

## **Barefoot Answers Your Questions**

Q: I was wondering why Mr. Barefoot recommends 30,000 IU's of vitamin d for 30 to 50 days, and if this is the minimum or maximum? Please let me know if you can.

Thanks Jason

A: Jason,

30,000 IU would be the maximum (it is harmless) although I usually only recommend 15,000 IU daily.

Bob Barefoot

Q: I am writing to you of my concerns regarding ADHD, ADD and children. My grandson Joshua, age 7, has been diagnosed with ADHD with oppositional behavior about two years ago. He was put on Metadate which really seemed to work, but then I read that the FDA, rather reluctantly, gave a warning that Metadate, concerta, Ritalin all cause "sudden death". We took him off of it immediately (about one month ago).

I have read several of your books (Calcium Factor, Death by Diet and just received Disease Conspiracy...) your main focus has been cancer, heart disease, diabetes, high blood pressure etc. I read a very brief paragraph regarding treating ADHD with coral calcium and vitamin D on a web site for coral calcium supreme by Brad Riley. I emailed him and he recommended Joshua take 2 coral calcium's and 1 vitamin D in the morning and 1 coral calcium in the evening. Is this good advice?? Could you give me any information about this or where I could find more information about calcium, vit. D and ADHD? Thanks for listening and for your books, web sites and advice.

Sincerely, Gail

A: Hi Gail,

The advice that Brad Riley gave you was almost correct, except that he should also take 2 coral and one vitamin-D in the evening as well. I have personally watched as my co-author Dr. Carl Reich cured thousands of children with ADD and I myself have been involved in the cure of hundreds.

It usually takes only a couple of weeks and each child then becomes the leader of the classes as ADD children are very intelligent. If you stop the treatment the ADD will return as ADD is caused by acidosis of the body which is the result of mineral deficiency, especially calcium.

Last year I helped a little boy in Wickenburg, AZ who had ADD and was on oxygen

bottle. Two weeks after the coral he was off the oxygen and 8 months later he became the captain of his school's football team, and all for about a buck a day. I would say good luck, but you do not need luck; you rather need the wisdom to do what is right for your child. My heart and my soul are with your son.

Bob Barefoot

Q: In the past 2 years I have developed a terrible disease call gout...and don't know what to take for it...Please give me your recommendation. This is the most painful and agonizing pain I have ever experienced. I would love to hear from you. HELP ME PLEASE>> I am so desperate to fine a cure or relief of such pain.

My other problem is I don't know how I got Hepatitis ....My doctor says I have it. For many years I have always been in excellent health and now I have this. How can I get rid of this problem?

Desperate, Tj Salazar

A: Mr. Salazar,

First, Hepatitis is a viral infection. Oxygen will kill the virus and I therefore recommend that you consume Bob's Best coral Calcium (6 daily) and 3 of Bob's Best Oxy along with 15,000 Iu (3) of vitamin-D. also, consumption of colloidal silver will help and get out in the sun for 2 hours daily (no glasses).

Gout is caused by mineral deficiency so the above program will help. But you need to get more potassium so eat bananas potatoes and water melon.

Bob Barefoot

Q: I was just diagnosed with a severe case of Gout. My Doctor recommended Allopurinol but I refused to take it because of what I read on the Internet regarding Kidney Stones. Since I have High blood Pressure and take 5 pills a day my kidneys are in a 3 stage rather than in a 5 stage. Therefore I refused to take them. I did find a web site that I ordered an herbal blend. It stopped the pain but now I have severe Diarrhea so I must stop that as well.

My question to all of this is should I take your Coral Calcium for the Uric Acid? I am also taking Friendly Fighters Probiotics from this same company gout care. I don't want to overdue all these pills. Will taking Coral Calcium really help with my Arthritis and stop the Diarrhea?

Please advise. Madeline

A: Madeline,

Coral calcium will help with the arthritis and diahrea and also the gout. Gout is caused by a mineral deficiency; If I were you I would also eat a batch of fresh cherries every day and add potassium rich foods to your diet like bananas, potatoes and water melon.

Bob Barefoot

Q: Brain and Calcium

Please link me or show me what effects this would have on a person with epilepsy? Would (a) lack of something eaten be a cause for this disorder? Will it help in a good way to get off drugs used to control the symptoms of it?

Thanks, Ron

A: Ron,

I have a great deal of experience with epilepsy as both my mother and my adopted son had epilepsy.

