make muscles contract. It can also send signals.

A nerve uses something that is within 95% the same. The actual degree of function between a muscle and a nerve is very close to being identical, except that nerves do not have the contractual component that muscles do. They cannot make a response, but if they have muscles around, they don't have to.

Before there were any nerve cells, muscles could feel, smell, and taste. They can, then, communicate with other muscle cells and make the appropriate response, whether it is to stay, to run away, or to get to know someone better. This was all done without any participation of the nervous system. There was no nervous system.

As these animals and other animals evolved and became more complex, we folded. We went from being two layers to three layers. In that third layer, we

talk about the skin and the brain, the spinal cord, and nerves that laid down as a system on top of the muscle system. The muscle system never forgot how to sense, communicate, and respond. It can do it in coordination with the nervous system, or it can do it totally independently.

The muscle system is actually the senior system in the body. It can actually block normal signals from the brain to other muscles. It can prevent things from happening. That is very important when we talk about function, when we talk about rehabilitation, and particularly when we are talking about people who have had an injury and a muscle spastic protective response. If we don't turn that muscle spasm off, they may not be able to get back to full normal function.

Muscle spasm can produce sensation very much the same as nerves can. It can produce pain. It can produce numbness and tingling feelings just like nerves can. We can demonstrate that it is muscle related by basically strumming on the muscle, a bit like you would with a guitar string, and send the signals down from there.

You say, "Well, how can you tell it's not a nerve?"

When you do that at the back of the shoulder and you send a signal down to the hand and you can feel it in the hand, you have to understand that all of the nerves that go down to that hand come down, not from the back of the shoulder, but from underneath the arm and the inside aspect of the arm. It is an entirely different feeling.

People will describe to you when they have certain chronic pain syndromes that the leg feels numb, or the hand and arm feel numb. But yet, if I touch it I can feel.

If you have a nerve that is not working and you have numbness because that nerve is not working, when you touch that, you do not feel. But you can have numbness, this lack of being able to tell where the arm or leg is, and it will feel wooden, it will feel blocked, and you will say, “This must be a nerve related dysfunction.”

Very, very frequently this happens in people who are diabetic. They say, “Oh, this is diabetic neuropathy.” Yet, when you feel the leg they have feeling. It is not numb, you actually have feeling.

When you turn off the muscle spasm, in just a matter of minutes you take the pain away, you take the numbness and tingling away. You can feel where the leg is and it begins to then feel normal. It is important, then, to understand that not all numbness, tingling and pain come from nerves.

Can nerves give you the same thing? Absolutely, without any question, but in certain pictures and certain patterns of things, it is very, very much caused by muscle spasm.

The other thing that is characteristic of muscle related pain is that it does not respond to pain medications very well. If I cut my finger and I have an

injury that needs to be repaired, there is pain that is related to that as the initial injury, and I can take that pain away very easily with a little bit of ice. Or I can have a headache and take an aspirin and take it away. That is not protective muscle spasm related pain. That is a different kind of pain.

If you have muscle spasm that is trying to protect an area, it will not respond to aspirin. It will not respond to ice except by getting more painful. This is where you see people using very high-dose narcotic medications to try to get some relief from pain.

When people take Tahitian Noni® Juice and get the benefits of changes in inflammation and get healing repair, the reason for the muscle spasm goes away. They get relief and don't need the narcotics anymore.

The degree of dysfunction that you can have with muscle spasm also depends on where it is. Many people that we see with muscle spasm related problems have a genetic condition called *scoliosis* that this imbalance creates.

The chronic underlying muscle spasm that we generally find on the right side starts along the side of the neck and the back of the head and runs down along the side of the spine, what we call the paraspinal muscles. It will run down to the hips, to the area just down the midline between one-third and one-half of the way around to the outside part of the hip. From the midline there is a tender spot, and that is where the piriformis muscle is. That muscle sits right on top of the sciatic nerve.

When it goes into spasm, it irritates the sciatic nerve and can create nerve related sensations down the leg as well. The muscle spasm then continues down the leg, and you can identify it in a number of different places down the leg.

The muscle spasm in the neck and shoulder can then create vasospasm in the brain that leads to dysfunction in the brain, because you cannot provide blood supply to the brain.

To give you an idea how under-appreciated this is, a lady we recently saw has scoliosis and was having headaches, dizziness, and other problems. A scan showed there was no detectable blood flow into the back of the brain from the right side. It was all coming across from the left side. Surgery was planned to insert a stent and open up the blood vessels so that she could get blood flow into the right side of the brain.

During surgery, they opened up that area and looked at the artery. It was in intense spasm. They were able to anesthetize it and open it up, after which it went into normal function and normal blood flow. They did not appreciate the fact that the muscles in her neck and shoulder were creating that vasospasm and depriving the right side of the brain of its proper blood supply.

She also had problems with polio and some of the other things that went on with that. She was into what is called post-polio syndrome. She had

numbness and tingling in both legs, weakness on the left side, and inability to control the left leg. It felt numb and the left arm did not want to work properly.

By turning off the muscle spasm and by activating both sides of the brain, in 15 minutes without using any medications we returned the function of the left arm and the left leg and the brain to the point to where she could walk up and down stairs without having to go down like a crab. She did not have to hold onto the rail. That is directly because of the muscle spasm that was involved.

Muscle spasm in the neck and shoulders can give you migraine headaches, seizures, stroke, or ischemic pattern of optic neuritis and blindness.

We see this many times, particularly in people who have to spend a lot of time flying and traveling. This very much aggravates the muscle spasm in your neck and back, because you are in a cold environment. You are also not able to get up and move around. That is an important way of helping to minimize muscle spasm by actually using the muscles.

When you have vasospasm and muscle spasm in the extremities, it can give you pain, a poor feeling of injuries or ulcerations, and it can actually lead to amputation.

In the shoulder it can look like a torn rotator cuff, when it truly isn't, or it can look like tennis elbow. It can look like carpal tunnel when it truly isn't.

If you turn off the muscle spasm, the pain and the dysfunction go away immediately.

Muscle spasm is a normal function of muscles. To turn off a normal function, you actually have to turn off pretty much the entire system if you are going to do it with medication. They cannot give you medications that make you incapable of walking, driving, and doing the things that you need to do. Medications, the way that they are typically used, are not effective for muscle spasm.

When you look at the spinal column, it is a stack of bony body, and then a disc, and then another bony body, and then another bony body, and then a disc, and then another bony body. That is the way it is stacked up. For our discussion here, we are just looking at the bony part of the spinal column and not at the disc.

Where the spinal nerve comes out of the opening is called the neurforamina and it is actually between and to adjacent vertebra. It then divides into two roots. One is the dorsal root, and it has a ganglion, which is a widening, thickening area, and it has some specific functions.

This is the area where the chickenpox virus hides. Once you have had chickenpox and it has gone away, the virus is still hiding in the dorsal root ganglion and basically captive to your immune system, as long as your immune system is strong and stays there and doesn't create any problems.

When something develops to weaken your immune system, that virus can then get active again. We see that running out, down, around that nerve and out underneath the skin as shingles. This is herpes zoster.

That pattern of shingles, the herpes zoster, defines the area of the skin that we call the dermatome, which is served by that nerve. That nerve is responsible, then, for all the sensation in that area of skin, but it is relative to a specific level of the spinal cord.

If there is spasm in the dorsal paraspinal muscle, it can sensitize the dorsal root ganglion and the dorsal root and it can produce a much more sensitive response in the skin.

## **Turning Off Muscle Spasm**

We will teach you the technique for breathing and turning off muscle spasm. For people who have had increased sensation in their right cheek, when they have turned off the muscle spasm in their right neck, they will be able to go back and see that that extra sensation is gone.

This is not an introduction into the dysfunction that muscle spasm can cause in the nervous system. You can sensitize that nerve. That sensitization does not only go out into the area of the skin that the nerve serves. If it is there long enough, it actually goes into the spinal cord, and it sensitizes the pain receiving area of the spinal cord called the lateral spinal phylatelic tract.



It can sensitize the entire length of the spinal cord. Also, the three main pain-receiving areas in the brain get sensitized. When you scan them, they are actually larger than normal.

This sensitization, in part, is done by one of the two chemical co-regulators of our neurologic function. We have a system where we can tune up the sensitivity if we want to. We can also turn down the sensitivity if we want to. That co-regulating function, on increasing the sensitivity side, is done by NMDA/glutamate, which is N Methyl D Aspartate/glutamate.

That is the part that allows sensation to be increased. The part that turns the sensation down is our endorphins and enkephalins. It is not just numbing it, but it is actually regulating function throughout the body between an NMDA glutamate and our endorphins and enkephalins.

