

SECOND ZONE Elimination Zone

1. The adjustment of the nerves to the **SINUSES** will cause a drainage from that area. Mucus will be eliminated and will drop from the nasal passage into your throat, especially in the morning. Also, there will be much blowing of mucus from the nose.

Q: Have you noticed this yet?

A:

2. In order to get all accumulated mucus out of the bronchial tubes and lungs, we are stimulating the nerves to those areas. You will begin to cough up this mucus. **SPIT IT OUT** – Do not swallow it.

Q: Has this drainage started yet?

A:

3. In order that the accumulated toxins in your body can be quickly eliminated, we are restoring nerve life to your **KIDNEYS**. They will filter better, and you will notice that they work more frequently. You will begin to drink more water as this is required by the kidneys during this eliminative period.

Q: Have these things happened yet?

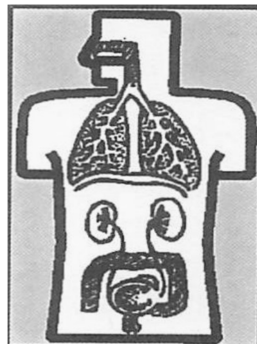
A:

4. The nerves to the **SMALL INTESTINES** and the **COLON** are being restored to normal. You will have more bowel movements than in the past. Do not become alarmed if you notice a few cramps in the abdomen. Nature is merely cleaning you out.

Q: Has this begun?

A:

Please read this slip **NIGHTLY** just before bedtime. Answer the questions on a nightly basis and return to your doctor when all answers are "YES".



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