

An Exceptional Healing Experience with Light and Sound

Robert Platner, M.D. is the most amazing, innovative, credentialed doctor I have ever met. He is a licensed naturopathic physician, as well as a medical doctor with a specialty in hematology. He also has two PhDs in the field of science. On top of that, Rob has fascinating and diverse personal interests. He and his wife Paula, a good friend of mine, own a ranch in Tulsa where they breed prize rodeo bulls and quarter horses, as well as Yorkshire terriers. And in his free time, he tours with his rock band! (In fact, music is in his blood, as he was a member of a very popular 1970s rock band.) Overall, Rob is one of the nicest people I know, and I consider him a very dear friend.

Rob works with some of the most unbelievable, innovative therapies in the world, and I am so excited to share some information with you about one such treatment modality called the Life Vessel™.

What Is the Life Vessel?

The Life Vessel does not cure or heal diseases. What it *does* do is support the body's innate ability to heal itself. Everyone possesses the inherent ability to create excellent, vibrant health and well-being, and the Life Vessel simply helps to stimulate this ability.

The Life Vessel is a large, enclosed unit in which the clients lay down for a session that combines light, sound, vibration, and frequency to assist their body's own natural healing abilities. It greatly accelerates the body's healing through detoxification, removal of stress, and the rebalancing of the autonomic nervous system, which regulates every unconscious function within your body and is vitally important for a balanced and properly functioning immune system.

According to Barry McNew, the founder of the Life Vessel, "The body does not know disease by name." So regardless of what your health issue is, the Life Vessel detoxifies, relaxes, and de-stresses the body in a way that helps the immune system operate at its maximum level.

Developed by McNew in 1998, the Life Vessel uses patented technology that is safe and noninvasive. The Life Vessel has gone through nine years of evaluation and testing to substantiate its effectiveness. Positive feedback and testimonials are being collected through the parent facility in Arizona, and clinical data is being collected in Pittsburgh, PA,

where there is a Life Vessel center under the supervision of Valerie Donaldson, M.D.

Dr. Donaldson was the first medical doctor to open a Life Vessel center. She initially contacted me more than five years ago to share with me the exciting results she had witnessed in her patients who used the Life Vessel. To this day, the research findings continue to be extremely positive. She currently has ongoing clinical studies involving heavy metal detoxification and anti-aging effects in patients who are using the Life Vessel.

Wide-Ranging Impact

The Life Vessel has helped over 6,000 people with a wide range of health conditions by assisting their bodies in coming into balance. This therapy helps to increase the body's healing capabilities to bring about very positive results with conditions as varied as autoimmune issues; cancer; multiple sclerosis; Parkinson's disease; chronic fatigue; arthritis; neurological disorders; diabetes; asthma; migraines; shingles; scleroderma; chronic viral, bacterial, and fungal diseases; and numerous other physical and emotional health problems.

The Life Vessel experience is incredibly relaxing and enjoyable. A typical protocol consists of four sessions in the Life Vessel over a three-day period. Each session takes approximately one hour. During this time, you are exposed to colored light therapy blended simultaneously with sound and vibrational frequencies that envelope your entire body. Most people prefer to deeply relax or even nap while in the Life Vessel.

Real Results for Real Problems

Numerous testimonials from all over the country describe how the Life Vessel has assisted clients with real and very serious problems.

One client, Linda, came in hoping to find a way to slow her ataxia, a condition that affects the parts of the nervous system that control movement, balance, and speech. Over the course of four years, she had steadily lost her motor skills, her handwriting became illegible, and balance and walking were a major problem. She was even considering retiring from her job of 25 years because she could no longer function. In October 2006, she began undergoing

Life Vessel sessions every four to seven weeks and, since then, every marker of her ataxia has been reversed significantly. Now, the possibility of retirement due to her illness is just a fading memory.

Other clients have had success in putting an end to all types of pain, including chronic back pain. One client in particular, Ron, had constant debilitating pain in his back, which prevented him from functioning throughout the day, and even affected his quality of sleep. After one session, the pain decreased slightly and after the fourth session of the protocol, the pain totally disappeared. Ron reports that his back pain has not returned at all in the last 10 months.

Another client, Terry, developed severe gastrointestinal problems as a result of taking antibiotics and prednisone for 25 years for his sinus problems and asthma. In 2002, he had gallbladder surgery, which resulted in irritable bowel syndrome (IBS). He no longer had control of his bowels and became homebound. For four years, he sought treatment from various hospitals and clinics and countless doctors—to the tune of \$15,000. Nothing worked. But eight months ago, after several sessions in the Life Vessel, Terry's IBS has disappeared, his energy levels are back, and he no longer has to stay close to home.

Even my friend Rob Platner, M.D., who is the current medical consultant working with the Life Vessel of Tulsa, had an amazing healing experience. He says, "Shortly after the center opened in August 2006, I was given a 20-minute session in the Life Vessel as a demonstration. Two remarkable things

happened for me, which I found a bit overwhelming. In 1969, I was in an auto accident and had severe head injuries. For 37 years, the air passage from my left nostril had been completely closed. I was totally unable to breathe through it. During that 20-minute session, I heard and felt a 'pop' in my left nostril combined with a pain behind my eye, which quickly went away. Since that time, that air passage has been completely open and now I can inhale and exhale fully through both nostrils.

"Second, while mowing the lawn three days later, I began to sweat what I would characterize as ammonia-like fumes. They were so bad that I had to leave the shower door open for ventilation and my wife and dogs would not come near me for two days. I had heard other clients comment on their powerful detox experiences, but this really surprised me. There is absolutely no question in my mind that it was all of the anesthetics I received during a 14-hour operation two years ago."

To Learn More

I've written many, many times about the healing power of colored light therapy, sound therapy, and frequency medicine. What I love about the Life Vessel is that it combines these wonderful therapies into one tool for triple the healing power. And the results speak for themselves! I also appreciate the Life Vessel of Tulsa's dedication to the body, mind, and spirit of each client. To learn more about this cutting-edge treatment and what it can do for you, contact the Life Vessel of Tulsa at 918-286-3030 or visit www.lvtulsa.com.

Q&A: Safely Swallowing Your Supplements

QUESTION *Dear Dr. Lark,*
I have a hard time swallowing my supplements. Not only that, I sometimes get bloated, gassy, and nauseated after taking them. I know how important nutritional supplements are, so is there some way to make them easier to take and digest? —Roberta

ANSWER *Dear Roberta,*
Swallowing and digesting pills are problems for a lot of people. A big reason for the swallowing problem is the lack of saliva present when we're trying to swallow a pill. Saliva flows readily when you're anticipating and chewing food, and it coats your throat so the food slides down it easily. But, put a pill in your

mouth and odds are you're not salivating in anticipation of how good it'll taste. You're also not planning to chew it. So, your mouth and throat are probably pretty dry. This is one reason why we need to take pills with water but, unfortunately, even though water is wet, it's not particularly lubricating.

Another part of the problem is probably your pill-swallowing technique. To avoid the bitter taste associated with pills, many people put them on the floor of their mouths, underneath their tongues, where there are few taste buds. They curl their tongues up and back to try and minimize contact with the taste buds on the tongue's top surface. They then take a mouthful of water and, with a backward jerk of the head, try to fling the pills back to the throat while bypassing the tongue.