Many of the beneficial responses that we see with the nutrients in Noni are when we normalize dysfunctional aspects of NMDA/glutamate and trigger and optimize the responses of our endorphins and enkephalins.

This is called central sensitization. Most people are not aware of what this is, but they are aware of a condition that involves this. That condition is called *fibromyalgia*. We have all heard of fibromyalgia and how difficult it is to treat, because none of the treatments look at the overall understanding of why the muscle spasm was there. This is why certain people tend to amplify that pain and do central sensitization and, basically, incapacitate themselves.

Again, the good news is that you can turn off the muscle spasm by using Tahitian Noni® Juice. Those nutrients will normalize the NMDA/glutamate, endorphin/enkephalin response. You can turn off the central sensitization. By having a juggled progressive exercise program where you are basically re-educating the muscles to function in a normal pattern and respond in a normal pattern, you can turn off fibromyalgia and return people back to a normal state of function.

When you talk about people who have tried Noni, there are a significant number who say, “My fibromyalgia is a thing of the past and it’s gone.” There are other people who say that the Noni did not help, and there are some who say Noni actually made them more feel uncomfortable, feel more pain, and to have more difficulty.

Part of this is a matter of degree and part of it is a matter of how we respond to pain. We can all choose whether we want to amplify pain or diminish it. There are people who are pain sensitive, and anytime they have a pain say, “Oh, I can’t do that.” These people then curl up, they retract, and they withdraw. This is what muscle spasm does. You know you are using those muscles to retract and withdraw, and even with relatively low levels of pain they become dysfunctional.

There are other people that can have even more severe pain, who just say, “It looks like I’ve just got to bite my tongue and keep going.” They work right through that pain, and they actually diminish and minimize the pain. We

have voluntary control, to some degree, at least in the early stages of whether we use the MNDA/glutamate system to amplify pain, or whether we use the endorphin enkephalin side to minimize pain.

This is a part of what is happening with people with fibromyalgia. Many of these people have a lifelong pattern that they have allowed pain to be incapacitating and limiting in the functions that they do.

Again, we can turn off muscle spasm by using Noni to turn off the hypersensitization and normalize the function of NMDA/glutamate in the spinal cord. We can then allow them to gradually resume normal function and re-educate the muscles and the spinal cord and the brain.

The emphasis on dorsal paraspinal muscles, and even when it is in spasm and with the very severe pain that's called *allodynia*, it means pain with what should be a non-painful stimulus, like blowing on the hairs on your arm, or a very gentle light touch.

People who do not respond well to Tahitian Noni® Juice are either those who are amplifying that and don't understand that, or they have activation of the ventral paraspinal muscles in a spastic manner as well.

The reason that happens is at least two-fold. One, our muscles are paired front and back, and they work that way so that when you tighten the muscle on one side, the muscle on the other side relaxes. Think about biceps and triceps. Think about the quadriceps muscles in the front part of the thigh and

the hamstring muscles on the back of the thigh. You don't tighten both sides at the same time if you can expect to move anything.

When you tighten the quadriceps, the hamstrings have to lengthen. When you tighten the hamstrings and shorten them, the quadriceps has to lengthen.

That same anterior/posterior agonist and antagonist response exists between the dorsal and the ventral paraspinal muscles. When you have significant spasm in the dorsal paraspinal muscles, and particularly when you have central sensitization, you can then have the exact same phenomenon going on in the ventral paraspinal muscles and the ventral nerve root, the ventral nerve root ganglion.

The severe pain, the *allodynia* that we talk about, is a fairly common phenomenon, and 95% of the people who have migraines experience *allodynia* in their head, neck, upper back, and sometimes even in their chest.

As a part of the prodrome, or early symptom, it actually happens before they get the migraine. They have that sensitization and pain. We are not taught what happens with ventral paraspinal spasm and sensitization of the ventral nerve root and the ventral nerve root ganglion.

To give you an idea of how profound this is, the ventral nerve roots provide all of the innervation to our internal organs that don't come directly out of the brain. For instance, the heart gets the *vagus nerve* from the brain.

Other than the vagus nerve, the vast majorities of all of our internal visceral enervation comes from ventral root enervation.

That same hypersensitization, exactly like the *allodynia*, can occur in the nerves that are going to heart, lungs, liver, kidneys, spleen, stomach, small bowel, large bowel, pancreas, and bladder with all of the attendant complications that it can create.

It can make things hyperactive. It can make them decrease in function. It can also certainly interfere with the blood supply to it. Many of the organs we are talking about are regulated by the amount of blood supply that is available to them. That degree of sensitization can interfere with the function of all of our internal organs.

The ventral nerve root is actually divided into two branches. One of the branches provides the enervation to our internal organs. The branch, then, is the input into the autonomic nervous system. If it comes out of the head, cranial area and the sacral area, at the lower part of the spine, that part of the autonomic nervous system is called your parasympathetic system.

If it comes out of the chest and lower back, what we call *thoracolumbar*, that is your sympathetic nervous system.

When we talk about hypersensitization and dysfunction, the spasm in the ventral paraspinal muscles can create dysfunction in the entire autonomic nervous system. This can give you all of the endocrine and hormonal

problems and also many of the secondary functions that we use to control pulse, blood pressure, breathing or responses to allergies, our digestion, and our ability to be stimulated and activated for stress. This can create artificial stress that is not there.

When we talk about sexual function and we talk about arousal and response, this is carried out by the autonomic nervous system, both the sympathetic and nervous system. It can interfere with all of that, and it can interfere with the function of the bladder.

It can interfere with all of the function of the bowel, including *irritable bowel syndrome*. It can be a contributing factor in people who have bowel disease like *Crohn's disease* and *ulcerative colitis* and other things that are going on in the bowel.

This is a profoundly, widely distributed area of dysfunction. If this were something that you had to go to the doctor and they were the only ones who could help you with this, we would not be talking about this.

We teach the system of how you can turn off muscle spasm and the hypersensitization in both the dorsal paraspinal muscles and the ventral paraspinal muscles, and then normalize the function there. That is something that cannot be done by any combination of medicines in the world.

This is a very, very profound aspect of what is going on. Due to muscle spasm being a normal function and a protective function, there are people who, when they take Noni, get abdominal pain and nausea.

You say, “Now wait a minute. Why do a small percentage of people take Noni and get abdominal pain and nausea? Why do they get constipation? Why do some people get prolonged diarrhea?”

The majority of those with abdominal pain and nausea are having a ventral paraspinal muscle spasm, and it’s being amplified by Noni, because it is a normal protective function. If you turn off that muscle spasm, stretch those muscles out, reduce that muscle spasm, and they can drink Noni with no problems. I have done that multiple times.

If this were only a theory, I would not be talking about this. However, I am teaching you elements of our response that are clearly reproducible time and time again with many, many people.

This is a very important aspect of understanding how to optimize the response to Tahitian Noni® Juice. It also helps us to understand the full potential of what Tahitian Noni® Juice can do, and to understand that when Tahitian Noni® Juice did not work, why it didn’t work.

When I talk about the physiology behind Tahitian Noni® Juice and the fact we are turning on that physiology, it is important to understand that it should be a 100% phenomenon and not a 50%, 60%, 70%, or 80% phenomenon.

When you understand these elements, and that when Noni doesn't work there is a very specific direct reason it doesn't work, you understand even more powerfully how basic and fundamental Tahitian Noni® Juice is, and how important it is that we deal with the fact that we are dealing with system normalization and system activation, a level of function that has never been described before in recorded history.

## Identifying Muscle Spasm

Muscle spasm can be a significant component of any chronic pain situation and is always a part of *allodynia*. You can have numbness and tingling and things that look like peripheral neuropathy, that many times are not and are actually related to muscle spasm.

The condition of dizziness and vertigo very frequently is caused by muscle spasm in the neck and shoulders. Sometimes it is created by scoliosis, sometimes by *bruxism*, which is grinding and clenching your teeth, and very frequently a combination of both.

Muscle spasm can cause frozen shoulders, tennis elbow, and carpal tunnel. There is also a condition that looks like it that is not tennis elbow and not carpal tunnel that can be immediately taken away by relieving muscle spasm.



Back pain is obvious. What is not obvious is breathing problems, particularly for people with chronic lung disease, sensitized things and asthma. A major component of that may be musculoskeletal. If you turn off the muscle spasm, you can watch the asthma go away. In other words, the reason for the spasm goes away.

There is a condition called *complex regional pain syndrome*, which is only treated by deep injection of anesthetic agents into the neurologic ganglion, and then pain medication.

