

## **Dedication**

To my parents, Jacob Peter Regehr and Maria Loewen Regehr who fled Russia during the Russian revolution. Arriving in Canada in 1926, their economic hopes were high but were soon dashed by the Great Depression. Yet their cultural standards endured, namely education and achievement. Mealtimes were the opportunity and sounding board for new ideas. My father regularly discussed his latest inventions, asking for input by any of his young children. My mother encouraged and praised his ideas and achievements. She reiterated, almost daily, the importance of education. And so these parents, despite abject poverty, and many years on Relief, raised a family of five children, all of whom would graduate from college. They showed me that the joy of imagination, creativity and plain work can surmount extreme stress and pain in life's circumstances, in much the same way as religion and philosophy have over the course of human history. They also treasured music and any kind of intellectual activity. Their teaching and example were my priceless heritage.

*And*

In fond memory of Shane, a man in his early twenties who never smoked yet was dying of lung cancer. Help was too late. He leaves with us his thoughts and feelings through his art and poem below:

*And*

To Mary L. Austin, Ph.D., research geneticist, who could think independently, when those all around listened to authorities. She encouraged me to believe what I saw, more than what others said I saw.

PLEASE READ

THIS MANUAL IS FOR THE EDIFICATION OF ITS READERS. IT IS NOT MEANT TO REPLACE MEDICAL CARE. IF YOU HAVE A MEDICAL PROBLEM, BE SURE TO SEE A DOCTOR OF MEDICINE.

THE AUTHOR TOOK reasonable care to be accurate and safe, but this does not exclude accidental error. Therefore, she DOES not assume any liability for any damages resulting from the use of information in this manual.

This manual uses electrical or electronic circuits. Specifications must be heeded for safety. Do not substitute line—power for batteries nor greater battery voltage nor use more magnets than described.

Due to the large volume of inquiries received by the author, it is not possible to answer requests for more information, advice, or trouble shooting. But she will continue to read and welcome your comments and suggestions.

Thank you to all who write.

### **Acknowledgments**

I would like to thank the Bloomington Amateur Radio Club for encouragement to pursue experimentation at a time when women were just beginning to be heard and seen in the field of electronics.

Thanks are also due my son, Geoffrey Allen Clark, whose Christmas gift of a Radio Shack 200-in-One-Kit started this whole adventure. I am grateful to my son Douglas, for devoting time and creative energy toward automating the Syncrometer<sup>®</sup>. And further appreciation goes to my third son, Robert, whose career in inventing is an inspiration to us all.

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## Introduction

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There are two purposes in publishing this lab manual, one scientific and the other practical.

This laboratory manual contains the experiments that led to the statements made in my other books. They constitute the science underlying the new concepts and testing methods (plus treatments) advanced in those books.

These experiments constitute about 1% or less of all the experiments I have done. They are the more significant ones. The remainder was written in my laboratory notebooks or in patient files. Those in patient files (about ½!) have been lost. Since most experiments were repeated many times, one version probably still exists in my lab notes. The loss of experiments is very much regretted, but there is ample science left to repeat.

Repetition of these experiments was my purpose in presenting them to you. As interesting as they are to read, only repeating them with new and additional interpretations will lead to real progress in our understanding of disease, health and life itself.

The second purpose is practical. It gives some of my current testing methods and treatment schedules in detail so any professional person can apply them with my own success rate. Others are not excluded; all that is required is an understanding of the hazards involved and an appreciation for details, accuracy, honesty, and note taking.

I believe such conscientious persons can begin to realize their own and others' hopes for self health: the ability to analyze and correct the body's dysfunctions oneself.

### What You Can Do

There are seven kinds of investigations that can be made with a Syncrometer<sup>®</sup> so far.

1. You can detect entities in your body, taken as a whole. For example, mercury, aflatoxin, *Streptococcus pneumoniae*, Epstein Barre virus, orthophosphotyrosine, benzene. Such a test is not as sensitive as the organ test, described next, but for this reason allows you to select those entities most abundant in the body and therefore of special significance. I call it whole body test.

2. You can identify which organs contain a particular entity. For example, the mercury may be in the kidney, the streptococcus in the joints, and so on. This allows you to embark on a cleanup program for your body in a focused way such as improving kidneys or liver, etc. The Syncrometer<sup>®</sup> lets you monitor your progress with any health improvement program.

3. You can further refine your investigation of organs to include: