



# DR. BEA'S

November 2001

# NEWSLETTER

## *Post-apocalyptic Health*

Like many of my patients in the dark days following September 11, I came down with a throat/cold/flu thing. In the week prior to my feeling that familiar scratchy throat, I had seen many patients with the same symptoms. I handed out tons of advice and supplements, but having protected myself with herbs and essential oils, I never thought I would come down with it myself. I was puzzled why so many of us came down with this illness since it was early for the cold and flu season.

I came to the conclusion that none of us can experience the level of pain and destruction of September 11 without being impacted not only in some permanent manner ie. "Will we ever be safe again?", but in the short term as well: Most immune systems can't take that big of an uppercut to the jaw and survive intact. Therefore, the body terrain, in shock and on hold, was ripe for the onslaught of unwanted bugs and viruses. Just like the United States, fat and sassy and with little internal defense, was vulnerable to the onslaught of the terrorists. But that's another subject.

We were (are) unable to experience the enormity of the terrorist attacks in our deepest core because for most of us there is no language for what happened. So, following the old adage that "the body sheds the tears that the eyes refuse to shed," our wonderfully competent bodies-who always have our best interest at heart - came to the rescue, handing out phlegmy, mucous-y colds and flus,

thus giving us permission, as it were, to "cry."

This allows me to segue elegantly into why it really is OK to get sick now and again: Post-apocalyptically, it allows us to start cleansing the horror that we all experienced. Furthermore - and I will be relentlessly optimistic now - it allows us to cleanse other stuff as well, like fungus, molds, yeast, parasites - all of which ride out of Dodge on a phlegmy viral tide. You might as well embrace your runny nose. It's there for a reason.

At this writing (Oct. 16) we are deep into the bombing of Afghanistan and the disembodied voices on NPR are still discussing the possibilities of chemical terrorism in view of the scary contaminated letter cases in Florida. The experts seem to think that chemical terrorism is just too difficult but that biological warfare in the guise of anthrax or smallpox is entirely possible.

There is no magic bullet for the latter but we are finding out that the antibiotic Cipro seems to help in early anthrax. But guess what? At this writing, you can't get these antibiotics, because according to an M.D., here in town, the government has bought it all up and will give it only for diagnosed anthrax. Apparently, before our government started hoarding it, one person in New York City bought 1,000 Cipro. Dr. Schultz is recommending his Super Tonic. I suggest that if it comes down to this you

might want to try it all, because we have nothing to lose. However I do advise you to keep your immune system in tip top shape.

Emotionally, we've all been through the wringer. About three weeks after Black Tuesday I realized that I still had stuff to process. So, one Sunday morning I did Neuro-emotional



Technique or NET with myself (It's what I do in my office to you.) and found that in the macrocosm of the loss of almost 7,000 people at the WTC, the Pentagon and in the downed planes, I had mirrored events of loss and terror in my own metaphorical microcosm. I found that the events forced me to re-experience some of my own personal life losses, bringing them to light in order to look at them again. It was very cleansing and I recommend that everyone do some sort of emotional cleansing work. Be safe.

## Telltale Signs of Cancer

"There are many subtle and often unrecognized warnings that hint we are headed for trouble. The beauty of these warnings is they give us plenty of time to make major diet changes to improve our health. For two decades I have observed that within five years of getting shingles (Herpes zoster), the majority of people have been diagnosed with cancer. This makes sense. For most adults have already had chickenpox as a child and the chickenpox virus is related to herpes zoster or the shingles virus. So, the mere fact that they suddenly develop the painful blistering lesions of shingles means that their immune system is dwindling and they no longer have immunity or resistance to the childhood chickenpox virus. The same can be said for anyone over 50 who gets pneumonia or a bronchitis that drags on for weeks. The immune system is deteriorating.

Now researchers have made another connection. When they looked back through the registry of over 600 cancer patients, they found that those who had any blood clots prior to or at the time of [cancer] diagnosis had a dramatic tripling of their death rate. They invariably had a more advanced state of cancer and a poorer prognosis. After one year only 12% were alive compared with 36% alive in the group that had cancer but no blood clots. This makes sense, because hypercoagulability (or the increased ability of the blood to abnormally clot) depends on many of the same factors that are needed to give us cancer. Vitamins C and E, enzymes, tocotrienols and aged [and raw] garlic are some of the many nutrients that not only protect from cancer, and protect the blood from being able to abnormally coagulate or clot, but modulate metastases. In fact, these nutrients are so important that we should be using them every day. The bottom line is that we are exceedingly lucky to be able to have these early warnings. Just recall the July 1999 article on how folic acid can reverse early cancers. A stitch in time still saves nine."

From Dr. Sherry Rogers newsletter, Total Wellness, September, 2001. If you would like to get Dr. Roger's monthly newsletter, for \$39.95 a year call 1-800-846-6687. She's an environmental specialist in Syracuse and her newsletter is highly informative. She's also published several books which are very informative and interesting. You can get a list by calling the above number or by visiting the website: [prestigepublishing.com](http://prestigepublishing.com).

## The Rainbow Diet

Beige may be a great color for a classy outfit, but not for our diets. The "beige" foods - like bread, pasta, crackers and meat - are fine in moderation, but the multi-colored rainbow diet is the one that will give you the ultimate health that you deserve. Here's how you do it: Just make sure you eat from each of the seven following color groups daily.

**RED/PURPLE:** These foods contain anthocyanins which are powerful antioxidants and protect you against heart attack and stroke. Recent studies have shown that anthocyanins can also slow the progression of Alzheimer's disease. Eat one of these foods daily.

Beets	Blackberries
Blueberries	Cherries
Cranberries	Eggplant
Plums	Prunes
Purple Grapes	Red Apples
Red Cabbage	Red Pears
Red Peppers	Strawberries

**RED:** These foods are high in lycopenes, a carotenoid that protects against cancer, esp. prostate cancer. Lycopene may also inhibit cholesterol production in cells - a crucial step in tumor formation. Eat something from this food group daily.

Anything tomato-ey	Watermelon
Pink Grapefruit	

**ORANGE:** These foods contain alpha and beta carotene, which are converted to Vitamin A in the body, which can reduce the risk for some types of cancers including lung malignancies and coronary artery disease. Eat one a day or drink some carrot juice daily.

Carrots	Mangoes
Apricots	Winter Squash
Cantaloupe	Sweet Potato
Pumpkin	

**ORANGE/YELLOW:** These foods contains immune-boosting vitamin C, plus beta-cryptoxanthin a carotenoid with the punch of an antioxidant. They also contain cancer-fighting phytonutrients limonen and geraniol.

Have one a day, and the juice of the fruits can count as one.

Orange	Lemons
Papaya	Peach
Pineapple	Tangerine

**YELLOW/GREEN:** These foods contain lutein and zeaxanthin which are carotenoids that help fight eye diseases like macular degeneration and cataracts. One a day'll do ya.

Avocado	Collard Greens
Cucumbers w/ skin	Corn
Green Beans	Spinach
Honeydew Melons	Green peppers
Romaine or leaf lettuce	
Yellow peppers	Zucchini

**GREEN:** These foods contain indoles, sulforaphanes and isothiocyanates which stimulate the production of cancer-fighting liver enzymes. At least one a day.

Broccoli	Brussel Sprouts
Bok Choy	Cabbage
Cauliflower	Chinese Cabbage
Kale	Swiss Chard

**WHITE/GREEN:** Allicin is the major component of these foods. Allicin is a compound that prevents tumor formation especially for stomach and colorectal cancers. Allicin can even reduce the size of existing tumors. At least one a day and more if you can. Don't forget that garlic is nature's antibiotic. Learn to eat it daily.

Celery	Garlic
Leeks	Endive
Mushrooms	Onions
Pears	Asparagus

Some suggestions for getting all this done in a timely fashion: Have a smoothie sometime during the day - maybe mid-morning - and make it out of orange juice ("Orange/Yellow") diluted by half with water so it's not too sugary, frozen or fresh organic blueberries ("Red/Purple") and Dr. Schulz' Superfood. I'm going to make an executive decision here and count Superfood as a "Green." Then just have a big salad either for lunch or

**Disturbing News about Cox-2 Inhibitors:** Hundreds of thousands of people have arthritis or bad knees or hips or some sort of chronic pain for which they (think they) need some sort of painkiller. Up until a few years ago, this was usually an NSAID like aspirin or naprosyn. But, alas, they both have the propensity to cause bleeding ulcers. Lauded as the next wonder drug, the COX-2 inhibitors (like Vioxx and Celebrex) arrived on the market a few years ago with the fanfare and intensity of a John Phillip Sousa marching band. The Cox-2's were accompanied by an exorbitant price tag and an even more exorbitant advertising campaign and, despite their priciness, managed to replace the cheap old bleedy stuff of yore.

Now the band music has become little more than a whisper and the fickle finger of fate seems to be pointing accusingly as initial research is revealing some potentially damaging information: Cox-2 inhibitors may damage your heart. Whereas subjects taking placebos developed heart attacks at a rate of .52 percent, celecoxib caused heart attacks at a rate of .74 percent and rofecoxib at a rate of .8 percent. *JAMA* in their Aug 22/29 Journal mentioned that "There were disturbing trends no matter how we looked at the data." If the AMA isn't too keen on the COX-2 inhibitors, then I would definitely say buyer beware until further data is revealed.

**Schizophrenia and Old Dads:** In a fascinating new study by psychiatrist Eileen Malaspina M.D., from the New York Psychiatric Institute, Dr. Malaspina puts to rest the old shibboleth that bad mothering is the predominant contributing factor to schizophrenia which occurs in one in every 100 people. Instead she has found that about a quarter of all schizophrenics may owe their symptoms to spontaneous mutations in paternal sperm. The older the father, the more likely his sperm will carry these mutations, not only for schizophrenia but for many genetic diseases including achondroplasia, progeria and Marfans. (Moms carry the Down's Syndrome gene.)

Why? By the time a man reaches the age of 40, each of his sperm has divided about 660 times or about 23 times a year

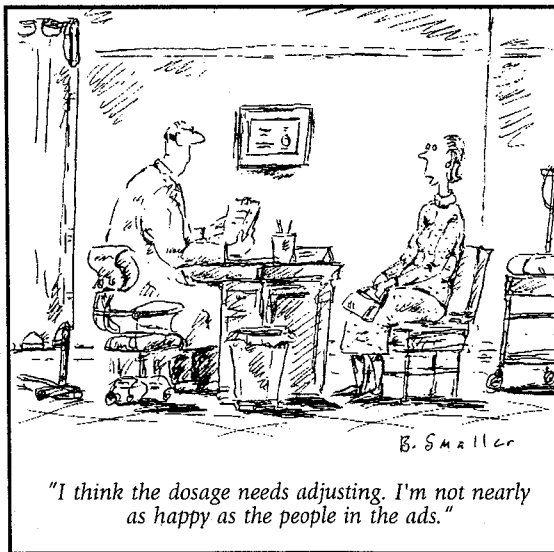
after puberty. Furthermore, by the age of 40, his DNA-repair enzymes become less efficient and more frequently fail to fix a mutant sperm. In addition to the mutant sperm, something else must trigger the schizophrenia; usually head injuries, maternal malnutrition, gestational rubella or a dormant retrovirus which in turn must be triggered by yet another infection like the herpes virus. *Discover*, Oct 2001)

**Osteoporosis:** A new drug is being developed for osteoporosis, hopefully to replace Fosomax which seems to work but has some awful side effects, like ulcerating your throat if you take it in the wrong five minutes. It's called Forteo (For-

Tey-o) and is a biosynthetic form of parathyroid hormone which stimulates new bone formation, rather than simply suppressing bone destruction, like Fosamax. In a recent study of 1,637 postmenopausal women with osteoporosis, those who took Forteo for 18-21 months reported up to 2/3 fewer fractures than those taking a placebo. Furthermore, the drug increased bone mineral density by 9-13%. Only minor side effects were reported, including occasional nausea and headache. (*NEJM*, July 2001)

As most of you know, I am anything but a drug pusher, but osteoporosis has some pretty severe consequences; like being a hunched over old lady, or having painful thoracic compression fractures like my mother who spent the last 10 years of her life, suffering, lying for many hours a day on a heating pad, smelling like Ben Gay. Most of you come in with bone density reports which indicate that you have "osteopenia" which is trabecular thinning and is the precursor to osteoporosis. In this case, we have some time to try natural healing, maybe for 6 months or so or until your next bone density test. In many cases we can reverse or at least stabilize the osteopenia with supplements. However, if in your next bone density test, you've worsened then I always recommend that you see your M.D. for Fosomax - which I hate, but sometimes, for the greater good, there is no recourse. Hopefully, Forteo will be less dangerous.

A patient (whose bone density test showed osteopenia) brought me a good article entitled "Reducing Your Risk of Osteoporosis" by Betsy Love McClung, RN, MN. If you want a copy, send me a dollar with a SASE and I will send it to you. Ms. McClung mentions a few things that put women at risk for osteoporosis: Low bone mineral density, history of fracture as an adult, maternal history of hip fracture or history of fracture in a first degree relative, inability to rise from a chair without using one's arms, tendency to fall, pulse rate greater than 80 beats per minute, weight less than 127 lbs, impaired eyesight, poor depth perception, poor contrast sensitivity and, lastly inadequate physical activity.



**Fat People:** First the bad news: More than 40 million U.S. adults are obese. There was a 61% increase from the figures in 1991, with a parallel rise in diabetes. Fifteen million cases diagnosed in the year 2000. This means that 1 in 5 American adults are obese based on a BMI of 30 or over: See my newsletter of October, 2000 for the formula to calculate your BMI. One in 14 of us is diabetic. Obesity is the second leading cause of premature deaths and is implicated in 300,000 deaths per year.

Now for the good news: Colorado is rated number one on the slim register! Obesity is scarcest in our land of fourteeners, hiking trails and ski slopes; our rarified world of tanned healthy looking men and women who visit the gym for daily ab work. The researchers think that our outdoor lifestyle helps to keep us in shape. Not too surprisingly, the Southern states with their beignets, Paul Prudhomme and collards slow-cooked with hamhocks, are the heaviest, with Mississippi winning the obese award. And once again there seems to be a correlation between socioeconomic backgrounds and healthiness.

**Another Reason to Stay Slim and Exercise:** Pancreatic cancer strikes obese and sedentary people more frequently than it does thin people and those who exercise regularly. Although the risk of pancreatic cancer is small, obese people face a 72% greater chance of developing pancreatic cancer than do slim people. Frequency and size of the meal also seems to affect risk, as people who ate only one major meal per day and smaller amounts throughout the day faced about half the risk as those who ate 3 squares per day. (JAMA, 22/29,2001)

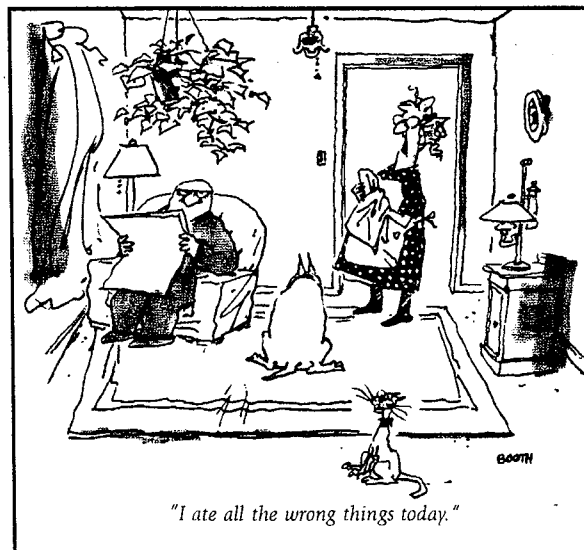
**Personality and Strokes:** High blood pressure can lead to strokes, but not always. A study in the August, 2001 issue of *Stroke* suggested that personality may play an important role. A Swedish group followed a large group of men (no women?) born in 1914 from the early 80's until 1996. The men first had to take a test called the color word test, where the subjects were shown the names of colors but with the names printed in a different color from what the words actually meant. For example, the word "red" might be printed in blue ink. Then in a timed test, the men were asked to ignore the meaning of the word (red) and name the color it is printed in. (blue) It is a test that some

people find maddening. (God help me, yes.) Anyway, the men who got all hot under the collar and red in the face ended up having more than twice the stroke rate of the cool as a cucumbers.

**Nuts To You:** For the longest time, nuts were deemed forbidden to us perpetual weight-watchers as noxious blobs of fat. When we dared pop an almond or a peanut or godforbid a macademia nut, the Four Horsemen of the Apocalypse would come galloping up, slapping us upside the head and replacing the nuts with bags of fat-free pretzels. How wrong could we have been? Pretzels are noxious bags of sugar, trans fats and too much salt. Now the woim has toined and nuts are being touted as the secret to a healthy heart, to good skin and nails and certainly to nice elastic arteries. After reviewing 16 clinical and epidemiological studies nutritionist Penny Kris-Etheron found that eating only one ounce of nuts 5 times a week reduces the risk of coronary heart disease by 25 to 39 percent "probably due to a mix of cholesterol-lowering unsaturated fatty acids, antioxidant vitamins, minerals and fiber." They also contain resveratrol, an anti-cancer compound found in red wine. (DISCOVER, Sept 2001)

**Constipation and Parkinsons:** Constipation is a common problem in those who have Parkinson's. A new study now suggests that men (no women again?) who suffer from constipation in late middle age are more likely to develop Parkinson's than are those who have more frequent bowel movements. Well, sure. The good poopers are constantly ridding themselves of toxins, especially heavy metals and chemicals which are the toxins that make a beeline for neural tissue in the brain. As I have mentioned before, the brain is the gut is the brain and they talk to each other constantly - so whatever your gut is holding on to is eventually going to go straight to your brain and disrupt the neurology. I have also found in my practice that when people are chemically poisoned or are carrying around more heavy metals than they need, they tend to be constipated. Use the state of your bowels as a warning sign - if you become constipated for more than a couple of weeks, assume something is not quite right and come

to see me. By the way, constipation is defined as less than one bowel movement per day. (NEUROLOGY, Aug. 14, 2001)



dinner containing a "Yellow /Green" (avocado, cucumbers, Romaine lettuce), a "White/Green" (celery, garlic, mushrooms). Then add an "Orange" like shredded carrots and your salad takes care of most of your rainbow requirements. That leaves us with "Red" which you can mop up with one 8 ounce glass of tomato or V8 juice daily, or just throw some tomatoes on that

gargantuan salad of yours. Of course, you can always get your juicer out and juice some carrot, celery, apple, beet, lemon, ginger and get a bunch of requirements completed in one fell swoop.

(Above information comes in part from What Color is your Diet? by David Heber, M.D., Bottom Line Health, October, 2001, and Self Magazine, June, 2001.)

## Essential Oils

Why not start your collection of Young Living Oils? An essential oil is not just a pretty face; essential oils are very powerful healers and should be a mainstay of any home pharmacy. Young Living is a good company and makes very pure oils. You could spend a fortune on oils, so I will give you my own personal favorite basic seven oils then you can branch out on your own as money and interest allows. (Prices may change.)

1) Thieves: (\$27) Very powerful in keeping the bad bugs away. It has a 99.96% kill rate against airborne bacteria. Perhaps this story is apocryphal, but according to legend, it was this very oil mixture in which grave robbers in the time of the bubonic plague soaked their face cloths to ward away the plague. Like other oils, rub it on your feet after your shower in the morning for all-day protection, on your cervical lymph nodes in the front of your neck, under your nose so you can smell it. Carry it around with you and use it liberally esp. when you travel.

2) R.C.: (\$15) For any lung congestion, esp. good in easing asthma, bronchitis and that post-cold cough. Rub it on your chest and your cervical lymph nodes. Also on the lung and sinus points on your feet which are : the very tops of your big toes by the nail (sinus) and the plump metatarsal pads underneath all of your toes (lungs) Put some up your nose, too.

3) Purification: (\$13) Along with Thieves, my personal favorite. This is an antiseptic blend to help purify your home and work environment. Put on cotton balls in air vents, hotel rooms, offices, enclosed areas. Put a few drops in a spray bottle with water and spray liberally in the sick room, hotel rooms, on new carpets, couches etc. This one is very good for chemical poisoning. I don't travel without Purification and Thieves.

4) Legacy: (\$28) This blend contains all ninety-one of the Young Living Oils, so if you are confused as to which oil to put where and when, Legacy would be your all-purpose oil. It's a bit more slapdash, but it will certainly work in every situation. It's just not a specialized oil and I highly recommend that you learn how to use the individual and specialty blend oils.

5) M-Grain:(\$28) Formulated especially for headaches. Put a few drops in your hands, rub them together then cup over your nose and inhale about a minute. Massage with M-Grain along the back of the head, forehead, shoulders, back of neck and temples. (continued on page 4)

## More News on Cancer:

1) *Regarding Fiber: We've all been hearing lately that fiber may not, after all, protect us from colorectal cancer. Originally, the fiber utopia began in the early 70's after the observations of the black population in Uganda by a Dr. Denis Burkett. He noted that they were all free from colorectal cancer and that they were grain vegetarians and had huge and copious daily bowel movements [suggesting that high fiber was the reason]. His reports and a book called The Save Your Life Diet caused our ongoing love affair with psyllium husks and oat bran.*

*Now, Wayne Martin, writing in the Townsend Letter for Doctors & Patients (Aug/Sept/2001) suggests that Burkett tweaked his observations the wrong way - not in a malicious manner of course - and that his data should have been read this way: That colorectal cancer worldwide is proportional to beef in the diet. Martin goes on to quote an article from Lancet, 4/27/1974 entitled "Beware the Ox" which maintains that where there is very little beef in the diet there is no death from colorectal cancer. There is also a Vitamin D connection to colorectal cancer. You get Vitamin D from the sun or from fish. Take Scotland: Very little sun, so very little vitamin D, lots of beef and the highest death rate in the world from colorectal cancer. Take Norway: Very little sun, so very little vitamin D. Forty five years ago, the herring catch off Norway was more than a million tons yearly. Now the herring catch has dropped to under 4,000 tons yearly and over this 45 year period, the death rate in Norway from both colorectal and breast cancer has nearly doubled.*

*I will be the last to give up my evening cocktail of Herbal Bulk and orange juice, because I think the fiber helps clear our daily toxins even if it does nothing else. However, the jury is still out on the colorectal cancer/fiber dilemma so until then keep choking down the sludge.*

2) *Irritation of the Immune System blamed for Cancer: British scientists have concluded that the long-term over-activation of the immune system - either through irritation or infection - may be the single most important cause of cancer. They call any inflamed tissue "a melting pot of cancer-causing molecules." Prof. Angus Dalgleish goes on to say that "... when the immune system overcooks, perhaps because of long-term exposure to an infection or carcinogenic chemical, it loses its ability to fight disease and instead may actually begin to nurture and protect young cancer cells." The Moss Reports Newsletter from cancerdecisions.com, Aug. 27, 2001.*