Reflex sympathetic dystrophy is the same. We have fibromyalgia, chronic fatigue and immune deficiency syndrome, posttraumatic stress, breathing problems, shortness of breath, wheezing, coughs, all kinds of heart related problems, abdominal pain, nausea, vomiting, bloating, diarrhea, constipation, spastic urinary bladder, things that look like interstitial cystitis but are not, and numbness and pain and tingling problems down the leg that may be sciatica.

Are there true neurologic conditions that cause that? Absolutely, but there are many people where the cause is musculoskeletal. The way you can turn off muscle spasm is to rebalance the muscles, which ceases to be a problem and is not a surgical problem whatsoever.

Muscle spasm can also be a very major contributor to the condition of *multiple sclerosis*. We are going to have an evaluation project for that in

Canada and will be able to produce more specific, definitive information about that.

## Techniques

**The Sniff Technique:** More details are available on our DVDs. When you can see the Sniff Technique being done, you will understand even more clearly, but for now, let's do an emergency Sniff. This will allow you to relax the dorsal paraspinal muscles.

You pick up the tight and tender muscles in the right forearm. You can either do it for someone or have them do it themselves.

You do as deep and fast a sniff as you can in through the nose. Head and neck back, shoulders up and back, and then let them roll down and back. Even roll the eyes back as if you are looking for an escape route.

Relaxed, and either on that breath or on the next one, you can take a breath in, and then use the lower abdominal muscles to tighten in, and then push against the air box to make a sound that is like this – “eeeeee.”

It can be any kind of sound that you want, but what you are doing is tightening the lower abdominal muscles, and it is the second half of the emergency breathing response.

When you do that combination of things five or six times, you can feel the muscles in the forearm relax; the muscles in the neck and shoulders relax. After that, you can then pick up any muscle that has not relaxed, because there can be multiple causes for muscles that are tight.

You can then just gently hold any tight muscle and do that sniff and “eeeeee,” and turn off that muscle spasm. You can do that all the way down the spine and hips and leg and the arm, along the neck, in the jaws, anywhere that you are doing it.

Start on right side and start with the forearm. Do that sniff and the “eeeeee.” Turn off that muscle spasm then pick up any specific muscles that are tight and do them.

The ventral paraspinal muscles are on the other side of the transverse process. That transverse process is the area where the bending occurs when we bend forward. It is obvious that if you bend forward, you can stretch the back muscles. You have to bend the deep muscles backwards, and you can do it gradually.

In any of the exercises that we do or recommend, whether you have osteoporosis, whether you have had a previous injury or something like that, you need to have it cleared by your physician. To clarify any concerns or questions, say to your physician, “I’ve been recommended to try this to turn off these muscle spasms. Is that okay for me to do?”

Basically, the way that you can start turning off the deep muscles on the front side of the spine in the neck is to lie across the bed, or lay on the floor with a pillow up underneath your shoulders and your head back as far as it will go comfortably.

You take in a deep breath in multiple sips and you hold it all in for 20 seconds, if you can, so that you are filled up so tight that you can't get anymore in. After 10 seconds, you get another sip, and then another 10 seconds. You can then let it out, and then way out.

The neck muscles will relax and your head will fall back further. You can raise your arms up over your head, still lying down, and do it again using the weight of your arms to help get a further stretch.

Take that deep breath in again, hold it 20 seconds, let it out, and then let it way out. Just gently let it way out, tightening the lower abdominals. Again, you will get further relaxation.

You then move the pillow further down your back so that you are arching it a bit further up. Repeat that again with the arms down, and then again with the arms up. You can move it down in several increments until your head is resting on the floor or you need a bigger pillow.

That is stretching the deep muscles on the front side of the spine. This is related to your enervation of your voice box, of lungs, of a number of things. You will find that you can get significant improvement in sleep apnea.

You may have to do this three or four times a week for several weeks before you get a full degree of stretch. It depends on what is going on with you and the things with that.

To do the deep parasternal muscles in the mid-chest area and lower abdomen and in the pelvis, you lay on the floor with your knees about two feet apart.

You put your hands underneath your shoulder and push up like you are doing a pushup, but you are breathing out. You are relaxed. You want your back to arch. You let it arch as much as you can, and you push up as straight as you can, and that's with the breath out.

