

Do.

Subject: Do.

From: "John Winston" <johnfw@mlode.com>

Date: 08/06/2011, 23:22

Newsgroups: alt.conspiracy.area-51

Subject: Do You Ever Wonder If You Are A Wanderer?
June 8, 2011.

There Is a newsgroup on the Internet called "Alt.Alien.Wanderers". Maybe this would apply to them.

.....
.....

Wonderfully uplifting message.....

J-nis

From: Maria Lu♦sa V-sconcelos

The Galactic Federation through Wanderer of the Skies

June 8, 2011

Greetings from the Federation:

Today we speak of the closeness of events which are about to unfold on your planet. If you were to see how many civilizations have sent their representatives to orbit around your planet, you would be convinced at how close things have come. Everyone wants to witness this most unique of events, when a civilization such as yours is given your invitation to become Cosmic Citizens. This seminal event will lead you forward towards Ascension.

The I-luminati have their doubts about Disclosure since they have seen other dates come and go, and have seen our messages to you fall by the wayside, in their minds, from coming to fruition. They do not want to be the first to ♦cross the line♦ into Disclosure for many reasons, all selfish in essence. They are truly not convinced that great mercy will befall them if they simply change their attitude towards one of cooperation and openness. We are here to reinforce our previous messages sent directly to those members of the Ill-minati that your efforts to disclosure will result in a great deal of mercy when you are brought before the world courts to face justice. We have no intentions of lingering on guilt and punishment. Everyone deserves the same chance at Ascension. Your acts, even this late in the game, will have exponential effects on your judgment later. Trust that this is so and lead the way towards your own s-lvation.

Many have no doubt felt the quickening pace of time in these last years and months. Everything seems to be speeding up and moving along at ever increasing intervals. Now, however, there is a peculiar slowing down occurring as we reach the final stage before full Disclosure. It is like being in an accident, where time slows down all around you as you experience the events of a crash. As you move from pre-Disclosure to Disclosure, from the darkest of the night to the dawn, this phenomenon manifests itself as a natural by product of your reality. Understand it for what it is.

We are shortly to be noticed and you are shortly to become Cosmic Citizens. Welcome home, our friends. We are delighted that we have been able to come this far. Be forever optimistic and your reality will bend around you like our energy fields curve around our ships. We now send you our Love in response to your efforts to send us yours.

Be at peace.

C-anneler: Wanderer of the Skyes

Translations

<http://wandererodtheskies.blogspot.com/> - ENGLISH
<http://wandererportugues.blogspot.com/> - PORTUGU♦S
<http://wanderernderlands.blogspot.com/> - NEDERLANDS
<http://wandererbrazil.blogspot.com/> - BRASIL
<http://wandererswedish.blogspot.com/> -SVENSKA
<http://wandererfrench.blogspot.com/> - FRAN♦AIS
<http://wandererchinese.blogspot.com/> - MANDARIN
<http://wandererspanish.blogspot.com/> - SPANISH

<http://wanderergerman.blogspot.com/> - GERMAN
<http://wandererlatvian.blogspot.com/> - LATVIAN
<http://wandererisrael.blogspot.com/> - HEBREW
<http://wandereritaliano.blogspot.com/> - ITALIAN
<http://wanderercroatia.blogspot.com/> - CROATIAN
<http://wandererromanian.blogspot.com/> - ROMANIAN
<http://wandererhungarian.blogspot.com/> - HUNGARIAN

John Winston. johnfw@mlode.com
Subject: Eating Suggestions.
June 8, 2011.

Here is something that was sent to me by my friend.

.....
.....

Subject: Eating Fruit- this opened my eyes

Dr Stephen M-k treats terminally ill c-ncer patients by an "un-orthodox" way and many patients recovered.
He believes on natural healing in the body against illnesses. See the article below.
Thanks for the email on fruits and juices. It is one of the strategies to heal ca-cer. As of late, my success rate in curing can-er is about 80%. Canc-r patients shouldn't die.. The c-re for cance- is already found.

It is whether you believe it or not? I am sorry for the hundreds of -ancer patients who die under the conventional treatments..
Thanks and G-d bless.
Dr Stephen Ma-

EATING FRUIT...