3) *This just in from the New York Times, Oct. 4, 2001: Workers in two states working in Gilster-Mary Lee Corporation factories which package microwave popcorn have come down with a very rare and severe lung disorder called bronchiolitis obliterans. Investigating doctors say that the problem appears to be limited to workers who - during the course of their job - inhale large amounts of the aerosolized liquid artificial butter flavoring. With astounding oxymoronic reasoning, the investigating doctors go on to say that there is"... no danger to anyone eating the flavoring on popcorn or in other foods." Gilster-Mary Lee has not only denied liability but has refused to pay benefits to the injured workers several of whom are on lung transplant waiting lists.*

## *Genetically Modified Food*

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A patient recently asked how safe GMF's are. Furthermore, how could he make sure to avoid them? I really didn't know how to give him a very good answer since GMF's are already so all-pervasive. There is a creepy, unknown quality about GMF's that is both deceptive and frightening. It's reminiscent of Big Brother, or waiting for the next shoe to drop from Bin Laden, or walking down a dark street at night in a bad neighborhood or going to any high school in America.

Did you know that about two-thirds of the processed foods in the US of A already contain ingredients made from GMF's? This would include genetically modified corn, soybeans (the worst, since Monsanto controls the soybean crops) and potatoes. This whole sub rosa quality has me thinking that it's all about, yes, you got it right - money.

On the plus side and at first glance, some of the genetic modification being done sounds pretty good, ie. adding beta carotene to rice to help starving and undernourished people in underdeveloped countries, modifying crops to produce food oils lower in artery clogging fats or boosting the tomato's health-giving lycopene content. On the other hand (and this is my personal opinion), GMF's are accidents waiting to happen: What about the inadvertant addition of a peanut strain to a Brazil nut? A nine-year old boy is seriously allergic to peanuts and knows it - he's been well-educated by his parents. He eats the Brazil nut thinking it's safe and dies almost immediately of anaphylactic shock. (True story)

What about accidentally producing a protein that is toxic to humans or modifying crops to kill harmful

insects and unintentionally killing the desirable ones; or what about herbicide resistant crops accidentally fertilizing wild plants thereby creating "superweeds"? This scenario is too close to some of the most horrifying Steven King I've ever read and eerily smacks of Soylent Green - that great 70's classic movie starring Charleton Heston where everyone ate those green wafers which we found out were actually recycled people.

What I would do is ask questions: Shop only at organic food stores, although even that is not necessarily a sure thing. Join an organic food coop: These are organic farmers, who for a set season price, will supply you with fresh organic produce usually weekly. Other than that, pray - and don't accept any green wafers from strangers.

## *Essential Oils (continued)*

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(continued from page 3)

6) PanAway: (\$55) Reduces inflammation, increases circulation and reduces pain. Good for all musculo-skeletal stuff. Use it anywhere you hurt. It's expensive, but worth it. I will also recommend that you buy Dr. Schulz' Deep Tissue Oil, (\$20) a deep heating oil for all your hurting areas. His company is called American Botanical Pharmacy and the number is 1-800-437-2362. You will also be the lucky recipient of a very amusing and informative newsletter.

7) Di-Tone: (\$29) Relieves upset stomach, bloating, heartburn and bloating. Massage your belly and your feet.

Of course, there are many others I really like as well: For

example, Dragon Time for cramping and moodiness, Immupower for a strong antiseptic blend, Peppermint for stomach trouble and Lavendar for yummy baths and just because it smells good. I've been working on my collection for about six years now, so I have practically all of the oils. Those of you who see me regularly know that I use the oils a lot in my work with you and how good my office (and you) smells because of it!

To purchase the Young Living Oils, first call this number to enroll as a new member: 1-800-763-9963. When you get to the customer rep, she will ask you who your sponsor is. That would be me, Dr. Bea Knight-Johnson. She will ask you for my member/placement number: This is 26670. This will get you into the Young Living ordering system and you will then be assigned your own member number.

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Please feel free to email me at [beakj@earthlink.net](mailto:beakj@earthlink.net) with your questions and suggestions.  
I guarantee privacy on all matters, and will try to answer all of you personally.

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