When you are all the way pushed up and your head is back as far as you can get it, you then take that deep breath in again, and in 10 seconds another sip. At 20 seconds you just let it out, pushing up the whole time, pushing, pushing, pushing. This is called the *cobra position*.

You let that air out as far as you can and you let your lower back sag. You feel the muscles in the anterior abdominal muscles stretching. You feel stretching in the pelvis. These are the muscles that they call *core muscles*.

You then lay down. Take a couple of normal breaths. Relax. Blow your air out and push up again. You find that you can arch even further. Do this about three times.

In a very short period of time this will turn off a lot of the things, particularly the things that are involved with the liver and pancreas. In one day you will see a significant change in this.

For scoliosis, there is an entire set of exercises that we do to take care of the whole spine. You need to do this as a combined pattern of exercises, turning off muscle spasm in the dorsal side, turning off muscle spasm in the ventral side, turning off specific areas of muscle spasm that are tight after that.

If you do this consistently while using Noni, and then do proper normal exercises, plus the maintenance exercises for scoliosis, you will be able to get back to a very high degree or normal function.

I have three athletes who are at Olympic and international levels of competition who have scoliosis and are able to maintain control this way. It is compatible with absolute level of function to where it stops being a problem.

The other thing with scoliosis is a genetic problem being in the family. You can see it in children at three, four, and five years of age. You can find the tight muscles on the right side of the neck and the right side of the spine. You can start them on the Sniff and the “eeeeee” and turn it off, and you can teach them to stretch and do things.

The sooner and earlier you learn to deal with this, you can keep it from becoming a major problem. You can prevent fibromyalgia from happening,

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and you can prevent many of the things that we are talking about, the complex regional pain syndrome and the other things, from ever happening.

This is one of the times when Noni alone may very well not be enough. It is very important that we are able to not only be hands on, but we can help people and teach people to turn off their muscle spasm, that they can teach their families and their friends, because there are lots of people who have these problems.

It is that easy. This is community level, health related knowledge. You do not have to be a doctor or physical therapist, an osteopath or a chiropractor to do this. You can teach couples to do it, and then they teach their children. This is community health and awareness, and that is what Noni is about. This is the path that we need to follow.

When it is understood in this way and we are responsible about it, our relationship with the medical community will provide the opportunity to educate them to see what Noni is and the fact that we are not trying to pull people away from medical care. All of the things that we do with Noni make medical care that much better, and you have much healthier, happier people.

## **Questions and Answers**

It is my hope that the following real-life questions and answers about 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.

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

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

**Q:** Why does fibromyalgia hit mostly women rather than men, and how much Noni Juice should I take with fibromyalgia?

**A:** There is a cultural difference in the way men and women respond to pain. Many more men actually grit their teeth and work their way through pain and muscle spasm. We actually know that women are stronger, but we understand it more when a woman curls up and stays in bed for a couple of days. We don't understand that very well with men. Probably, it is cultural.

The amount of juice that is necessary is 4 ounces a day, and if 4 ounces a day is not working, then you are just not turning off muscle spasm enough.

**Q:** Why is it that fibromyalgia also includes chronic fatigue syndrome and irritable bowel syndrome at the same time?

**A:** They are directly related, and they are only examples. For the majority of people with fibromyalgia, their problems are coming from the dorsal paraspinal muscles and pain. We don't see very much of the autonomic dysfunction and the other things that are going on.



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**Q:** I have a question about fibroid tumors, because I know that the uterus is a muscle. I was wondering what the protocol for treatment for that would be.

**A:** Generally 4 ounces a day.

**Q:** Just 4 ounces a day?

**A:** Yes. For about 60% of women it is a stress related phenomenon that causes changes in function at the hypothalamus, and not only endocrine function, but the elaboration of hormones in the wall of the uterus.

With 4 ounces a day, in three to four months you are usually able to see some significant change in that. They have to be willing to deal with their stress. If they keep recreating their stress, then they won't get as good a response.

Recognize that it is primarily a stress related response. Deal with the stress and with the physiology, and 4 ounces a day then works very well.

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**Q:** I have a son who has Crohn's disease. What would be the dosage on that one?

**A:** Generally, what you do with these people is start them on 4 ounces a day. They obviously have a controlled diet. Get them fully hydrated.

**Q:** Hydration?

**A:** Yes, very critical, and particularly because they lose a tremendous amount of potassium. Our homemade electrolyte solution is vital for that.

After two weeks to a month they will have seen a very tremendous response.

These people also need, if they can afford it, to do the full immune boost.

**Q:** What would that be?

**A:** That would be another two weeks of 8 ounces a day and they will get, again, another entire level of benefit. Then 1 bottle a day for four days, a half-bottle a day for 8 days, and then 8 ounces a day for two months.

**Q:** Then the next one is 1 bottle when, how often?

**A:** Four ounces a day until they see a nice response. Usually between two to four weeks they have seen a great response. When they know that they want to go ahead and optimize their benefit from Noni, they then do 8

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ounces a day for two more weeks. That is 2 ounces four times a day, and then 1 bottle a day for four days, a half-bottle a day for eight days, 8 ounces a day for two more months.

They will see healing of most of the problems inside the abdomen, including pockets of abscess and other things that the doctors haven't been able to get to.

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**Q:** I want to ask you about my frozen shoulders, how Noni juice can help it.

**A:** Frozen shoulders is a muscle spasm related problem. There is no rust and glue and scarring that is sticking it together, and turning off the muscle spasm will allow that range of motion to come back and do that, and then you deal with the scoliosis.

You turn off the muscle spasm, and then 4 ounces a day is fine.

If you do not turn off the muscle spasm, 4 ounces a day may make your shoulders even more painful. You can try it and see, but you still need to turn off the muscle spasm. It is a muscle spasm related problem.

**Q:** The spasm is too painful. I cannot do anything.

**A:** Yes. We teach how to turn off that muscle spasm, and that is on our DVD sets. We teach the stretches that you need to do, the long-term maintenance and care for scoliosis, which is most likely the underlying cause for that. That information you can get from our website.

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**Q:** So much of what you just said describes just how I've been feeling. I had a major stroke 14 years ago. I've had the muscle spasms. I've had the heart thing. I've had some of the liver things, just so many different things. I've gone to the doctors and had a lot of tests. Nothing has been revealed much, but I did finally have knee surgery and I had to learn how to walk again. Is what you're going to describe any help?

**A:** We're going to mention it, but this isn't a format where I can totally train people to do what they need to do with this. As an example, a lady who had three strokes in the year 2000 was left partially paralyzed on the right side. The arm is dysfunctional. She has total foot drop, and she can't move the foot whatsoever.

In a half-hour of working with her, I gave her 4 ounces of Noni, and then worked with her. I turned off muscle spasm and taught her how to do breathing amplified signaling to the muscles. She was able to do virtually full range of motion with her arm, including being able to reach up and grab over the top of her head and grab her other ear. She was able to straighten

her leg out and lift the foot up halfway. This is a foot that has not moved voluntarily since the year 2000.

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**Q:** I believe that if it weren't for the Noni, I really don't think I would be here.

**A:** That's very, very potent. Noni has made such a tremendous difference. When it comes to the musculoskeletal component of things, we almost always have to deal with that very specifically as well to get the full benefit.

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**Q:** Is it one of those things that many doctors just miss because it needs to be a phenomenon or an instant cure?

**A:** Not at all. It's not taught at all. Let me give you an example. There's a 16-year old boy, tall and slim, in Provo, Utah. He had six months of abdominal pain, nausea, vomiting, and inability to eat.

He had been through every diagnostic procedure that you could think of looking at his GI tract. He had MRIs and CT scans. The doctors had him

scheduled to open up his abdomen and explore him, because they couldn't figure out what was going on with him.

I knew that his mother had scoliosis and she had seizures and she had carpal tunnel. I had turned those off for her and knew that it was genetic.

We brought him to the house and I showed him where the muscle spasm was and put him through a series of stretches. Half an hour later he was able to eat without pain. The \$16,000 work-up that showed nothing wasn't designed to do this.

It is very helpful that they had eliminated all the other variables, but this is how profound it is and how little understood it is in the medical community.

**Q:** It makes you feel like a hypochondriac.

**A:** Yes. The doctors think that you're goofy, and you're not. We should be able to help you to get full control of this and restore yourself to normal health.

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**Q:** I have a friend. She was a major swimmer, runner, with advanced karate, and yoga. She started having muscle spasms in the neck and upper shoulders, and ever since then she hasn't been able to do these things. She

ordered a case of Noni and she's just about through her final bottle, and she says if it doesn't work, she's not going to do it anymore.