It's very informative.
We all think eating fruits means just buying fruits, cutting it and just popping it into our mouths. It's not as easy as you think. It's important to know how and when to eat.

What is the correct way of eating fruits?
IT MEANS NOT EATING FRUITS AFTER YOUR MEALS! * FRUITS SHOULD BE EATEN ON AN EMPTY STOMACH.

If you eat fruit like that, it will play a major role to detoxify your system, supplying you with a great deal of energy for weight loss and other life activities.

FRUIT IS THE MOST IMPORTANT FOOD.

Let's say you eat two slices of bread and then a slice of fruit. The slice of fruit is ready to go straight through the stomach into the intestines, but it is prevented from doing so.
In the meantime the whole meal rots and ferments and turns to acid.

The minute the fruit comes into contact with the food in the stomach and digestive juices, the entire mass of food begins to spoil.... So please eat your fruits on an empty stomach or before your meals!

You have heard people complaining - every time I eat watermelon I burp, and my stomach bloats up, when I eat a banana I feel like running to the toilet, etc - actually all this will not arise if you eat the fruit on an empty stomach. The fruit mixes with the putrefying other food and produces gas and hence you will bloat!

Graying hair, balding, nervous outburst, and dark circles under the eyes all these will NOT happen if you take fruits on an empty stomach. There is no such thing as some fruits, like orange and lemon are acidic, because all fruits become alkaline in our body, according to Dr. Herbert S-elton who did research on this matter.
If you have mastered the correct way of eating fruits, you have the Se-et of beauty, longevity, health, energy, happiness and normal weight.

When you need to drink fruit juice - drink only fresh fruit juice, NOT from the cans. Don't even drink juice that has been heated up. Don't eat cooked fruits because you don't get the nutrients at all. You only get to taste.

Cooking destroys all the vitamins.

But eating a whole fruit is better than drinking the juice. If you should drink the juice, drink it mouthful by mouthful slowly, because you must let it mix with your saliva before swallowing it. You can go on a 3-day fruit fast to cleanse your body. Just eat fruits and drink fruit juice throughout the 3 days and you will be surprised when your friends tell you how radiant you look!

KIWI: Tiny but mighty. This is a good source of potassium, magnesium, vitamin E & fiber. Its vitamin C content is twice that of an orange.

APPLE: An apple a day keeps the doctor away? Although an apple has a low vitamin C content, it has antioxidants & flavonoids which enhances the activity of vitamin C thereby helping to lower the risks of colon can-er, heart attack & stroke.

STRAWBERRY: Protective Fruit. Strawberries have the highest total antioxidant power among major fruits & protect the body from can-er-causing, blood vessel-clogging free radicals.

ORANGE : Sweetest medicine. Taking 2-4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessens the risk of colon can-er.

WATERMELON: Coolest thirst quencher. Composed of 92% water, it is also packed with a giant dose of glutathione, which help boost our immune system. They are also a key source of lycopene - the can-er fighting oxidant. Other nutrients found in watermelon are vitamin C & Potassium.

GUAVA & PAPAYA: Top awards for vitamin C. They are the clear winners for their high vitamin C content. Guava is also rich in fiber, which helps prevent constipation. Papaya is rich in carotene; this is good for your eyes.

Drinking Cold water after a meal Cancer! Can you believe this?? For those who like to drink cold water, this article is applicable to you. It is nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this 'sludge' reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to can-er. It is best to drink hot soup or warm water after a meal.

A serious note about heart attacks,

HEART ATTACK PROCEDURE': (THIS IS NOT A JOKE!) Women should know that not every heart attack symptom is going to be the left arm hurting. Be aware of intense pain in the jaw line. You may never have the first chest pain during the course of a heart attack.

Nausea and intense sweating are also common symptoms. Sixty percent of people who have a heart attack while they are asleep do not wake up. Pain in the jaw can wake you from a sound sleep.

Let's be careful and be aware. The more we know the better chance we could survive.

A cardiologist says if everyone who gets this mail sends it to 10 people, you can be sure that we'll save at least one life. Read this.....It could save your life!!

John Winston. johnf@mlode.com