Epilepsy is caused by electrical short circuiting in the brain that is the result of scar tissue. Thus any cure would require the brain to re-grow cells. Our DNA which could accomplish this only replicates when smothered in calcium. Thus 6 of Bob's Best coral calcium along with 30,000IU vitamin-D daily accompanied by 2 hours daily of sunshine on the face (no glasses) should help the brain to accomplish this.

When my son was a small child, he was having a dozen seizures daily. I put him on the vitamin-D and calcium along with large amounts of magnesium, from green vegetables, required for brain growth. Within a few years brain scans showed that his brain had dramatically repaired itself and he was free of seizures. He currently takes "small amounts of delantin" and he has not had a seizure in years. While he was on drugs, he had been in a stupor and schooling was useless. thus I took him off all drugs and within one month he was devouring novels. Remember, drugs kill!!!

Bob Barefoot

Q: I have lived with paraplegia since 1982 due to an auto accident at T4-T5 vertebrae. My understanding is that when you cannot do weight bearing, the calcium leaves that section of the body to the rest of the body that is mobile.

My question is therefore: Will the dosage you have in Coral Calcium Supreme be too much for my mobile body area since that is where it will be directed?

Also, I have recently experienced much muscle soreness and nerve pain across the shoulders and half way down each arm. I use a manual wheelchair but have never had

this much discomfort because of that. Your testimonies spoke of the relief people achieved from your Coral Calcium but no one mentioned paraplegia.

Thank you for your information on this my situation. Pat

A: Pat,

The human body can only absorb 800 mgs daily of calcium. The average coral dose contains about 400 mgs. There are cultures in the world that consume 100,000 mgs daily and their only physical complaint is that they never get sick and that they don't need doctors. This means that the body takes the calcium it needs and harmlessly passes the rest.

There is no doubt in my mind that you should be taking a double dose of coral as well as 15,000 IU's of vitamin-D daily and your body is also desperate for 2 hours daily of sunlight on your face. This will result in the production of hormones and enzymes as well as turning on your DNA, that could help repair your body. You need to get outside and be with God.

Bob Barefoot

Q: What can my Daughter-in-Law, do about Kidney Stones? She's about 40 years old and active, family history of diabetes. Thanks, Gene S. P.S. My wife and I have taken Coral Calcium Supreme for about 10 years.

A: Gene,

Scientific studies have proven that none of the calcium in Kidney stones comes from the diet, but rather from the body. They did this by making the ingested calcium radio active, and none of the radio active calcium showed up in the kidney stones. That is because if you are deficient in calcium in the diet, the body which is desperate for calcium for hundreds of biological functions has to go the bones to get the calcium. This bone calcium is transported in the blood which is caustic, pH of 7.4. When this calcium gets deposited in the acidic kidney, the pH shift results in the precipitation known as kidney stones.

Thus the way to get rid of kidney stones is to stop producing them. This can be accomplished by increasing the calcium in the diet and to dissipate the kidney stones with the hormone calcitonin which can be produced by exposing the eyes to UV light from the sun. Behind the eyes is the pituitary gland which, when it detects UV light, sends a signal to the parathyroid glands in the neck to produce the hormone calcitonin. Thus the answer to kidney stones is coral calcium and the sun.

Bob Barefoot

Q: Hello, I'm sure you don't remember us, but my dad is bob, a postmaster in Big Rock, Tn. My son had Ewing's Sarcoma at 5 months and the Dr's said accept his death, a friend in Big Rock told my dad about you. We got with the program. My son is now cancer free and 6 years old. I just want to say we still use coral calcium today.

Sincerely, Lisa H

A: Lisa,

I am so happy to hear about your son. It made my day. But you should know that we have heard the same story hundreds of times before. The coral will keep your son safe from disease so please keep giving it to him.

Bob Barefoot

Q: My QUESTION IS ABOUT SALT. WITHOUT SALT WE CANNOT PRODUCE A CHEMICAL THAT????\_\_\_\_\_. DOES THAT HELP WITH HIGH BLOOD PRESSURE????

THANK YOU.

A: Salt helps to produce a hormone that regulates blood pressure. It is also the major ingredient in producing the digestive stomach acid, hydrochloric acid. Studies have shown that men over 70 who double their salt intake also double their life span.

Bob Barefoot

Q: My wife has been diagnosed with non Hodgkin's lymphoma cancer I just tested her PH and she is between 5 and 6.5 could you please tell me what dosage she should start out on. I just ordered the 2000mg. three bottle kit. she also has hepatitis C.

What else can be taken to help her? Also where on your site are the testimonials.

Thank you Mr. Barefoot

A: Sir,

Hepatitis and cancer can only survive in acid. She needs to take 6 of Bobs Best coral calcium and 15000 IU of Vitamin D3 daily. 2 hours of sunlight daily on her face (without glasses) will also help.

Bob Barefoot

Q: How much Coral Calcium do I need for Type I Diabetes? I am now 57 and I have had Type 1 Diabetes for 17 years since I turned 40 years old.

Sincerely, C Cook

A: Ms. Cook,

You need to take 6 of Bob's Best Coral and 3 of 5000 IU vitamin-D daily along with 2 hours of sunlight daily on your face.

Bob Barefoot

Q: I e-mailed you about my high blood pressure and cholesterol. I went to minute clinic at CVS drug store on 8/16/08 and they found my blood pressure at 170/82 and my Cholesterol at 230mg/dl LDL164mg/dl HDL 37mg/dl Triglycerides 141mg/dl Ratio TC/HDL 6.2 Please help me on what to do. I don't want to go on medication. I need your help. I am already taking your coral calcium 6 per day. Help Help.

Sincerely, Maria

A: Maria,

According to the scientific community, taking calcium is one of the best ways to lower blood pressure. Taking 6 Bob's Best Coral Calcium daily should do it, but it takes time according to your age. If you are 21 it should happen within one month, 40 takes 6 months and 60 takes a year or two. Since cholesterol does not cause heart disease, you have nothing to worry about and it will come down with your blood pressure.

Bob Barefoot

Q: Can you help me? I had a blood test and came up that I have a moderate kidney disease and articles I have read said it is NOT reversible, can you help - PLEASE!

Sincerely, Vernon

A: Vernon,

Believe it or not, the body can repair itself if you let it do so. You need to get out in the sunlight every day for two hours of sun on your face so that your body will produce hormones and enzymes. You also need 6 of Bob's best coral calcium and 15,000IU vitamin-D daily. Give it a try.

Bob Barefoot

Q: I've just been diagnosis with hyper parathyroid disease, They tell not to take calcium supplements, I worry about minerals that I need too.

Thanks. Laura

A: Laura,

The thyroid is controlled by the pituitary gland that sits just behind the eyes. You need to get two hours of sunlight on your face every day to stimulate the pituitary gland. You also need to take 6 of Bob's Best coral calcium along with 15,000 IU vitamin-D daily. This will help you and remember that when you are sick the doctors and drug industry make a lot of money.

Bob Barefoot

Q: Hi, I have read Death by Diet and am using the Coral Calcium Supreme and Vitamin D. I am a 50+ yr old woman in generally good health. Before I started following the diet guidelines and taking the coral supreme, my pH was yellow. After 3 weeks, my color is now blue. I have been reading on some other sites on the internet that your saliva pH should be between 6.2 and 6.7 and no higher.

Your information suggests that the 7 to 7.5 range is the best. Am I too alkaline, should I stop taking the coral supreme or is your pH level correct and why?

A: To answer your pH question.

All biology books say that all body fluids, except urine, should have a pH of 7.4. Blood for example has a pH of 7.40 and if it moves even one hundredth of a unit, you die. All other body fluids are more flexible but the bottom line is that all need oxygen, and at a pH of 7.4 the fluid can contain 50 times as much oxygen as a pH of 6.0. So if you want oxygen to keep you healthy, try to maintain all body fluids, except urine, at a pH of 7.4.

Bob Barefoot

Q: I've been taking Coral Calcium now for many months. I'm 38 years old, exercise six days a week, and my diet consists mostly of fruits, vegetables, and chicken, as well as fish everyday. I also take vita mineral greens everyday as well. When I test my PH levels with the test strips, it shows I'm consistently at around 5.5-6.0 on the chart that you provide.

Why this is and what can I do further from here to see the results of the 7.0-7.5 range which is of course where I want to be? By the way, I'm in excellent health otherwise, but don't understand why I'm not getting the Coral Calcium benefits I thought I would. Please let me know.

Thank you, Rich

A: Rich, 38 with a pH of 6.0

To begin with, if you were 7 years old and took coral for a month your pH would be 7.4 by now. But at 38 it takes about 3 months. At 60 it takes about 6 months and at 70 it takes

a year. You need 3 Bobs Best Coral Calcium per day. Also you should be taking 15,000 IU vitamin-D and you need to get out in the sunlight, on your eyes with no glasses, for 2 hours every day.

Bob Barefoot