I want to know, how do we treat her, as far as the breathing technique?

**A:** The first thing is to confirm the scoliosis. This is something that you can now understand so that you don't have to go to a doctor somewhere to get your scoliosis diagnosed. It runs in your families, because once you've seen it yourself, you will be able to look at your families and see it very clearly.

Have her stand up straight, feet together, hands down by her side. Look at her from behind and you will see that one shoulder is higher than the other.

Reach up on the sides of her neck, on both sides, and rub your forefingers up so to strum along those muscles. You will find tight, tender muscles on the right side. You will be able to compare the muscles on the left and right sides of the spine. They may be a little bit tight on the left side, but they will be painful on the right side all the way down to the hip.

Go down about three to four inches below the head of the fibula on the outside of the knee, and there is a cluster of muscles and tendons right there. You can rub on the left side and it will be a little tender, but the right side will be painful again. That is clearly the signal that this is scoliosis. She will see the pain. She will see the things with that.

You then do the breathing technique where you simulate an emergency by the most powerful sniff you can into your nose, moving your shoulders up and back, your head up and back, and actually rolling your eyes up and back as if you were looking for an escape.

Very specifically, you hold the extensor muscles and the flexor muscles in the form and put just gentle pressure on them. It is not a massage technique. It is telling the muscles to listen so they hear the emergency signal coming down from the brain.

Do five or six sniffs. Reach up on the side of her neck, and the muscle spasm should be significantly reduced and the pain reduced from the neck all the way down the right side back. Even in the leg the pain will be reduced.

**Q:** She's currently doing like acupuncture chiropractor right now, I think.

**A:** Chiropractors are not taught about this and acupuncture won't do it. There are things that acupuncture does very well and there are great things that chiropractors do, but this isn't one of them.

We teach the entire system how you maintain for the rest of your life, because you never get the bone straightened out, but you can get it to the point where it is no longer a problem and you can function at a normal level.

I have three Olympic athletes that I've taught and trained with that, and they can function at international levels of function with scoliosis.



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**Q:** I have a brother. He is very young. He sort of had ulcerative colitis. He had a colostomy at a very, very young age, but no colostomy bag. Since then he's been controlling it with Imodium but has also developed gastritis, and there seems to be a connection between that and iritis.

**A:** If he has iritis, that can be a part of the thing that's going on with the ulcerative colitis, and it can also be caused by some of the medications.

**Q:** He's not on any medications besides some over-the-counter Imodium.

**A:** The answer is Noni will help.

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**Q:** Doctor, is RLS, restless leg syndrome, a muscle spasm?

**A:** No. It is actually a form of seizures. It is a very low level and difficult thing to treat and deal with. Noni helps some people and it does not help others. The musculoskeletal elements in the head, neck, shoulders, and in the lower back are very important.

If you can deal with those things, then you may be able to get some benefit. The amount of Noni that I would try is 4 ounces. Identify the

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musculoskeletal things, and particularly the parts of the deep anterior or ventral paraspinal muscles, and particularly in the head and neck.

**Q:** It's my mother. She's 96 now and I've had her on Noni.

**A:** You have to be very careful, then, with any of those stretches because of fragile bones.

**Q:** Yes. She's been on Noni for five years now, and it has stopped her carpal tunnel syndrome and it has pretty much stopped her arthritis. When these leg issues come up, it is a form of a seizure?

**A:** Yes. It is actually a form of a seizure.

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**Q:** Why Tahitian Noni® Juice? What is it doing to help muscle spasms?

**A:** It is not, for the most part. That muscle spasm is usually a secondary phenomenon, and if you can take care of the primary cause, then it will settle down. Most of the things that we are dealing with here are turning off muscles spasm by other means, because it's a normal part of the muscle's function. Noni can then do the other healing and repair things it does without amplifying the pain and spasm that would otherwise happen.

**Q:** So, is the Cox-2 supporting that?

**A:** No, it has nothing to do with Cox-2.

**Q:** And no inflammation?

**A:** Believe in K-I-S-S. Just believe that these are nutrients that turn on healing and repair mechanisms in the body. Noni supports normal function. Muscle spasm, even painful muscle spasm, is a normal protective mechanism.

We have to learn how to turn that off, so that we can get the benefits of Noni without the interference of the pain that otherwise would be with that.

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# 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?**

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

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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.

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# 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!**

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# 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**

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